



# Healthy Minds, Healthy Bods

## Health Pack: Number 24

Focus on Mind-set, Nutrition, Exercise, Health

*The Original and The Best*



*Prepared by: Lazza, Luke and Dean: Monday 28th September 2020*

[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)



**“As you get older, three things happen.  
The first is your memory goes.  
I can’t remember the other two.”**

***Welcome to the 24th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).***

If you missed any of our first twenty-three (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 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.



**Lazza and Dean with Caroline,  
At Brickworks Community Centre  
In Crouch Hill.**

**28th October 2017.**

**We ran a very successful Ajani course there  
in 2018, with help from Cripplegate.**

**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](http://www.gofundme/hmhb2016)**



## NEWS PAGE:

### Body Clock disruptions linked to Mood Disorders

At the moment, with all the Covid uncertainty, people are more stressed and sleeping issues have increased, as reported by the NHS. This can not only effect your daily routine, but can actually create further health implications, as per the results of a recent study.

"People who experience disrupted 24-hour cycles of rest and activity are more likely to have mood disorders, lower levels of happiness and greater feelings of loneliness," was the conclusion of a study published in the peer-reviewed journal, The Lancet Psychiatry,



Researchers wanted to see if disruptions to the 24-hour "body clock" of rest and activity (circadian rhythm) had an impact on mental health.

They used wearable fitness-tracking devices to assess the physical activity of 90,000 people in the UK, and then compared the results with associated questionnaires looking at mood and mental health outcomes. They found that people who were less active in the daytime and more active at night were more likely to have depression and bipolar disorder, less likely to describe themselves as happy, and more likely to say they were often lonely.

But we don't know whether this is cause or effect; for example, insomnia leading to increased night-time activity could be either a cause or effect of depression.

The researchers who carried out the study were from the University of Glasgow, the Royal College of Surgeons of Ireland, and the Karolinska Institute in Sweden .

Researchers used data from 91,105 people in the UK Biobank study who'd worn an activity monitor on their wrists for 7 consecutive days from 2013 to 2015.

They had also filled in questionnaires about their mood when first recruited between 2006 and 2010, and filled in an online questionnaire about their mental health in 2016.

People who were less active in the day and more active at night were slightly more likely to have had depression or bipolar disorder in their lifetime.

Using the activity monitors, the researchers calculated people's day/night activity levels – a measure that shows the ratio between someone's activity during their 10 most active hours and their 5 least active hours.

**[This study adds to the evidence that good sleep at night, and activity during the day, is linked to better mental health.](#)**

“The big question is exactly how this link works and what "direction" it's travelling in: does poor sleep and sluggish activity during the day affect people's mental health, increasing their chances of mood disorders, or do mood disorders affect people's ability to sleep well and be active during the day?

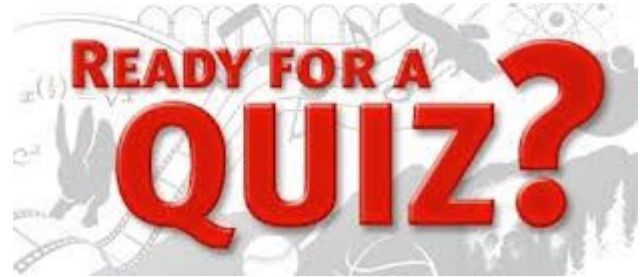
It's also possible that both sleep cycles and mood disorders are caused by another underlying factor we don't know about yet.”

**Lazza's Fiendishly Hard Quiz Spectacular!!!**  
**It's meant to take some time, and make you think.**  
**Answers are on page 21 (no peeking)**

**Countries.**

Germany shares its borders with nine European countries: Can you name all 9?

Brazil shares its borders with ten South American countries. Can you name all 10?



**Music**

These songs are in Disney animation films. Which movies are they from?

- a. Higitus Figitus
- b. The Unbirthday Song
- c. For The First Time In Forever
- d. That's What Friends Are For
- e. You've Got A Friend In Me
- f. Someday My Prince Will Come
- g. Bibbidi-Bobbidi-Boo
- h. Try Everything
- i. Remember Me
- j. Be Prepared
- k. The Phoney King Of England
- l. You're Welcome

**Film:**

In which films would you find these famous lines?

1. I love the smell of napalm in the morning.
2. Say 'hello' to my little friend.
3. Heeeeere's Johnny!
4. They call me Mr Tibbs.
5. I am serious. And don't call me Shirley.
6. You talkin' to me?
7. Lions and tigers and bears, oh my!
8. Go ahead. Make my day.
9. Get away from her, you bitch!!
10. We're on a mission from God.
11. I feel the need ... the need for speed.
12. Never give up. Never surrender.
13. I'm not bad. I'm just drawn that way.
14. I'm sorry Dave, I'm afraid I can't do that.
15. In case I don't see ya...good afternoon, good evening. and good night.

**Literature**

Can you name the authors of these books?

1. The Da Vinci Code
2. Black Beauty
3. The Name of the Rose
4. Gulliver's Travels
5. The Godfather
6. Jaws
7. Fifty Shades of Grey
8. The Girl with the Dragon Tattoo
9. The Gruffalo
10. Bridget Jones's Diary
11. The Hunger Games
12. Death on the Nile
13. To Kill a Mocking Bird



**The World:**

15 country names start and end with the same letter.

9 of these are the letter A.

Can you name all 15 countries please?

It'll make you think!!!!

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

## MIND-SET: Transferable Skills

*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.*



**“Time is free, but it is priceless.  
You can't own it,  
but you can use it.  
You can't keep it,  
but you can spend it.  
once you have lost it  
You can never get it back.”**

As we get older, we all develop skills along the way, skills that help us in every aspect of our lives: be that at home with your personal development, at work, at school or college, or even when we are socialising. And many of those skills cross over into the different genres.

These are called “Transferable Skills” - and our Mind-set can greatly affect how we use them. People usually think about their transferable skills when applying for a job or when thinking about a career change. Employers often look for people who can demonstrate a good set of transferable skills.

However, the good news is that you already have transferable skills. You've developed such skills and abilities throughout your life, at school and perhaps at university, at home and in your social life, as well as through any experience in the work-place. It is often important that you can identify and give examples of the transferable skills that you have developed when going for a new job, but it is also vital you know your strengths and weaknesses and continue to work on them as you go through life.

### Team Work

One of the most important is team skills. Being able to demonstrate your ability to work alongside other people is important for employees for example. But that goes for life too, and is something we should all be always looking to improve. Team skills mainly mean you can communicate well, are a good listener, and be responsible and honest. You can collaborate and solve problems together, understanding that sometimes you need to involve other people. And that is vital in our own lives, and for good mental health. Knowing you need to use other people to overcome issues is a massive strength. Do you do this?



**Our Highbury Fitness Group  
4th February 2020**

**Really missing our Tuesday sessions at  
Highbury Leisure. But discussing  
already when we can resume!!**



## MIND-SET: Transferable Skills

### Being adaptable, and finding self-motivation

#### Adaptability.

This is another of the “transferable skills” that you will use throughout your life, and it is very important that you can use it well. Life is uncertain on many occasions, and the Covid epidemic is a perfect example of how you need to be able to adapt to a changing situation.

1. No point in moaning: What do many people do when something terrible happens? Many people start whining as soon as they find themselves in a difficult situation. It’s a perfectly normal human reaction, but this response solves nothing. If you’re one of them, don’t stay at a standstill. Instead, learn to accept the situation, adapt to it, and move on.
2. What is your coping mechanism? The way you deal with personal and professional setbacks may significantly affect your future success. Discover your coping mechanism and consider changing some aspects of it. If you usually switch strategies to overcome various life challenges, try to forge ahead, learn from mistakes, and try again. Don’t run away from them. Instead, change what’s not working with your coping mechanism. When I had depression, I made poor choices and used substances. They, of course, solve nothing. Once I understood this, and changed my thinking, I was able to move forward.
3. Be open to change. New things aren’t necessarily bad things. No matter how you slice it, changes make our lives better. Unless you’re doing something that can damage your health and overall life, feel free to experiment with spiritual, personal, and professional worlds.
4. Get rid of blame. Don’t blame yourself ... and/or others, if you have this habit. Adaptable people know their personalities and they always keep reinventing themselves in order to adapt. They don’t blame themselves for mistakes, failures, rejections, traits, and doubts. They do realize that if they can’t change it, they must accept it. Blaming yourself or others is just a waste of time. Focus on improvement, not the past.



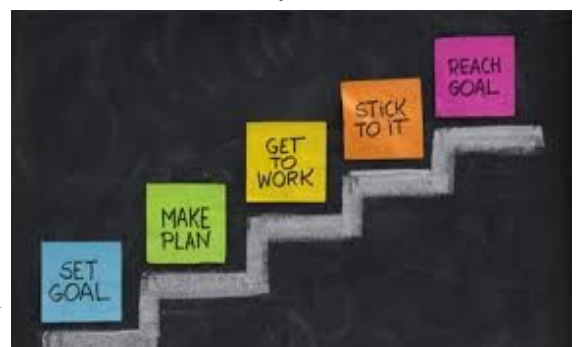
#### Self-Motivation

What a skill this is to have, and we all have it inside of us, if we would just truly believe it. It is even more important if we actually do not feel that motivated to do something, and then we do it anyway.

It is incredible how difficult it can be on occasions. Even simple tasks can feel overwhelming if you are feeling down or depressed.

There are two kinds:

- Intrinsic motivation: a kind of motivation that comes from sincerely wanting to achieve and desiring the inherent rewards associated with it. These are very personal to you.
  - Extrinsic motivation: the drive to achieve that comes from wanting the external rewards (like money, power, status, or recognition), although it’s clear that intrinsic motivation is usually a more effective and fulfilling drive.
1. You need to set high but realistic goals (e.g., SMART goals);
  2. You must take the right level of risk;
  3. You have to constantly be seeking feedback, and listening to it, to figure out how to improve;
  4. Must be committed to personal and/or organizational goals and going the extra mile to achieve them;
  5. Need to be actively seeking out opportunities and seizing them when they occur;
  6. You have to be able to deal with setbacks and continue to pursue your goals despite obstacles (i.e., be resilient.).



## MIND-SET: Leadership



**“The problem  
is not the problem.  
The problem  
is your attitude  
to the problem.  
Do you understand?”  
Captain Jack Sparrow  
(Yes, I am quoting *Pirates of the Caribbean*!!!)**

There is a saying that some are born to lead, and others are born to be followers. I disagree. When we are born we have a clean slate. Everyone has it in them to lead, in some way or another, even you!! Honestly!! A recent study said that people thought leaders should be “assertive, adaptable, conscientious and intelligent”.

Transformational leaders are positive, empowering, and inspiring. They value followers and inspire them to perform better. Transformational leaders are usually described as enthusiastic, passionate, genuine and energetic. These leaders are not just concerned about helping the group achieve its goals; they also care about helping each member of the group reach his or her full potential.

I managed an international charity around 18/19 years ago (wow, time flies), but I fell into it. I was doing the accounts and the chief executive made a bad decision, costing the charity a quarter of a million pounds. So he lost his job and, sadly, so did his PA. I was asked to take over as “manager”, but still doing the accounts. I also had to arrange four conferences a year, and oversee the 16 branches too (what the PA did). A hell of a job. My first ever in management, and I did not think I could do it. But I focused, researched, learnt on the job, and succeeded. Believe in yourself. No promises, but nothing happens without being proactive.

The actions below are transferable between the work environment and your personal life re leadership:

- Be your own person. Create your own “leadership” style. Don’t copy others.
- Get creative. Do not allow yourself or others to get too comfortable. Change is good. Keep trying new things. Let your imagination run away.
- Be a role model. Never be late. Work hard. Communicate well. Be empathetic. Be a friend.
- Be passionate. How do you expect others to enjoy life if you don’t?
- Listen and communicate well. Another skill which slips into so many categories. This is also down to self-confidence and esteem. If you don’t believe in yourself, why should anyone else?
- Encourage others to contribute. It’s not just about you and what you can do.
- Be Positive. It’s amazing how different you can make others feel with positive statements. That can inspire and encourage others.



**Over the years, you will  
accumulate many varied  
skills, that you use in all  
aspects of your life.  
Ultimately, this comes  
down to creating a growth  
mind-set mentality.  
You can do it!!!!!!**

## NUTRITION: Facts

**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.**

### **FACT: Added sugar is not good for you!!**

To improve the taste of processed foods, producers often add sugar to them. This type of sugar is known as added sugar. Common types of added sugar include table sugar (sucrose) and syrups, such as high-fructose corn syrup.

Everyone knows that eating too much added sugar is unhealthy. While some think sugar is a simple matter of “empty” calories, others believe it increases the risk of diseases that kill millions of people each year. It is definitely true that added sugar contains empty calories. There are no nutrients in it, other than sugar. As a result, basing your diet on products high in added sugar may contribute to nutrient deficiencies.

But this is just the tip of the iceberg. There are many other risks associated with excessive sugar intake that are now reaching mainstream attention.

Added sugar is being implicated as a leading cause of obesity, heart disease and type 2 diabetes. The high fructose content of added sugar is often blamed. This is because fructose is metabolized strictly by the liver. High intake has been linked with non-alcoholic fatty liver disease, insulin resistance, elevated triglycerides, abdominal obesity and high cholesterol over time.

However, the role of fructose in disease is controversial and scientists do not fully understand how it work. Do be aware, the natural fructose in fruits is fine. We are talking about fructose that has been changed.

It can lead to:

- Weight Gain
- Diabetes
- Tooth Cavities
- Cardiovascular problems

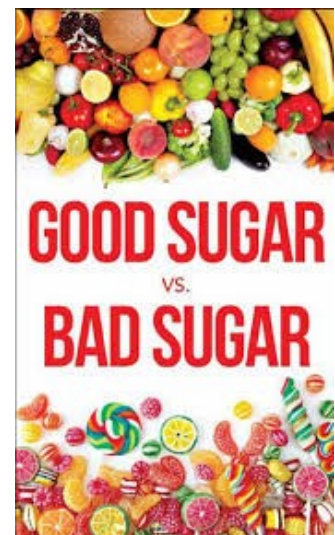
**Sugar is not unhealthful in itself. However, consuming a natural source of sugar is better for health than consuming added sugars**

**To maintain a healthful diet, it is best for males to consume no more than 36 grams (g) of added sugar per day, and for females to consume no more than 25 g per day**

Many healthful food products, such as dairy products, vegetables, and fruit, naturally contain sugars. The sugar in these foods gives them a sweeter taste.

It is important for people to include these foods in their diet, as they come with a range of other nutrients that provide valuable health benefits. Your brain’s fuel is glucose!!

However, manufacturers tend to add sugar to foods such as cereals and cake and some drinks. It is these added sugars, or free sugars, that cause health problems





## NUTRITION: More Facts

### **FACT: Omega 3 Fats are crucial**

Omega 3 Fatty Acids are extremely important for the proper functioning of the human body, but it is reported that we tend not to eat enough of them.

For example, docosahexaenoic acid (DHA), an omega-3 fatty acid derived from animals, makes up about between ten and twenty per cent of the total fat content in the brain.

A low intake of omega-3 is associated with a lower IQ, depression, various mental disorders, heart disease and many other serious diseases.

There are three main types of omega-3 fats: alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). ALA comes mostly from plant oils, while the best sources of EPA and DHA are fatty fish, fish oils and certain algal oils. Other good sources of EPA and DHA are grass-fed meat and omega-3 enriched or pastured eggs. The plant form, ALA, needs to be transformed into DHA or EPA to function correctly in the human body. However, this conversion process is inefficient in humans. Therefore, it is best to eat plenty of foods high in DHA and EPA.



### **FACT: Everyone is different when it comes to diet.**

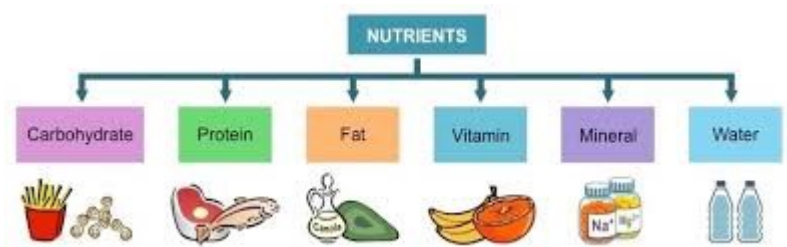
People are all unique. Subtle differences in genetics, body type, physical activity and environment can affect which type of diet you should follow.

Some people do best on a low carbohydrate diet, while others prefer a vegetarian high-carbohydrate diet.

The fact is, what works for one person may not work for the next.

To figure out what you should do, a little experimentation may be needed. Try a few different things until you find something that you enjoy and think you can stick to. Different strokes for different folks!

However, the one crucial thing is that you ensure you get all the right nutrients in that diet to maintain a healthy body. Protein, Carbs, Sugars, Fats, Vitamins, Minerals, Water. All are “essential for life” nutrients you have to get through your diet.



### **FACT: Vitamin D deficiency is bad for you**

Vitamin D is a unique vitamin that actually functions as a hormone in the body.

The skin makes Vitamin D when it is exposed to ultraviolet rays from the sun.

This is how people got most of their daily requirement throughout evolution.

However, a large part of the world is deficient in this critical nutrient today.

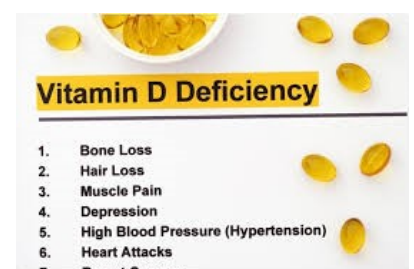
In many places, the sun simply isn't available throughout most of the year.

Even where there is sun, many people tend to stay inside and use sunscreen when they go out. Sunscreen effectively blocks vitamin D generation in the skin.

If you're deficient in vitamin D, then you're actually lacking a major hormone in the body. Deficiency is associated with many serious diseases, including diabetes, cancer, osteoporosis and others.

Unfortunately, it may be difficult to get enough vitamin D from the diet.

If getting more sun is not an option, taking a Vitamin D supplement or a tablespoon of cod liver oil each day is the best way to prevent or reverse a deficiency.



## NUTRITION: Even more facts for you

### **FACT: Eating Vegetables and Fruits is good for you**

Fruit and vegetables are part of a healthy, balanced diet and can help you stay healthy. It's important that you eat enough of them.

According to the NHS, evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. That's 5 portions of fruit and veg in total, not 5 portions of each. A portion of fruit or vegetables is 80g.

The 5 A Day campaign is based on advice from the World Health Organization (WHO), which recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems, such as heart disease, stroke, and some types of cancer.



- Fruit and vegetables are a good source of vitamins and minerals, including folate, Vitamin C and potassium.
- They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer.
- Fruit and vegetables contribute to a healthy balanced diet.
- Fruit and vegetables taste delicious and there's so much variety to choose from.
- Fruit and vegetables are also usually low in fat and calories (provided you do not fry them or roast them in lots of oil). That's why eating them can help you maintain a healthy weight and keep your heart healthy.

To get the most out of your 5 A Day, your 5 portions should include a variety of fruit and vegetables. This is because different fruits and vegetables contain different combinations of fibre, vitamins, minerals and other nutrients. Almost all fruit and vegetables count towards your 5 A Day. They can be fresh, frozen, canned, dried or juiced.

### **FACT: Real Food is better than supplements.**

Nuts, for example, aren't just shells loaded with polyunsaturated fat. In the same way, fruits aren't just watery bags of sugar.

These are real foods with a massive variety of trace nutrients.

The vitamins and minerals, the ones you can also get from a cheap multivitamin, are just a small part of the total amount of nutrients in foods.

Therefore, supplements cannot match the variety of nutrients you get from real foods.

However, many supplements can be beneficial, especially those that contain nutrients that are generally lacking in the diet, like vitamin D, as we mentioned earlier.

But no amount of supplements will ever make up for a bad diet. Not a chance.



**We have covered many different facts surrounding nutrition so far.**

**But one thing is an absolute constant.**

**Mostly, choose healthy options, with essential nutrients, for the best results.**

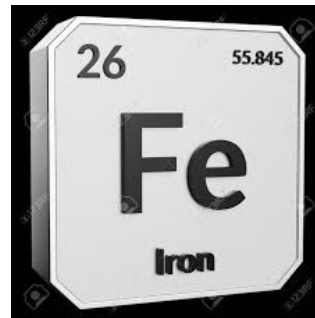
**It's your choice, and responsibility. What will you do?**

## NUTRITION: Minerals

### Iron

#### 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.**



- Iron is a trace mineral, which your body needs in small amounts.
- Iron helps the blood move oxygen from the lungs to the rest of the body
- Iron helps muscles store and use oxygen

Low Iron levels can impact:

1. Energy Levels
2. Memory
3. Concentration Levels
4. Performance at work/school
5. Cognitive development
6. Learning and Earning potential

Though everyone is susceptible to developing iron deficiency or “Anaemia” at different times in their lives, particular groups of people are more at risk than others:  
Women during pregnancy:  
Children in their early years:  
High Performance Athletes  
People with low levels of iron in their diets.

There are two types of iron available in our diets- Heme iron and Non-Heme iron.

**Animal-based foods:** (meats, poultry, seafood, and fish) contain both Heme and Non-Heme iron,

**Animal products** (dairy & eggs) also contain Non-Heme iron, whereas

**Plant-based foods** (vegetables, grains, legumes, etc.) only contain Non-Heme iron.

Iron is an important component of haemoglobin, the substance in red blood cells that carries oxygen from your lungs to transport it throughout your body. Haemoglobin represents about two-thirds of the body’s iron. If you don't have enough iron, your body can't make enough healthy oxygen-carrying red blood cells. A lack of red blood cells is called iron deficiency, Anaemia.

Without healthy red blood cells, your body can't get enough oxygen. If you're not getting sufficient oxygen in the body, you're going to become fatigued. That exhaustion can affect everything from your brain function to your immune system's ability to fight off infections. If you're pregnant, severe iron deficiency may increase your baby's risk of being born too early, or smaller than normal.

**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 Iron intake is important for your overall health,**

## NUTRITION: Lazza's Kitchen

### Coffee and Walnut Cake (my first ever cake)

**Lazza is still trying out new recipes**

**Today - he bakes coffee and walnut cake (any cake) for the first ever time.**

Coffee cake, also referred to as gugelhupf or kaffekuchen, evolved from other sweet dishes from Vienna. In the 17th century, Northern/Central Europeans are thought to have come up with the idea of eating sweet cakes while drinking coffee. As the region's countries were already known for their sweet yeast breads, the introduction of coffee in Europe led to the understanding that cakes were a great complement to the beverage



#### **Cake:**

225g / 8oz softened unsalted butter  
225g / 8oz caster sugar  
225g / 8oz self raising flour  
5 eggs (or 4 large eggs)  
75g / 3oz crushed walnuts  
1tbsp coffee in 1tbsp boiling water

#### **Icing**

175g / 6oz softened unsalted butter  
300g / 10oz icing sugar  
50g / 2oz crushed walnuts  
Whole walnuts to decorate

- Preheat oven to 180°C/gas mark 4. Grease and line 2 x 8 inch (20cm) sandwich tins with baking paper
- Cream the butter and sugar together until light and fluffy – I used a hand-held spatula for this
- Add the beaten eggs, a little at a time, with a tablespoon of flour to stop it curdling, and beat well between each addition of egg and flour
- Add any remaining flour along with the coffee and walnuts and mix well
- Divide the cake mixture between the two sandwich tins and bake for 20–25 minutes, or until well risen and a dark golden brown. Remove from the oven and allow to cool for 2 minutes before turning the cakes out onto a wire rack
- Whilst the cakes are cooling, make the coffee buttercream. Beat the butter together with the icing sugar until pale and fluffy, then add the coffee and chopped walnuts.
- Mix well again and allow to firm up in the fridge for 15–20 minutes
- When the cakes are completely cold, sandwich them together with half of the coffee buttercream. Spread the rest of the buttercream over the top of the cake and decorate with the walnut halves



**Look, I am not going to get  
“best designed cake” awards.  
But I don't care.  
It looks incredible, covered in  
buttercream and walnuts.  
And tastes fantastic!!!!!!**

**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 bake to prepare.**





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

Name these makes of car (all by Ford) from their pictures.

Answers at bottom of quiz page answers (page 21)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



**EXERCISE/FITNESS**  
**Pilates - with guest Emma Ahlstrom**

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.

Pilates was developed by Joseph Pilates, from Mönchengladbach, Germany. His father was a gymnast and his mother a Naturopath.

Naturopathy or naturopathic medicine is a form of alternative medicine that employs an array of pseudoscientific practices branded as "natural", "non-invasive", or promoting "self-healing".



During the first half of the twentieth century, he developed a system of exercises which were intended to strengthen the human mind and body. Pilates believed that mental and physical health were interrelated.

In his youth he had practiced many of the physical training regimens available in Germany, and it was from these he developed his own method. It has clear connections with the physical culture of the late nineteenth century (a health and strength training movement), such as the use of special equipment, and claims that the exercises could cure ill health. It is also related to the tradition of "corrective exercise" or "medical gymnastics".

Pilates said that the inspiration for his method came to him during World War One, while he was being held at the Knockaloe Internment Camp on the Isle of Man. He developed his method there for four years, working on his fellow internees. "Contrology" was Joseph Pilate's preferred name for his method, and it was based on the idea of muscle control. All exercises are done with control, the muscles working to lift against gravity and the resistance of the springs, and thereby control the movement of the body and the equipment.

**Our Izzwalkers were  
on the cover of  
Islington Life  
Magazine in  
June 2018**

Here we are in  
Clissold Park.



## EXERCISE/FITNESS:

### Pilates Moves with Emma

**THE DART:** This exercise will help to strengthen many muscles that are important for our posture. It will stretch and open up the front of your body and shoulders.

#### How to do it:

1. Lie on your front with your forehead on the mat.
2. Tuck your pelvis slightly, with the arms down by your sides, palms facing the ceiling and the legs and feet are connected.
3. Inhale to prepare the body.
4. Exhale as you begin to extend the spine sequentially; lift the head, neck and upper spine one vertebra at a time.
5. Simultaneously squeeze the inner thighs together, lengthen the arms away and lift them slightly as you rotate them.
6. Inhale to maintain the position; feel a sense of length in the spine and strength in the core.
7. Exhale to simultaneously return the spine, head and arms back down to the mat. Repeat up to ten times.

**Important:** Maintain the feet in contact with the mat. Keep your eyes down towards the floor to avoid over extending the neck. Keep movement small if you suffer from lower back pain



**THE TABLE TOP:** This exercise will mobilise the shoulder & hip joints as well as strengthen the upper body and core. It can help prevent and relieve low back pain and it promotes better posture. It helps with balance and coordination.

#### How to do it:

Start on all fours with the hands under your shoulders and knees hip width apart under your hips. The spine and pelvis are in a neutral position (natural arch in the lower back is maintained).

1. Inhale to prepare the body.
2. Exhale to slide one leg along the mat behind you and then lift it up ideally to hip height.
3. Simultaneously lengthen and lift the opposite arm directly forwards ideally to shoulder height.
4. Inhale to slide the leg back underneath your hip and return the arm to the starting position.
5. Repeat 6-8 times, alternating sides.



**Important:** Use your deep abdominals to keep the spine and pelvis stable (think drawing the navel in towards your spine). Avoid rotating the hips and shifting the weight from side to side



## EXERCISE/FITNESS:

### More Pilates with Emma

**SIDE LYING LEG CIRCLES:** This exercise will mobilise the hip joints and strengthen the hip muscles. Weak hips can cause many problems; it can affect our ability to bend forwards, and cause us to overuse the spine. By stretching and strengthening the hips we can avoid pain and injuries.

#### How to do it:

1. Start by lying on your side with the bottom arm over your head and with your head resting on your outstretched arm. Both knees are bent slightly in front of you.
2. From here lift and lengthen the top leg, it should be in line with the spine and at hip height. Softly point the toes.
3. Inhale to prepare the body.
4. Exhale as you begin to circle the leg. Reach the leg slightly forwards, down, back and up to return just above the starting position.
5. Inhale to repeat another circle in the same direction. Remember to make the circles as even as you can. Repeat for ten circles and then change direction for another ten.



**Important:** Keep the upper body and pelvis still throughout.

**THE HUNDRED:** This exercise will strengthen the abdominals, challenge and improve stamina, and focus on breathing patterns.

The Hundred will work your mind as well as your abdominals, as you really need to focus on connecting your breathing with your movement to get the most out of this exercise.

#### How to do it:

1. Lie on your back. Raise your legs and bend them at the knee with your shins and ankles parallel to the floor.
2. Inhale to prepare the body.
3. Exhale as you lift the head and upper spine off the mat, simultaneously raising the arms off the mat and straightening both legs, keeping them connected.
4. Breathe in for a count of five, beating the arms up and down with your breath five times. Keep the upper spine in the flexed position. Squeeze the inner thighs together.
5. Exhale for a count of five, keep beating the arms with your breath. Focus on full exhalation and maintaining the connection to your core (draw the navel towards your spine).
6. Repeat ten times; making it a hundred beats.
7. Hug the knees towards your chest and lower your head back down the mat



## HEALTH / ROUTINE

### Kidneys

**HMHB has a Health Blog, with entries covering many subjects on mind-set, health, nutrition, and exercise.**  
**[www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com)**

Your kidneys are two of the most important organs in your body. They filter your blood and help get rid of waste products from your body.

Each kidney is about the size of a small mobile phone. They have an unusual shape - kidney beans are named after them because they have the same shape.

They are found just under your back ribs, but you can't feel them with your hands.



#### **They get rid of waste products carried in the blood.**

The kidneys are part of the waste disposal team. They check out the minerals, vitamins and other nutrients that you get from your food and send off into urine anything that is not needed. They make urine (wee), send it down to the bladder through tubes called the ureters, and when the bladder feels full enough the brain sends you off to the toilet to get rid of the urine.

#### **They balance the volume of fluid in the body.**

Adults have around 7 to 8 litres of blood in their body (kids have a smaller amount, depending on how big they are). All of this gets filtered through the kidneys many times a day. If the volume of fluid in your body goes down (maybe you are sweating out a lot of fluid through your skin or maybe you are not drinking enough water), the kidneys will not make much urine until the amount of fluid in your body goes up.

#### **They can change blood pressure.**

The kidneys make a hormone that can constrict (make narrower) the arteries in the body. This causes blood pressure to rise when a higher pressure is needed to make sure that blood gets to all parts of your body.

#### **They help in making red blood cells.**

The kidneys make a hormone that tells the body when to make more red blood cells.

#### **They produce active vitamin D.**

Vitamin D helps the body to absorb calcium from dairy products and some other foods that you eat. Calcium is needed to make strong bones and teeth.

**Healthy kidneys stop red blood cells from going into urine.**  
**If you ever see blood in your wee, tell whoever looks after you.**  
**Homeostasis is what doctors call the work**  
**that the kidney does to balance your body's fluids**

## HEALTH / ROUTINE

### Kidney Disease: How to look after them.

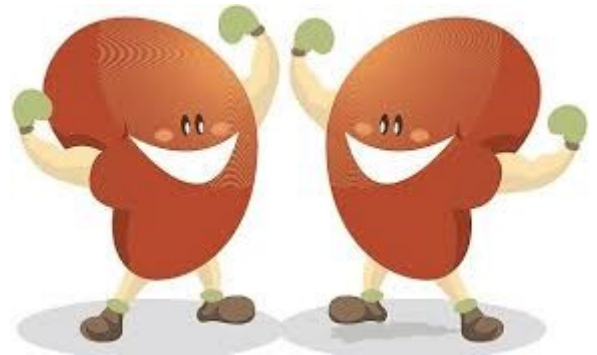
Kidney disease usually affects both kidneys. If the kidneys' ability to filter the blood is seriously damaged by disease, wastes and excess fluid may build up in the body. Although many forms of kidney disease do not produce symptoms until late in the course of the disease, there are six warning signs of kidney disease:

1. High blood pressure.
2. Blood and/or protein in the urine.
3. A creatinine and Blood Urea Nitrogen (BUN) blood test, outside the normal range. BUN and creatinine are waste that build up in your blood when your kidney function is reduced.
4. A glomerular filtration rate (GFR) less than 60. GFR is a measure of kidney function.
5. More frequent urination, particularly at night; difficult or painful urination.
6. Puffiness around eyes, swelling of hands and feet.

Chronic kidney disease (CKD) is usually caused by other conditions that put a strain on the kidneys. Often it's the result of a combination of different problems.

CKD can be caused by:

- High Blood Pressure: over time, this can put strain on the small blood vessels in the kidneys and stop the kidneys working properly
- Diabetes: too much glucose in your blood can damage the tiny filters in the kidneys
- High cholesterol; this can cause a build-up of fatty deposits in the blood vessels supplying your kidneys, which can make it harder for them to work properly
- Kidney Infections
- Glomerulonephritis: kidney inflammation
- Polycystic Kidney Disease; an inherited condition where growths called cysts develop in the kidneys
- blockages in the flow of urine – for example, from kidney stones that keep coming back, or an enlarged prostate.
- Long-term, regular use of certain medicines – such as lithium and non-steroidal anti-inflammatory drugs (NSAIDs).



You can help prevent CKD by making healthy lifestyle changes:

**Drink Water:** Drinking water regularly throughout the day helps your kidneys to function properly and stay healthy.

**Manage Diabetes:** Diabetes is a leading cause of kidney disease. If you have been diagnosed with diabetes, speak with your doctor about how to manage your condition and monitor your kidney health. Also, if you have not got it, know a healthy lifestyle, and maintaining a good weight, is essential.

**Watch your blood pressure.** High blood pressure, or hypertension, is a risk factor for developing kidney disease, because it can cause damage to the arteries and blood vessels in and around the kidneys.

**Stop Smoking.** People who smoke are more likely to develop kidney disease and kidney cancer, so quitting now is a great step for your future kidney health.

**Your body is remarkable.**

**Maintaining healthy organs are vital: and kidneys are important.**

**We never tend to think about our insides.**

**Don't wait for problems to occur, make better choices now!!!**



## What is available to you

**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](http://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](http://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](mailto:hello@emmaahlstrom.com)

[www.emmaahlstrom.com](http://www.emmaahlstrom.com)

## Review of Challenges and Targets

### Mind-set:

As you go through life you will pick up many transferable skills - ones you can use in various parts of your life.

There are a huge number of them, and we only concentrated on a few, especially Leadership. So much of that boils down to a Mind-set mentality of self-belief. We are all amazing, and have so much ability, if we would only believe it. Half of success is in the mind. Think about how you feel.



### Nutrition.

We are constantly bombarded with information, evidence and intelligence around nutrition. It can change depending on who is supporting the research.

But sometimes, there are no arguments. Facts are facts, and it is important for our nutrition that we understand how our bodies react to fats and sugars, etc.

You only get one body, and it is therefore vital we feed it right to enable us all to have long productive healthy lives. It's your choice!!



### Exercise



We would like to send our thanks to Emma Ahlstrom who was a guest contributor this week on the subject of Pilates, which she teaches (pls. see previous page for details).

I wanted to cover the subject but confess I had never actually partook of a class - although it emerges we do use various Pilates moves in our fitness sessions, so it is nice to know we are doing something right!!!

Any exercise is good for you and your body. Why not research Pilates, and give one of Emma's classes a try. Your body will thank you for it!. Yay!!

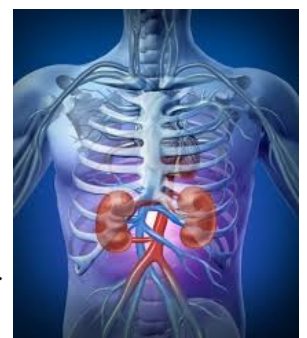
### Health.

Your Kidneys are two of your vital organs that keep you alive. They are particularly important for your blood, as well as removing urine from your body.

As with most of organs of the body, we never think about them until they go wrong, and that can happen with your Kidneys if your lifestyle is unhealthy.

Maintaining a healthy weight, and not smoking, are two things you control yourself, and both greatly benefit your overall health.

Why not research this organ this week, and see why it is so important you look after yourself.



**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 + Ford Cars from Page 13

See if you can beat your family and friends

### Music

These are the animated films these Disney songs are from.

- |    |        |                        |
|----|--------|------------------------|
| a. | HF     | The Sword in the Stone |
| b. | TS     | Alice in Wonderland    |
| c. | FTFTIF | Frozen                 |
| d. | TWFAF  | The Jungle Book        |
| e. | YGAFIM | Toy Story              |
| f. | SDMPWC | Snow White / 7 Dwarves |
| g. | BBB    | Cinderella             |
| h. | TE     | Zootropolis            |
| i. | RM     | Coco                   |
| j. | BP     | The Lion King          |
| k. | TPKOE  | Robin Hood             |
| l. | YW     | Moana                  |

### Film:

These are the films for those famous lines.

1. Apocalypse Now
2. Scarface
3. The Shining
4. In The Heat Of The Night
5. Airplane
6. Taxi Driver
7. The Wizard Of Oz
8. Sudden Impact
9. Aliens
10. The Blues Brothers
11. Top Gun
12. Galaxy Quest
13. Who Framed Roger Rabbit
14. 2001. A Space Odyssey
15. The Truman Show

### Literature

These are the authors to those books.

- |     |        |                 |
|-----|--------|-----------------|
| 1.  | TDVC   | Dan Brown       |
| 2.  | BB     | Anna Sewell     |
| 3.  | TNOTR  | Umberto Eco     |
| 4.  | GT     | Jonathan Swift  |
| 5.  | TG     | Mario Puzo      |
| 6.  | J      | Peter Benchley  |
| 7.  | FSOG   | E. L. James     |
| 8.  | TGWTDT | Stieg Larsson   |
| 9.  | TG     | Julia Donaldson |
| 10. | BJD    | Helen Fielding  |
| 11. | THG    | Suzanne Collins |
| 12. | DOTN   | Agatha Christie |
| 13. | TKAMB  | Harper Lee      |

### Countries.

Germany borders: Denmark; Poland; Czechia; Austria; Switzerland; France; Netherlands; Luxembourg; Belgium.  
Brazil borders: Uruguay; Argentina; Paraguay; Colombia  
 Bolivia; Peru; Venezuela; Guyana; Suriname;  
 French Guiana

QUIZ ANSWERS

### List of Ford Cars - from Page 13 (well, it's meant to be tricky)

1: Granada: 2: Ka: 3: Focus: 4: Capri: 5: Escort  
 6: Mustang: 1: Mondeo: 8: Cortina: 9: GT: 10: Bronco  
 11: Kuga: 12: Model T: 13: Orion: 14: Pinto: 15: Fiesta  
 Really well done if you got most of these.

### The World: Same letters

Australia; Argentina; Austria  
 Albania; Andorra; Algeria; Angola;  
 Antigua and Barbuda; Armenia:

Tibet: St Kitts and Nevis: Seychelles  
 Solomon Islands  
 Central African Republic  
 St Vincent and the Grenadines

# 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](http://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](http://www.hmhb2016.blogspot.com)** ; this about HMHB as a whole

**[www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com)** our health blog

Our website is: **[www.hmhb2016.org.uk](http://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 helping to sponsor these packs. With their help, we can reach a lot of people. 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**