



# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 40

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 18th January 2021

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



**“Although no one can go back and make a brand new start,  
anyone can start from now and make a brand new ending.”**

*Welcome to the 40th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).*

If you missed any of our first thirty-nine (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.



**This photo was back in August 2020.  
It was the eat out to help out scheme.  
So Lazza, Georg and Rosie  
decided to have breakfast at the  
local Wetherspoons.**

**Smiling faces and great company.**

**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:

### How can I access Mental Health services?

There is no shame at all to admit that you may be struggling with life. If it is any help, I reached out a few years ago when I went through a couple of depressions. The first one it took me a year to ask for assistance because I was embarrassed at not being able to cope with life. I felt a failure. I felt as if I should just be able to solve my problems. The best thing I did was ask for help. This pandemic, and recent lockdown, has even played with my own mental health. It knocked me for a bit. So please, you are not alone, but do seek help.

Mental health services are free on the NHS, but in many cases you'll need a referral from your GP to access them, so that is your first port of call. However, there are some mental health services that allow people to refer themselves. This commonly includes services for substance issues, such as drug and alcohol abuse, as well as Psychological Therapies Services (IAPT).

If your mental health difficulty is related to stress at work, you can ask your employer what occupational health services are available to you. If you're at school or college, mental health care may be arranged for you.



So, pop along to your local medical practice. Your GP will assess your circumstances and offer appropriate advice or treatment. They can also refer you to a psychological therapy service or a specialist mental health service for further advice or treatment. These services may be provided by your GP surgery, a large local health centre, a specialist mental health clinic, or a hospital.

The treatment may be provided on a one-to-one basis or in a group with others with similar difficulties. Therapy can also sometimes involve partners and families. You have the legal right to choose which provider and clinical team you're referred to by your GP for your first outpatient appointment.

In most cases, you have a right to choose which mental health service provider you go to in England.

You do not have a legal right to choice when:

- you need urgent or emergency treatment
- you already receive care and treatment for the condition you're being referred for
- the organisation or clinical team does not provide clinically appropriate care for your condition
- you're a prisoner, on temporary release from prison or detained in other prescribed accommodation, such as a court, secure children's home, secure training centre, immigration removal centre or young offender institution
- you're detained in a secure hospital setting
- you're a serving member of the armed forces
- you're detained under the Mental Health Act 1983

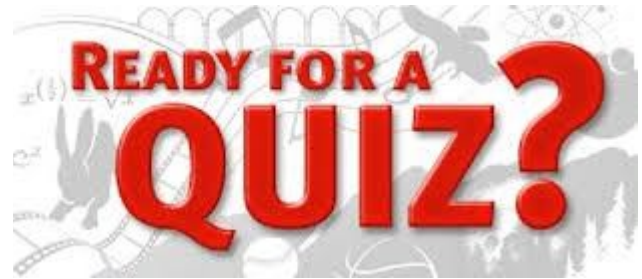
HMHB has developed links with many organisations, and you may feel more comfortable contacting them direct to see if they can advise you. They include: Age UK, Mind, Better Lives, Help On Your Doorstep, Healthy Generations, Hackney Council for Voluntary Service (HCVS), Haringey Wellbeing Network, Voluntary Action Islington, Volunteer Centre Camden, local Mutual Aid Groups, Mind In Camden, Highbury Roundhouse, North London Cares, The Arc Centre, Manor Gardens, and more. Please ask for help. :-)

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

**Science**

Eighteen of the elements on the periodic table begin with a Vowel.

How many of these 18 can you name?



**Travel:** These are codes for the busiest 13 airports in the world. Name city and country.

- a. ATL
- b. PEK
- c. LAX
- d. DXB
- e. HND
- f. ORD
- g. LHR
- h. PVG
- i. CGD
- j. DFW
- k. CAN
- l. AMS
- m. HKG

**Music**

All these characters appear in Disney/Pixar films. But can you name the film from their name(s)? It's a hard one.

- 1. Ziggy the Vulture
- 2. Nibs and Tootles
- 3. Trusty and Peg
- 4. Madame Medusa
- 5. Oaken and Hans
- 6. The Magic Mirror
- 7. Scuttle
- 8. Lefou
- 9. Ernesto De La Cruz
- 10. Rafiki
- 11. Jafar
- 12. Casey Junior
- 13. Officer Clawhauser
- 14. Roz and Celia
- 15. King Fergus and Queen Elinor
- 16. Andy Davis

**History**

Which year did the following UK monarchs come to the throne? See how close you get.

- 1. Henry the Fifth
- 2. Alfred The Great
- 3. Queen Victoria
- 4. Henry the Eighth
- 5. King Canute
- 6. Elizabeth the Second
- 7. George the First
- 8. Richard the First (Lionheart)
- 9. Edward the Eighth
- 10. William the First
- 11. George The Sixth
- 12. Elizabeth the First



**Cars**

In the UK, in 2019, what were the top ten colours for new car registrations?

Can you also guess how many cars of each colour were registered?

Give yourself a guess.

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

## MIND-SET: How can I keep my brain razor sharp?

*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.*

A good mindset is using your brain properly, and therefore we need to make sure we stay mentally active.

Maybe you've gone into the kitchen and can't remember why or can't recall a familiar name during a conversation. I certainly have done both. I also find myself struggling with crosswords a bit now, on words I should know easily. You may even miss an appointment because it slipped your mind. Memory lapses can occur at any age, but we tend to get more upset by them as we get older because we fear they're a sign of dementia, or loss of intellectual function. If it only happens occasionally then do not worry. However, the fact is, "significant" memory loss in older people should not be a normal part of aging and it could be due to organic disorders, brain injury, or neurological illness, with Alzheimer's being among the most feared.



Most of the fleeting memory problems that we experience with age reflect normal changes in the structure and function of the brain. These changes can slow certain cognitive processes, making it a bit harder to learn new things quickly or screen out distractions that can interfere with memory and learning. Granted, these changes can be frustrating and may seem far from benign when we need to learn new skills or juggle various responsibilities. Thanks to decades of research, there are various strategies we can use to protect and sharpen our minds.

### **Keep learning new things**

A higher level of education is associated with better mental functioning in old age. Experts think that advanced education may help keep memory strong by getting a person into the habit of being mentally active. Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them.

Many people have jobs that keep them mentally active but pursuing a hobby or learning a new skill can function the same way. Read; join a book group; play chess or bridge; write your life story; do crossword or jigsaw puzzles; take an exercise class; pursue something in music or art; design a new garden layout. The possibilities are huge. Surely we all have hobbies we would like to do more of?

At work, propose or volunteer for a project that involves a skill you don't usually use. Building and preserving brain connections is an ongoing process, so make lifelong learning a priority.

At the bottom of each page we are going to set you a small brain game challenge puzzle.

So do not turn over until you have tried to solve the brainteaser.

Try and think hard. They are all a lot easier than you think. And there are no trick questions.

They are all solvable with a bit of thought.

**One:**

**There are five sisters in a room: Ann is reading a book. Margaret is cooking.  
Kate is playing chess. Marie is doing laundry.  
But what is the fifth sister, Helen, doing?**

## MIND-SET:

### More ways to actively keep using your brain

Did you get it? Well done if you realised just how easy it was. The fifth sister Helen was playing chess - well, Kate had to be playing someone. It's interesting how our brain works though. As we listed four different things for the first four sisters, we automatically think the fifth must also be different. Try the next one after reading this page.

#### Use your senses to help you

The more senses you use in learning something, the more of your brain will be involved in retaining the memory.

In one study, adults were shown a series of emotionally neutral images, each presented along with a smell. They were not asked to remember what they saw. Later, they were shown a set of images, this time without smells, and asked to indicate which they'd seen before. They had excellent recall for all odour-paired pictures, and especially for those associated with pleasant smells. Brain imaging indicated that the piriform cortex, the main odour-processing region of the brain, became active when people saw objects originally paired with smells, even though the smells were no longer present and the subjects hadn't tried to remember them.

So, challenge all your senses as you venture into the unfamiliar. For example, try to guess the ingredients as you smell and taste a new restaurant dish. The smell of jam roly poly takes me back to my childhood, and hearing the sea breaking on the shoreline reminds me of holidays I have experienced.



#### Believe in Yourself more

Myths about aging can contribute to a failing memory. Middle-aged and older learners do worse on memory tasks when they're exposed to negative stereotypes about aging and memory, and better when the messages are positive about memory preservation into old age. People who believe that they are not in control of their memory function are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline. If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp.

So, don't concentrate on negative actions, instead challenge yourself to do more each day.

#### Use your brain wisely

If you don't need to use mental energy remembering where you laid your keys, or the time of your granddaughter's birthday party, or even if you fancy watching a film that evening, you'll be better able to concentrate on learning and remembering new and important things. Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, wallet, purse, keys, and other items you use often. Remove clutter from your office or home so you can focus on new information that you want to remember.

#### Two:

**You are visiting Grandma with some cakes you have made. Between your house and hers there are seven bridges to cross, and a troll underneath each one. They insist on payment for you to cross each of the seven bridges. You have to give each troll half the cakes you are carrying, but as they are nice trolls they will each give you back a single cake. How many cakes do you leave home with to reach Grandma with two cakes?**

## MIND-SET:

### How can I keep my brain younger?

Did you manage to solve this one, or did it just look too difficult to try so you have turned over? Actually the answer is very easy. You leave home with just 2 cakes. As you reach each bridge you have to give half the cakes you have to the troll, so that means you hand one over. But they are nice trolls and give you a single cake back each time, bringing your total back up to two every time.

This is an example to test out your patience. Some tasks mean spending a bit of time working out the solution, and that is the same in life. But are we prepared to do that? Are we ready to give our time like that? Or do we just move on, and maybe lose out on an opportunity?

#### How do I keep my brain younger?

Some of these are our usual “go to” answers around exercise and diet, but all that goes to show is that a healthy lifestyle benefits us in many ways, physically and mentally.

#### Stay mentally stimulated

Through research with mice and humans, scientists have found that brainy activities stimulate new connections between nerve cells and may even help the brain generate new cells, developing neurological "plasticity" and

building up a functional reserve that provides a hedge against future cell loss. Any mentally stimulating activity should help to build up your brain. Read, take courses, start new hobbies, try "mental gymnastics" such as word puzzles or math problems. Experiment with things that require manual dexterity as well as mental effort, such as drawing, painting, and other crafts. Get creative - which we covered in a previous pack.



#### Get out and exercise

Research shows that using your muscles also helps your mind. Animals who exercise regularly increase the number of tiny blood vessels that bring oxygen-rich blood to the region of the brain that is responsible for thought. Exercise also spurs the development of new nerve cells and increases the connections between brain cells called “Synapses”. This results in brains that are more efficient, plastic, and adaptive, which translates into better performance in aging animals. Exercise also lowers blood pressure, improves cholesterol levels, helps blood sugar balance and reduces mental stress, all of which can help your brain as well as your heart.

#### Eat healthier foods

Good nutrition can help your mind as well as your body. For example, people that eat a “Mediterranean style” diet that emphasizes fruits, vegetables, fish, nuts, unsaturated oils (olive oil) and plant sources of proteins are less likely to develop cognitive impairment and dementia.

#### Watch your Blood Pressure

High blood pressure in midlife increases the risk of cognitive decline in old age. Use lifestyle modification to keep your pressure as low as possible. Stay lean, exercise regularly, limit your alcohol to two drinks a day, reduce stress, and eat right.

Add one line to the maths sum below to make it correct

$$5 + 5 + 5 + 5 = 555$$

## MIND-SET:

### More ways to look after your brain.

So, did you manage to find where to place the line? It is so much easier that you may think. In fact you could have put the line in any of three places. Where you have three plus signs? If you draw a line from the tip of the top to the tip of the western point, it creates a figure four. So you produce a number five hundred and forty five, instead of five plus five. Therefore you now have a number five hundred and forty five, plus two fives, which equals five hundred and fifty five. This is a visual game, as well as thinking. Were you able to visualise the answer?



#### **Look after your blood sugar levels**

Diabetes is an important risk factor for dementia. You can help prevent diabetes by eating right, exercising regularly, and staying lean. But if your blood sugar stays high, you'll need medication to achieve good control. This is more for Type 2 Diabetes issues.

#### **Watch your Cholesterol levels**

High levels of LDL ("bad") cholesterol are associated with an increased the risk of dementia. Diet, exercise, weight control, and avoiding tobacco will go a long way toward improving your cholesterol levels. But if you need more help, ask your doctor about medication. I, myself, have slightly high blood pressure and am on the lowest dose of a medication, but hoping to improve that with my lifestyle changes this year.

#### **Stop smoking, and drink responsibly**

Avoid tobacco in all its forms. Smoking is the single greatest cause of preventable illness and premature death in the UK. Smoking kills over 120,000 people in the UK a year, which is more than 13 people an hour.

That's every hour, every day.

Excessive drinking is a major risk factor for dementia. If you choose to drink, limit yourself to two drinks a day.

#### **Look after your mental health**

People who are anxious, depressed, sleep-deprived, or exhausted tend to score poorly on cognitive function tests. Poor scores don't necessarily predict an increased risk of cognitive decline in old age, but good mental health and restful sleep are certainly important goals.

#### **Seems obvious, but look after your head**

Moderate to severe head injuries, even without diagnosed concussions, increase the risk of cognitive impairment.

#### **Be social**

Strong social ties have been associated with a lower risk of dementia, as well as lower blood pressure and longer life expectancy. It naturally picks you up when you meet and chat with family, friends, or colleagues.

**A positive Mind-set comes from feeling good, focused, and confident.  
So look after your brain, keep it occupied, and try out some brain teasers.  
A healthy lifestyle contributes so much to your overall well-being.**



# NUTRITION:

## The role of Nutrients

**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.**

### Fruit and Vegetables

While the health-related benefits of a diet rich in fruits and vegetables is known to most, the scientific literature in the last nine to ten years has increasingly pointed out the influence of these food groups on a variety of diseases. For example, several studies, show that the higher the consumption of fruit and vegetables, the lower the incidence of cardiovascular disease, including stroke.

The following is a list of resources that fruits and vegetables provide to the body:

**Vitamins and Minerals** (including antioxidants, such as vitamin A, C, E and selenium). Vitamins and minerals are found in all foods, but fruits and vegetables are a particularly good source for some vitamins and minerals. Vitamins and minerals play a vital role in most metabolic processes. Complex interactions make it essential that the status of all vitamins and minerals be kept at optimal levels.

**Phytonutrients** are considered anti-inflammatory and offer many health benefits, and we will look at these a bit later.

**Fibre** which assists digestion, slows carbohydrate absorption, and promotes satiety



For example, we recently covered apples. Apples contain a rich source of a variety of phytonutrients. Epidemiological studies have linked the consumption of apples with reduced risk of cardiovascular disease, asthma, diabetes and even some cancers. Apples have been found to have very strong anti-oxidant activity, inhibit cancer cell proliferation, and decrease lipid oxidation and lower cholesterol.

### Look At Vitamin C

- Prevents cell damage from free radicals.
- Boosts iron absorption.
- Enhances immune function, which increases resistance to disease.
- Promotes healthy gums and wound healing.
- Resolves bruising and recurrent infections.

Found in many foods, and some good sources include:

citrus fruits, tomatoes, green leafy vegetables, parsley, cabbage, asparagus, avocados, cantaloupe, currants, mangos, kiwi, papaya, peppers, pineapple, and strawberries.

### Look at Vitamin A

- Prevents cell damage from free radicals.
- Maintains the tissue of the skin and gastrointestinal and respiratory tracts.
- Enhances immune function natural killer cells and T-cells.
- Heightens resistance to infection.

Found in many foods, and some good sources include:

carrots, apricots, sweet potatoes, yellow squash, pumpkin, watercress, Swiss chard, greens, eggs, fish liver oil, milk, and cheese

## NUTRITION: The role of Nutrients, continued

### Phytonutrients

In addition to vitamins and minerals, plants contain compounds called phytonutrients (sometimes referred to as phytochemicals). Essentially, these compounds are the plants' protection. A plant cannot fight or flee, so it is equipped with "phyto" or plant nutrients that defend against disease, blight, radiation, weather, insects and anything else that may threaten the plant's survival.

When we eat the plants, we not only benefit from the vitamin and mineral content of the plant, but from the protection these phytonutrients provide. Phytonutrients are considered anti-inflammatory and have been shown to possess anti-cancer properties, repair DNA damage, aid detoxification, enhance immunity, and influence insulin glucose balance.

Hundreds of phytonutrients have been discovered thus far. Because fruits and vegetables contain different amounts of these beneficial compounds, it is best to eat a variety of plants.



Phytonutrient content is categorized by colour (dark green, light green, red, orange, and purple.). If you get at least one from each of these colour groups daily, you will not only be getting a variety of beneficial phytonutrients, but meeting the recommended minimum of 5 to 13 servings of fruits or vegetables a day. (Be aware: while colour indicates the predominant phytonutrient content, most fruits and vegetables contain multiple phytonutrients.)

The following are all good sources of various phytonutrients (listed).

- Cabbage, Brussels sprouts, broccoli, kale, cauliflower and turnips all contain the phytonutrient indole-3-carbinol.
- Oranges, tangerines, lemons, and limes all contain a flavonoid called limonene.
- Grapes, apples, cherries, blueberries, and raspberries contain anthocyanins>
- Onions and garlic contain the phytonutrient quercetin.
- Tomatoes, red pepper, watermelon and radishes all contain lycopene.
- Peaches, carrots, apricots, pumpkin, squash; the phytonutrient carotenoids
- Swiss chard, kale, parsley contain the phytonutrient lutein.

Depending on where you live in the world, you are recommended to have anything between five and thirteen items of vegetable and fruit every day.

Phytonutrients are not essential to keeping you alive, unlike vitamins and minerals, and macronutrients. But when you eat or drink phytonutrients they may help to prevent certain diseases and they will certainly assist your body in functioning normally.

**Before working on this pack, I had never heard of “Phytonutrients”  
Obviously we have promoted the nutrient content of our diets.  
They keep us alive, well, and healthy.  
Clearly you need to ensure you get the right amount every day.**

## NUTRITION: Nutrients of Whole Grain

We have talked about whole grain before, but as we are covering the “role of nutrients” in this pack it is useful to repeat some of the information. I now only buy wholegrain bread and rice for example, not white, which has had most of the goodness removed.

Whole grains offer a number of important health benefits, including:

- Regulate blood sugar (because complex carbohydrates are metabolized more slowly)
- Aid digestion by producing good bacteria in the gut.
- Control appetite (because the fibre in the grains signals satiety, which is the sense of being full)
- Reduce cholesterol
- Remove toxins (because fibre binds to toxins in the gut and removes them during elimination)
- Improve your digestive system function
- Synthesise Neurotransmitters (the chemical messengers made by the body, such as serotonin for sleep and mood).

The relationship between changes in intake of dietary fibre and whole grain and changes in weight among middle-aged women was documented in a published American study. Researchers found women who consumed more whole grains consistently weighed less than did women who consumed less whole grains.

Women who had the highest intake of dietary fibre had a 49 percent lower risk of weight gain. Unlike the advice to limit carbohydrates by some popular diets, this data indicates the importance of whole grain products to aid weight control. People think they must stop eating carbs, but in fact they should be looking to limit the amount of simple carbs, not all carbs.

Results from a further study showed that whole grain intake (but not refined grain intake) was associated with lower risk for heart failure. Researchers postulate that is related to the phytonutrients that influence physiological function.

There are many good sources of whole grain, some of them include:

- Whole Wheat
- Whole Rye
- Oats
- Brown Rice
- Wild Rice
- Spelt
- Buckwheat
- Bulgur
- Millet
- Cornmeal
- Barley
- Quinoa



**Increase whole grains and limit refined grain products.  
When choosing grain products, be sure it says "whole grain" on the ingredients list.  
Being “brown” (say rice or bread), does not always mean it is whole grain.**

## NUTRITION: Nutrients around Fats and Oils

Again we have covered fats recently in our packs, but we all need to be aware of why fat is one of the essential macronutrients that keep us alive, and we must have it in our diets.

The prevalence of low-fat diets in our culture leads many of us to assume that eating any fat is bad, but our bodies require some fat to be healthy. As scientific and public opinion of fats is slowly shifting, the emerging consensus is that eating the right kind of fats is important to health and the prevention of disease.

Fats provide information to help the body do the following:

- Provide insulation for our organs
- Transport the fat-soluble vitamins around our bodies (A, D, E, K)
- Provide materials critical to the integrity of our cellular membranes
- Lubricate mucous membranes and our skin
- Provide materials use to make various hormones
- Utilise glucose more effectively
- Contribute to healthy joints
- Enjoy efficient gut health
- Facilitate our immune system function (something very important in the current climate)
- Increase or decrease inflammation (depending on type of fat). Generally we want to eat fats that decrease inflammation, such as oils from plants, nuts, and seeds, and fats from fish whose diet is made up of algae (these all contain a predominance of omega 3 fatty acids).

Dietary fat plays a major role in your cholesterol levels. Cholesterol is a fatty, wax-like substance that your body needs to function properly. In and of itself, cholesterol isn't bad. But when you get too much of it, it can have a negative impact on your health.

As with dietary fat, there are good and bad types of cholesterol.

- HDL cholesterol is the “good” kind of cholesterol found in your blood.
- LDL cholesterol is the “bad” kind.



The key is to keep LDL levels low and HDL high, which may protect against heart disease and stroke. Conversely, high levels of LDL cholesterol can clog arteries and low HDL can be a marker for increased cardiovascular risk.

Rather than the amount of cholesterol you eat, the biggest influence on your cholesterol levels is the type of fats you consume. So instead of counting cholesterol, it's important to focus on replacing bad fats with good fats

**Our diets influence much more of our lives than we realise.  
The nutrients we get help to keep us alive.  
Why not do your own research? Especially at this time of pandemic.  
What you are eating can have a direct effect on your thinking.  
It's your body. Make the right choices.**

## Nutrition: HMHB look at different Foods

### Today: Butter

**On this page, we will take a brief look at some worldwide foods.  
History, why we use them, what they do for us, etc.**

Butter is a dairy product made from the fat and protein components of milk or cream. It is a semi-solid emulsion at room temperature, consisting of approximately 80% butterfat. It is used at room temperature as a spread, melted as a condiment, and used as an ingredient in baking, sauce making, pan frying, and other cooking procedures. Most frequently made from cow's milk, butter can also be manufactured from the milk of other mammals, including sheep, goats, buffalo, and yaks.

It is made by churning milk or cream to separate the fat globules from the buttermilk. Salt and food colourings are sometimes added to butter. Rendering butter, which means removing the water and milk solids, produces clarified butter, or "ghee", which is almost entirely butterfat.

Butter remains a firm solid when it is refrigerated, but softens to a spreadable consistency at room temperature, and melts to a thin liquid consistency at 32C to 35C. The density of butter is 911grams per litre. It generally has a pale yellow colour, but varies from deep yellow to nearly white. Its natural, unmodified colour is dependent on the source animal's feed and genetics, but the commercial manufacturing process commonly manipulates the colour with food colourings like annatto or carotene.



The earliest butter would have been from sheep or goat's milk as cattle are not thought to have been domesticated until much later. An ancient method of butter making, still used today in parts of Africa and the Near East, involves a goat skin half filled with milk, and inflated with air before being sealed. The skin is then hung with ropes on a tripod of sticks, and rocked until the movement leads to the formation of butter. Lovely!!!

In the cooler climates of northern Europe, people could store butter longer before it spoiled. Scandinavia has the oldest tradition in Europe of butter export trade, dating at least to the 12th century. After the fall of Rome, and through much of the Middle Ages, butter was a common food across most of Europe, but with a low reputation, and so was consumed principally by peasants and lower classes. Butter slowly became more accepted by the upper class, notably when the early 16th century Roman Catholic Church allowed its consumption during Lent. Then bread and butter became common fare among the middle classes.

#### **Nutrition**

As butter is essentially just the milk fat, it contains only traces of "lactose", so moderate consumption of butter is not a problem for most lactose intolerant people. However, people with milk allergies may still need to avoid butter, which contains enough of the allergy-causing proteins to cause reactions.

Whole milk, butter and cream have high levels of saturated fats, so be aware of amounts of consumption. Butter is a good source of Vitamin A.

**“Butter is rich in nutrients and beneficial compounds like butyrate and conjugated linoleic acid. High-fat dairy products like butter have been linked to a reduced risk of obesity, diabetes, and heart problems. Still, butter is high in calories and saturated fat and should be enjoyed in moderation.”**

## NUTRITION: Lazza's Kitchen

### Chicken Supreme

Lazza is still trying out new recipes  
Today - he makes his first ever Chicken Supreme

**“Breast of chicken when it is removed raw from one side of the bird in a skinless, boneless piece is called a “supreme”. Each chicken possesses two of them. If the upper part of the wing is left on, the supreme becomes a “cotelette”. The breast of a cooked chicken is not a supreme, but a blanc de poulet, or white meat of chicken.”**



1 large knob of butter + olive oil  
Chicken Breasts  
Bacon Lardons (or roughly chopped bacon)  
2 small onions  
2/3 garlic cloves  
100 ml White Wine  
300 ml Double Cream  
Black pepper and salt to taste

In a pan first melt the butter with the olive oil (the recipe said lidded frying pan but I just used my large one)  
Add the chicken when ready and brown on all sides. Remove from pan.  
In to the pan add the chopped onions and garlic and the bacon lardons.  
Cook till onions are soft - around 10 minutes  
Pour in the wine and let it bubble for a minute or so.  
Add the double cream and stir it all together nicely (smells divine).  
Return the chicken and cook for another 15/20 minutes (turn chicken once)  
Sauce should reduce a bit in consistency.  
Once all is cooked through, it is ready to serve.  
I did mine with a green salad, but you can do wholegrain rice or pasta.



Even though I am biased, this was once of the tastiest dishes I have made for these packs. It surpassed last week's Chilli Con Carne, which was also totally delicious.

I was stunned. Please give this a go. It's simple and scrumptious.  
You need a large pan though.

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 that all have a shell.

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

### Weight Loss Exercises

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.

Many of our users have told us that since last March, the first lockdown, they have put on weight that they want to try and lose. Some people have won gold medals for their weight gain achievements. And, of course, we are supporting our own Lazza as he sets his targets again on his journey. The fact that he struggles demonstrates that it is not easy, and hopefully inspires others to keep going.

But let us set a few rules first before demonstrating a few movements. I know we reach people of all ages in these packs, and these next few comments, although directed at people who are older, are relevant to us all. Excess fat is something we shouldn't ignore no matter how old we are. The good news is that while losing weight in your 60s is much harder, women actually won't find it more difficult to lose weight than men. And a recent study showed that there has actually been no difference in the amount or rate of weight loss in individuals of either sex who are over 60 years old versus those who are younger.



However, especially if you are older, it's important more than ever to actually talk to your doctor before beginning any new exercise regimen. Medical problems, such as heart disease and metabolic disease, become more common after age 60, so it's much more important to have a medical check-up before attempting a fat loss plan that naturally includes changes to your exercise routines.

Then there's the fact that over the age of 60, your oxygen intake may be reduced by as much as one-third of what it was when you were 25. This might make it a tougher time to take deep breaths while you're exercising. That's why it's crucial to ease into a new exercise routine. As you get older our hips, knees and other key joints are more likely to develop arthritis, which means that your go-to running or aerobic workouts may need to be swapped for swimming and/or gentle walking plans.

## Lazza's weightloss challenge

On Friday 1st January 2021, Lazza was 98kg (*"I could weep!!!!"*)

On Sunday 17th January 2021, Lazza was 99.5kg. (*weeping more*)

*"I have struggled the last fortnight with this lockdown and my health.*

*So, although this is not good, it is not a surprise. But out of slump this weekend.*

*So I know this week things will be better. It happens to us all." :-)*



## EXERCISE/FITNESS:

### Where do I need to focus to help me lose weight?

#### Focus on “fat loss” not “weight loss”.

Yes, I know very well that being obese or overweight leads to health conditions, and that means getting to a healthy weight. I am not saying using scales is not a good idea, in fact it can help guide you well. But do be aware that you are trying to lose body fat!!

Sometimes, you may want to focus on building more muscle instead of decreasing the number on the scale. As we all get older, we cannot afford to lose muscle, organ tissue, or bone mass. Lifting some weights is important as you get older because you lose a percentage of muscle every year. This affects your metabolism and ability to get rid of body fat. With age, your bones also become weaker. But by creating pressure on your joints through weight-bearing exercises, you can actually help build stronger, healthier bones. So, obviously have your weight targets, but it is more about staying healthy.



#### Make sure you do strength training as well as cardio

Weight loss is not just about walking, running, or cycling. Did you know, muscle loss equals a slower metabolism? Which explains why you're more likely to put on, and hold on to, those extra pounds. But lifting weights can help rev up your metabolism by building muscle mass.

If you don't have a consistent weight training regimen, you'll want to start slowly. By easing into a new plan, it will give your body time to adapt without placing too much strain on your muscles or joints and help you avoid injury. And you do not have to have gym type dumbbells. You can use stuff around the house - bags with various items in.

But don't get too comfortable with an easy resistance-training program. It's important to gradually increase the amount of weight you lift.. It's critical that significant resistance exercise be incorporated into any fat loss plan over time, at any age. Once you can do 10 to 12 reps with a weight and feel like you could keep going, it's time to upgrade to an heavier weight, and so forth. You know you're lifting the right amount of weight if you can just barely make it to the end of your repetitions before needing to rest.

#### Stay Hydrated

Why do you see people taking water bottles into a gym? Why are their water stations around a marathon course? Why do you see people flagging?

Staying properly hydrated is a tip for anyone trying to lose weight and boost their overall health at any age, but it's especially important as we get older. That's because as we age, the hypothalamus in our brains, which controls our hunger and thirst, becomes desensitized, dulling our thirst signals. Plus, many older people avoid drinking water so they can avoid running to the bathroom constantly. This is especially true for men with prostate issues and women with bladder limitations. Since water is key for digestion and metabolism, it's important to make sure you're getting enough. Our bodies can easily mistake thirst for hunger, which causes us to eat more than we actually need.



## EXERCISE/FITNESS:

### Let's try some exercises shown to help with weight loss

Obviously, we have demonstrated a huge number of different exercises throughout our packs - we are on number 40 after all. The usual squats, plank, press ups, lunges, sit ups, etc. All are cracking. And clearly doing moderate intensity or high intensity cardio will also be great. But here we look at a few others.

#### **Kettlebell Swings (you can use a bag with heavy items in it of course)**

Use your glutes, hips, and quads to power the kettlebell upwards, and your abs to help keep your core stable. Even your shoulders will get some love. All of this will spike your heart rate.

Bend at your hips and hold a kettlebell with both hands at arms length down in front of you. Rock back slightly and "hike" the kettlebell between your legs. Then squeeze your glutes, thrust your hips forward forcefully, and swing the weight to shoulder height. Reverse the move between your legs.

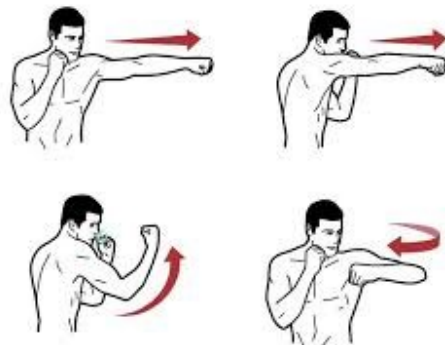


#### **Shadow Boxing**

Working your cardiovascular fitness, your legs and your arms, shadow boxing is a terrific workout. Some research says it can nuke a red-hot 800 calories per hour.

Adopt a fighting stance and bounce on your toes as you shadow box. Dip and weave to your heart's content.

Cycle between low- and high-intensity punching for a HIIT style cardio workout. Just do what you want.



#### **Thrusters**

Hold two kettlebells (or household items of similar weight) by their handles so the weight is resting on the back of your shoulders. Slightly bend your knees and squat down, keeping your legs in line with your shoulders. Drive through your legs and straighten them, extending your arms as you do so to raise the kettlebells above your head. Squat down and repeat.

Done correctly, this move can be a full-body workout all on its own. Take it slow. You'll tax your shoulders, core, grip strength, glutes and quads. It builds a serious engine too.



## EXERCISE/FITNESS:

### A few more exercises shown to help with weight loss

You can do it. It is very important, especially if weight loss is your target, to be patient. You can work really hard for two or three weeks and see very little change in the mirror or scales. This can be disheartening and lead to failure. Persistence is the key. You will eventually see results.

#### Cardio Sprints

This should be part of any cardio you do, whether on a treadmill in a gym, or outdoors in a park.

This includes all walking, jogging, running and cycling. It incorporates the HIIT ethos around doing sustained exercise with rest periods.

So if walking, every five minutes make sure the next minute you walk a lot faster. If running, try and get a sprint in every five minutes for a set time.

This is good for your heart, lungs, as well as burning some of that fat.



#### Throw/Catch Balls (but you can use anything as long as able to catch it)

Grab a ball that you're comfortable with throwing in the air and catching. Holding the bottom of the ball at your chest, perform a normal squat exercise. As you push back upwards, use your momentum to throw the ball high up into the air above you. Catch the ball on the way down and repeat the movement for reps.

The squatting part of the movement will work your calves, quads and hamstrings, while the upward movement of throwing the ball overhead will power your chest, shoulders and back.



#### Step Ups - or Stairs

This is going to sound really simple and obvious, but if you can incorporate stairs into your routine, or even just one stair, that can help with weight loss. And if you can be holding some kind of weights that is even better.

They are a sure-fire exercise to maximise your gluteus maximus, the major muscle responsible for extending, rotating and adducting and abducting from the hip joint. Single leg exercises also increase stabiliser strength of the smaller muscles around the joint, protecting you against injuries.

The dynamic nature of this movement will help you burn fat while improving upper-body strength and athleticism.



## HEALTH / ROUTINE

### Cholesterol

We all know we need to have a good cholesterol level, but do we know why? To do that, it helps to know exactly what cholesterol is.

Cholesterol is a fatty substance which is made in the liver. It's also found in some foods.

We all need some cholesterol in our bodies just to keep us functioning healthily, but having too much can clog up your arteries and lead to health problems in the future.

That is why it is good to randomly get a simple cholesterol test, which you can do at your local medical practice, and keep making positive lifestyle changes so that most people can keep their cholesterol levels healthy.



Cholesterol plays a vital role in how your body works. There is cholesterol in every cell in your body, and it's especially important in your brain, nerves and skin.

Cholesterol has three main jobs:

- It's part of the outer layer, or membrane, of all your body's cells
- It's used to make vitamin D and steroid hormones which keep your bones, teeth and muscles healthy
- It's used to make bile, which helps to digest the fats you eat.

As we said, some of our cholesterol comes from the food we eat, but most (about 80%) is made in the liver, and it is quite a complicated process.

Cholesterol and another type of blood fat called "triglycerides" cannot circulate loosely in the blood, so the liver packages them into "parcels" called "lipoproteins". The lipoproteins are then released into the blood and carried around the body to wherever they're needed.

When they reach the cells throughout your body, the triglycerides are used for energy or stored for later.

It is very important your blood fats stay at a low level in your body.

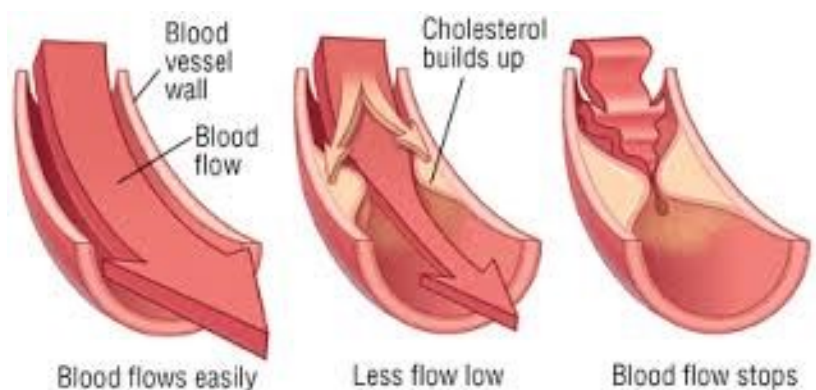
However, they can start to get higher (and therefore not so good for you) for various reasons.

- A diet high in saturated fats (see, another reason for that healthy diet)
- Not being active enough, so the fats you eat are not used as for energy (it is not just carbohydrates that feed you energy - and yet another reason to exercise more)
- Your body genetic conditions could mean fats are not processed in the usual way (your doctors can help with this).

If Cholesterol builds up it can restrict the flow of blood and this can cause some severe health conditions.

If blood flow is blocked to the heart this can lead to Heart Attacks.

If blood flow is blocked to the brain this can lead to Stroke.



## HEALTH / ROUTINE

### Different Types of Cholesterol

Normally, if people are talking about different types of cholesterol, what are usually talking about are two main Lipoproteins. (there are others we will mention later)

#### Low Density Lipoprotein (LDL Cholesterol) High Density Lipoprotein (HDL Cholesterol)

Low-density lipoproteins (LDL) are sometimes called “bad” cholesterol. High levels of LDL cholesterol can build up in your arteries, causing heart disease.

High-density lipoproteins (HDL) are referred to as “good” cholesterol. HDL cholesterol carries cholesterol from other parts of your body back to the liver. Your liver then processes the cholesterol out of your body. It’s important to have healthy levels of both types of cholesterol.



If your cholesterol levels are too high, deposits can occur in your arteries. These fatty deposits on the walls of your blood vessels can harden and narrow the blood vessels. This is a condition called “Atherosclerosis”. Narrower vessels transport less oxygen-rich blood. As we said at the bottom of the previous page, if oxygen can’t reach your heart muscle, you can have a heart attack. If that happens in your brain, you can have a stroke.

#### Levels

Cholesterol levels are measured in milligrams (mg) per tenth-litre (dL) of blood. (yep, confusing). Healthy total cholesterol levels, the sum of your HDL and LDL, should stay below 200 mg/dL.

To break down that number, your acceptable level of LDL (“bad”) cholesterol should be less than 160 mg/dl, 130 mg/dL, or 100 mg/dl. The difference in numbers really depends on your individual risk factors for heart disease.

Your HDL (“good”) cholesterol should be at least 35 mg/dL, and preferably higher. That’s because the more HDL, the better protection you have against heart disease.

Everyone should get their cholesterol checked, starting at the age of 20. And then again, every five years. However, risk levels normally don’t rise until later in life. Men should begin monitoring their cholesterol levels more closely starting at age 45. Women tend to have lower cholesterol levels than men until menopause, at which point their levels begin to rise. For this reason, women should begin getting checked regularly around age 55.

High Cholesterol has no visible symptoms, so a blood test is the only way to check.

If you attend your local medical practice someone, usually a nurse, will take a small sample of blood from your finger or arm. There are other blood tests that can check cholesterol, but a lipid profile gives the most information.



## HEALTH / ROUTINE

### How can I look after my Cholesterol levels?

#### **Improve your Nutrition**

**Reduce saturated fats:** These fats, found primarily in red meat and full-fat dairy products, raise your total cholesterol. Decreasing your consumption of saturated fats can reduce your low-density lipoprotein (LDL) cholesterol, the "bad" cholesterol.

**Eliminate Trans Fats:** These fats, sometimes listed on food labels as "partially hydrogenated vegetable oil," are often used in margarines, biscuits, crackers, and cakes. Trans fats raise overall cholesterol levels. In some countries it is illegal to use Trans Fats.

**Consume Omega 3 fatty acids.** These don't affect LDL cholesterol. But they have other heart-healthy benefits, including reducing blood pressure. Foods with omega-3 fatty acids include salmon, mackerel, herring, walnuts and flaxseeds.

**Have more soluble fibre:** This can reduce the absorption of cholesterol into your bloodstream. Soluble fibre is found in such foods as oatmeal, kidney beans, Brussels sprouts, apples and pears.

#### **Do some kind of moderate exercise.**

Exercise can improve cholesterol. Moderate physical activity can help raise high-density lipoprotein (HDL) cholesterol, the "good" cholesterol. With your doctor's OK, work up to at least 30 minutes of exercise five times a week or vigorous aerobic activity for 20 minutes three times a week. Adding physical activity, even in short intervals several times a day, can help you begin to lose weight.

#### **Stop smoking**

Quitting smoking improves your HDL cholesterol level. The benefits occur quickly. Within 20 minutes of quitting, your blood pressure and heart rate recover from the cigarette-induced spike. Within three months of quitting, your blood circulation and lung function begin to improve. Within a year of quitting, your risk of heart disease is half that of a smoker. Just do it, please.

#### **Lose weight (like our Lazza)**

Carrying even a few extra pounds contributes to high cholesterol. Small changes add up. If you drink sugary beverages, switch to tap water. Try not to have added sugar, and keep track of the calories. If you crave something sweet, try fruits.



#### **Drink in moderation**

Moderate use of alcohol has been linked with higher levels of HDL cholesterol, but the benefits aren't strong enough to recommend alcohol for anyone who doesn't already drink. If you drink alcohol, do so in moderation. Too much alcohol can lead to serious health problems, including high blood pressure, heart failure and strokes.

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

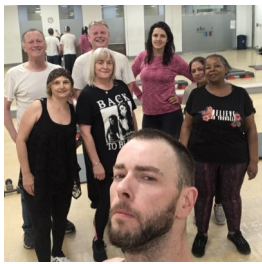
**Why not try an exercise class!!!**

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

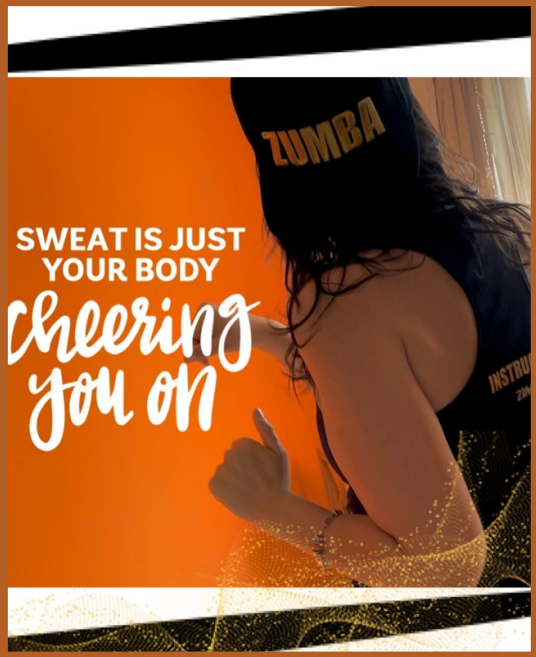
Karina is part of our weekly Sobell Fitness sessions.

**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**

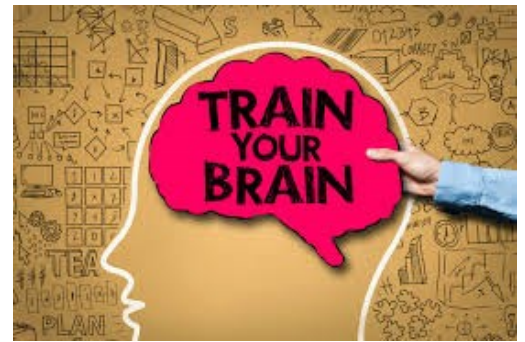
Contact her  
[hello@emmaahlstrom.com](mailto:hello@emmaahlstrom.com)  
[www.emmaahlstrom.com](http://www.emmaahlstrom.com)

## Review of Challenges and Targets

### Mind-set:

A challenging mind-set comes from a base of good thinking, and that means having focus, knowledge, and being mentally active. All that is based around our brains, so we need to ensure we are constantly finding ways to help our brains stay healthy.

One way is to try puzzles such as crosswords, sudoku, and even brainteasers, which is why we set a few this week in the pack. Why not try and find your own way to keep your brains active?



### Nutrition.

Over these packs we have concentrated very much on discussing how we need various nutrients to keep our bodies functioning. The role of these nutrients vary, but they are essential for life.

Have you made any changes at all since the start of this pandemic? Don't wait for something to go wrong. It does not mean giving up some of those lovely naughty snacks, but instead ensuring you have a healthy diet most of the time.

Do your own research and look after that body!!



### Exercise



When you are exercising to lose weight, you are actually looking to lose body fat. The weight will naturally move with you, especially if overweight or obese.

There are thousands and thousands of different exercises you can do, on your own or with a friend.

Try and change things up, realise that results will not be immediate, and just keep going. Don't worry if some weeks the weight stays the same or goes up. Your body will keep working. Good luck on your journey.

### Health.

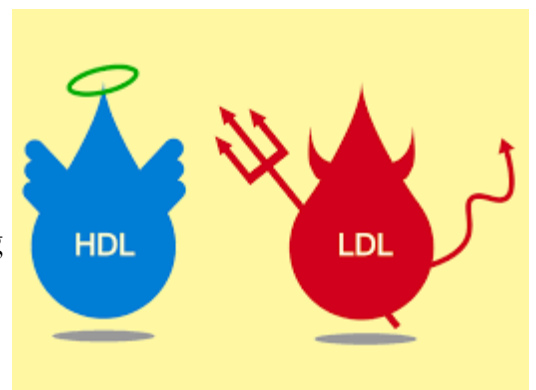
We always seem to have to be watching something to do with our health, and cholesterol levels is one of the important ones.

It can cause you severe problems, especially if it is allowed to stay high for a while. It can even result in death.

Get a check up, and also do your own research about how to maintain sufficient levels, as it is very important for our overall body functioning health.

But, as always, it comes down to nutrition, exercise, no smoking, and having a healthy lifestyle.

It's your body, and your choice. Choose wisely.



**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

**Travel:** These are the cities and countries for the airport codes below.

- |    |     |                        |
|----|-----|------------------------|
| a. | ATL | Atlanta, USA           |
| b. | PEK | Beijing, China         |
| c. | LAX | Los Angeles, USA       |
| d. | DXB | Dubai, Abu Dhabi       |
| e. | HND | Tokyo, Japan           |
| f. | ORD | Chicago, USA           |
| g. | LHR | Heathrow, England      |
| h. | PVG | Shanghai, China        |
| i. | CGD | Paris, France          |
| j. | DFW | Dallas, USA            |
| k. | CAN | Guangzhou, China       |
| l. | AMS | Amsterdam, Netherlands |
| m. | HKG | Hong Kong, Hong Kong   |

### History

These are the years these monarchs came to the throne (not crowned). Were you close?

- |     |                      |      |
|-----|----------------------|------|
| 1.  | Henry the Fifth      | 1413 |
| 2.  | Alfred The Great     | 886  |
| 3.  | Queen Victoria       | 1837 |
| 4.  | Henry the Eighth     | 1509 |
| 5.  | King Canute          | 1016 |
| 6.  | Elizabeth the Second | 1952 |
| 7.  | George the First     | 1714 |
| 8.  | Richard the First    | 1189 |
| 9.  | Edward the Eighth    | 1936 |
| 10. | William the First    | 1066 |
| 11. | George The Sixth     | 1936 |
| 12. | Elizabeth the First  | 1558 |

### List of Creatures with Shells - from Page 15 (it's meant to be tricky - how well did you do?)

- |    |                    |    |                  |
|----|--------------------|----|------------------|
| 1  | Turtle             | 2  | Crab             |
| 3  | Clam               | 4  | Armadillo        |
| 5  | Mussel             | 6  | Oyster           |
| 7  | Scallop            | 8  | Tortoise         |
| 9  | Conch              | 10 | Whelk            |
| 11 | Barnacle           | 12 | Cockle           |
| 13 | Pecten             | 14 | Achatina (snail) |
| 15 | Chambered Nautilus |    |                  |

### Music

All these characters appear in Disney/Pixar films. Did you manage to name their films?

- |     |                     |                               |
|-----|---------------------|-------------------------------|
| 1.  | Ziggy the Vulture   | The Jungle Book               |
| 2.  | Nibs and Tootles    | Peter Pan (lost boys)         |
| 3.  | Trusty and Peg      | Lady And The Tramp            |
| 4.  | Madame Medusa       | The Rescuers                  |
| 5.  | Oaken and Hans      | Frozen                        |
| 6.  | The Magic Mirror    | Snow White and the 7 Dwarves  |
| 7.  | Scuttle             | The Little Mermaid            |
| 8.  | Lefou               | Beauty And The Beast          |
| 9.  | Ernesto De La Cruz  | Coco                          |
| 10. | Rafiki              | The Lion King                 |
| 11. | Jafar               | Aladdin                       |
| 12. | Casey Junior        | Dumbo (the train)             |
| 13. | Officer Clawhauser  | Zootropolis (Zootopia)        |
| 14. | Roz and Celia       | Monsters Inc.                 |
| 15. | K Fergus / Q Elinor | Brave                         |
| 16. | Andy Davis          | Toy Story (1, 2, 3) - the boy |

### Science

18 elements starting with a vowel.

Actinium, Aluminium, Americium, Antimony, Argon, Arsenic, Astatine, Einsteinium, Erbium, Europium, Indium, Iodine, Iridium, Iron, Oganesson, Osmium, Oxygen, Uranium

QUIZ ANSWERS

### Cars

Top ten colours, and number of 2019 registrations:

Grey 521,723 , Black 466,756, White 414,403, Blue 373,728, Red 226,501, Silver 201,008, Orange 25,723, Green 16,718, Bronze 6,595, Yellow 6,566.

Did you get close?

# 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](http://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**