



Healthy Minds, Healthy Bods

Health Pack: Number 29

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



Prepared by: Lazza, Luke and Dean: Monday 2nd November 2020

www.hmhb2016.org.uk



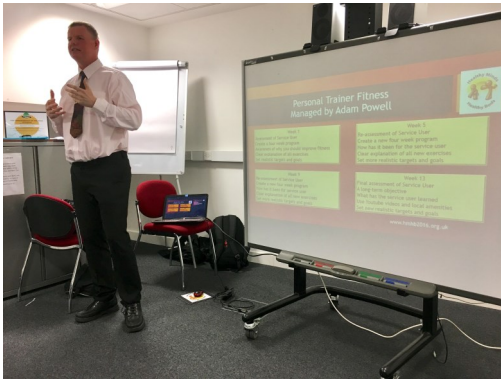
**“Every great dream begins with a dreamer.
Always remember, you have within you the strength, the patience,
and the passion to reach for the stars to change the world.”**

Welcome to the 29th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).

If you missed any of our first twenty-eight (where were you?) pls. go to our website, or ask someone to do that, and download a PDF copy from our MHP page - **www.hmhb2016.org.uk** - all packs are there.

HMHB is a mental health project that is looking to shake up intervention through our own pioneering, unique fresh approach. Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress and anxiety, and show that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

Life should be fun, with us focusing on responsibility, change, choice and being proactive.



**Single Homeless Project
were the first people to see our potential.
Here is Lazza on the
6th December 2016
presenting at an event organised by SHP for
potential clients.
Four years ago, and so much great feedback.
We deserve funding now!!**

We thank our local MP, Jeremy Corbyn, and Councillors, Osh Gantly, Sue Lukes and Caroline Russell for being so supportive about Healthy Minds, Healthy Bods. Thanks also to our partners Highbury Grange Medical Practice and Better Gyms.

PRINTED COPIES CAN BE POSTED TO YOU

**We are delighted to say we can print and post copies to people who would like a paper copy.
Due to Islington Giving Funding, and the National Lottery, we can do this, for a limited
number. So you need to speak with us as soon as possible.**

Please connect through our website contact page.

Thanks to everyone who reads these packs.

**Currently, we do our various work as volunteers.
HMHB really needs seed funding to cover salaries
and overheads.**

**If you are or know a business to help sponsor, or
know grants to cover this, please get in touch.**

**If you can, share on social media our fundraiser
www.gofundme/hmhb2016**



NEWS PAGE:

Coronavirus affecting Mental Health

A survey from The Alzheimer's Society of around 2,000 people affected by dementia, the largest of its kind, reveals the devastating impact coronavirus has had on their mental health, with a third living with dementia (32%) reporting apathy or a sense of 'giving up'.

People with dementia have been worst hit in terms of deaths and the abrupt suspension of normality, bringing social isolation and a loss of routine, with the knock-down effect on mental health, has likely resulted in the massive increase of 'unexplained' non-virus-related deaths.

Evidence is clear between loneliness or depression and premature death.

Nearly half of respondents (45%) said that lockdown has had a 'negative impact' on their mental health. Around half of unpaid carers (46%) also reported that loved ones with the condition have experienced stress, anxiety, or depression.

Over a third of people living with dementia who answered the survey (36%) now don't feel confident in going out and getting closer to normality with the relaxation of some lockdown rules, and one in ten (11%) say that they have lost friends since lockdown begun.



Many people affected by dementia have seen their social interactions badly hit:

Half (50%) report they now have fewer in-depth conversations than before lockdown.

Over half (56%) haven't met with family and friends from another household since the easing of lockdown rules.

Three in ten (29%) have gone at least four days without having a single in-depth conversation with someone. One in eight (12%) revealed they have gone a whole week without spending more than five minutes talking to someone. That is truly shocking and very sad!!!

People with dementia living alone have seen their mental health take even more of a hit:

Only a fifth (19%) report meeting with people from another household since lockdown started to lift.

They are 20% more likely to have had fewer in-depth conversations since lockdown began (60% compared to 41%).

Almost half (46%) have gone at least four days without having a single in-depth conversation.

More than one in seven (15%) have lost friends since lockdown began.

Up to an estimated 120,000 people live alone with dementia in the UK and this is predicted to double to around 240,000 by 2039.

Official advice for people who are worried during this pandemic includes:

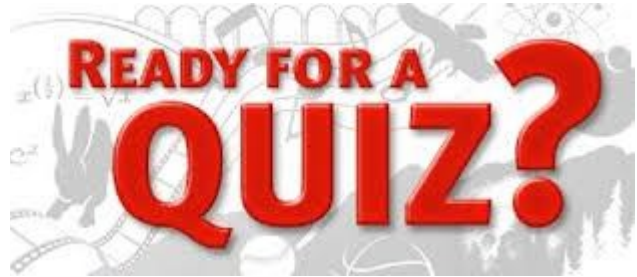
1. Try to avoid speculation and look up reputable sources on the outbreak. (there is a lot of "fake news")
2. Try and stay connected. A lot of local community groups will be very happy to speak with you.
3. Focus on Stress Management, being active, and eating a balanced diet.
4. It's okay to feel worried, but we should also be aware of, and avoid, increasing habits that may not be helpful in the long term, like smoking, drinking and overeating.
5. Try not to make assumptions. The coronavirus can affect anyone, regardless of gender, ethnicity or sex. And you can have the virus without having symptoms, so wear masks, social distance, and be safe.

If you feel isolated or worried, please reach out to your local medical practice for help

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 25 this week (no peeking)

History

Since its formation in 1988, the Liberal Democrats have had a total of 8 leaders. Can you name all eight?



Film

All are major characters from which movies?

- a. Dr. Malcolm Crowe
- b. Hiltz (The Cooler King)
- c. Benjamin Braddock
- d. Gilderoy Lockhart
- e. Carl Fredricksen
- f. Jasmine and Abu
- g. Dennis Nedry
- h. Biff Tannen
- i. Egon Spengler
- j. Elizabeth Swann
- k. Master Shifu
- l. Lord Farquaad
- m. Gloria and Melman

Literature

Can you name the authors of these novels? All the authors have sold over 100 millions books!!!

1. Jurassic Park: Sphere
2. Airport: Hotel
3. Where Eagles Dare: The Guns of Navarone
4. The Chronicles of Narnia: Prince Caspian
5. Misery: Firestarter
6. The Lorax: Horton Hers A Who
7. Titus Andronicus: Cymbeline
8. The Murder At The Vicarage: The Body In The Library
9. Chitty Chitty Bang Bang: For Your Eyes Only
10. Mr Tickle: Little Miss Helpful
11. The Tailor of Gloucester: The Tale of Jeremy Fisher
12. Angels and Demons: Inferno
13. The Osterman Weekend: The Bourne Identity
14. Esio Trot: James And The Giant Peach
15. Along Came A Spider: Kiss The Girls

Geography

In which countries are these major world cities?

1. Winnipeg
2. Christchurch
3. Sacramento
4. Dundalk
5. Gdansk
6. Yokohama
7. Chennai
8. Aswan
9. Palermo
10. Sochi
11. Cancun
12. Hobart
13. Macau



Sport

Since 1970, so the last 50 years, only twelve teams have won the top division for English Football.

Can you name all twelve?
(yes, there was a time before the Premier League!!!!)

Try and answer all before you look at the answers. Test yourself. Take your time.

MIND-SET: Confidence, Optimism, Esteem.

Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don't allow issues and situations to overwhelm, and are proactive in finding solutions to life problems.

“Confidence is a state of being clear-headed either that a hypothesis or prediction is correct or that a chosen course of action is the best or most effective. Confidence comes from a Latin word *fidere* which means "to trust"; therefore, having “self-confidence” is having trust in one's self. Arrogance, in comparison, is the state of having unmerited confidence, believing something or someone is capable or correct when they are not. Overconfidence or presumptuousness is excessive belief in someone (or something) succeeding, without any regard for failure. Confidence can be a self-fulfilling prophecy as those without it may fail or not try because they lack it and those with it may succeed because they have it rather than because of an innate ability.

The concept of **self-confidence** is commonly used as self-assurance in one's personal judgment, ability, power, etc. One's self confidence increases from experiences of having satisfactorily completed particular activities. It is a positive belief that in the future one can generally accomplish what one wishes to do.”

We all go through it sometimes. That lack of confidence, a feeling that failure is inevitable. Whether that be in a job, at school, or even in our general life, it is a human trait that can have a huge affect on how much we succeed. Even simple things like cooking a meal: a recipe can seem daunting, or we may never have used a particular ingredient, so we avoid creating that dish because we think we will get it wrong.



So is there anything you can do to try and build confidence? Here are a few simple ideas. Why not research this? If you can trust yourself, you are more likely to succeed in your projects.

Be presentable

Just a simple thing like having a shower and shave, putting on make up, wearing a smart outfit, can improve your confidence. People will naturally take you more seriously if you make a fuss over your appearance. It also makes you feel better about yourself. Simple, but effective.

Stop those negative thoughts

You have to learn to be aware of your self-talk, the thoughts you have about yourself and what you're doing. When I was creating HMHB, sometimes my mind would start to say, "This is too hard. I want to stop and relax." I soon learned to recognize this negative self-talk. Instead, I would replace it with a positive one, like "C'mon, I can do this! What's next to do?". It is incredible how a self pep-talk can inspire you. It is like those cartoons where on one shoulder the character has the devil talking, and the other the angel. You have to quieten that devil. It's amazing what you can achieve by being proactive and pushing yourself.

Be Prepared

When you took exams at school you would have revised the subject. It's hard to be confident in yourself if you don't think you'll do well at something. Beat that feeling by preparing yourself as much as possible. Now think of life as your exam, and organise yourself. When I went to job interviews, I would research the company, think of questions, and do as much study as possible. Do the same with all aspects of your life.

MIND-SET:

Being Optimistic is key

**“Never regret a day in your life:
good days give happiness, bad days give experience,
worst days give lessons, and best days give memories”**

Optimism is feeling hopeful. It's looking forward to the future and believing that your future will be better than the present. Pessimists are often fearful about the future. They're afraid of bad things that could happen to them. They believe that the future will be worse than today. As a result, they feel anxious, depressed, or miserable.



Official Studies show:

- Optimistic people are happier, more joyful, and more cheerful. They are better to be around. And that optimism can rub off on those around them.
- Optimistic people are high-achievers. They see more opportunities and try more things. They accomplish their goals faster and are more successful in life. They are more persistent. They stick with their goals for longer because they believe that they will have a successful outcome.
- Optimists deal better with disappointments. In the back of their minds, they have a strong feeling that the future will work out well. They can handle disappointments because they know they are temporary.
- Optimistic people rarely experience depression and depressive episodes. They also have a lot of anxiety. You can only be anxious when you think negatively about the future. With an optimistic and positive view, the future looks bright and better than the present. Think about the things you are not doing right now because you don't believe they will work. Well, that's a form of pessimism.

I am not saying it is easy. There always seems to be something to worry about, and some upcoming event that we feel could go wrong. It's a natural human emotion and, as when we discussed "worry" recently in these packs, it can actually help you prepare better. But how often do we concentrate on negative aspects, and even worry about things we have no control over: "It's bound to go wrong if I do it", for example. "What if I say the wrong thing?" is another example.

Contain any problem to that incident.

Say you are going on holiday and arrive at the airport to find there is a delay to the flight. An optimist would just relax knowing the holiday is still going ahead, there will still be a flight, that the start is not perfect but that's life. A pessimist would concentrate on the delay, become stressed, and believe the holiday is already ruined and things will continue to go wrong. A key to being more optimistic is to contain any setback, challenge, or problem, to one area of life and not let it affect anything else.

Forgive and Let Go - it's a tough one, I know.

When an ex-friend conned me of my life savings seven years ago, I was devastated. I lost trust in life. But I went through the courts and even now am getting monthly payments direct from his employer, as he refused to make the court payments. It is a natural emotion to feel anger, but should I distrust everyone? Forgive others so you and your life can move forward. When you have a grudge against someone else, it negatively affects your life by thinking about it. So, it makes little sense to hold on to any resentment or grudge against another person. So learn to forgive others, so you can free yourself of these negative emotions. I know this can be very hard if they have done something bad.

MIND-SET: Building that Optimism

Take personal control of actions

It's crucial to identify your role in the situation correctly. Let's go back to that airport flight delay.

An optimistic person would say:

"There is nothing I can do about it". "These things just happen".

A pessimistic person would personalize it in some way. They would say:

"Why did I choose this airline?" "Why am I always on flights that are delayed?" "It always happens to me."

In response to losing their job, an optimistic person might say:

"These things happen." "People lose jobs, especially when the economy changes."

A pessimistic person might say things like:

"I'm not good enough". "Younger people are better than me". "I don't fit in anymore with this company".

Let's say that these two people get a new job.

The optimistic person might think: "Great! I worked hard, and I deserve this new job".

A more pessimistic person might think: "The company needed someone. I just happened to be there. There was no one else available".

There's quite a difference here. An optimistic person believes that they took action to get that job. A pessimistic person thinks it just happened, with little action on their part. They didn't take responsibility for their success.

That's a key difference: an optimistic person takes responsibility and takes action. Which are you?

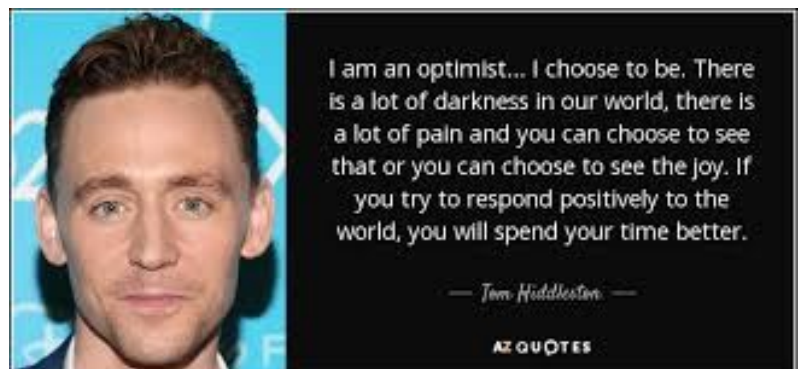
Acknowledge the good things that happen.

Ask yourself 2 questions:

What did I do well today? List all the things you did well. I am sure there are situations where you took some positive action. You took responsibility for them turning out well. When you focus on this consistently, it will help increase your level of optimism. And this will grow your self-confidence, because you're focusing on the things that you can do rather than the things you can't.

What went well? This question refers more to the fluky things that are outside your control. Sometimes great things just happen. It's good to appreciate and be grateful for these. You can take this further. Acknowledge what's good about your life and list all the things that you usually take for granted. Create a gratitude journal. The more you focus on what works well in your life, the more you'll feel optimistic.

I remember on my our first ever Ajani course, I was talking about some of the big jobs I had done in the past and kept saying how "lucky" I had been. One of the group actually told me to stop saying that, as I had created my own luck by working hard to get to that position. Which was really nice!!! But true. We make our own luck!!!



MIND-SET:

Self-Esteem: Believe in yourself

The terms “self-confidence” and “self-esteem” are often confused . Confidence is a measure of faith in one’s own abilities; esteem is about our sense of self. It involves both thoughts and emotions, and influences how we perceive others and interact with the world. If you have healthy self-esteem, you tend to be confident. However, if you have a negative self-view, it can cause a lack confidence in all of your activities.



Believing you are somehow less intelligent or capable than your peers contributes to low self-esteem, which over time causes depression. It can also trigger avoidance of activities that bring on negative emotions. People may be labelled as “lazy” or “not trying” which further damages self-esteem and sets in motion a vicious cycle resulting in mental health issues.

We have said it over and over again in our packs: You are special. You are amazing. We all have skills and abilities, we just need to believe in ourselves more. How many things do we not achieve because we don’t even try to make them happen? How many times do we give up quickly because we have failed at a task?

So how can we try and improve our self-esteem; our self-image? Here are two ways - research more!!!

Recognise your successes

You are not born with any skills. They are all learned. Therefore, you have already conquered many mountains. You can communicate, you can cook, you can ride a bike, you can read this. All these might seem mundane, but actually took a lot of effort. Maybe you can sing, do puzzles, play sports, etc. See, you can do amazing things. So, why are you scared to set new targets? I have been doing the recipe page in these packs, and everything I have cooked has been for the first time. I realised I was actually scared of trying these recipes because I thought I would fail, which actually does not matter. Honestly, you are incredible. Say it!!!!

Be assertive

When I was younger I was very shy!! I would never have stood up in front of people and led a group. I never thought I could do that. One bit of great advice I got, when I was around 19, was that confident people were achievers at work. I needed to put myself forward more and ask to be involved. Being assertive is about respecting other people's opinions and needs, and expecting the same from them. You need to listen to people but also voice your own opinion if it is different. One trick is to look at other people who act assertively and copy what they do. It's not about pretending you're someone you're not. It's picking up hints and tips from people you admire and letting the real you come out.

I used to play a lot of football, in centre midfield mostly. I remember the manager suggesting I play at centre half (defence). I knew it would not be a good idea, but was scared to voice. We lost heavily and I returned to midfield. I should have said something. Nowadays, as I lead the course work for HMHB, and have had hundreds of meetings, I enjoy the responsibility that assertiveness brings: (shutting me up is the problem).

How do you expect others to believe in you, if you do not yourself?

You are amazing. Honestly. And the possibilities are endless.

Forget failure, it happens. Forget mistakes, they happen.

Nothing will occur without action and confidence.

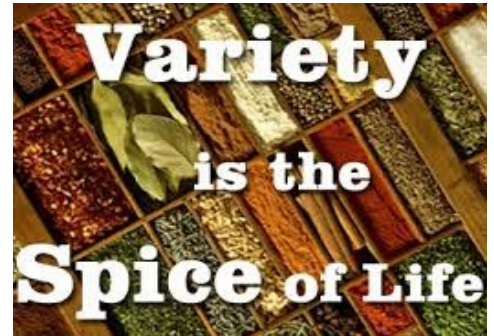
Go for it!!! HMHB is with you all the way!!! It's your choice!

NUTRITION:

Milk: There are many varieties out there.

There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.

When I was younger, squash was orange or lemon, or there was blackcurrant Ribena. Nowadays you get “cherries and berries”, “pineapple and orange”, “summer fruits” etc. For cereal you can get them smothered in chocolate, or nuts, or berries. Porridge comes in so many varieties it is difficult to keep up!!! But is variety good? And how does it affect the staples we have. Let’s take a look at some examples around Milk!!!



MILK

HMHB just provides information and it is up to individuals to use that as they see fit. Some people avoid milk and others love it. Cow’s milk has been a staple of our diets for a long time (I wonder who was the first person to try it?). We also drink milk from Water Buffalo, Sheep, Goats, Camels, Donkeys, Horse, Reindeer and Yak!!! I think it was a brave man who first went up to milk a water buffalo!!!!

Did you know, in 2016, they discovered protein sequences in “Cockroach Milk” and it had all the essential amino acids, plus proteins, fats, and sugars; and the milk turns out to be 3.5 times more calorie-rich than cow’s milk. However, milking them is almost impossible!!!!

Cow’s milk is actually considered a whole food. It has 18 out of 22 nutrients. One of our users recently went to UCH for an operation and admitted to having a cup of tea seven hours before. They nearly cancelled the operation, not because of the tea, but because she had added milk, and that was considered a food.

Milk contains: Calcium, Folate (Vitamin B9), Magnesium, Phosphorous, Potassium, Vitamin A, Vitamin B12, Zinc, Proteins, Iron, Selenium, Vitamin B6, Vitamin E, Vitamin K, Niacin, Thiamine, Riboflavin.

The fat content can vary, but it does have both saturated and unsaturated fats, as well as cholesterol.

- A 2013 study showed that dairy helped people feel fuller and reduced how much fat they ate overall.
- Some studies have shown that full fat dairy intake is associated with lower body weight. Other studies show that dairy intake, in general, may prevent weight gain.
- Milk provides proteins that are necessary to build and maintain healthy bones, teeth, and muscle.
- Several Studies have found that drinking milk may help prevent type 2 diabetes in adults. This may be because milk proteins improve your blood sugar balance.
- Milk fat may help raise levels of HDL (good) cholesterol. Having healthy HDL cholesterol levels may prevent heart disease and stroke.
- Additionally, milk is a good source of potassium. This mineral helps regulate blood pressure.
- Pastured (grass fed) cows make milk with more Omega 3 Fatty Acids and conjugated linoleic acid. These fats help protect heart and blood vessel health.

A review found 65-70% of the world population are in some way lactose intolerant.

Most people can safely add small amounts to their diets.

But there are quite a few “cow’s milk” alternatives now.

Let’s take a look at nine of them on the next pages.

NUTRITION: Milk Varieties

Soy Milk:

Also known as “Soya Milk” or “Soymilk”, it is a plant-based drink produced by soaking and grinding soybeans, boiling the mixture, and filtering out remaining particulates. It is a stable emulsion of oil, water, and protein. Its original form is a natural by-product of the manufacture of tofu.

Soy milk may be used as a substitute for dairy milk by individuals who are vegan or lactose intolerant, while others may consume it for environmental or health reasons.

People cite it is cheaper to produce than cow’s milk, and better for the environment.



Almond Milk

This plant-based milk consists of subtle natural sweetness and offers an incredibly creamy consistency. It is a dairy-free milk product that is produced by first toasting the almonds, and then grinding them with water until it combines into a well-blended mixture. The resulting product is a rich milk that has a “delicious nutty taste” coupled with a “thick, creamy texture”. Since it is nut-based milk, it has an abundance of healthy fats, namely polyunsaturated and monounsaturated fats. It is also rich in other key nutrients like magnesium, potassium, calcium, protein, fibre, and vitamin E.



Almond milk is “ideal for those who are lactose-intolerant and wish to avoid dairy products” because it is free from cholesterol as well as lactose. Not just that, but it also has a low sodium content that is “great for maintaining a healthy heart”.

Rice Milk

This is one of the most hypoallergenic options (unlikely to cause an allergic reaction) among all other milk types and also the sweetest of all. It is a type of dairy-free milk that is created by boiling brown rice and then mixing it with brown rice starch and brown rice syrup. It offers a medium-rich sweet taste that is “very pleasant to the taste buds”. The natural sweetness of the milk comes from the rice grain itself rather than any added sugar. Since it is lactose-free and contains very low amount of allergens, it is ideal for lactose-intolerant people and those who may have a great tendency to be allergic to milk.



Rice milk is also fat and cholesterol-free which makes it the “perfect milk choice for people battling with high blood pressure and cardiovascular issues”. However, the downside to rice milk is that it contains a lot less amount of protein and calcium as compared to whole milk. Also, each serving of rice milk contains about 26 grams of carbohydrates which also makes it high in calories and sugars

NUTRITION:

Even more milk Varieties

Buttermilk:

The modern, or current, form of buttermilk has no traces of butter in it, rather it is cultured milk that is stored and sold in bottles. Commercially made buttermilk in today's time is produced by adding bacteria culture to sweet, pasteurized milk. The mixture is left to ferment for a few hours after which stabilizers, salts, and sugar are added to the 'buttermilk'.

The new buttermilk is a lot thicker and acidic as compared to the traditional buttermilk, making it "ideal to be used in biscuits and pancakes". It is equally good to enjoy as a drink since buttermilk significantly "aids in digestion and also improves gut health".



Evaporated Milk

This milk is basically canned milk with about 60 percent of the water content removed from it. The water is removed from fresh milk by simmering it over low heat. The milk then goes through a homogenization process that allows it to integrate all its fat molecules together which gives it extended shelf life.

The process of slowly simmering the milk over heat results in a very thick, rich, and creamy final product that often consists of a mild, caramel-like flavour. Many people refer to evaporated milk as 'the best of both worlds' since it contains a very low-fat content.



Evaporated milk may help you gain weight healthily because of its high concentration of nutrients and lack of added sugar. Additionally, evaporated milk is fortified with vitamin D, and sometimes with vitamin A, and naturally high in minerals, such as calcium and phosphorus, which are essential for bone health.

Condensed Milk

Although it is a type of milk, it is actually very different from regular varieties in terms of taste, texture, and consistency. It tastes incredibly sweet, has a darker colour and a thick and creamy texture and consistency. Another difference between evaporated and sweetened condensed milk is that the latter has sugar added to it as a preservative in order to increase its shelf life. While it contains some proportion of naturally-occurring sugars of the milk, more sugar is added during the processing.

However, since sweetened condensed milk is made from cow's milk, it does have some protein, calcium, vitamin B12, and fat content.



Sweetened condensed milk has roughly five times the amount of sugar of evaporated milk, as sugar is added during processing as a preservative. It can be stored in cans for a very long time without refrigeration; often up to a year. However, once opened, the can must be refrigerated.

It can add flavour to desserts, coffee and certain stews but is unsuitable for people with milk protein allergy or lactose intolerance. I have used it when making caramel on our recipe pages in these packs.

NUTRITION:

Yep, there are other milks too!! Choices, choices!

Oatmilk:

Oat milk is the ultimate blend of water and steel-cut, rolled, or whole oats. The mixture is carefully strained to leave behind delicious, plant-based milk. The straining process results in slightly thin milk, making it a great option for coffee and pancakes.

Oats contain a large number of beta-glucans and soluble fibre which makes oat milk an excellent drink for your immune system and metabolism. It consists of a super mild flavour with subtle hints of sweetness along with a watery consistency.

It is great for people who have specific dietary restrictions because it is not only vegan, and lactose-free, but it is also soy and nut-free.



The presence of beta-glucans makes the oatmilk really good for your cardiovascular health and allows your cholesterol levels to be in control. It is equally rich in calcium and vitamin D, making it highly beneficial for strong, healthy bones and a lower risk of osteoporosis.



Goat Milk

Many people find it hard to digest cow milk which has a high lactose content and also consists of a large number of allergens. Goat milk, which is produced by goats (I “kid” you not!!!), is an excellent nutrient-rich alternative for such people.

It is loaded with essential nutrients, vitamins, and minerals and is rich in medium-chain fatty acids. It is easily digestible, easy on the gut, and also less inflammatory, compared to cow milk.

Goat’s milk has therapeutic benefits for heart health where its fatty acids help lower cholesterol levels in the body

Hemp Milk

It is an excellent vegan-based milk that is produced by crushing and soaking hemp seeds in water. The mixture is then thoroughly blended, resulting in delicious hemp milk that has a rich, creamy consistency along with an earthy, nutty flavour.

The consumption of hemp milk has always been associated with a lot of controversial statements, considering how the hemp plant is also used to produce marijuana. However, hemp seeds do not contain any THC (Tetrahydrocannabinol) so there is no way that hemp milk can produce mind-altering effects.



Hemp milk is an excellent source of calcium, iron, protein, potassium, manganese, vitamins, and zinc. All these essential nutrients and components allow hemp milk to deliver a plethora of health benefits including improved cognition, enhanced heart health, excellent skin, improved bone density, and a strong immune system, to name a few.

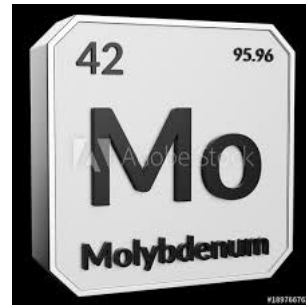
**Wow, such a diverse selection, and there are others we have not talked about.
The choice is yours. Why not do your own research?**

NUTRITION: Minerals

Molybdenum

Minerals:

In the context of nutrition, a mineral is a chemical element required as an “essential for life” nutrient by living organisms to perform functions necessary for life.



- Molybdenum is a trace mineral, which your body needs in small amounts.
- Molybdenum is an essential mineral, meaning it must be obtained through your diet.
- Molybdenum is found in high concentrations in legumes, grains and organ meats.
- It activates enzymes that help break down harmful sulfites and prevent toxins from building up in the body. (nice to know!)
- Situations in which people get too much or too little of the mineral are extremely rare, but both have been linked to serious adverse effects.
- Since molybdenum is found in many common foods, the average daily intake exceeds requirements. For this reason, most people should avoid supplementing with it.
- As long as you eat a healthy diet with a variety of whole foods, then molybdenum is not a nutrient to be concerned about. (even though, let's admit it, most of us never knew it even existed!! - be honest)

It is present in soil and transferred into your diet when you consume plants, as well as animals that feed on those plants. There is very little data on the specific molybdenum content of certain foods, as it depends on the content of the soil.

Although amounts vary, the richest sources are usually beans, lentils, grains and organ meats, particularly liver and kidney. Poorer sources include other animal products, fruits and many vegetables.

Studies have shown that your body doesn't absorb it well from certain foods, particularly soy products.

However, this is not considered a problem since other foods are so rich in it.

Since your body only needs it in trace amounts and it's abundant in many foods, molybdenum deficiency is rare. For this reason, people don't usually need supplements, unless for some specific medical reasons.

Once you eat it, it is absorbed into your blood from your stomach and gut, then carried to your liver, kidneys and other areas.

Some of this mineral is stored in the liver and kidneys, but most of it is converted into a molybdenum cofactor. Any excess molybdenum is then passed in urine.

Green Peas are one of the rich sources of Molybdenum in our food supply



Minerals are just another “essential for life” nutrient you need to get from nutrition.
It's your responsibility to make sure you get enough!!!
Why not research this Mineral even more this week?
Maintaining an adequate Molybdenum intake is important for your overall health.

NUTRITION: Lazza's Kitchen

Beef Casserole and Dumplings

Lazza is still trying out new recipes

Today - he makes his first ever dumplings to go with a beef casserole

“Dumplings are found all over the world, and made with a multitude of ingredients.

Savoury dumplings made from balls of dough are part of traditional UK cuisine. Traditionally made from twice the weight of self-raising flour to suet, bound together by cold water to form a dough, and seasoned with salt and pepper but can also be made using flour and butter.”



Diced Beef (use the amount you fancy)
Casserole Mix of Veg (carrots, leeks, peas, onions, garlic, potato, to taste)
25g butter
2 tablespoon plain flour
Balsamic, Worcestershire sauce, salt/pepper
500 ml Beef Stock
Tin Chopped Tomatoes (I used Pasata)
For Dumplings: 4½oz plain flour; 2½ suet;
1 teaspoon baking powder, water for mix

1. Heat the oil and butter in a large casserole pot and fry the beef until browned on all sides.
2. Sprinkle over the flour and cook for a further 2-3 minutes.
3. Add the garlic (I also used paste), the vegetables and fry for 1-2 minutes.
4. Stir in the stock and tomatoes
5. Add the Worcestershire sauce and balsamic vinegar, to taste.
6. Season with salt and freshly ground black pepper.
7. Cover with a lid, and cook for about two hours
8. For the dumplings, sift the flour, baking powder and salt into a bowl.
9. Add the suet and enough water to form a thick dough.
10. With floured hands, roll spoonfuls of the dough into small balls.
11. I briefly cooked my dumplings in oven to start them off.
12. After 1¾ hours, remove lid from stew; place the balls on top of the stew.
13. Cover, and cook for a further 20/25 mins until the dumplings have puffed up and are tender.



**I'd never bought Suet before.
To be honest, I did not even know what it
would look like.
The stew smells delicious.
Yep - just had my dinner.
Amazing taste, and the dumplings have
come out sublime!!! Tasty!!**

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was a great and tasty meal to prepare.**



HMHB's Name Game Page - trickier than you think.

Can you name these sci-fi movies, and the year released?

Answers at bottom of quiz page answers (page 25)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

EXERCISE/FITNESS

Using the Big Ball (there are alternatives if you don't have one)

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone.

It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods are part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden up to the end of March, and we are looking forward to restarting them all as soon as possible, as well as starting more. However, we want to guide our users, and others, to do some of their own sessions, either at home or in a local green area.

I, personally, have used both Clissold Park and Highbury Fields so far.

As long as you Social Distance you will be fine. Find ways to be active.

For Healthy Minds, Healthy Bods, exercise and fitness needs to be fun. It is an essential part of keeping healthy, and ensuring your body stays as fit as possible. But it certainly doesn't need to be a chore. And one of the best ways of enjoying exercise is to use equipment of some kind.

In this pack, we are going to look at the large exercise ball.

Now, not everyone can get their hands on one of these. HMHB have been lucky in the past, and some of our funders have given us money towards "exercise equipment", so we have a couple. They did not cost a huge amount though, and if you are serious about fitness and health it could be worth spending a few pounds.

You can find alternatives. They do not always have to move, as you will see in some of the workouts we will be demonstrating on the next few pages. But for some of the exercises movement is necessary. How

about rolling up a duvet, keeping it tight, and using that? Maybe use a football instead? That is a challenge!!!



An exercise ball, also known as a Swiss ball, physio ball, stability ball, and a number of other clever names relating to either its use or origin, is nothing new in the world of fitness and rehabilitation. Made of soft elastic, the Swiss ball was developed in 1963 by Aquilino Cosani, an Italian plastics manufacturer, and was initially named the "Pezzi Ball".

Benefits include:

Core: The three muscle groups in your midsection are: Deep abdominal muscles (*Transverse Abdominus*): Back muscles that support the lumbar spine (*Multifidus*): Lower back muscles that maintain spinal and pelvic balance (*Quadratus Lumborum*). Training with an exercise ball, whether during Pilates, yoga or simple stretching exercises, is an excellent way to work this group of hard-to-reach, deep muscles.

Muscle Balance: Muscles need to work together to perform certain tasks, which is why muscle imbalance can lead to bad posture, pain and a multitude of injuries. A common imbalance occurs between anterior (front) and posterior (back) muscles, partially due to natural everyday activities that engage your front more than your back, but partially also because people tend to train their abs and neglect their back.

This is often the main cause of lower back pain and discomfort. Swiss ball exercises engage your whole core, as the ball supports the lower back and other posterior muscles during training

Let's try out a few "ball" type exercises. Use alternatives if you can.

EXERCISE/FITNESS:

Big Ball exercises you can do at home.

(note: prior to pics we had been outdoors, hence dirt on bottoms)

Stability Jack Knife (who names these?) - you can do these on the floor without a ball!!

- Get in a high-plank position with your hands directly underneath your shoulders and your shins on top of a stability ball.
- Brace your core to keep your body in a straight line from head to toes. This is your starting position.
- Squeeze your core and bend your knees to roll the stability ball toward your hands until only your toes are resting on the ball, keeping your hips down as you do so.
- Pause, then slowly straighten your legs back behind you, returning to the starting position.

Does double duty by strengthening the hip flexors and crunching your abs.



Stability Ball Hamstring Curl



- Lie with your back flat on the floor with the back of your calves on top of a stability ball and your legs straight.
- Brace your core and squeeze your glutes to raise your hips off of the floor so that your body forms a straight line from shoulders to heels. This is your starting position.
- Drag your heels to roll the ball as close to your bum as possible or until your knees form 90-degree angles.
- Pause, then slowly straighten your legs as you roll your feet away from your glutes, returning to the starting position

Strengthen your hamstrings and glutes while also engaging your core

Stability Ball Deadbug (can use a large pillow instead)

- Lie with your back flat on the floor with your arms extended straight up, your legs bent at 90 degrees, and holding a stability ball between your knees and your hands. This is the starting position.
- Keeping the ball in place with your right hand and left knee, brace your core and slowly lower your right leg and left arm to within six inches of the floor (both should remain in line with your body). Only go as low as you can with your low back pressing in to the floor.
- Reverse the move to return to the starting position, and repeat on your other side.
- Continue alternating sides, performing equal reps on each side



Not sure pics are that helpful here!! :-)

EXERCISE/FITNESS:

More Big Ball exercises you can do at home

Stability Ball V-Pass - can use a large object instead

- Lie with your back flat on the floor with your legs extended straight on the floor, holding a stability ball overhead with both hands. Brace your core to minimize any arch in your lower back. This is your starting position.
- Squeeze your abs to lift your arms and legs to place the ball between your calves, creating a "V" position.
- Lower back down to the starting position, but this time with the ball between your legs.
- Repeat the movement, passing the ball back and forth between your hands and legs

It works your core as you pass the ball and you engage your inner thighs and arms to keep the ball from falling to the ground.



Stability Decline Push-Up (can use chair)

- Get in a high-plank position with your hands directly underneath your shoulders and your toes on top of a stability ball. Brace your core and squeeze your glutes to keep your body in one straight line from head to toes for the entire move.
- Bend your elbows to lower your chest toward the ground, keeping your elbows tucked close to your body. They should form a 45 degree angle to your torso when viewed from above.
- Press your arms straight to return to the plank position and repeat

Stability Ball Wall Squat

- Stand with your feet hip-width apart and a stability ball between the middle of your back and a wall. Your feet should be slightly in front of your body. This is your starting position.
- Bend your knees to roll your body down the ball until your thighs are parallel to the floor. Your knees should be in line with your middle toes
- Pause, then press through your heels to return to starting position and repeat.

Strengthen your glutes, hamstrings, and quads while building stability through your hips and core.



There are many different kinds of exercises, and in these packs we cover the spectrum.

Your core is important for posture and stability.

Why not try out some of these Big Ball exercises at home?

Your body needs to stay strong. It's your choice!!!!

EXERCISE/FITNESS:

Even more Big Ball Exercises you can do at home

Russian Twist (not sure why it is this nationality!!)

- Lie with your upper back on a stability ball and your feet flat on the floor with your knees bent at a 90 degree angle. Brace your core and keep your hips extended so your torso forms a straight line from head to knees.
- Extend your arms straight above your chest and press your palms together. This is your starting position.
- Rotate your torso to roll onto one shoulder as far as you can while raising the other from the ball. Your hips should stay square with the floor.
- Reverse the move to return to the starting position.
- Repeat, rolling onto the opposite shoulder



I think I have done a different exercise!

Stability Ball Roll Out

- Place your hands on a stability ball and kneel with your knees hip-width apart and your toes on the floor for stability. (*I have done on my toes, I noticed*)
- Keeping your back flat and core braced, and without moving your knees, slowly roll forward so the ball comes to your forearms, until your body forms a straight line from your head to your knees.
- Pause, then roll back to the starting position

This seemingly simple move will leave your abs shaking as it tests your core strength and stability, especially as I did it on my toes and not the knees (lol)



Single Leg Stability Ball Hip Thrust

- Lie with your back flat on the floor and both feet on a stability ball, legs bent at a 90 degree angle. Rest your arms straight on the ground by your sides.
- Lift one foot off the ball and extend it out straight.
- Squeeze your glutes to thrust your hips off the ground. Brace your core so that your torso forms a straight line from head to knees.
- Pause, then slowly lower your hips back to the ground.
- Perform all reps, then repeat on the opposite leg

Builds your glutes and hamstrings by training one leg at once

**There are many different kinds of exercises, and in these packs we cover the spectrum.
Your core is important for posture and stability.
These Big Ball exercises can make exercise fun.
Perhaps, clothes in a bag or pillow case can be used if no ball. Or a football?
Only you can provide the exercise your body needs. It's your choice!!!!**

HEALTH / ROUTINE

Bones

Following on from our “picture name game” in the last pack, where we asked people to recognise various bones of the body, we thought it would be a good idea to have a peek at some bones in this issue.

The Human Skeleton is the internal framework of the human body. It is composed of around 270 bones at birth but this total decreases to around 206 bones by adulthood after some bones get fused together. The bone mass in the skeleton reaches maximum density around age 21. The human skeleton can be divided into the “axial skeleton (the part of the skeleton that consists of the bones of the head and trunk of a vertebrate; in the human skeleton it consists of 86 bones) and the “appendicular skeleton” (the portion of the skeleton of vertebrates consisting of the bones that support the appendages; there are 126 bones).



The human skeleton performs several major functions; support, movement, protection, production of blood cells. Why not research some others?

Support

The skeleton provides the framework which supports the body and maintains its shape. The pelvis, associated ligaments, and muscles, provide a floor for the pelvic structures. Without the rib cages, costal cartilages, and intercostal muscles (both found around the ribs) the lungs would collapse.

Movement

The joints between bones allow movement, some allowing a wider range of movement than others, e.g. the ball and socket joint allows a greater range of movement than the pivot joint at the neck. Movement is powered by skeletal muscles, which are attached to the skeleton at various sites on bones. Muscles, bones, and joints provide the principal mechanics for movement, all coordinated by the nervous system. It is believed that the reduction of bone density in prehistoric times reduced the agility and dexterity of human movement. Shifting from hunting to agriculture has caused human bone density to reduce significantly.

Protection

The skeleton helps to protect our many vital internal organs from being damaged.

- The Skull protects the Brain
- The Vertebrae protect the Spinal Cord.
- The Rib Cage, Spine and Sternum protect the Lungs, Heart and major Blood Vessels.

Blood Cell Production

The skeleton is the site of “Haematopoiesis”, the development of blood cells that takes place in the bone marrow. In children, haematopoiesis occurs primarily in the marrow of the long bones such as the femur and tibia. In adults, it occurs mainly in the pelvis, cranium, vertebrae, and sternum.

**Let's take a look at some of our major bones.
We truly are walking miracles!!!!**

HEALTH / ROUTINE

Leg Bones

There are, of course, a lot of bones in your body, and they are all important in their own way, but we will take a glance at 3 of your leg bones here. Your femur (thigh), Tibia (shin bone) and the Patella (knee cap).

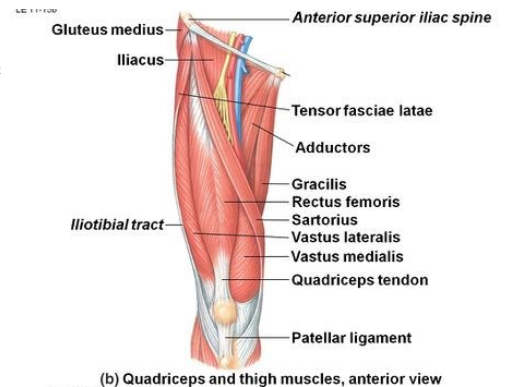
Femur

Your Femur is the only bone located within the human thigh. It is both the longest and the strongest bone in the human body, extending from the hip to the knee.

Your femur connects to the pelvis at the top, with a ball and socket joint at the hip. The lower end of the bone forms a hinge at the knee.

The Femur is a leg bone in “bipod” animals (two legged, such as humans) and “tetrapod vertebrates” (animals of four legs) capable of walking and jumping such as most land mammals, birds, many reptiles and lizards, and amphibians such as frogs and toads. In vertebrates with four legs, such as dogs and horses, the femur is found only in the hind limbs. This is because the front limbs, although legs, are actually based around arms bones (it’s clever stuff!!!).

The main function of your femur is weight bearing. If you think about it, for your whole stability and posture, you need a solid muscle at the top of your legs, and therefore a large stable bone for it to surround. (you have a lot of weight in the upper body - well, I do!!). As you can see from the picture, which has the top of the thigh at the top (note the use of the “gluteus” muscle - which is part of your bum, and the “patellar” near the bottom, which is your kneecap). I bet you did not realise just how complex these muscles are. Many think there is just one quadricep muscle there - which can ache when we do squats and lunges. Clearly, it is quite complicated.



Tibia

The femur is at the top of the knee joint, under it is the Tibia.

The Tibia is also known as the “shinbone” or “shankbone”, and is the larger, stronger, and anterior (frontal) of the two bones in the leg below the knee in vertebrates (the other being the “Fibula”, which is behind and to the outside of the tibia), and it connects the knee with the ankle bones.

The tibia, which is named for the flute “Tibia”, is the second largest bone in the human body next to the femur. The leg bones are the strongest long bones as they support the rest of the body.



Patella

I have a vested interest here, as I have two torn Meniscus (ligaments) in my knees (playing football last year) and am waiting for operations!!! Yep, painful!!

Also known as the kneecap, the Patella is a flat, circular-triangular bone which articulates (connects) with the femur and covers and protects the anterior articular surface of the knee joint.

The patella is found in many bipods and tetrapods, such as mice, cats and birds, but not in whales or most reptiles. In humans, the patella is the largest “sesamoid bone” (a bone embedded within a tendon or muscle) in the body. Babies are born with a patella of soft cartilage which begins to ossify (modify) into bone at about four years of age. *(just got news that my first operation is November 19th - yay!!)*

HEALTH / ROUTINE

Looking after your bones

Like every part of your body, you need to look after your bones too. And there are things you can do,

Vitamin D

Vitamin D is essential for healthy bones and teeth and a fundamental element of our immune systems. A deficiency of vitamin D impairs the absorption of dietary calcium and phosphorus, which results in poor mineralisation of the skeleton. Few foods naturally contain vitamin D; therefore, the main source is our skin's unprotected exposure to the UVB rays of the sun. In the UK, between the months of October and April, the UK sun is simply not strong enough to stimulate adequate vitamin D production and supplementation is recommended. Primary prevention is vital and health professionals advise safe sun exposure as well as a dietary intake as rich in vitamin D as possible, including oily fish. It is also recommended that all vulnerable groups take a vitamin D supplement.

Be Active

Weight-bearing exercise is vital for good bone and joint health. The stress forces involved in weight-bearing exercise force the body to strengthen the bones by laying down extra bone tissue, thickening the bone fibres, ligament and tendons. Pressure on the joints also helps to stimulate synovial fluid production and circulation which keeps joint surfaces healthy. Weight-bearing exercise can be as simple as walking, if you are new to exercise. Yoga is a great way of keeping strong and supple and weight training is an option for the more advanced.



Think of your Body Weight

We all know that being overweight is bad for your health, however it is extremely bad for your joints, as they will be under the added strain of carrying excess weight. Every extra pound you gain puts four times the stress on your knees. The flip side is that even a small amount of weight loss will give your knees relief. Research has shown that losing as little as 11lbs may improve your joint health and cut your risk of osteoarthritis of the knee by 50 per cent. (another reason for my weight loss journey!!!) This is something I am going to have to take seriously. As I said on the previous page, I have managed to tear my meniscus ligament in both knees. A torn meniscus is one of the most common knee injuries. Any activity that causes you to forcefully twist or rotate your knee, especially when putting your full weight on it, can lead to a torn meniscus. Each of your knees has two C-shaped pieces of cartilage that act like a cushion between your shinbone and your thighbone (menisci). A torn meniscus causes pain, swelling and stiffness. Conservative treatment is sometimes enough to relieve the pain of a torn meniscus and give the injury time to heal on its own. In other cases, however, a torn meniscus requires surgical repair. I am still struggling with my weight - will be putting this back into the packs in November, so losing weight will help me with my ligament problems. I wish I had thought of this before my injury!!! Prevention is always better.

HMHB has a Health Blog, with entries covering many subjects on mind-set, health, nutrition, and exercise.

www.healthymindshealthybods.blogspot.com

We've added over ten new entries this week. Please log on to have a read.

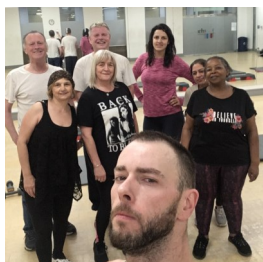
Why not try an exercise class!!!

Here is an amazing opportunity to join in a **FREE Zumba class, or two, with a qualified teacher.**

Karina is part of our weekly Sobell Fitness sessions.

Karina is based in Islington, but her online classes are fabulous.

Please contact her.
They are fun, but also great for your health.



ACTIVE WITHIN

If anyone would like to join in their free classes, you will need to register on their website and then get in touch with them via phone, email or through social media channels. They will then send you the class links

www.activewithin.com

TIME TABLE	
MON/18.30/YOGA	
TUES/11.00/YOGA	
TUES/18.30/BOOTCAMP	
WEDS/18.30/YOGA	
SAT/10.00/YOGA	
SUN/10.00/ABT	

HMHB Izzwalkz is part of the “Walk With A Doc” network.

Walk with a Doc was started in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio. Frustrated with his inability to affect behaviour change in the clinical setting, Dr. Sabgir invited his patients to go for a walk with him. They now have walks all over the USA, as well as all over the world - and our Izzwalkz is one of them.

Check out their website for more information.

“With an aim to make hope and health accessible to all, our doctor-led walking groups are a safe, fun, and FREE place to get some steps, learn about health, and meet new friends”

We are proud to be part of their network.
Let's walk!!!!

www.walkwithadoc.org



PILATES

The amazing Emma Ahlstrom is providing some terrific online Pilates classes.

Monday 10-11am:

Pilates for strength

Tuesday 6.30-7.30pm:

Pilates evening flow

Wednesday 10-11am:

Personal Training for over 50's

Friday 9.30-10.30am:

Pilates for over 50's

Contact her

hello@emmaahlstrom.com

www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

Confidence is so important, and it is amazing just how many of us doubt ourselves when it comes to some tasks and targets. Part of that is being optimistic. If you think something will go wrong, then you already starting from a position of negativity. And we must not confuse it with esteem. We all need to trust ourselves more. How do we expect other people to treat us well if we don't do it for us? Listen, you are amazing. I say it so much. Start telling yourself that a bit more. Build up the confidence. Try new things. Failure happens. It's okay!!!



Nutrition.

Milk is a staple of our lives. We use it at breakfast, in our hot drinks, in our cooking, and for a lot of us it provides us with many essential nutrients and minerals. But people can have an intolerance, and nowadays you can pick up quite a few alternatives. In this pack we looked at a few, but it is definitely worth your while doing your own research. Are there health issues for example? Some would say yes, others no!! It's your choice.



Exercise

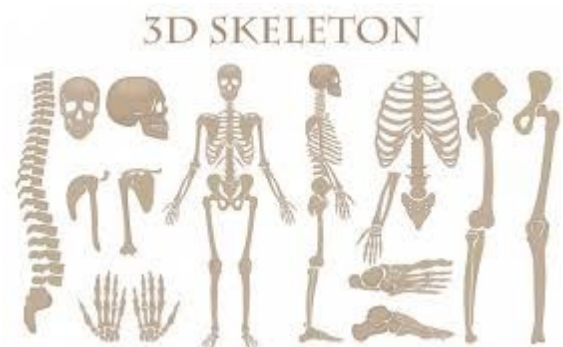
At HMHB we love our gym equipment, as it adds a bit of fun and laughter to our sessions. And the Big Ball can certainly do that. Naturally, you need to be a bit careful, especially if older. They can be found for under £20, and could be a good addition to any fitness regime. What is your health worth??

However, you can find alternatives. Wrap up a duvet maybe, fill a bag with clothing, use a football or a large pillow?? I am sure you can experiment with a few ideas.

In this issue we have tried to introduce some exercises for the whole body (legs, core, upper body). Lazza enjoyed modelling them, as you can see from the strain on his face!! Yay!!!

Health.

We have covered illnesses, and organs, and systems, but nothing would even work if we did not have a solid base and foundation, and that is where I skeletons come in. Made mostly of Collagen, bone is living, growing tissue. Collagen is a protein that provides a soft structure, and Calcium Phosphate is a mineral that adds strength and hardens the framework. This combination of Collagen and Calcium makes bone strong and flexible. And, as usual, diet, exercise and healthy weight all combine to help us look after our bones. It's the usual suspects, once again!!!



**Start thinking about setting weekly goals yourself on these topics.
A small difference every week will grow into significant change over time.**

Quiz Answers from Page 4 + Sci-Fi Films from Page 15

See if you can beat your family and friends

Film

All are major characters from which movies?

- a. The Sixth Sense (Bruce Willis)
- b. The Great Escape (Steve McQueen)
- c. The Graduate (Dustin Hoffman)
- d. H Potter Chamber Secrets (K Branagh)
- e. UP (the old man who owned the house)
- f. Aladdin (princess and monkey)
- g. Jurassic Park (turned off the fences)
- h. Back To The Future (main baddie)
- i. Ghostbusters (Harold Ramis)
- j. Pirates of Caribbean (K Knightley)
- k. Kung Fu Panda (Po's teacher)
- l. Shrek (Ruler of Duloc)
- m. Madagascar (Hippo and Giraffe)

Geography

In which countries are these major world cities?

- | | |
|-----------------|------------------|
| 1. Winnipeg | Canada |
| 2. Christchurch | New Zealand |
| 3. Sacramento | USA (California) |
| 4. Dundalk | Ireland |
| 5. Gdansk | Poland |
| 6. Yokohama | Japan |
| 7. Chennai | India |
| 8. Aswan | Egypt |
| 9. Palermo | Italy |
| 10. Sochi | Russia |
| 11. Cancun | Mexico |
| 12. Hobart | Australia |
| 13. Macau | China |

Literature

Did you name the authors of those books: All the authors have sold over 100 millions books!!!

1. Michael Crichton
2. Arthur Hailey
3. Alistair MacLean
4. C S Lewis
5. Stephen King
6. Dr. Seuss
7. William Shakespeare
8. Agatha Christie
9. Ian Fleming
10. Roger Hargreaves
11. Beatrix Potter
12. Dan Brown
13. Robert Ludlum
14. Roald Dahl
15. James Patterson

History

8 Leaders of the Liberal Democrats:

Paddy Ashdown; Charles Kennedy; Sir Menzies Campbell; Nick Clegg; Tim Farron; Sir Vince Cable; Jo Swinson; Sir Ed Davey;

QUIZ ANSWERS

List of Science Fiction film (plus year) - from Page 15 (it's meant to be tricky - I've seen them all, and fully recommend every film)

- 1: The Day The Earth Stood Still (1951): 2: Ready Player One (2018)
3: Event Horizon (1997): 4: Ex Machina (2015): 5: Fantastic Voyage (1966)
6: The Fifth Element (1997): 7: Them (1954): 8: Moon (2009)
9: The Black Hole (1979): 10: 2001 A Space Odyssey (1968)
11: Super 8 (2011): 12: Battlestar Galactica (1978): 13: Avatar (2009)
14: The Thing (1982): 15: Mars Attacks (1996)

Sport

The 12 winners of the top division in English Football since 1970 are:

Arsenal, Aston Villa, Blackburn Rovers, Chelsea, Derby County, Everton, Leeds United, Leicester City, Liverpool, Manchester City, Manchester United and Nottingham Forest

THE LAST PAGE

We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier regime.

We would love to incorporate some items from you in next week's pack. That could be a recipe, or letting us know what you are doing. Maybe even a word or two you would like us to pass on to everyone so we know you are safe and well.

You can text HMHB: **07964 430456**

HMHB would prefer you email us: **hmhb2016@outlook.com**

Please follow and like us on Facebook if you are on it:

www.facebook.co.uk/healthymindshealthybods

Please follow us on Twitter if you use it: **@hmhb2016**

Please follow PT Dean on Twitter if you use it: **@zombie_pt**

Please follow and like our blogs:

www.hmhb2016.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

Our website is: **www.hmhb2016.org.uk** you can contact us through the site

We are updating it with new pages at the moment, and plenty of pictures on our gallery page

**All copies of our Mental Health Packs can be downloaded from our website.
And we can post copies to you. Please get in touch.**

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund for helped to sponsor early packs. With their help, we established the Packs. We also thank the National Lottery Communities Fund for extra funding, that enables us to continue these packs, reach further and do more.



Cripplegate Foundation
Helping since 1500

Be Safe, Be Active, Be Well