



# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

## Health Pack: Number 43

Focus on Mind-set, Nutrition, Exercise, Health

*The Original and The Best*



*Plus: quiz, recipe, news, game, fitness classes and more.*

Prepared by: Lazza, and Dean: Monday 8th February 2021

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



**“Life goes on. Whether you choose to move on and take a chance in the unknown, or stay behind, locked in the past, thinking of what could’ve been, that’s the decision you make. So make the right choice!!!”**

*Welcome to the 43rd of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).*

If you missed any of our first forty-two (where were you?) please go to our website, or ask someone to do that, and download PDF copies from our MHP page - **[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)** - all the 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.



**Still one of my favourite HMHB photos.  
For a Great Get Together event in 2018.  
A mix of Izzwalkers and Ajani users, with  
the then Islington Mayor.**

**Was just a lovely afternoon,  
with laughter and friendship.  
It’s why we do all this.**

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:

### Study results around weight and fitness

Physical activity does not undo the negative effects of excess body weight on heart health. That's the finding of a large study published in January 2021 in the "European Journal of Preventive Cardiology", a journal of the European Society of Cardiology (ESC)

"One cannot be 'fat but healthy'," said study author Dr. Alejandro Lucia of the European University, Madrid, Spain. "This was the first nationwide analysis to show that being regularly active is not likely to eliminate the detrimental health effects of excess body fat. Our findings refute the notion that a physically active lifestyle can completely negate the deleterious effects of overweight and obesity."



There is some evidence that fitness might mitigate the negative effects of excess body weight on heart health. It has been suggested that in adults and children, being "fat but fit" might be associated with similar cardiovascular health to being "thin but unfit." Dr. Lucia said: "This has led to controversial proposals for health policies to prioritise physical activity and fitness above weight loss. Our study sought to clarify the links between activity, body weight, and heart health." The study used data from 527,662 working adults insured by a large occupational risk prevention company in Spain. The average age of participants was 42 years and 32% were women.

Approximately 42% of participants were normal weight, 41% were overweight, and 18% were obese. The majority were inactive (63.5%), while 12.3% were insufficiently active, and 24.2% were regularly active. Some 30% had high cholesterol, 15% had high blood pressure, and 3% had diabetes.

The researchers investigated the associations between each BMI and activity group and the three risk factors. At all BMI levels, any activity (whether it met the WHO minimum or not) was linked with a lower likelihood of diabetes, high blood pressure, or high cholesterol compared to no exercise at all. Dr. Lucia said: "This tells us that everyone, irrespective of their body weight, should be physically active to safeguard their health."

At all weights, the odds of diabetes and hypertension decreased as physical activity rose. "More activity is better, so walking 30 minutes per day is better than walking 15 minutes a day," he said.

However, overweight and obese participants were at greater cardiovascular risk than their peers with normal weight, irrespective of activity levels. As an example, compared to inactive normal weight individuals, active obese people were approximately twice as likely to have high cholesterol, four times more likely to have diabetes, and five times more likely to have high blood pressure. Dr. Lucia said: "Exercise does not seem to compensate for the negative effects of excess weight. This finding was also observed overall in both men and women when they were analysed separately."

He concluded: "Fighting obesity and inactivity is equally important; it should be a joint battle. Weight loss should remain a primary target for health policies together with promoting active lifestyles."

#### HMHB says:

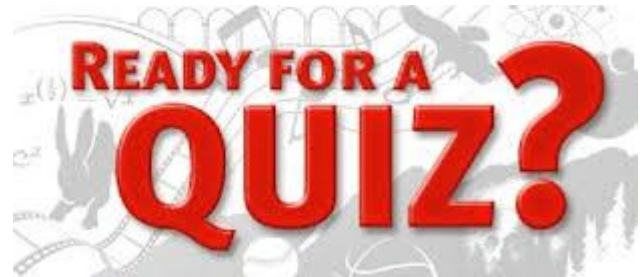
**Yet another reason to be more active, eat nutritionally, maintain a healthy weight, and build a lifestyle that can keep your body functioning properly.**

**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)**

**Geography**

China has land borders with fourteen separate countries.

Try and name as many of the 14 as you can.



**Pop Music:**

Who sang these No1 singles from 1981?

- a. Woman
- b. Jealous Guy
- c. Green Door
- d. Being With You
- e. Ghost Town
- f. Japanese Boy
- g. Prince Charming
- h. It's My Party
- i. Begin The Beguine
- j. Don't You Want Me
- k. Under Pressure
- l. Tainted Love
- m. Shaddap Your Face

**Film:**

Who played the following characters, and in which year did the film come out?

1. Vito Corleone: The Godfather
2. Jake Sully: Avatar
3. Marion Crane: Psycho
4. Kevin McCallister: Home Alone
5. Dr. Emmett Brown: Back To The Future
6. Magneto: X-Men
7. Elton John: Rocketman
8. Legolas: Lord Of The Rings
9. Dominic Toretto: The Fast & The Furious
10. William Hacker: Notting Hill
11. Jenny Lind: The Greatest Showman
12. Hans Gruber: Die Hard
13. Ian Malcolm: Jurassic Park
14. Rey: Star Wars, The Force Awakens (*number 7*)
15. Caractacus Potts: Chitty Chitty Bang Bang
16. Miss Moneypenny: Skyfall

**Literature**

Which author wrote the following best selling thriller books?

1. The Hunt For Red October
2. The Day Of The Jackal
3. The Talented Mr Ripley
4. Shutter Island
5. The Da Vinci Code
6. The Girl On The Train
7. One Flew Over the Cuckoo's Nest
8. And Then There Were None
9. The Girl With The Dragon Tattoo
10. Tinker Tailor Soldier Spy
11. Rebecca
12. The Silence Of The Lambs
13. Tell No One (*do read this one, it's great*)



**The World**

GDP per capita measures the economic output of a given country adjusted for its population size.

Name the top 10 Richest Countries in the World - GDP Per Capita (2020).

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

## MIND-SET: How can we move forward in 2021?

*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. It something we can all do, but it takes effort.*

Over a month into 2021 and I wonder just how much we have tried to change and incorporate into our lives since last year. Has all the excitement of changing year blown over? Have we actually made significant inroads into improving our lives? Or are we back to vegetating and wishing things were different?

Let's take a look at a few things we need to try and incorporate into our thinking to enable us to improve our health and our lives over the next few weeks. I include me in this too. :-)

### **Are you actually making a real effort?**

I am sure most of us are trying to do our best as we cope with life at the moment. We all have our own problems to solve and situations to overcome. And there is no doubting we are trying hard. But are we actually making as much effort as we could, or are we maybe going through the motions.

Looking back at January, I can definitely say that I was the latter. I was probably doing the bare minimum and then wondering why I was struggling. I was not giving it 100%. My focus had slipped. It was a real eye opener for me.



So much of this comes down to your mindset. When faced with hard work, the “fixed mindset” person may recruit others to do the hardest parts, spending as little effort as possible, while the “growth mindset” person believes that good outcomes often require exertion, that “effort” is just a part of the process. In order to master a new task, one usually needs to apply energy, whether mental, physical, or simply by using repetition over time. It's not just a case of being proactive, it is about diving in head first and battling through to a conclusion.

### **Change your perspective to “challenge”**

So, do you have problems? Do you have issues? Do you have trouble? Or do you have a challenge to overcome? How you view the situation can determine how you deal with it.

A “fixed mindset” person shies away from challenges, possibly from fear of failure and may go into hiding as a way to avoid responsibilities. In contrast, the “growth mindset” person finds challenges to be exciting and engaging, knowing that they will learn something valuable from their experiences. They “stick to it,” mastering the challenge, and then are able to move on to ever greater accomplishments.

**“We are all faced with challenges at some point in our life, challenges that we did not create. Challenges that happened beyond our control. The difference is how we respond to these challenges. You can adopt the attitude there is nothing you can do, or you can see the challenge as you call to action.”**





## MIND-SET: Dig Deep and Self-Believe

### There is nothing wrong with imperfection

We live in an age of social media that appears to judge us on everything. There are a huge number of people who seem to want to criticise, put you down, pick up on mistakes, and berate and abuse people for anything that might make them different, and generally do all they can to make you feel dreadful.

That means that we can overly knock ourselves if things are not perfect. We need to embrace imperfection in self and others, as it is the spice that makes us individuals. We all have our flaws, peculiarities, and weirdness: our imperfections. Like someone with a birth mark on their face, to someone with acne, to people who walk down the road having a conversation with themselves (I have been caught doing that many times), our differences and imperfections make us unique. And self love is a good thing.



It is possible some of us have been affected by our own behaviour in other ways, such as substance abuse. That can leave both physical and emotional scars. But we can move on from them.

### Be Brave

I know myself how the future can feel so scary. You might believe that nothing will ever go right, and that there is no point in trying to complete a task as you are bound to mess it up. I will admit I sometimes feel that way around my weight loss. After being my current weight five years ago and succeeding in losing over 24 kgs at the time, I now find myself back in the original position. There are parts of me that think I cannot do it again.



If you find yourself terrified in the face of a serious issue or challenge, stop and reframe the situation in your mind. Consider your challenge as an “opportunity,” thus slightly shifting your perspective to make it easier for you to engage. Each challenge or opportunity invites us into a new experience that is a sort of adventure. It is similar to what we said on the previous page.

Try different tactics to teach yourself about how to explore a new path, or how to develop a new skill, or how to interact with a new group of people, or to navigate through new circumstances. As an adventure, fear is an acceptable feeling. You press forward anyway because it’s exciting and new. If you take this same attitude with a crisis at work or whatever the challenge, you can discover abilities you didn’t know you even possessed. We say it a lot in these packs, but you are stronger than you may believe.

“There are so many ways to be brave in this world. Sometimes bravery involves laying down your life for something bigger than yourself, or for someone else. Sometimes it involves giving up everything you have ever known, or everyone you have ever loved, for the sake of something greater. But sometimes it doesn't. Sometimes it is nothing more than gritting your teeth through pain, and the work of every day, the slow walk toward a better life. That is the sort of bravery I must have now.”



## MIND-SET: You are special

### Pay attention to your words

We have mentioned that inner voice a few times, and it is crucial as you move forward in 2021, and a lot of that comes down to your current mindset.

Start to pay attention to the words you speak, even the words in your mind. If your words are low or dark, the results may be also. So watch yourself. Listen to what you are saying and thinking. Censor yourself and become your own guide.

Replace negative thoughts with positive ones, which I know is much easier to type than to actually do, to build a growth mindset mentality. Replace judgement with acceptance, hate with compassion. And that goes for judging both yourself and others. If you are disrespecting yourself or lowering your ethical standards, the outcome of your decisions and their consequences will reflect that.

Intend to think higher thoughts and hold yourself to it.



### Stop seeking the approval of others

We all want to be liked. We hate to be judged by others in a bad way. We all hope that people think we are decent and honest and trustworthy. And we can then change our behaviour to fit in with what others want. I am not saying that is always bad. It can reap rewards. But be yourself.

Approval from others can often prevent a growth mindset. Cultivate self acceptance and self-approval. Learn to trust yourself. You are the only person who will always be there for you in your life so you are the only one you need to impress.

One of the worst places for seeking validation is online, and if you use Facebook or Twitter or Instagram we all hope to get likes for our postings, that people might share our postings, and that we get a lot of followers. For some, this appears to be fundamental to their mental health, and this can hit the younger generation more. There are also more bullies and trolls there that just want to knock you down. Even we at HMHB were trolled last year, which we found quite amusing. But others may not handle the situation as well, and I can topically think about the latest racial attacks on football players on line from despicable, ignorant idiots. Be proud of who you are, of what you are doing, where you are going, and what you want to achieve. Obviously, seek help from others when you need it, and also listen to constructive feedback. But never allow someone else to put you down or knock you for just being you.

**Happiness** is when you feel good about yourself without the need of anyone else's approval.



**I AM WHO  
I AM, YOUR  
APPROVAL  
ISN'T NEEDED  
- JACK NICHOLSON**

CTCLUB.COM

## MIND-SET:

**You have all the strength you need.**

### Develop Purpose

At the start of our courses we always ask people where they want to be in six month's time. We do not mean physically (like on a beach, sipping a cocktail, and wondering how I am going to spend my vast fortune), but mentally. We like to think we all would have a desire to be happier, healthier, fitter and stronger. But we also say we hope that when people wake up in the mornings they are looking forward to the day ahead.

When you are struggling with depression, anxiety, stress, destructive behaviours, and have general apathy, how often do we wake up dreading to face the world? And how can we change that? Part of that is ensuring we all have purpose. We need to create that reason for getting out of bed. That excitement of what is ahead. And it can be difficult.



The first port of call is to draw up your plan. Write it down. Work out what you want to achieve and start thinking how you are going to get there. That already should lift you up. Make them realistic. But also don't just look at the end product. I think this is where I have been falling down with my weight journey. I just see that I need to lose over 20kg. Instead, each week I just need to focus on losing half a kilo. Over time I will achieve.

Purpose can be many things. Make targets around health, nutrition, exercise, and social life. Yes, it is scary - but this is where the "be brave" part then kicks in, as well as not worrying what others think. See, every piece of advice is linked together. A little bit here, and a little bit there, will add up to success. But only if you are proactive.

### Patience is a virtue

We live in a time where we want instant results, but that is rarely the case.

When it comes to your mental health, and mind-set, this will take time to build the skills you need to improve your life journey. There will be ups and downs, some serious, but perseverance is the key.



I have been setting up HMHB since 2009. I registered the company name, signed up for a business bank account, and started business plans and financial spreadsheets twelve years ago. It was quite exciting. As above, I had purpose. I mistakenly thought my innovative idea at the time, which whenever I spoke to people they thought was fantastic, would come to fruition quickly. How wrong I was!!! I came up against a brick wall on many occasions. I was patronised by the NHS on one occasion that still resonates with me, and I had a jaw dropping comment from the local council that they would never say today. But I just kept going as I knew I had a good unique product. Maybe finally it feels like it was all worthwhile, despite a lot of tears and frustration along the way.

If you are struggling, or have struggled, with any part of life, you know the only way is to "keep moving forward". Allow yourself time, take a deep breath, and plan properly. There are no promises in this life, but success only comes to those who do not give up.



## NUTRITION:

### How can nutrition help with “fatigue”?

**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.**

Simply put, fatigue is the feeling of being tired. It is generally different from the sleepy feeling of drowsiness, or the psychological feeling of apathy, although these might both accompany fatigue.

Other terms to describe fatigue include:

- reduced or no energy
- physical or mental exhaustion
- lack of motivation

Fatigue is a common experience, all humans become tired. However, this is not usually due to disease. There are numerous medical and non-medical causes of fatigue, including personal dietary and lifestyle habits.

The following factors can contribute to fatigue, either alone or in combination:

1. **Psychological and Psychosocial:** stress, anxiety, and depression.
2. **Physical:** anaemia, diabetes, glandular fever, and cancer.
3. **Physiological:** pregnancy, breast-feeding, inadequate sleep, and excessive exercise.

Some types of fatigue are not normally considered a medical problem, this includes tiredness as a result of:

- physical activity
- emotional stress
- boredom
- lack of sleep

The National Institute of Aging lists the following lifestyle habits that can lead to tiredness and fatigue:

- staying up too late
- having too much caffeine
- drinking too much alcohol
- eating junk food



Some people are more likely than others to suffer from fatigue. For instance, women more often report fatigue. People in poverty and those with mental/physical illness are also more likely to present with fatigue.

There is no single treatment for fatigue, because the management approach depends on the cause of the tiredness. If the diagnostic process unveils no underlying medical explanation for the fatigue, the following lifestyle and dietary modifications may help resolve it:

- Improving sleep habits and ensuring adequate sleep.
- Exercising regularly and balancing rest and activity.
- Setting realistic expectations for workload and schedule.
- Taking time to relax, perhaps trying meditation or yoga.
- Identifying and dealing with stressors by, for example, taking time off work or resolving relationship problems.
- Avoiding the use of alcohol, nicotine, and illegal drugs.

**However, we will look at the way Nutrition can be of assistance.**

**NUTRITION:**  
Foods to help combat fatigue

Your body runs off what you feed it. The best way to get the most energy from your food is to make sure you're giving yourself the best food possible.

Besides what you eat, when you eat can also impact your energy. Did you ever notice how you feel sluggish after a big lunch or dinner? That's because your body is using its energy to digest that big meal instead of powering the rest of your body.

The easiest way to avoid the post-meal tiredness is to eat several smaller-portioned meals throughout the day. This will keep your body fuelled regularly and may even help you lose weight.

## Eat more “clean” foods, and less “processed” meals

You've probably heard plenty of nutrition talk about eating "whole" or "clean," while avoiding highly processed foods. But what exactly is a processed food? Any food that has been altered in some way during preparation is technically processed. Most of the time when we talk about processed foods, we're referring to those packaged items found in the ready meals aisle, or the freezer aisle in the supermarket, or those junk foods that sit on the shelves for months at a time.



A diet is typically healthiest when foods are consumed in their most natural, recognizable state, and processing sometimes removes nutritious ingredients. Take refined grains like white bread or rice, for example: "refined" means the bran and germ have been removed, which also removes fibre, iron, and other nutrients. Other times, processing may infuse unhealthy ingredients, such as by adding more sugar, sodium, or trans fats. Too much of those things can lead to an increased risk of cardiovascular disease, diabetes, or weight gain, and increased fatigue.

It should be said, depending on how much processed food you were eating to begin with, you may actually notice increased fatigue or irritability when you cut those items from your diet. For example, for those who usually consume a lot of drinks with caffeine, if you just immediately stop drinking them, this could also mean headaches. Cutting out sugar can have a similar effect. But there is good news: These symptoms don't typically last long, and your body will likely go back to normal after a period of adjustment.

## Fruit and Vegetables

The fresher your food is, the more nutrients it will contain. Unlike processed foods that may be stripped of nutrients for a longer shelf life, fresh foods typically contain higher nutrients. Eating in-season fruits and vegetables means they ripened naturally.

We constantly talk about the benefits of vitamins and minerals, but they are also pivotal in helping with fatigue, and fruit and veg are perfect for supplying these essential micronutrients.

Fruit can be an excellent source of vitamins and minerals, including those that help your body produce energy. Fresh, whole fruit is best, since it can lose vital nutrients as it gets older or as it's dried. (Dried fruits and juices tend to be much higher in sugar than fresh fruits, as well.) Vegetables contain multiple energy-producing nutrients, and some will even give you a little bit of protein.

## NUTRITION: Dealing with fatigue

### Cut the Caffeine

Hang on, I can hear you say, This might on the face of it sound silly. Surely, caffeine is meant to help keep you going? Caffeine is OK in moderation, and it has been shown to have some health benefits. Although it provides a short-term boost, it doesn't actually provide the body with energy. The first sips may give you a jolt, but if you're not providing your body with good nutrition and balanced meals and snacks, you'll eventually feel run down.

If you must have your fix, just have one or two coffee/tea drinks per day, or use green tea. Sodas and energy drinks can be full of refined sugar and artificial ingredients that can cause you to crash, and lead to other health issues if overconsuming.

"Adenosine" is a chemical in the central nervous system. It regulates your sleep-wake cycle. When you're awake during the day, your adenosine levels increase, eventually making you drowsy by suppressing the activity of cells in the basal forebrain (towards the front of your brain). After you fall asleep, adenosine levels drop.

Caffeine in coffee or fizzy drinks blocks the brain's adenosine receptors from receiving adenosine, but it doesn't stop the actual production of adenosine or the ability to form additional adenosine receptors. This means that when the effects of caffeine wear off, there's a build-up of adenosine wanting to bind to its receptors. This can lead to tiredness and fatigue.



### Choose Wholegrains and Complex Carbohydrates

Just like processed foods, refined carbohydrates like sugars and white flour add little nutrition. Choosing whole grain foods and complex carbohydrates ensures that your body gets the full benefits of the hull of the grain that adds fibre to your diet.

The carb-fatigue connection comes about through the relationship between insulin and cortisol. When you eat a carbohydrate that your body doesn't tolerate, you'll experience a rapid rise in blood sugar levels. In response to high blood sugar levels, your body will release a hormone called insulin. Insulin helps to lower blood sugar levels. Unfortunately, your body will often release too much insulin. When this happens, you'll feel hunger, shakiness, weakness, fatigue, sweating, and anxiety. This phenomenon is called "Rebound Hypoglycemia", which is a low blood sugar reading that occurs shortly after eating.

Low blood sugar (hypoglycemia) is a tremendous stress to your body. In fact, your body cannot tell the difference between types of stress. As far as your body is concerned, "stress is stress". It responds in a similar manner whether you run into a lion or if your blood sugar is too low. In response to this stress, your body will release a different hormone called "Cortisol". You probably know cortisol as the stress hormone. It's released in times of high stress, like meeting a lion on safari (I was trying to think of a high stress incident). To combat stress, cortisol pulls sugar out of your cells and puts it back into your blood. This raises your blood sugar, and (hopefully) alleviates those uncomfortable low blood sugar symptoms. If you see a lion, moving sugar into your blood primes your body for the fight or flight response.

Your blood sugar goes down but cortisol brings it back up. What's the big deal? If this was a one-time deal, it wouldn't be an issue. That's a small stress that your body can handle. The real problem occurs when this happens daily. Each time you eat a carbohydrate source that your body doesn't tolerate, it has to release cortisol to help re-balance your blood sugar. If you eat carbs that you don't tolerate on the regular, your body releases cortisol on a daily basis. It is this chronic release of cortisol that eventually causes fatigue.

## NUTRITION: Foods and fatigue

### Protein

Carbohydrates and fats provide your body with raw energy, but it's protein that regulates the release of that power. Protein assists growth, maintains cells, preserves lean muscle mass and transports vitamins and hormones, and can help combat fatigue.

Sources of protein include:

- **Seafood:** Fish is typically low in fat and a great source of protein. Salmon, while higher in fat, provides us with heart-healthy omega-3 essential fatty acids.
- **Eggs:** Medium-sized eggs have around 6g protein and are easily digestible.
- **Milk:** Dairy foods are great sources of protein and provide our bones with a dose of calcium.
- **Yoghurt:** Natural yoghurt and Greek yoghurt are good protein sources, perfect fuel for after exercise.
- **Soya:** Soya protein foods, such as tofu, can help post-workout and are thought to help lower cholesterol. Some soy products can fit in with a healthy diet to provide an extra protein boost.
- **Beans and Pulses:** Cheap, easy, and a good source of fibre and iron! Although they do not contain the full complement of amino acids, they can certainly boost the protein content (and health qualities) of a well-balanced diet.



In diets where your body doesn't get enough fat and carbohydrates to fuel it, protein provides the energy.

### Hydration is important

Water moves food through your intestines, helps regulate your body's temperature, and helps with joint movement. Also, it's crucial for the production of energy molecules. According to experts, dehydration is one of the main causes of tiredness and fatigue and having a lack of energy. If you're not well hydrated, instead of supplying you with energy, your body will focus its resources on maintaining your water balance.



During physical activity, our bodies use up a lot of water. So staying hydrated before, during, and after exercise helps to protect your body from harm, and to help you to perform better. Proper hydration can reduce fatigue, improve endurance, lower your maximum heart rate, and more. Drinking water can also help you to be less sore after exercise.

To combat tiredness, it's advised to take a water bottle around with you throughout the day and replacing soft drinks with water. Aim to have at least two litres of water a day, and for an extra energy boost, consider adding a slice of fresh lemon.

**During depression and anxiety, we can feel a distinct lack of energy.**

**Part of that could be down to our diets.**

**It is vitally important that we maintain good nutrition when we are struggling.**

**Do your own research, and look after your body and your health.**



## Essential Nutrition: HMHB look at Vitamin D

**In earlier packs we looked at the various vitamins.  
Here we add more information about these essential nutrients.**

Vitamin D is a lipid (fat) soluble vitamin. How vitamin are soluble determines how each vitamin acts within the body. The fat soluble vitamins are soluble in lipids. These vitamins are usually absorbed in fat globules (called chylomicrons) that travel through the lymphatic system of the small intestines and into the general blood circulation within the body.



Vitamin D is required for the regulation of the minerals Calcium and Phosphorous found in the body. It also plays an important role in maintaining proper bone structure.

Sun exposure is an easy, reliable way for most people to get Vitamin D. Exposure of the hands, face, arms, and legs to sunlight two to three times a week, for about one-fourth of the time it would take to develop a mild sunburn, will cause the skin to produce enough Vitamin D. The necessary exposure time varies with age, skin type, season, time of day, etc. Just six days of casual sunlight exposure without sunscreen can make up for forty-nine days of no sunlight exposure. Body fat acts like a kind of storage battery for vitamin D. During periods of sunlight, vitamin D is stored in fat and then released when sunlight is gone.

Vitamin D deficiency is more common than you might expect. People who don't get enough sun, especially people living in Northern Europe, Canada and the northern half of the US, or those far from the equator, are especially at risk. However, even people living in sunny climates might be at risk, possibly because people are staying indoors more, covering up when outside, or using sunscreens to reduce skin cancer risk.

Older people are also at risk for Vitamin D deficiency. They are less likely to spend time in the sun, have fewer "receptors" in their skin that convert sunlight to vitamin D, may not get vitamin D in their diet, may have trouble absorbing vitamin D even if they do get it in their diet, and may have more trouble converting dietary vitamin D to a useful form due to kidney problems. In fact, some scientists suggest that the risk for vitamin D deficiency in people over 65 years of age is very high. As many as 40% of older people living in sunny climates might not have optimal amounts of vitamin D in their systems.

Many experts say that if you are in a zone of less sun, especially during the winter, Vitamin D supplements should be taken. In fact they say supplements may be necessary for older people, people living in northern latitudes, and for dark-skinned people who need extra time in the sun, but don't get it. If you have any concerns, please speak to your local medical practice for advice.

It has been suggested Vitamin D could help with the Covid pandemic, but there is no clear evidence of this, at this time.

**Micronutrients, often referred to as vitamins and minerals, are vital to healthy development, disease prevention, and wellbeing. With the exception of vitamin D, micronutrients are not produced in the body and must be derived from the diet.**

**Though people only need small amounts of micronutrients, consuming the recommended amount is important. Micronutrient deficiencies can have devastating consequences.**

## NUTRITION: Lazza's Kitchen

### Sweet and Sour Chicken

**Lazza is still trying out new recipes  
Today - he makes his first ever Sweet and Sour dish from scratch**

**Sweet and sour sauces have been used in English Cuisine since the Middle Ages,  
with recipes for sweet and sour meat and fish  
in the 1390 cookery book "The Forme of Cury".**



500g Chicken Breast (cubed)  
White/Red Wine Vinegar  
Soy Sauce  
Cornflour  
Pineapple (cubed)  
Red Pepper, Onion, Carrot, cut small  
Tomato Ketchup  
Brown Sugar  
Oil to fry

Place the chicken in a bowl, add 2tbsp of the vinegar and 2tbsp of Soy Sauce, stir well to marinate, and leave for around 20 minutes.

Meanwhile, cut up the pepper (removing seeds), carrot, into small pieces, and onion, sliced and diced. Put to one side.

Create the sauce.

Mix 1 large tbsp of ketchup, 1 tbsp of brown sugar, 1 tbsp soy sauce, 2 tbsp of the red/white wine vinegar, with 2 tbsp cornflour which has already been blended with 3 tbsp of cold water.

Cook chicken in oil in a work or large saucepan until browned. Remove and put to one side. Add the pepper/carrot/onion mix to pan, plus the pineapple and cook for around 5-10 minutes, then readd the chicken and the sauce.

Cook for another 5-10 minutes, taste, and serve as you wish.



**I was quite nervous about this dish.  
I like sweet and sour very much.  
There was nothing to worry about.**

**It smelled amazing and tasted great.  
The carrots were crunchy, the pineapple  
juicy, and the chicken and peppers were a  
great mix. Give this a go!!!**

**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 very tasty meal to prepare.  
I stun myself every week. If I can do it, so can you. Try something new!!!**



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

Name these creatures from their pictures below.

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

### The Benefits of Regular Exercise

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 prior to the March lockdown.

We have restarted our Highbury Gym sessions on Tuesdays. Thanks to Mark and his team at Better.

However, we guide our users to do some of their own sessions, either on their own or in a group.

Be active, be safe, and go for it.

Exercise is defined as any movement that makes your muscles work and requires your body to burn calories. There are many types of physical activity, including swimming, running, jogging, cycling, walking and dancing, to name a few. You can use weights, equipment, and determine just how long you work, and to what extent. Being active has been shown to have many health benefits, both physically and mentally. It may even help you live longer.

#### It can actually make you feel happy

Exercise has been shown to improve your mood and decrease feelings of depression, anxiety and stress.

It produces changes in the parts of the brain that regulate stress and anxiety. It can also increase brain sensitivity for the hormones “Serotonin” and “Norepinephrine”, which relieve feelings of depression.

Additionally, exercise can increase the production of endorphins, which are known to help produce positive feelings and reduce the perception of pain.

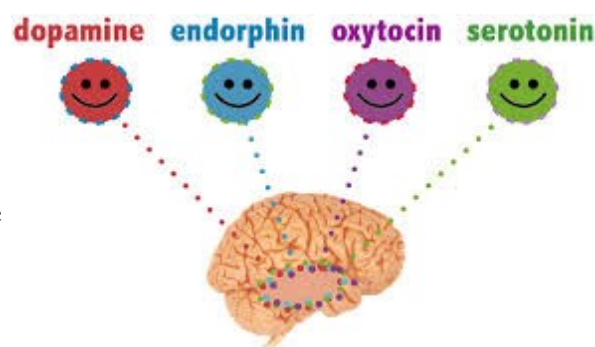
Furthermore, exercise has been shown to reduce symptoms in people suffering from anxiety. It can also help them be more aware of their mental state and practice distraction from their fears.

Interestingly, it doesn't matter how intense your workout is. It seems that your mood can benefit from exercise no matter the intensity of the physical activity.

In fact, a study in 24 women who had been diagnosed with depression showed that exercise of any intensity significantly decreased feelings of depression.

The effects of exercise on mood are so powerful that choosing to exercise (or not) even makes a difference over short periods.

One study asked 26 healthy men and women who normally exercised regularly to either continue exercising or stop exercising for two weeks. Those who stopped exercising experienced increases in negative mood.



## Lazza's weightloss challenge

I would like to thank everyone for their continuing support.

This week has gone fairly well. It's amazing that I struggle with this.

I am dealing with an “eating disorder”, but these packs actually help me focus.

If you are finding targets difficult, do keep going and persevere.

I will discuss actual weight amounts at the end of each month.



## EXERCISE/FITNESS:

### Why do you need to do regular exercise?

#### It will help control your weight

Some studies have shown that inactivity is a major factor in weight gain and obesity. To understand the effect of exercise on weight reduction, it is important to understand the relationship between exercise and energy expenditure.

Your body spends energy in three ways:

- Digesting food,
- Exercising
- Maintaining body functions like your heartbeat and breathing.

While dieting, a reduced calorie intake will lower your metabolic rate, which will delay weight loss. On the contrary, regular exercise has been shown to increase your metabolic rate, which will burn more calories and help you lose weight.



Additionally, studies have shown that combining aerobic exercise with resistance training can maximize fat loss and muscle mass maintenance, which is essential for keeping the weight off. Therefore, exercise is crucial to supporting a fast metabolism and burning more calories per day. It also helps you maintain your muscle mass and weight loss.

#### It looks after your bones and muscles

Exercise plays a vital role in building and maintaining strong muscles and bones.

Physical activity like weight lifting can stimulate muscle building when paired with adequate protein intake. This is because exercise helps release hormones that promote the ability of your muscles to absorb amino acids. This helps them grow and reduces their breakdown.



As people age, they tend to lose muscle mass and function, which can lead to injuries and disabilities. Practicing regular physical activity is essential to reducing muscle loss and maintaining strength as you age.

Also, exercise helps build bone density when you are younger, in addition to helping prevent osteoporosis later in life.

Interestingly, high-impact exercise, such as gymnastics or running, or odd-impact sports, such as soccer and basketball, have been shown to promote a higher bone density than non-impact sports like swimming and cycling.

# Exercise is good

**"When you feel like stopping, think about why you started."**

## **EXERCISE/FITNESS:**

### **Many reasons for regular exercise**

#### **It will boost your energy levels**

In nutrition we looked at ways of dealing with fatigue, but you need to combine that with exercise too.

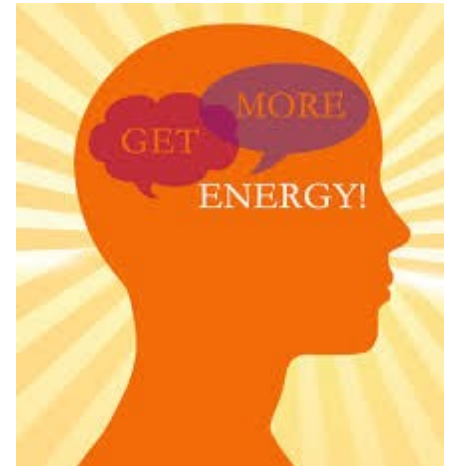
Exercise can be a real energy booster for healthy people, as well as those suffering from various medical conditions.

One study found that six weeks of regular exercise reduced feelings of fatigue for 36 healthy people who had reported persistent fatigue.

Furthermore, exercise can significantly increase energy levels for people suffering from chronic fatigue syndrome (CFS) and other serious illnesses.

In fact, exercise seems to be more effective at combating CFS than some other treatments, including passive therapies like relaxation and stretching, or no treatment at all.

Additionally, exercise has been shown to increase energy levels in people suffering from progressive illnesses, such as cancer, HIV/AIDS and multiple sclerosis.



#### **Reduces risk of Chronic Disease**

Chronic diseases are defined broadly as conditions that last one year or more and require ongoing medical attention or limit activities of daily living or both. Chronic diseases such as heart disease, cancer, and diabetes, can all be leading causes of death.

Lack of regular physical activity is a primary cause of chronic disease. Regular exercise has been shown to improve insulin sensitivity, cardiovascular fitness, and body composition, yet decrease blood pressure and blood fat levels.



**EXERCISE TO PREVENT DISEASE**

In contrast, a lack of regular exercise, even in the short term, can lead to significant increases in belly fat, which increases the risk of type 2 diabetes, heart disease and early death. Therefore, daily physical activity is recommended to reduce belly fat and decrease the risk of developing these disease.

#### **Can boost skin health**

Your skin can be affected by the amount of oxidative stress in your body.

Oxidative stress occurs when the body's antioxidant defences cannot completely repair the damage that free radicals cause to cells. This can damage their internal structures and deteriorate your skin.

Even though intense and exhaustive physical activity can contribute to oxidative damage, regular moderate exercise can increase your body's production of natural antioxidants, which help protect cells.

In the same way, exercise can stimulate blood flow and induce skin cell adaptations that can help delay the appearance of skin aging

## **EXERCISE/FITNESS:**

### **So let's all do regular exercise in lockdown**

#### **Exercise helps your brain function better**

Exercise can improve brain function and protect memory and thinking skills. To begin with, it increases your heart rate, which promotes the flow of blood and oxygen to your brain. It can also stimulate the production of hormones that can enhance the growth of brain cells.

Moreover, the ability of exercise to prevent chronic disease can translate into benefits for your brain, since its function can be affected by these diseases.

Regular physical activity is especially important in older adults since aging, combined with oxidative stress and inflammation, promotes changes in brain structure and function.

Exercise has been shown to cause the hippocampus, a part of the brain that's vital for memory and learning, to grow in size. This serves to increase mental function in older adults.

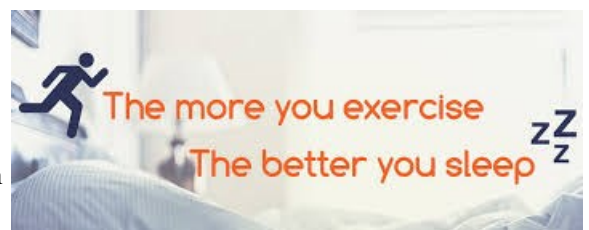
Lastly, exercise has been shown to reduce changes in the brain that can cause Alzheimer's disease and schizophrenia.

#### **It can help with destressing, relaxing, and even with your sleep**

Regular exercise can help you relax and sleep better, so if you have been experiencing issues in lockdown, it could be linked to not exercising enough (and this could be relevant to me too).

In regards to sleep quality, the energy depletion that occurs during exercise stimulates recuperative processes during sleep. Moreover, the increase in body temperature that occurs during exercise is thought to improve sleep quality by helping it drop during sleep.

Many studies on the effects of exercise on sleep have reached similar conclusions. One study found that 150 minutes of moderate-to-vigorous activity per week can provide up to a 65% improvement in sleep quality. Another showed that 16 weeks of physical activity increased sleep quality and helped 17 people with insomnia sleep longer and more deeply than the control group. It also helped them feel more energized during the day.



What's more, engaging in regular exercise seems to be beneficial for the elderly, who tend to be affected by sleep disorders.

You can be flexible with the kind of exercise you choose. It appears that either aerobic exercise alone or aerobic exercise combined with resistance training can equally help sleep quality.

**We all know we need to exercise more, and do it regularly.  
Here are just a few reasons why this is so important.  
The knock on effect for our health and bodies is clear.  
I know I need to do more. So let's get more active together.**

## HEALTH / ROUTINE

### Our bodies: What is saliva?

We all produce saliva in our mouths, and take it for granted. But do we know anything about it? HMHB decided to have a peek.

“Saliva (commonly referred to as spit) is a fluid produced and secreted by “salivary glands” in the mouth.”

The salivary glands in mammals are ones that produce saliva through a system of ducts. Humans have three paired major salivary glands (“parotid”, “submandibular”, and “sublingual” - a pair of seromucous “tubular glands” - found in humans between the nasal cavity and the throat - and only discovered in 2020), as well as hundreds of minor salivary glands.

In humans, saliva is 98% water, plus electrolytes, mucus, white blood cells, epithelial cells (from which DNA can be extracted), enzymes (such as “amylase” and “lipase”), and antimicrobial agents. Detailed below.



The enzymes found in saliva are essential in beginning the process of digestion of dietary starches and fats. These enzymes also play a role in breaking down food particles entrapped within dental crevices, thus protecting teeth from bacterial decay. Saliva also performs a lubricating function, wetting food and permitting the initiation of swallowing, and protecting the oral mucosa (the mucous membrane lining the inside of the mouth) from drying out.

Saliva is:

- Water: 99.49%: plus
- Electrolytes: including Sodium, Potassium, Calcium, Magnesium, Chloride, Bicarbonate, Phosphate, Iodine.
- Mucus: mucus in saliva mainly consists of “mucopolysaccharides” and “glycoproteins”. You can do your own research. :-)
- Antibacterial compounds: which include hydrogen peroxide, and we know as a bleaching agent, as well as an antiseptic
- Epidermal Growth Factor (EGF): a protein that stimulates cell growth
- Enzymes: these are proteins that act as a biological catalyst, creating chemical reactions: they include “amylase”, “lingual lipase”, “kallikrein” and others.
- Cells: “possibly as many as 8 million human and 500 million bacterial cells per mL. The presence of bacterial products (small organic acids, amines, and thiols) causes saliva to sometimes exhibit a foul smell.” Wow!!!
- Opiorphim: this is a pain-killing substance found in human saliva.
- Haptocorrin: a protein which binds to Vitamin B12 in order to protect it against degradation in the stomach.

The digestive functions of saliva include moistening food and helping to create a food “bolus”, a ball-like mixture of food and saliva that forms in the mouth during the process of chewing. The lubricative function of saliva allows the food bolus to be passed easily from the mouth into the oesophagus. Saliva contains the enzyme amylase, also called ptyalin, which is capable of breaking down starch into simpler sugars such as maltose and dextrin that can be further broken down in the small intestine.

About 30% of starch digestion takes place in the mouth cavity.



## HEALTH / ROUTINE

### Our bodies: What is snot?

As children we can be fascinated by picking our noses and pulling out bogies, or snot!! Or was that just me. Anyway, where does it come from and what does it do?

Snot, or nasal mucus, is a helpful bodily product. The colour of your snot can even be useful for diagnosing certain illnesses.

Your nose and throat are lined with glands that produce 1 to 2 litres of mucus every day. Honestly, I have not made that up. It is seriously that amount. You swallow that mucus all day long without knowing it.

The main job of nasal mucus is to:

- keep the linings of your nose and sinuses moist
- trap dust and other particles you inhale
- fight infections
- help moisten the air you inhale, which makes it easier to breathe.

Normally, mucus is very thin and watery. When the mucous membranes become inflamed, however, mucus can thicken. Then it becomes the runny-nose snot that is such a nuisance.

Several conditions can cause nasal membrane inflammation. They include:

- Infection
- Allergy
- Irritants
- Vasomotor rhinitis: this is a condition that causes chronic sneezing, congestion, or runny nose. While these symptoms are similar to those of allergic rhinitis (hay fever), nonallergic rhinitis is different because, unlike an allergy, it doesn't involve the immune system.

Mucus also protects the lungs. When you breathe in air through your nose, it contains lots of tiny things, like dust, dirt, germs, and pollen. If these made it all the way to the lungs, the lungs could get irritated or infected, making it tough to breathe. Luckily, snot helps trap this stuff, keeping it in the nose and out of the lungs.

After this stuff gets stuck inside your nose, the mucus surrounds it and some of the tiny hairs inside the nose called “cilia”. These hairs help move the mucus and the trapped stuff toward the front of the nose or the back of the throat. When the mucus, dirt, and other debris get dry and clump together, you're left with a bogey.

Bogeyes can be squishy and slimy or tough and crumbly. Everybody gets them, so they're not a big deal. In fact, bogeys are a sign that your nose is working the way it should!

If you have to get rid of bogeys, your best bet is to blow them out of your nose and into a tissue. Picking your nose isn't a great idea because bogeys contain lots of germs and because poking around in your nose can make it bleed.

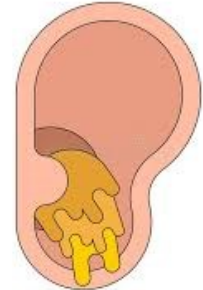


## HEALTH / ROUTINE

### Our bodies. What is earwax?

Earwax, also known by the medical term “Ceruman”, is a brown, orange, red, yellowish, or grey waxy substance secreted in the ear canal of humans and other mammals. It protects the skin of the human ear canal, assists in cleaning and lubrication, and provides protection against bacteria, fungi, and water.

Earwax consists of dead skin cells, hair, and the secretions of cerumen by the “ceruminous” and “sebaceous” glands of the outer ear canal. Major components of earwax are long chain fatty acids, both saturated and unsaturated, alcohols, squalene (a natural organic compound), and cholesterol.



According to Wikipeddia: There are two distinct genetically determined types of earwax: the “wet type”, which is dominant, and the “dry type”, which is recessive. While East Asians, Southeast Asians, and Native Americans are more likely to have the dry type of cerumen (grey and flaky), African and European people are more likely to have the wet type (honey-brown, dark orange to dark-brown and moist).

Cerumen type has been used by anthropologists to track human migratory patterns, such as those of the Inuit. The wet type earwax differs biochemically from the dry type mainly by its higher concentration of lipid (fat) and pigment granules: for example the wet type is 50% lipid while the dry type is only 20%.

Earwax usually falls out on its own. If it does not and blocks your ear, the NHS recommends you put 2 to 3 drops of olive or almond oil in your ear twice a day for a few days. Over 2 weeks lumps of earwax should fall out of your ear, especially at night when you're lying down.

However, I did find the following explanation of what was suggested back in the 1st Century AD

“When a man is becoming dull of hearing, which happens most often after prolonged headaches, in the first place, the ear itself should be inspected: for there will be found either a crust such as comes upon the surface of ulcerations, or concretions of wax. If a crust, hot oil is poured in, or verdigris mixed with honey or leek juice or a little soda in honey wine. And when the crust has been separated from the ulceration, the ear is irrigated with tepid water, to make it easier for the crusts now disengaged to be withdrawn by the ear scoop. If it is wax, and if it is soft, it can be extracted in the same way by the ear scoop; but if hard, vinegar containing a little soda is introduced; and when the wax has softened, the ear is washed out and cleared as above. Further, the ear should be syringed with castoreum mixed with vinegar and laurel oil and the juice of young radish rind, or with cucumber juice, mixed with crushed rose leaves. The dropping in of the juice of unripe grapes mixed with rose oil is also fairly efficacious against deafness.”

You can tell if your ear is blocked with earwax if you have: earache, difficulty hearing, itchiness, dizziness, an ear infection, or sounds such as high-pitched tones coming from inside the ear. Once the earwax is removed, these symptoms usually improve. If they do not, see the nurse at your GP practice

**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)**

**We try and add entries every week. Please log on to have a read.**

## Why not try an exercise class!!!

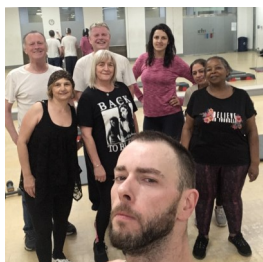
Here is an amazing opportunity to join in a great Zumba class, or two, with a qualified teacher.

Karina is part of our weekly Sobell Fitness sessions.

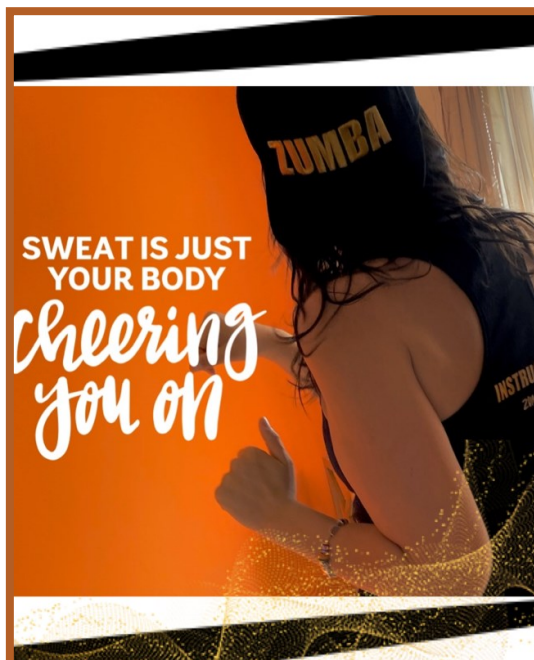
Karina is based in Islington, but her online classes are fabulous.

Please contact her.

They are fun, but also great for your overall health. Treat yourself!!



# ZUMBA



### ACTIVE WITHIN

If anyone would like to join in their free classes (see timetable), 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. They are fabulous. Please have a go!!

[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"

HMHB 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:

We have got through the first month of 2021 and hopefully we are all finding ways to move forward, but we totally understand how difficult this must be during lockdown.

But it is paramount that we all develop skills, find that strength, and develop during this year.

Nothing happens without action, no success will come to us if we do not try and make it happen.

Good luck, push hard, and let's see where you can go!!!



## Nutrition.

Eating healthy can have many great knock on effects, and one of those is to increase our energy levels, helping us combat tiredness and fatigue.

When we go through difficult times, our diets can be one of the first things that get affected. But that can have implications on our recovery, as we can not get all the nutrients we need to keep our bodies functioning properly.

This is a good lesson to keep a healthy diet going, whatever!!



## Exercise



We normally cover various different ways to exercise, but this week we looked at reasons why it is important to regularly exercise during the week.

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer, and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. So get active. I need to too.

## Health.

This week we thought we would have a look at some of the excretions our bodies create.

We covered saliva, snot (boogies), and earwax.

Our bodies are absolutely amazing, and we often mention just how miraculous they are. How it manages to provide us with all we need to survive is astonishing.

Saliva help us digest food, and keep our mouths healthy.

Both snout and earwax protect us from outside sources that could possibly damage us.

Another reason we all need to look after our health, especially at a time of pandemic.



**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 + creatures from Page 15

### See if you can beat your family and friends

#### Pop Music:

The singers of the No1 singles from 1981.

- |    |      |                             |
|----|------|-----------------------------|
| a. | W    | John Lennon                 |
| b. | JG   | Roxy Music                  |
| c. | GD   | Shakin' Stevens             |
| d. | BWY  | Smokey Robinson             |
| e. | GT   | The Specials                |
| f. | JB   | Aneka                       |
| g. | PC   | Adam And The Ants           |
| h. | IMP  | Dave Steward/Barbara Gaskin |
| i. | BTB  | Julio Iglesias              |
| j. | DYWM | The Human League            |
| k. | UP   | Queen and David Bowie       |
| l. | TL   | Soft Cell                   |
| m. | SYF  | Joe Dolce Music Theatre     |

#### Literature

List of the authors of the best selling thriller books listed.

1. Tom Clancy
2. Frederick Forsyth
3. Patricia Highsmith
4. Dennis Lehane
5. Dan Brown
6. Paula Hawkins
7. Ken Kesey
8. Agatha Christie
9. Stieg Larsson
10. John Le Carre
11. Daphne Du Maurier
12. Thomas Harris
13. Harlan Coben (*one of my fave authors*)

#### Film:

The actor who played the character from the films, plus the year the film came out.

- |     |            |                         |
|-----|------------|-------------------------|
| 1.  | VC: TGF:   | Marlon Brando: 1972     |
| 2.  | JS: A:     | Sam Worthington: 2009   |
| 3.  | MC: P:     | Janet Leigh: 1960       |
| 4.  | KM: HA:    | Macaulay Culkin: 1990   |
| 5.  | DEB: BTTF: | Christopher Lloyd: 1985 |
| 6.  | M: XM:     | Ian McKellen: 2000      |
| 7.  | EJ: R:     | Taron Egerton: 2019     |
| 8.  | L: LOTR:   | Orlando Bloom: 2001     |
| 9.  | DT: F&F:   | Vin Diesel: 2001        |
| 10. | WH: NH:    | Hugh Grant: 1999        |
| 11. | JL: TGS:   | Rebecca Ferguson: 2017  |
| 12. | HG: DH:    | Alan Rickman: 1988      |
| 13. | IM: JP:    | Jeff Goldblum: 1993     |
| 14. | R: SWTFA   | Daisy Ridley: 2015      |
| 15. | CP: CCBB:  | Dick Van Dyke: 1968     |
| 16. | MM: S:     | Naomie Harris: 2012     |

#### Geography

The 14 countries with land borders with China are:

Afghanistan, Bhutan, India, Kazakhstan, North Korea, Kyrgyzstan, Laos, Mongolia, Myanmar (Burma), Nepal, Pakistan, Russia, Tajikistan, and Vietnam

**QUIZ ANSWERS**

#### List of creatures - from Page 15

(it's meant to be tricky - how well did you do?)

- |    |                 |    |            |
|----|-----------------|----|------------|
| 1  | Grasshopper     | 2  | Mosquito   |
| 3  | Dung Beetle     | 4  | DragonFly  |
| 5  | Cricket         | 6  | Flea       |
| 7  | Earwig          | 8  | Termite    |
| 9  | Fire Ant        | 10 | Honey Bee  |
| 11 | Praying Mantis  | 12 | Locust     |
| 13 | Stag Beetle     | 14 | Tsetse Fly |
| 15 | Daddy Long Legs |    |            |

#### The World

Name the top 10 Richest Countries in the World - GDP Per Capita (2020).

Qatar, Macau  
Luxembourg, Singapore,  
Ireland, Brunei Darussalam,  
Norway, U.A.E.  
Kuwait, Switzerland.  
*Told you it was tough.*

# 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 contact HMHB:

HMHB would prefer you email us: [hmhb2016@outlook.com](mailto:hmhb2016@outlook.com)

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

[www.facebook.co.uk/healthymindshealthybods](https://www.facebook.co.uk/healthymindshealthybods)

Please follow us on Twitter if you use it: [@hmhb2016](https://twitter.com/hmhb2016)

Please follow PT Dean on Twitter if you use it: [@zombie\\_pt](https://twitter.com/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 who 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**