



# Healthy Minds, Healthy Bods

## Health Pack: Number 15

Focus on Mind-set, Nutrition, Exercise, Health



*Prepared by: Lazza, Luke and Dean: Monday 27th July 2020*

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



**“Life begins at 40;  
but so do fallen arches, rheumatism, faulty eyesight, and the tendency to tell  
a story to the same person, three or four times.”**

*Welcome to the 15th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).*

If you missed our first fourteen (where were you?) you can go to our website, or ask someone to do that, and download a PDF copy from our MHP page - [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk) - all of the packs are on 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.



**During lockdown we have  
been doing outdoor exercise  
on Highbury Fields.  
Great mix of friends, with  
sweat and laughter.  
Here we are on the  
7th July**

**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 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 all of this 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

**Be alert, and stay safe**

### **Scammers**

Please be aware. None of us think we could ever fall for some of the huge amount of cons that are currently taking place, but it does happen. Whatever you do, don't feel foolish. They can be clever.

Up to the Covid pandemic, I was getting approximately ten con emails a day. Most were quite pathetic, but I have to say some of them were very convincing. If you ever get an email from someone you do not know, and they ask you to click on a link, please do not do it. I have had them from fake Amazon, FedEx, HMRC, Job Agencies, PayPal, Banks, TV Licence etc. Sometimes they say you have a refund, or someone has tried to use your bank account or online shopping account. If you are ever worried, just find the official phone number and call the company direct. Do not click a link.

**BEWARE OF SCAMMERS!**

I have a landline, and virtually every call is a scam. Normally it is a recorded message. They say there is a problem with my laptop, or with my bank account, and I have even been told there is a tax issue and I could be arrested. Lol. NONE are real. Please never give them time. If it is a real voice, they also say they are only taking a little of your time, or it is a survey etc. You may feel you want to be polite. Just put the phone down. Tell them you are not interested.

Finally, I still get people calling my mobile and then ringing off before I have answered. Never call back. If it is important they will. Too many con men rely on your calling (and you may get charged a lot of money). We have put this entry as I know of at least four of our service users who have had people try and con them in the last four weeks - two of whom are in their 80s. Thankfully none succeeded

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**Some nice feedback for Healthy Minds, Healthy Bods.**

### **Bryan Romey: Program Coordinator: Walk With A Doc; based in the United States**

"We're incredibly honored to have the HMHB team as part of the international Walk with a Doc program. As COVID-19 quickly began to alter the daily routine of many people around the world, the HMHB team was able to adapt just as quickly, filling a void that many people were longing for. Their mental health packs are the perfect combination of education, encouragement, and entertainment that we all need during these unprecedented times. Keep it up! "

### **Karina: Our Zumba leader (see page 19), and participant in our Sobell exercise sessions**

"As a single parent joining in HMHB was a really wonderful opportunity to work out whilst I have my little one with me. Him being welcomed and joining activities made me feel very included. The health packs are a very interesting read for me every week. I love the mental health side of it as most of it talks about feelings and vulnerability, and other subjects we try to avoid as they hurt ourselves even more. When I started my journey towards a healthier life, I had anxiety and panic attacks. Paying close attention to both mental and physical health, I got through hard times and now have a deeper sense of self love and acceptance. The HMHB approach is just that, with acceptance of our individual limitations and all our baggage. They are offering a welcoming environment, where everyone can do their best journey to improve physical and emotional health whilst having fun and loads of laughs. Every time I join in the exercise I feel like I'm joining a family in which all are welcome and accepted the way they are."

## Lazza's Quiz Spectacular

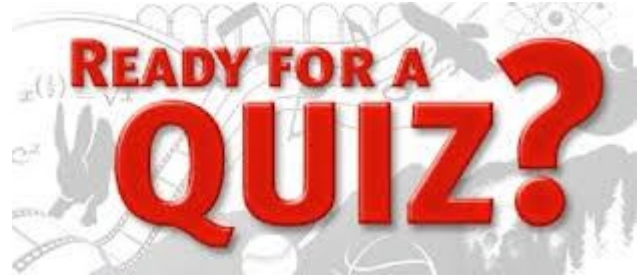
Answers are on page 21 (no peeking)

### Literature:

Enid Blyton wrote many books, selling over half a billion of them.

She wrote about the Famous Five, and the Secret Seven.

Can you name all "five" and all "seven" characters?



### Science

What are the chemical symbols for these?

- Potassium
- Gold
- Tin
- Lead
- Silver
- Sodium
- Iron
- Copper
- Antimony
- Tungsten

### Music:

All these singles appeared on the first "Now That's What I Call Music" album in 1983: Name the singer/band?

- You Can't Hurry Love
- Red Red Wine
- Temptation
- Give It Up
- Total Eclipse Of The Heart
- Karma Chameleon
- Too Shy
- Baby Jane
- Wherever I Lay My Hat (That's My Home)
- (Keep Feeling) Fascination
- Down Under
- Let's Stay Together
- Is There Something I Should Know
- Moonlight Shadow
- Candy Girl

### Geography

In which US states are these places:

- Grand Canyon
- Cape Canaveral
- Alcatraz Island
- Gettysburg National Military Park
- The Alamo
- Mauna Loa (largest volcano)
- Hoover Dam
- Mount Rushmore
- Fort Knox
- Chrysler Building
- Yellowstone National Park
- Space Needle
- The Pentagon

### Astrology:

They have just announced there is a 13th star sign (which has annoyed many). Can you name the new one, plus the other 12?



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

## MIND-SET:

**It's a Journey; so buckle up.**

*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.*



**“Whenever you feel sad, remember, that somewhere in the world there is a guy pulling a door that says push.”**

Yep. I know it's a bit of a cliché, but life is just one long (hopefully) journey we take. It has plenty of bumps along the way, but also a lot of fantastic experiences too. Some of them we control, and others we rely on others to guide us. But, ultimately, how we steer ourselves determines what happens as we arrive at various destinations.

At Healthy Minds, Healthy Bods, on our course, we like to try and open people's eyes up to what is going on around us, and attempt to demonstrate that we choose to see the beauty and wonder, or the desolation and despair. Life has a way of keeping us grounded with events that cause us hurt and misery, but in return we also experience laughter and joy. We cannot always choose what happens, but we do choose how we react, and that is where a growth mind-set, a positive mind-set, an active mind-set, is needed.

Think of it like this;



There are many metaphors for life.

HMHB promote the “train journey” route. You are constantly moving forward, but every now and then you have to stop at a station to deal with an issue. It may need an engineer to help repair something before you can carry on, but you must head on eventually. You decide when the train leaves and the train stops, and how you fuel it, and keep it running properly. You choose the route it takes.

I loved school (yep, I'm a nerd), but they never actually taught me about “life”, and “how to live”. I'm not sure how useful algebra has been, and I've never picked up Sulphuric Acid again, but I think lessons around mind-set, and how it could have helped me when certain problems occurred, would have been fantastic.

In the last 20 years I have been through a couple of deep depressions, which is why I started HMHB and all our various programs, but I had to learn skills and challenge myself to find solutions.

So let's see if we can come up with some ideas for you here, that maybe you can use yourself if you find things going wrong in your journey. They have helped me.

## MIND-SET: Journey

### Start creating good habits

A lot of this is going to sound obvious, but I certainly found that sometimes it is good to hear things that are common sense. I recall attending a terrific three day event, which helped me enormously, which focused on promoting oneself. I was down at the time, and the timing of it was perfect. Much of it talked about things I already knew, but being around positive people and listening to the words resonated at the time. In fact, it helped motivate me to concentrate and apply myself to getting HMHB off the ground. Can we motivate you?



#### **Get Proactive**

We covered this in a recent pack, but it is good to emphasise just how important it is in your journey. Nothing will happen unless you go out and look for it. Too often, we sit back and hope something will occur. We give up, we stop believing, and we talk ourselves into thinking we are not good enough. Proactive people recognize that they have responsibility. They don't blame genetics, circumstances, conditions, or conditioning for their behaviour. If a situation pops up, they try and look at how they can solve it, even it means making tough decisions. And that can be really hard and scary. However, if you start getting into the habit of remaining calm, sitting down and trying to resolve problems by seeing them from all directions, you will inevitably start find solutions quicker, and that itself creates good feelings.

#### **Have a mission in life**

Creating a business like Healthy Minds, Healthy Bods, also means producing a large amount of paperwork, and that includes a Mission Statement. In fact, we have it on our website too. It's so everyone can see why we developed HMHB, and what we are looking to achieve. And we should all have that in our lives. Knowing what it is gives us purpose, and shows us the direction we need to tread. Having a mission (targets) focuses on what you want to be and do. It is your plan for success. It reaffirms who you are, puts your goals in focus, and moves your ideas into the real world. Your mission statement makes you the leader of your own life. You create your own destiny and secure the future you envision. Write it down. Be realistic, but also have your dreams.

#### **Determine what is important to you**

Your journey is full of incidents. And you need to deal with them all - which may mean, for some, actually doing nothing. I have mentioned before in these packs, as HMHB continues, there is a never ending "to-do" list, which feels very long. I am constantly adding to it, and crossing things off. And this is where both organisational and time management skills come to the fore. Some jobs are more important than others, and some may stay side-lined for ages. And this happens in life too. Occasionally you need to say no to people too. Your journey needs to keep moving forward. Don't overburden yourself with so much that you cannot see the way ahead. Declutter. Remove the deadwood.

**"I think everybody's weird.**

**We should all celebrate our individuality and not be embarrassed or ashamed of it."**

**"Your self-worth is determined by you.  
You don't have to depend on someone telling you who you are."**

## MIND-SET: Your journey in life

Be yourself.



Be a “Win-Win” person

A win-win mentality has three vital character traits:

1. **Integrity:** sticking with your true feelings, values, and commitments
2. **Maturity:** expressing your ideas and feelings with courage and consideration for the ideas and feelings of others
3. **Abundance Mentality:** believing there is plenty for everyone

Most of us learn to base our self-worth on comparisons and competition. We think about succeeding in terms of someone else failing; that is, if I win, you lose; or if you win, I lose. Life becomes a zero-sum game. There is only so much cheesecake to go around, and if you get a big piece, there is less for me; it's not fair, and I'm going to make sure you don't get anymore. We all play the game, but how much fun is it really?

Win-win sees life as a cooperative arena, not a competitive one. Win-win is a frame of mind and heart that constantly seeks mutual benefit in all human interactions. Win-win means agreements or solutions are mutually beneficial and satisfying. We both get to eat the cheesecake, and it tastes pretty darn good! (yep, I do love a bit of cheesecake, and why not!!!).

To go for win-win, you not only have to be empathic, but you also have to be confident. You not only have to be considerate and sensitive, you also have to be brave. To do that, to achieve that balance between courage and consideration, is the essence of real maturity and is fundamental to win-win. That is definitely part of a growth mind-set, and we all need to aim for this on our journey.

**For your journey, here are a few ideas:**

**Why not research more?**

- Set your own course
- Get the right fuel (nutrition)
- Keep moving (be active)
- Use help when you need it
- Deal with problems as they come
- Keep your focus on targets
- Learn from mistakes
- Trust yourself more
- Dare to try new things
- Think “outside the box” (pack 14)
- Don't compare with others

### Lazza's weight-loss journey

Sunday May 3rd, he was 98.5 kg / 15st. 7.15 lb.

His target is to lose 1 lb a week

His final goal is 76.2 kg / 12st.

Sunday July 26th, he is 91.3 kg / 14st 5.28 lb

Losing in week 12; 0.5 kg / 1.10 lb

**12 weeks: Overall loss: 7.2 kg  
1st. 1.87 lb**

**Admit, last couple of weeks have been a struggle.  
But this is a journey. Pls keep supporting me. :-)**

## NUTRITION: Confectionery

**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.**

I have just spent a few minutes drooling over lots of photos of various items of confectionery, and I chose one that really got my juices flowing. (I'm almost licking the screen!!!).

How have I managed to get to pack 15 without discussing sweeties? I really do not know. We are brought up from a young age seeing them as a treat (although some turn that into a habit!). So let's have a good look at the subject - the pros and cons, the good and the bad, and the health guidelines that surround them. HMHB is a firm believer in treats!!!!



In general, confectionery is divided into three broad and somewhat overlapping categories;

- **Bakers confections** (also sometimes known as Flour confections) - includes sweet baked goods, especially those that are served for the dessert course. Bakers' confections are sweet foods that feature flour as a main ingredient and are baked. Major categories include cakes, sweet pastries, doughnuts, muffins, scones, and biscuits.
- **Sugar confections** - this includes sweets (the English word), candies (US word) lollies (used in Australia and New Zealand), chewing gum, bubble gum, candied nuts, and some chocolates
- **Chocolate confections** - you can see the crossover, but some chocolates are sugar-free versions, so they come here too.

Generally, confections are low in micronutrients and protein, but high in calories. They may be fat-free foods, but most confections, especially fried doughnuts and chocolate, are high-fat. Many confections are considered empty calories. Specially formulated chocolate has been manufactured in the past for military use as a high-density food energy source. They now produce “protein” chocolate bars (but they still have the sugar!!!)

In 2017, the NHS said: “Hospitals have been ordered to take super-size chocolate bars and “grab bags” of sugary snacks off of the shelves in the latest step to fight obesity, diabetes and tooth-decay. NHS England chief executive Simon Stevens announced a 250 calorie limit on confectionary sold in hospital canteens, stores, vending machines and other outlets”.

**On our Ajani course, we invited outside organisations to present on health. Here is the fantastic Jean from the Whittington Oral Health Team**

**19th June 2017**





## NUTRITION: Chocolate



**There are a lot of myths around chocolate. So let's instead do some research and see if we can find some facts**

**We all deserve a treat, but this is why we should not have too much.**

Best selling bars in the UK:

1. Snickers
2. Cadbury Dairy Milk
3. Galaxy Bar
4. Bounty
5. KitKat
6. Twix
7. Twirl
8. Wispa
9. Mars
10. Flake
11. Crunchie
12. Aero Mint
13. KitKat Chunky
14. Toblerone
15. Double Decker
16. Cad Fruit & Nut
17. Milky Bar
18. Bourneville
19. Lindor
20. Fry's Turkish Delight
21. Daim
22. Cadbury Caramel
23. Galaxy Ripple
24. Cadbury Fudge
25. Picnic (mmmm!!)
26. Star Bar
27. Galaxy Caramel
28. Milky Way
29. Aero
30. Yorkie

- Cocoa beans, the main ingredient in chocolate, contain naturally occurring polyphenols. There is some evidence that polyphenols help reduce blood pressure and have antioxidant properties. But only have small amounts. Chocolate is high in sugar and saturated fat. It is a high-energy (calorie) food, and too much can result in excess weight, a risk factor for cardiovascular disease. So only have nibbles.
- Chocolate contains small amounts of caffeine, which may contribute to the idea that it makes us energetic. However, it is negligible. When you're hungry, it's better to eat a snack that provides sustained energy release. Choose foods with less sugar and fat and more fibre.
- Think about the calorie intake, even for a small bar. Any excess energy you consume can lead to weight gain. One chocolate bar averages 250kcal. This is equivalent to 10 per cent of a man's and 12 per cent of a woman's recommended daily intake, and it's often gobbled down in a few bites. In order to lose the energy obtained from a chocolate bar, a 50-year-old person needs to walk for 45–55 minutes.

**“Chocolate is great. It gives you energy which can be used to go and buy more chocolate.”**

- People say they are addicted to chocolate, but there is no scientific evidence to back those claims. Instead, our feelings about chocolate tend to dictate our behaviour, as we associate it with comfort, reward and celebration. This connection means we might feel that we 'need' it, which can make it hard to control how much we eat. Instead, try to obtain pleasurable feelings in other ways.
- Cocoa powder used to make hot chocolate contains less fat because it doesn't include the cocoa butter and other fats found in a chocolate bar. However, depending on what you mix the cocoa powder with, your hot chocolate drink can contain as much energy (calories), fat and sugar as between one and two-and-a-half average chocolate bars. Be wary of hot chocolates made with full-fat milk and served with high-energy toppings (whipped cream, marshmallows, cocoa sprinkles).

**Chocolate tastes nice. And there is no excuse not to have a nibble now and then. But do understand the high sugar and fat content can lead to health problems if you start to consume too much. Just be sensible.**

## NUTRITION: What about the kids?

One of my earliest memories is going shopping with my mum and ending up at the sweetie shop, and being tall enough to look at the halfpenny chews and smaller sweets - many of which are now called “retro” and can be found once more on shelves. I am literally smiling at the memory as I type this sentence.

We do need to take into consideration quite a few issues when it comes to kids these days - especially as lives are more sedentary and we are becoming a fatter species. Children’s obesity rates are exploding.

Did you know that children are born with taste buds that are used to sugary flavour? (amniotic fluid is sweet). If your baby was breastfed, that taste was reinforced through breast milk.

This natural exposure in your womb and your baby’s first feeding explains how sweet preference begins.



The more sweets kids eat, the stronger the liking of them, and perhaps, the craving for them.

The pleasure response in the brain is turned on by highly palatable foods, such as those containing sugar, fat, and salt. In other words, these food components trigger feel-good brain chemicals including dopamine. Once children experience pleasure (associated with increased dopamine transmission in the brain’s reward pathway) from eating certain foods, they may feel an urge to eat them again.

Remember, building healthy eating habits over time means you’ll have to be conscious of the patterns that are being established around eating. The responsibility lies with the parent. Sometimes we are so busy trying to keep a child quiet, buying sweets as a treat, we forget the damage we could be causing.

Many of the sweets available to children, can contain a side dish of artificial food dyes or colours. However, some children experience behavioural changes, such as hyperactivity, when they consume foods with artificial food colours. If your child lives with ADHD, they may experience worsening behaviour when eating foods with food dyes. It’s a good idea to research and try to contain the amounts of artificial food colours and sugar your child digests.

I mentioned it above, so I don’t need to drone on and on about this one, but the overconsumption of sweets is tied to the development of weight challenges in children. Again, this is the parents’ responsibility. People should know how much sugar their children are consuming, and be comparing it with the healthy guidelines. Many do not. Studies have shown that kids as young as 1 years old are consuming three to four times the recommended amounts, and this gets worse as children get older. It’s a ticking time bomb.

According to the NHS:

“Research shows children who stay a healthy weight tend to be fitter, healthier, better able to learn, and more self-confident. They’re also much less likely to have health problems in later life. Children whose parents encourage them to be active and eat well are more likely to be a healthy weight and be healthy.”

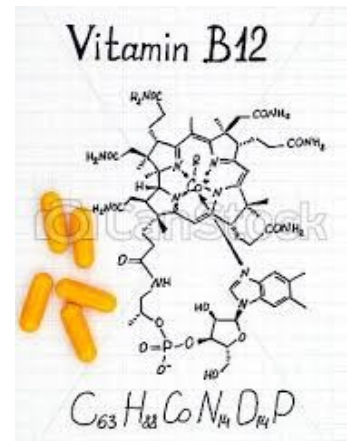
**We are surrounded by sweets, and it can be a nice snack.  
It makes us feel happy, and that is great for our mental health.  
But be aware of the health issues of overconsuming these sugary/fatty items.**

## NUTRITION: Vitamin B12

### Vitamins

“A **vitamin** is an organic molecule (or related set of molecules) that is an essential micronutrient which an organism needs in small quantities for the proper functioning of its metabolism. Essential nutrients cannot be synthesized in the organism, either at all or not in sufficient quantities, and therefore must be obtained through the diet”

**Vitamin B12**  
Is also known as  
**Cobalamin**



- It is a water soluble vitamin, meaning it is carried to the body's tissues, but cannot be stored in the body, and therefore you need to ensure you get it in your daily diet.
- It is a non-protein chemical compound used as a catalyst in DNA Synthesis
- Vitamin B12 is the largest and most structurally complex vitamin
- Most omnivorous people in developed countries obtain enough vitamin B12 from consuming animal-sourced foods, including meat, fish, fowl, milk and eggs.
- Because there are few non-animal sources of the vitamin, Vegans are advised to consume a dietary supplement or fortified foods for B12 intake, or risk serious health consequences.
- Vitamin B12 deficiency can potentially cause severe and irreversible damage, especially to the brain and nervous system. At levels only slightly lower than normal, a range of symptoms such as fatigue, lethargy, difficulty walking (staggering balance problems), depression, poor memory, breathlessness, headaches, and pale skin, among others, may be experienced, especially in people over age 60.



1. It is particularly important in the normal functioning of the nervous system via its role in the synthesis of Myelin; Myelin is an insulating layer, or sheath, that forms around nerves, including those in the brain and spinal cord. It is made up of protein and fatty substances. This myelin sheath allows electrical impulses to transmit quickly and efficiently along the nerve cells.
2. It helps in the maturation of developing red blood cells in the bone marrow.

**Like all Vitamins, this nutrient is “essential for life”. Your body cannot create it so you have to get it through your diet. Why not research this Vitamin this week, and what**

## NUTRITION: Lazza's Kitchen

### Mince Beef and Mushroom Pie

**Lazza is still trying out new recipes  
Today - his first Meat Pie**

According to Wikipedia.

Meat pie is found in the Neolithic Period, around 9500 BC. The ancient Egyptians' diet featured basic pies made from oat, wheat, rye, and barley, and filled with honey and baked over hot coals.

The Greeks used a flour-water paste resembling pie pastry, and filled it with meat



- 2 tbsp. vegetable oil
- 500g/1lb 2oz beef mince
- 1 onion chopped
- 1 tbsp. tomato purée 1½ tbsp. plain flour, plus extra for dusting
- 75g/2½oz mushrooms, chopped
- 250ml/9fl oz. stout or beef stock
- Dash Worcestershire sauce
- 400g/14oz ready-made shortcrust pastry
- 1 free-range egg yolk only, lightly beaten

1. Preheat the oven to 200C/400F/Gas 6.
2. Heat the oil in a deep frying pan and fry the beef mince for 4-5 minutes.
3. Add the onion and cook for 2-3 minutes, then stir in the tomato purée and cook for 2-3 more minutes. Stir in the flour and cook for a further minute, then add the chopped mushrooms, the stout or beef stock and a couple of dashes of Worcestershire sauce.
4. Bring to the boil, then reduce the heat, cover the pan with a lid and leave to simmer for 20 minutes and then turn into one litre pie dish.
5. Roll out the pastry. Drape over the dish and trim the edges.
6. I created a little leaf design on top, and then brushed the pastry with the beaten egg yolk.
7. Bake in the oven for 20-25 minutes, or until golden brown.
8. Serve nice and hot. Wow!! It was lovely.



**Ok, I didn't make the pastry  
(I will in a later pack).**

**But this meat pie was  
absolutely delicious.**

**I stun myself as always!!**

**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 the first time I had ever cooked a Meat Pie with Pastry.**



**HMHB's Name Game Page**  
Can you name these Muppet characters?  
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 - Equipment

**“Exercise would be so much more rewarding if calories screamed while you burned them.”**

We have reached the heady heights of Pack 15, and we have been promoting exercise as something you can do on your own, in your living room or outdoors, and is free.

We have also constantly banged on about it being fun, and the need to enjoy yourself.

But another way of making it fun is by using some equipment. And you do not have to spend a lot of money to do so. I'm not recommending you go out and buy one of the large machines you see in the gym, or spend hundreds of pounds. There are ways of doing it cheaply, and this can help you work out with others too.

Let's look at a few examples of equipment that Healthy Minds, Healthy Bods has bought to use with our users. We got these through sports shops or online.

HMHB recently bought four large inflatable Exercise Balls - we use some in our outdoor sessions, and we bought them for under £18 each from Amazon. So they are not that expensive. Exercise balls are a useful workout tool for strengthening your core and assisting with balance exercises, such as pelvic thrusts. They are fun too, both indoors and outdoors. The best way to use an exercise ball as a beginner is to practice simple core and leg exercises to build your confidence. In a future pack, we are going to look at various ball exercises.



HMHB have bought two ladders and six hurdles. The ladder, we have two, is between £12 and £15 depending on size. The hurdles, a set of six, cost under £20. The ladder Improves Speed, Agility and Quickness: These three factors not only improve your athletic performance in other sports and activities, but can help boost your fitness level for virtually any type of workout you do. They are both great for heart health and get your heart pumping and are a super form of cardio exercise

HMHB have bought several pairs of boxing gloves and pads. . We covered our Boxability in the last pack (number 14), and it is a serious workout, and especially fun when working with someone wearing pads too.

Fitness boxing is also a great aerobic exercise. Aerobic exercise gets your heart pumping and helps lower the risk of high blood pressure, heart disease, stroke, and diabetes. It can strengthen bones and muscles, burn more calories, and lift mood. It is also social, friendly, and gets you up.



## EXERCISE/FITNESS: Equipment

### Weights

For many of us, the thought of using weights during exercise can be scary. I admit I can feel intimidated not to use the weights at the gym, as there always appears to be some very strong muscly people there, and I feel inadequate. And this can happen to us all.

For our weekly sessions before the pandemic, when we were able to use three gyms a week, we did use various weights, but we ensured everyone was comfortable, that it was enjoyable, and nobody felt left out. Using equipment can actually take your mind away from the actual exercise you are doing, which is a good thing.

Healthy Minds, Healthy Bods have bought a small set of weights. These are the picture opposite.

2 x 2kg

2x 1.5kg

2 x 1kg

2 x 0.5kg

Nothing too much, but it does add some resistance to various exercises. You can always use a can of beans etc.



Using weights isn't just about bulking up and building muscle mass. Its benefits include improved posture, better sleep, gaining bone density, maintaining weight loss, boosting metabolism, lowering inflammation and staving off chronic disease, among a laundry list of positives.

Maybe you're convinced you shouldn't lift weights because you prefer not looking like The Hulk. But, unless you train ridiculously hard, that will not happen. And, despite a prevalent allegiance to cardio machines for things like weight loss and overall health, strength training not only builds muscle but can prevent disease, improve mood and, really!, help you lose weight.

Reasons to incorporate using weights when exercising include:

1. According to 2014 research from UCLA, the more muscle mass we have, the less likely we are to die prematurely. Therefore, while most forms of regular exercise can add years to your life, strength training in particular has big benefits.
2. In a small 2012 study in older men, researchers found that resistance training reduced the number of times the study participants woke up during the night, as compared to a control group who performed no exercise. So it can actually improve your sleep.
3. Weight-bearing exercise and particularly strength training is thought to increase bone density, reducing the risk of fractures and breaks among older adults.
4. One major cause of bone breaks as we age is falling. Some of weightlifting's benefit in protecting against osteoporosis may be improved strength and balance resulting in fewer falls. Indeed, research suggests that various resistance routines can reduce an older person's rate of falling by around 30 percent
5. Like many forms of physical activity, a little lifting can work wonders for your mental health. Strength training has been linked to reduced anxiety and depression symptoms, as well as improved self-esteem, and it may even give your brainpower a boost

**EXERCISE/FITNESS: Equipment**  
**More stuff you can get for home**



Kettlebells are another type of weights, and are used by many people at home.

I would say I think they can be expensive, but what price is your health??

Kettlebell exercises reveal and fix misalignments, compensations, asymmetries, and weaknesses in the body, relieving you of muscle stiffness and joint pain.

Kettlebell training combines strength training with a high-intensity cardio workout, giving you an overall full-body workout.

Resistance Bands are a cheap and easy way to include equipment into your workouts, and are terrific. You can see from the person in the pic, they can be used on your legs and arms, and there are plenty of exercises you can do. In fact, HMHB is going to be doing a workout for you in a future pack.

According to one site: “One of the main benefits of resistance bands over weight training is that they provide more exercise variety. They also prevent you from using momentum to cheat and therefore challenge your endurance progression further. You can increase your reps at a faster pace with reduced risk of injury”



HMHB have got a few cones we use in our sessions.

They are useful in so many ways, especially in a group environment, to mark out various routines, or spaces.

According to one site: “By using cones in a HIIT workout, you're focusing on fat loss as well as agility training and motor skills.

These drills require you to move in all three planes of motion: forward/backward, laterally, and rotationally-recruiting multiple muscles, cranking your heart rate, and engaging your brain

**HMHB likes to combine different exercises into one overall fitness session. By combining exercise with equipment it makes it more fun. We have not mentioned Mats, which are also fairly cheap to buy, and can be used outdoors as well as indoors. There are stepper blocks to incorporate into a leg session. Weight bags and bars are two more options. Your body deserves attention, and action. Why not make it more fun by using equipment?**

**In the next few packs we are going to look at:  
 Clothing; Team Sports; Large Exercise Ball exercises;  
 Tabata; Whole Body exercises; Kettle Bell exercises  
 Resistance Band exercises; Exercise Diaries**



## HEALTH / ROUTINE - Disorders

**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)**

*“You don’t have to be positive all the time.  
It’s perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious.  
Having feelings doesn’t make you a negative person.  
It makes you human.”*

As part of our training to deliver Healthy Minds, Healthy Bods and work with service users, it was very important to complete a Mental Health First Aid Training course - and I was delighted to be invited to do mine through Haringey Well-Being Network.

It was an eye-opener in many ways, none more so than when we talked about “Disorders”, which we are only touching on slightly in these two pages. You see, I realised that I had an “Eating Disorder”. I had sort of known for a long time, but the relief to see all the symptoms I was having, and they were listed in front of me, was wonderful. I am feeling much better now - as the weight loss demonstrates.

### **What is a Disorder?**

In very simple terms (the way I like it): Mental Illness, also called mental health disorders, refers to a wide range of mental health conditions/disorders that affect your mood, thinking and behaviour. Examples of mental illness include depression, anxiety disorders, schizophrenia, eating disorders and addictive behaviour.

For our purposes: we are going to look at just two: Eating and Anxiety:

Eating Disorders cover a wide range of problems with food, including starving (Anorexia), bingeing and purging (Bulimia), and binge eating. We aren’t going to look at reasons, as they can be a long list, but for many people an eating disorder is a way they are using to cope with life, and how they see themselves. Some use drugs or alcohol, others use food. We must not judge negatively. It is technically a way of self-harming.



If you think you are using food as a crutch, and are worried, then please speak to your Doctor. There is help, honestly. And if you think you know someone suffering, then there is something you can do. For Mental Health First Aid, remember you are not medically trained, and cannot perform in that way. But you can approach the situation and discuss. There is something called ALGEE - and we will look at that at the top of the next page, before we address anxiety disorder.

## HEALTH / ROUTINE - Disorders: ALGEE

Remember: If you think someone is ill, and needs First Aid, the aim is to help the person before professional medical treatment can be given, or until the crisis is resolved. That's physical and mental.

It is recommended to do ALGEE:

- A pproach the person, assess and assist with any crisis
- L isten and communicate non-judgementally
- G ive support and information
- E ncourage the person to get appropriate professional help
- E ncourage other supports

Also, very importantly, think of you and your own safety too.

Anxiety:

Everybody experiences anxiety at some time. It is a natural response, and is useful in helping us to avoid dangerous situations and motivating us to solve every day problems. So, it should not worry you if you feel it. It is just another of our emotions.

However, it can vary in severity, and even result in terrifying panic attacks.

An anxiety disorder differs from normal anxiety in the following ways:

- It is more severe, and can feel overwhelming
- It is long-lasting: normal anxiety will fade as you overcome the issue
- It can start to interfere with your life in general; like at work or in your relationships

Anxiety can affect various parts of your whole body:

chest pain, palpitations, a rapid heartbeat (your cardiovascular system)

Shortness of breath, or hyperventilate (respiratory system)

Vomiting, nausea, choking, diarrhoea (gastrointestinal)

Migraines, dizziness, numbness, tingling (neurological)

Muscle aches and pains, tremors, shaking (musculoskeletal)



Many people who go through severe anxiety don't realise that there are treatments. It obviously relies on you to go and ask for help. But there is an onus on those around them to help them get that help too. That is where the ALGEE comes in again. Especially, during this pandemic, and beyond, many people are going to be suffering with bad thoughts and confusion. Be alert. Be aware.

### Mental Health First Aid ACTION PLAN



- A**pproach, assess and assist with any crisis
- L**isten non-judgmentally
- G**ive support and information
- E**ncourage appropriate professional help
- E**ncourage other supports

**“I think the saddest people always try their hardest to make other people happy because they know what it's like to feel absolutely worthless and they don't want anyone else to feel like that.” — Robin Williams**

## 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 currently in Latvia, but still doing online sessions, so email her for times, but do realise you may have to convert slightly depending where in the world you are..



[yummymummyzumba@gmail.com](mailto:yummymummyzumba@gmail.com)



### 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)



### HMHB is delighted to be 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)

# Review of Challenges and Targets

## Mind-set:

This week we looked at life as a Journey. Yes, it is a bit of a cliché I know, but it is a good analogy.

At HMHB, we look at it as a train journey, with you driving, needing to stop off at various stations along the way, and maybe get help to repair the train, but ultimately you need to head off to the next station. Look at the route you are taking at the moment. Do you need some help? Always ask if you feel you are struggling up a hill!!!



## Nutrition.

This week we took a brief look at confectionery (sweets or candies), and admit I did focus a bit on chocolate (and why not??? Yummy)

Sweets are “treats”. Their sugar content can be huge. Do think about if your consumption has become a habit. Are you having too much? Do you buy chocolate every day for example? Nobody says you should not enjoy confectionery. It can be great for you mental health. Just be aware!!



## Exercise



We at Healthy Minds, Healthy Bods love our sports equipment, as do our users when we have our sessions. In fact, we did an outdoor circuit today and that had a large ball, two footballs, a game involving 20 table-tennis balls, a ladder, some hurdles, and mats.

It makes it more fun, and the laughter can make you forget the actual effort you are providing. Have a look to see if you can use some yourself. I can promise you that you will enjoy.

## Health.

We are not professionals and “disorders” is a massive subject. We only briefly looked at Eating and Anxiety, but being able to notice these in others is important.

Not only that, once you do notice anything wrong in somebody (and this does not have to be a disorder) why not use the ALGEE process. Even for depression. Be understanding, calm, and a good listener. And then encourage people, if you feel they need it, to seek out professional assistance. They will thank you for it in the end.



**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 + Actors from Page 13

See if you can beat your family and friends

### Science

Chemical Symbols:

- |    |           |    |
|----|-----------|----|
| a. | Potassium | K  |
| b. | Gold      | Au |
| c. | Tin       | Sn |
| d. | Lead      | Pb |
| e. | Silver    | Ag |
| f. | Sodium    | Na |
| g. | Iron      | Fe |
| h. | Copper    | Cu |
| i. | Antimony  | Sb |
| j. | Tungsten  | W  |

### Geography:

US States for places

- 1) Arizona
- 2) Florida
- 3) California
- 4) Pennsylvania
- 5) Texas
- 6) Hawaii
- 7) Nevada
- 8) South Dakota
- 9) Kentucky
- 10) New York
- 11) Wyoming/Montana/Idaho
- 12) Washington
- 13) Virginia

### Music:

Now That's What I Call Music singers:

1. Phil Collins
2. UB40
3. Heaven 17
4. KC and the Sunshine Band
5. Bonnie Tyler
6. Culture Club
7. Kajagoogoo
8. Rod Stewart
9. Paul Young
10. The Human League
11. Men At Work
12. Tina Turner
13. Duran Duran
14. Mike Oldfield
15. New Edition

### Literature: Enid Blyton Characters

Famous Five: Julian, Dick, Georgina (George), Anne and Timmy the Dog

Secret Seven: Peter, Janet, Jack, Barbara, George, Pam and Colin.

QUIZ ANSWERS

### Muppet Characters: - from page 13

- 1 Rowlf: 2 Dr Teeth: 3 Miss Piggy  
4 Beaker: 5 Scooter: 6 Fozzie Bear  
7 Gonzo: 8 Swedish Chef: 9 Animal  
10 Kermit: 11 Statler: 12 Benson Honeydew  
13 Waldorf: 14 Sam Eagle: 15 Pepe the King Prawn

Congratulations if you got them all: A real fan!!!

### Astrology: the "13" signs of the Zodiac

New: Ophiuchus  
With: Capricorn, Aquarius, Pisces, Aries  
Taurus, Gemini, Cancer, Leo  
Virgo, Libra, Scorpio, Sagittarius

Your sign may have changed!!! Check it out.

# 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.**



*Cripplegate Foundation  
Helping since 1500*

**Be Safe, Be Active, Be Well**