

Merry Christmas



Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 36

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



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

Prepared by: Lazza, Luke and Dean: Monday 21st December 2020

www.hmhb2016.org.uk



**“Give people the best of what is within you,
and help others to awaken to their best self
so that they too can live a life of abundance.”**

Welcome to the 36th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).

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



**I may have put this photo before,
but I love it.
Islington Canal with our first
Ajani group.**

**July 2017.
Great company and good friends.
What more can you ask for?**

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

PRINTED COPIES CAN BE POSTED TO YOU

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

Please connect through our website contact page.

Thanks to everyone who reads these packs.

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

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

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



NEWS PAGE:

Exercise and the Vaccine: Prof. Greg Whyte

This entry is from a UK Active Blog entry by Professor Greg Whyte, Professor of Applied Sport and Exercise at Liverpool John Moore's University.

“The well-documented link between age and severity of disease in COVID-19 is, in part, linked to the age-related decline in immune function, commonly termed “immunosenescence”. This immunosenescence is also linked to a dampened response to vaccination with ageing. Exercise may exert an anti-immunosenescence effect, perhaps delaying the onset of immunological ageing or even rejuvenating aged immune profiles. In addition, acute bouts of exercise have been shown to improve or ‘stimulate’ aspects of immune function that decline with age.



A number of studies have suggested an important role for exercise in enhancing the immune response to vaccination. Chronic exercise or high levels of physical activity (lifelong activity) have been shown to be related to improved vaccine response in older adults and elite athletes alike, illustrating improved immune function and, the former, conferring potentially significant public health benefit.

Given the negative impact of chronic psychological stress on the immune response to vaccination, it may be the mental and emotional health benefits of exercise that, in part, support the improved response to vaccination. This improvement in vaccine response may also be of value to those that are immunocompromised, or those with a higher risk of infection.

A small number of studies have reported an improved vaccine response to acute exercise, i.e. exercise immediately prior to the delivery of a vaccine. While the research supporting the role of acute exercise as an adjuvant to vaccination is encouraging, the majority of this work has examined young, healthy participants. Further research is required to establish the impact of acute exercise on vaccine response in older and ‘at risk’ populations. Furthermore, the type (aerobic versus resistance), duration and intensity of exercise required to optimise the immune response remains unclear and warrants further investigation.

Of note, not all studies have reported an enhanced immune response following an acute exercise bout prior to vaccination. However, exercise prior to vaccination does not appear to be harmful or detrimental to the immune response, a result supported in recent study examining elite athletes which reported no difference in immune response following vaccination, whether a high intensity training session had been completed two hours or twenty-four hours prior to vaccination. Interestingly, a small number of studies have suggested a reduction in local and systemic adverse reactions to vaccination in response to exercise.”

Lazza's weightloss challenge

Lazza is going to properly restart his weight loss journey in the pack released 4 Jan.

Why not set your own targets, on whatever subject, and we can work together.

This was a tough year all round, but next year can be very special.

Enjoy Christmas, whatever it is this year. Encourage and support each other.

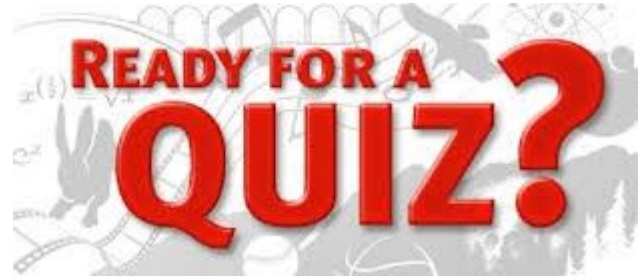
Stay positive, stay active, and stay safe!!!

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)

Sport:

Since 1990, the last 30 years, only eleven men have become Wimbledon tennis champion.

Can you name all 11?



History: Who sang these songs which were UK number ones in 1985?

- a. Frankie
- b. Nineteen
- c. I Want To Know What Love Is
- d. Move Closer
- e. If I Was
- f. A Good Heart
- g. The Power Of Love
- h. I'm Your Man
- i. There Must Be An Angel
- j. You Spin Me Round
- k. Merry Christmas Everyone
- l. We Are The World
- m. Saving All My Love For You

Music

Who sang the following songs, and can you name the missing colour from the titles?

1. Goodbye, _____ Brick Road: 1973
2. _____ Eyed Girl: 1989
3. A _____r Shade of Pale: 1967
4. Mr _____ Sky: 1977
5. Lady In _____: 1986
6. Back To _____: 2006
7. _____ Haze: 1970
8. _____ Velvet: 1963
9. Nights In _____ Satin: 1967
10. Forever In _____ Jeans: 1978
11. _____ Velvet: 1989
12. Big _____ Taxi: 1970
13. _____ Or _____: 1991
14. Golden _____: 1981
15. _____ Christmas: 1942
16. _____ Crush: 1988

Science

Which planets/moons are these named after?

1. Roman Messenger of the Gods
2. Roman God of the Underworld
3. Greek God of Fear
4. King of the Roman Gods
5. Roman Goddess of Love and Beauty
6. Greek God of Terror
7. Roman God of the Sea
8. Greek, son of King of Troy
9. Roman God of Harvest and Time
10. Roman God of War
11. Greek God of the Sky
12. Greek elder gods who ruled Universe
13. Means "Ground" in old English



Food and Drink

Between Sept 2018 and Sept 2019, what were the ten best-selling Lagers in the world?

See how many you can get.

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

MIND-SET: **Life is what you make of it**

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

Over these packs we have covered a great deal around life. It can knock you back, make you feel worthless and overwhelmed, and throw some really depressing situations at us. On the flip side, it can be full of joy and laughter, create fantastic events, and bring us friends and happiness. As the saying goes, that's life!!!!

So, what is it for you? What do you make out of life? Are you pushing yourself forward to challenge it head on, discover new experiences and learn new skills. Or are you allowing the current uncertainty to dampen those spirits, and dig a huge hole you can jump into and disappear.

Life is what you make of it. Not the other way round. Yes, Covid has produced some difficult times, but it is your reaction to it that will ultimately decide your own outcomes. It is far too easy to blame circumstances, when really we need to be looking at ourselves, and what we are doing.

Only you control your life!!!

No one makes you get out of bed in the morning, no one makes you grumpy, no one gives you motivation, no one gives you a job, no one gives you free money, no one gives you a holiday, and many more things no one does for you. That is because you have to do these things for yourself and it is your choice or not to jump out of bed with a smile on your face, it is your choice to work hard and get a job that pays all the bills and holidays, it is your job to stay educated, it is your job to find happiness and everything else is in your life too. Once you take control of your own life, and know that it is only you that can do something about it, things will start to change. Yes, some of these decisions may be down to others, but it is your responsibility to keep trying to make good things happen.

Learn to say yes more!!!

In previous packs we have explained that saying "no" is a strength. But so is the opposite. How many times have you been asked to do something and you have said no? It could be you've said no for a good reason, but how many opportunities have you let slip by because you have said no? I bet it is at least a few. Always try to say yes to stuff that can help you grow because you don't know what it will do for you or how it will make you feel in the end. Do different things in life, have an adventure, have fun and just get out there and enjoy life. We can be so scared of making mistakes, we actually do not challenge ourselves.

If you don't ask, you wont get!!!

I have been around long enough to know that he who shouts loudest normally gets what they want. It doesn't mean that you have to put yourself out there, but if you want something ask for it. If that means approaching your boss about a pay rise then ask, if they say no then look for another job and show them the offer you have been given. If you want someone to help you, ask them. If you need guidance on something ask for help. Life really can be your oyster if you educate yourself consistently and learn to get help from others to help you on your way, so do it now. If you do not try, you will never succeed. There are no guarantees. Go for it!! HMHB have constantly been asking people for things. Sometimes we get the answer no. That's life!!



MIND-SET:

Why pushing yourself is so important.

Tell yourself you deserve a good life.

There are loads of horrible people on this planet that will put others down in order to make themselves feel good. Don't become one of these people. Don't listen to these people either, you have to just roll your eyes and think "you're an idiot", move on and don't take things personally. If you need to improve something in your life by all means do it but don't let others bring you down, because there will be plenty of people that will support you for who you are also.

You know your targets and goals, and if they are important to you then just go for it. Happiness is not given, but earned, but you have to be proactive and let it happen. You are amazing - believe it!!!!

Be Yourself

Never change for anyone if you don't want to. Make life amazing for yourself by just being who you are. We are all individual in our own way and all have special talents. Just because some people may not have found their particular skill set yet does not mean that they will never find that passion and happiness in life. There is nothing worse than having to pretend or lie to others to impress them, so just be yourself and surround yourself with people who appreciate you for who you are.

Obviously, listen to feedback, but take it positively. And if you think people have a point, make necessary changes that you are comfortable making.



Just keep going

It is easy to give up and let others just say to you that "life is what you make of it", but I bet you have done things in the past thinking this is going to be amazing and then stopped when you were so close to the finishing line. We are all good at doing this but sometimes all it takes is a little perseverance to get us through to the end. So no matter how painful something gets just stick with it until the finish. HMHB came close a few times to giving up on the project, as we felt we were just getting nowhere. But after working with clients for nearly four years, with extraordinary feedback, we are now close to proper seed funding. It has taken tears, time, perseverance, and incredible effort. Sod the doubters. Yay!!!

Write down those targets, and make a plan to achieve them.

This is something we have covered several times, but it is worth covering again. If you have a plan in life, you can track what you want, how it is going, and when you actually achieve it. Rewards and recognition play a key role in happiness in our lives. So if you set yourself some goals in life that you can aim towards, your life will feel more accomplished when you get what you want. Have you ever done a job you were really proud of and wanted to show it off to other people? I am sure you have and I bet you felt great as a result of it too. That is how I feel about HMHB. We have come so far, and have big ambitions, and will continue to reach forward.



Dream Big

There is nothing wrong with dreaming about what you want in life. It is a powerful thing that when you can see, feel, and want something badly enough you bring it into your life. So envisage what you want your life to look like, put that plan in place to change it and just get out there and make life amazing for yourself and everyone around you. You can do it. Have confidence in yourself.

MIND-SET:

How can I improve my life in 2021?

So, we have talked about how it is up to us to create our life opportunities and challenges. But are there a few things we can be doing to make that happen? Absolutely!!!!

Let's look at a few ideas for 2021.

At Home:

- **Declutter and clean up:** What is the state of your home? Spotless, needs a tidy, messy, or "I can't move for all this stuff, I'm a hoarder, please help me find the bed!" I would imagine quite a lot of us are in the middle two, although spotless sounds good, especially if guests are coming round. I am in the "needs a tidy" category. But why not get it as close to spotless as possible. Waking up in the morning to a tidy house or flat can not only be satisfying, but also be good for your mental health. You start off in a good mood. Why not take your time, spend a few days, do one room at a time, or even one part of a room at a time, and have a good sort out. It is incredibly enjoyable and gratifying!!!
- **Remember, everything has its place:** If you take it out, remember to put it back. If you drop it on the floor, remember to pick it up. If you take it off, hang it up. It's quite an easy routine to get into, but also rewarding. When you clear the kitchen you put the plates, cutlery, pans, and cups in the same place?? Well, most of us do. So why not do that for every room?
- **Look to see what needs changing or repairing, and do it:** I know I have a couple of light bulbs that need changing. I also know I have to organise with my housing association to get a new back door (I have been in my flat 21 years, and it has never fitted properly and when it rains my kitchen floor gets wet). I have had paint in my flat since June, meaning to do certain walls, and have not done them yet. All these actions can reflect well on our mental health if we get them done. There is a sense of achievement, and that brings happiness.



For You:

- **Make a daily list of things to do:** The night before, try and make a list of three actions you want to complete the next day, and aim to get them done. Be realistic, but also think about time, effort, and complexity. In one month, you can complete nearly 100 separate tasks. Wow!!!!
- **Stop talking to yourself negatively:** This is a tough one. I am constantly beating myself up on things, especially retrospectively. But it gets you nowhere, and creates a bad atmosphere. Instead, when it happens, look back at good decisions, and when things went well. This can boost your mental health.
- **Have a laugh:** Make sure that every day you manage to get a good laugh. If that means catching some comedy videos from YouTube, or meeting friends and chatting (which inevitably leads to laughter) is up to you. This provides endorphins that bring happy thoughts and feelings. As the wording below says, life is too short. It is what you make of it. It's your choice!!!

Life's too short

MIND-SET:

How can 2021 be better for me?

This all boils down to you. It's about taking action, being proactive, and creating an environment around you that is encouraging, that is inspiring, and motivates you to do more. 2020 has been a dreadful year for many of us in certain ways. But HMHB has used it to create these packs, we organised daily exercise sessions, and we continued to network with organisations around London and beyond. We could have sat back and done little, but because we pushed hard it has produced some great results. The same can be for you.

Make a point to learn something new every day

This can be something as simple as a few words of a foreign language, or even English. It could be names of animals, birds, or flowers. Perhaps the trees in your local park (you will be amazed at the variety). Learning is a habit. The world is full of discoveries.



Get involved with the Arts

There is something therapeutic and satisfying around the arts - and that could be music, painting, sculpture, the theatre, etc. It can help you relax and bring memories to mind, and help you calm down and loosen up. There is such a large scope.

Exercise more

You will feel stronger, fitter, happier, and healthier. We cover the health benefits extensively in these packs, be that physically, emotionally or mentally. It can help you to reenergise, focus better, interact socially with people, and help you relax and feel better about life. It can also help to prevent certain health conditions from arising, such as cardiovascular disease, stroke, and certain cancers. It helps your body to function properly, as well as keeping your organs working well. Please increase your daily activity. Find a way. We have given you many ideas in these packs. Your mind-set will help you decide. It's your choice!!!

Watch your finances.

I am pretty good at this. I guess this is because I did accounts for so many years, looking after a company and ensuring they spent wisely. If you do not need it, don't buy it!!! If you have debts, start thinking how you can reduce them. There are companies around who will gladly help you. This lockdown has hopefully helped people evaluate certain parts of their life, and their spending patterns are part of that. If you need to, make a list of what you spend. When you go to the supermarket, maybe have your meals already planned so you do not impulse buy?

These are just a few suggestions. Ultimately, it is down to you. Are you going to go for it in 2021. It probably means making changes, sacrificing some things you may like, and stepping out into the unknown. Nothing will happen without your making it. You can do it!!!!!!!!!!

Life is what you make of it

Believe in yourself.

You are strong.

You have control.

Challenge yourself.

Try new skills.

NUTRITION: Christmas Time

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.

Christmas time can help remind us about the joy of sharing food, spending time with friends and family, and the importance of including those who may otherwise be spending Christmas alone, but central to most of our Christmases is festive foods and drinks!

However, we also know that the indulgent foods we tend to eat between the work parties (if allowed), through Christmas day, to the celebrations over New Year, that the festive period can be somewhat of a challenging time to eat healthily and well.

Research shows that with the extra calories consumed across all of the celebrations during the festive season, we can gain on average around 2kg (roughly 4lbs). Some reports suggest we can eat up to 6000 calories on Christmas Day (I have to admit I thought it may even be higher) but even that is over double the recommended amounts.



How about trying some healthy changes, but still enjoying yourselves?

Snacks

We are surrounded by tasty snacks at Christmas that can tempt us to eat when we are not really hungry. To help with making snacking that bit healthier:

- Have lots of healthier snacks like fruit, unsalted nuts, vegetable sticks with plain yogurt and herbs, and other dips (try to choose those lower in fat, salt and sugar) to hand.
- You could choose to keep the chocolates and sweets (especially tubs) in cupboards, and instead have smaller portions of chocolate and sweets by serving them only occasionally.
- As an alternative snack, try small slices of fruity breads (e.g. malt loaf) and some dried fruit (e.g. figs) or seasonal fresh fruits (e.g. pears, clementines).



Potatoes

- Try cutting your potatoes bigger for roasting - larger pieces absorb less fat during roasting (this also applies to parsnips). Parboil them first and then finish off in the oven!
- Traditionally, animal fats like lard or goose fat are used on roast potatoes – for a healthier alternative, why not try vegetable oils like olive or rapeseed, as they are lower in saturated fats and higher in unsaturated fats. They still go crispy!
- Swap half of your regular potatoes for sweet potatoes, as an alternative that can contribute towards your five a day.
- If you leave the skins on your potatoes, you can up your fibre intake for the day too.



NUTRITION:

Christmas Foods: Vegetables

I recognise that there are probably people who have a roast dinner every week. I am not one of those, and probably eat four or five a year. However, Christmas is always one of those, and I like to have traditional vegetables. So let's have a look at a couple, and how good they are for you.

Brussels Sprouts

Although native to the Mediterranean region with other cabbage species, Brussels sprouts first appeared in northern Europe during the 5th century, later being cultivated in the 13th century near Brussels, Belgium, from which they derived their name.



I remember when I was growing up that they were quite bitter to taste.

However, in the 1990s, Dutch scientist Hans van Doorn identified the chemicals that make Brussels sprouts taste that way. This enabled Dutch seed companies to cross-breed archived low-bitterness varieties with modern high-yield varieties, over time producing a significant increase in the popularity of the vegetable.

Raw Brussels sprouts are 86% water, 9% carbohydrates, 3% protein, and contain negligible fat. In a 100 gram reference amount, they supply high levels of Vitamin C (102% Daily Value) and Vitamin K (169% DV), with more moderate amounts of B Vitamins, such as folate and Vitamin B6, and essential minerals and dietary fibre both exist in moderate to low amounts.

Parsnips

The parsnip is a root vegetable and related to the carrot.

A typical 100g of Parsnip contains 75 calories of energy. Most consist of over 80% water, 5% sugar, 1% protein, 5% of dietary fibre, and 0.3% fat. It is rich in vitamins and minerals, containing Vitamins B1, B2, B3, B5, B6, B9, C, E, and K, plus Manganese, Phosphorous, Potassium, and traces of Magnesium, Zinc, Iron and Calcium.



Since most of the vitamins and minerals are found close to the skin, many will be lost unless the root is finely peeled or cooked whole. During frosty weather, part of the starch is converted to sugar and the root tastes sweeter.

The consumption of parsnips has potential health benefits. They contain antioxidants such as "falcarinol", "falcarindiol", "panaxydiol", and "methyl-falcarindiol", which may potentially have anticancer, anti-inflammatory, and antifungal properties. The dietary fibre in parsnips is partly of the soluble and partly the insoluble type and comprises cellulose, hemicellulose, and lignin. The high fibre content of parsnips may help prevent constipation, and reduce blood-cholesterol levels.

**Vegetables, as we know, are good for us.
Full of vitamins, minerals, antioxidants and fibre, and more.
A lot of goodness is in skins too, so maybe try not to peel them.
But do ladle them onto your plate.
However, whatever you choose, enjoy them.**

NUTRITION: Christmas sauces

During Christmas dinner, we do like to pile our plates high, and that includes sauces too. So let's have a quick peek at a few we might find on our plates.

Cranberry Sauce

Cranberry sauce is found with turkey at UK at Christmas and in the USA for Thanksgiving, and is also used with pork and ham. But, although cranberries have been around for a long time, it is not properly recognised as a sauce until the start of the 20th century.

The most basic cranberry sauce consists of cranberries boiled in sugar water until the berries pop and the mixture thickens.

Many people consider cranberries to be a superfood due to their high nutrient and antioxidant content. In fact, research has linked the nutrients in cranberries to a lower risk of Urinary Tract Infection (UTI), the prevention of certain types of cancer, improved immune function, and decreased blood pressure.

They are especially high in Vitamin A, but also have B Vitamins and A, E, and K.



Bread Sauce

A Bread sauce is a warm or cold sauce made with milk, which is thickened with breadcrumbs, and typically eaten with roast chicken or turkey.

The basic recipe calls for milk and onion, with breadcrumbs and butter added as thickeners, seasoned with nutmeg, clove, bay leaf, pepper, and salt.

Bread sauce can be traced back to at least as early as the medieval period, when cooks used bread as a thickening agent for sauces. The utilisation of bread in this way probably comes from cooks wanting to use up their stale bread who discovered that it could be incorporated within sauces to make them thicker.



Horseradish Sauce

Horseradish is a root vegetable, and is used as a spice and a condiment. It is part of the same family as mustard, wasabi, radish, broccoli and cabbage.

Horseradish sauce made from grated horseradish root and vinegar is common in the UK. It is usually served with roast beef, often as part of a traditional Sunday Roast, but can be used in a number of other dishes.

In a 100-gram amount, prepared horseradish provides 48 calories and has high content of Vitamin C with moderate content of sodium, folate, and dietary fibre, while other essential nutrients are negligible in content.

However, in a typical serving of one tablespoon (15 grams), horseradish supplies no significant nutrient content.



I remember when I was a kid that I hated horseradish sauce, but now I love it.

NUTRITION: How about a Christmas tippel?

So, for our final page on Christmas nutrition, let's have a look at a couple of seasonal drinks that are especially drunk at this time of year.

Advocaat

My mum used to buy a bottle of advocaat every Christmas (maybe two) and I thought I was being risky by having some!! I really love this taste and, in fact, I bought my first ever bottle two weeks ago to remind myself of those times (oh, I am getting so old!!).

It is a traditional Dutch alcoholic beverage made from eggs, sugar, and brandy. The rich and creamy drink has a smooth, custard-like consistency. The typical alcohol content is generally between 14% and 20% ABV. Its contents may be a blend of egg yolks, aromatic spirits, sugar or honey, brandy, vanilla, and sometimes cream (or evaporated milk).



According to several makers, and the Oxford companion to Sugar and Sweets, its origins can be traced back to "abacate", an alcoholic beverage of the indigenous people in Brazil, which was made with Avocado. Dutch colonials of northern Brazil introduced this beverage to Europe as "advocat/advocaat". As avocados could not grow in northern Europe, they were replaced with egg yolk, thought to have a similar taste and consistency, and the name derived from the avocado stuck, although the drink no longer contains any.

Mulled Wine

It should not really work - warm/hot wine. But we find a way to do it at Christmas.

A medieval English cookery book from 1390, which mentioned mulled wine, said, adding to red wine would be a mixture of "cinnamon, ginger, galangal, cloves, long pepper, nutmeg, marjoram, cardamom, and grains of paradise".

In contemporary British culture, there is no specific recipe for mulled wine and the spices involved in its recipe. It is commonly a combination of orange, lemon, cinnamon, nutmeg, fennel seed (or star anise), cloves, cardamom and ginger. The spices may be combined and boiled in a sugar syrup before red wine is added, heated, and served. Variations include adding brandy or ginger wine. A tea bag of spices can be added to the wine, which is heated along with slices of orange as a convenient alternative to a full recipe. Mulled wine is often served in small (200 ml) porcelain or glass mugs, sometimes with an orange slice garnish studded with cloves.



**Christmas is a time to let your hair down.
Having a splurge is not going to ruin a diet.
Just enjoy the festivities and get back to healthy after.
Don't feel guilty. Have that choccie or biscuit.
Merry Christmas, everyone!!!**

**Eat, Drink
and be
Merry**

Nutrition: HMHB look at different Foods

Today: Apples

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

When I grew up there was that saying: “eat an apple a day, keep the doctor away.” But just how true is it really? Was it just a ruse to get us to eat more apples??

Apples are rich in fibre, vitamins, and minerals, all of which benefit health. They also provide an array of antioxidants. These substances help neutralize free radicals.

Free radicals are reactive molecules that can build up as a result of natural processes and environmental pressures. If too many free radicals accumulate in the body, they can cause oxidative stress and this can lead to cell damage. This damage can contribute to a range of conditions, including cancer and diabetes.

Apples contain a range of antioxidants, including:

- Quercetin
- Catechin
- Phloridzin
- Chlorogenic acid



A study from 2000 looked at how consuming apples over 28 years affected the risk of Stroke in 9,208 people. The authors found that those who ate the most apples had a lower risk of thrombotic stroke. Apples contain many nutrients that may lower the risk of stroke. One 2017 review found, for example, that people who consume the most fibre appear to have a lower risk of cardiovascular disease, coronary heart disease, and stroke.

A medium sized apple provides the following:

- ◇ 13–20% of a person’s daily fibre needs
- ◇ 9–11% of a person’s daily vitamin C needs
- ◇ 4% of a person’s daily potassium needs



Fibre appears to help manage blood pressure, which may reduce the risk of cardiovascular disease.

Vitamin C is an antioxidant that, alongside other antioxidants, may play a role in protecting some aspects of heart health. Vitamin C may also boost the immune system and help defend the body from infections and diseases.

Potassium helps relax the blood vessels, reducing the risk of high blood pressure and cardiovascular complications.

In 2013, a population study found that people who replaced three servings per week of fruit juice with the same amount of whole fruit, including apples, had a 7% lower risk of developing type 2 diabetes than those who did not eat fruit.

Also, those who consume the most fibre have a lower risk of developing type 2 diabetes, suggested a separate review. People who already have diabetes and follow a high fibre diet may also have lower blood sugar levels.

**Apples are full of healthy nutrients, so maybe that Doctor quote was right.
They are cheap, easy to get hold of, and are good for you.
What’s not to like?**

NUTRITION: Lazza's Kitchen

Homemade Prawn Vol au Vents

**Lazza is still trying out new recipes
Today - he makes his first ever prawn vol au vents**



Two roll of Puff Pastry
Two packs of King Prawns
Egg (for wash) - not pictured
For Homemade seafood sauce:
Mayonnaise Vinegar
Tomato Ketchup Lemon Juice
Worcestershire Sauce Black Pepper
Mustard (not pictured)

A vol-au-vent, French for “windblown”, is a small hollow case of Puff Pastry, and was formerly also called a Patty Case. The pastry and its catchy name *vol-au-vent* are sometimes credited to Antonin Careme, a French chef and early practitioner of Grande Cuisine.

I know I bought shop Puff Pastry, but this page is all about trying new things. I am going to do pastry before I finish doing the packs, but there is nothing wrong with using shop stuff.

- Roll out the pastry. Using a large round shape, cut out an even number of circles. In half of them cut a smaller round shape in the middle.
- On a tray, place the whole circles, and cover in an egg wash. Then place a circle with small shape cut into it on top and again add egg wash.
- Place in heated oven to 200C and cook for about 20 minutes.
- To make the seafood sauce:
- To a nice big lump of mayonnaise, add a nice spoon of ketchup.
- Then to taste, add the other ingredients and mix them up.
- Add the prawns and create a lovely cocktail.
- Put in the middle of the cooled vol au vents, and enjoy.



**It was so satisfying to see the puff pastry become vol au vents.
My mum used to make these when I was younger, so I think she would be proud of my Seafood sauce.
I gave them out to our Izzwalkers, who told me they were nice (I did not pay them).
Well chuffed!!!**

**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 dish 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 the Disney/Pixar Characters and actors who voiced them?
Answers at bottom of quiz page answers (page 25)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

EXERCISE/FITNESS

“The Twelve Days Of Lockdown”

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.

At HMHB, we like to be imaginative and create our own take on things. And this includes exercise. For example, we call our boxing exercises - Boxability - a name we invented (I am sure someone will nick it eventually), and this year we came up with our own lockdown based high intensity program and called it The Twelve Days Of Lockdown (obviously based around the festive Twelve Days Of Christmas ditty).

We have covered HIIT before, but it is always worth repeating.

High intensity interval training (HIIT) is any exercise session where you alternate between tough, high intensity intervals of a fixed time with set rest periods. For example, you might do three rounds that include five 40 second exercises, with 20 seconds rest in between.

Intervals are usually performed at around 80 per cent to 95 per cent of your MHR (Maximum Heart Rate - the maximum number of times your heart beats in a minute). Recovery times vary and are usually taken at around 40-50 per cent MHR. Sessions typically last between 4-30 minutes.

What counts as “high-intensity” will depend on your fitness level. An elite athlete, for example, might need to do uphill sprints to elevate his or her heart rate high enough, while someone of a lower fitness level might only need to do a brisk walk or jog.

HIIT has gained popularity in recent years as a time efficient way to exercise. Not only does it offer similar results to steady-state cardio in less time, but it may also offer a range of unique health benefits.

And, of course, you can create your own versions. We do. Our Twelve Days Of Lockdown is a prime example. It is not exactly timed like a lot of HIIT, but you do get a slight rest in between each set.

Another benefit is that you work your whole body, with exercises focusing on leg, arms, bums, tums, core and cardio. You can make it as hard as you want, but do push yourself.



EXERCISE/FITNESS:

The first four days.

So, to the tune of “Twelve Days Of Christmas”, let’s get started. Remember, as you go up, you have to come back. So you start with day one. Then do day two and day one. Then day three, day two, day one. Etc.

On the first day of Lockdown my true love gave to me, a stretch so I looked just like a tree:

This is just a demonstration of a large stretch. Breathe in through your nose and reach down to your knees, then breathe out and bring your arms up above your head and stretch them out, like branches on a tree.



1

On the second day of lockdown my true love gave to me, two squatters squatting:

Yep, just the standard squat for day two. Make sure you move your bum back before you lower yourself. Make sure your knees do not go over your toes. Just two before you head back into the day one stretch.



2

On the third day of lockdown my true love gave to me, three forward lunges:

A normal lunge forward. Do three on each leg. Step forward and then lower both knees before coming back up. Helps quads, glutes, calves, hamstrings, as well as back and abs. A terrific leg exercise



3

On the fourth day of Lockdown my true love gave to me, four rowers rowing:

This is using a rowing motion. Stand and reach forward as if you are stretching to grab the oars. Then pull your arms back, bringing your shoulder blades together, keeping fists tightly closed.



4

You are strong. Believe it!!

EXERCISE/FITNESS:
The middle four days.

So, to the tune of Twelve Days Of Christmas, how have you done so far. We have included stretch, legs and arms exercises. Time for some core and cardio to be added, and more arms and legs.

On the fifth day of Lockdown my true love gave to me, five running sprints:

**These exercises do not have to be confusing or complicated,.
This is just a sprint on the spot to a count of five.
But try and count slowly to get the full benefit.**



5

On the sixth day of lockdown my true love gave to me, six plankers holding:

**Yep, again, this is one of the basic exercises, and fairly simple.
Get down into the plank position, a bit like holding the start of the press up, and hold it for a count to six.
Please count slowly.**



6

On the seventh day of lockdown my true love gave to me, seven square arm movements:

**You can stand up or sit.
Bring arms as if like a T-shape (see pic opposite, you don't have to use weights).
Then bring your elbows and wrists together and keep repeating for a count of seven.**



7

On the eighth day of Lockdown my true love gave to me, eight cut in halfers:

We like this one. You act as if you are slicing something into half using sword. Hold the pretend sword over your shoulder, with a twist, then bring it down hard towards the bottom of your opposite leg. 8 times.



8

Move more. Stay active.

EXERCISE/FITNESS:

The final four days.

Eight days down, so let's get onto the last four. I hope you are managing to try this. Why not do it with some friends. We did it with our fitness walkers, and we sweated and laughed. Including a lady who was 79!!!!

On the ninth day of Lockdown my true love gave to me, nine heavy pressers:

This is another of those basic exercises that we all are meant to do.

The Press Up.

So nine of these, and try and do the hardest version you can manage, whatever that is.



9

On the tenth day of lockdown my true love gave to me, two squatters kicking:

We have covered these before, and are we actually got this from our Zumba teacher, Karina.

We squat up and down and as we come up we kick out to the side. Make sure you do 10 on each side.



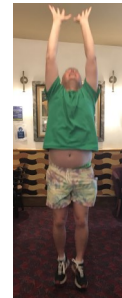
10

On the eleventh day of lockdown my true love gave to me, eleven frogs-a-leaping:

A good cardio one to get your breathing fast.

Crouch down into a squatting frog position. Then quickly leap up, stretching to the sky.

Repeat 11 times.



11

On the twelfth day of Lockdown my true love gave to me, twelve sitting twisters:

A terrific core exercise.

Sitting on the floor, with your feet in front of you, and in the air, twist to the left and right as if holding a ball and placing it on the floor.

12 both sides.



12

Exercise is meant to be fun, as well as good for you. This "Twelve Days Of Lockdown" can be such a laugh. Use as many exercises that focus on all your muscles. Stay hydrated, stay active, and keep moving. Let's stay healthy for next Christmas!!!

HEALTH / ROUTINE

Feet

The human foot contains about 26 bones, 33 joints and more than 100 ligaments, tendons and muscles. The primary reason you can stand today is that your feet are in a good state.

The foot is responsible for supporting and balancing the body's weight.

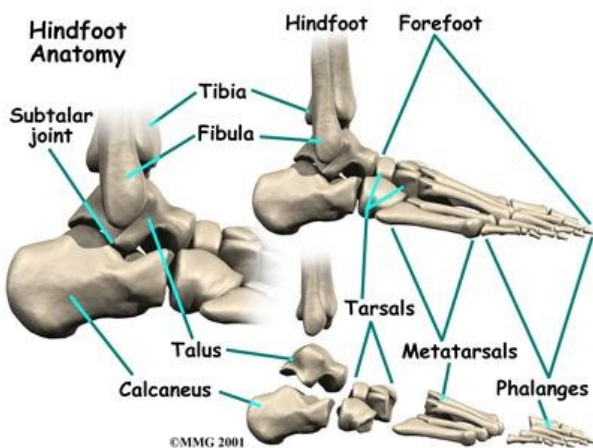
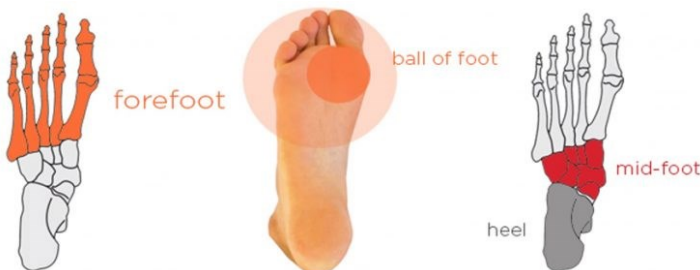
Therefore it is required that the foot remains healthy and in excellent condition for you to have a proper body posture while standing at different positions and angles.

You must look after them.

- The phalanges, which are the bones in your toes
- The metatarsals, which run through the flat part of your foot
- The cuneiform bones, the navicular, and the cuboid, all of which function to give your foot a solid yet somewhat flexible foundation.
- The calcaneus, which is the bone in your heel
- The talus, which is the bone in your ankle
- The talus connects to the tibia, which is the main bone in your lower leg



The human foot is divided into three categories such as the forefoot, the midfoot and the hind foot



The forefoot comprises of the five metatarsal bones and the phalanges known as the toes. The shortest among them is the first metatarsal which is also the thickest, and it plays a significant role during forward movement.

Closer to the head of the first metatarsal is two sesamoid bones that are joined together by tendons and ligaments.

The second, third, fourth and fifth metatarsal bones of the forefoot are more stable because they are protected and not exposed to excessive pulling forces.

The midfoot is a pyramid-like collection of bones which constitute the arches of the feet. It includes five of the seven tarsal bones known as the navicular, cuboid and three cuneiforms.

The hindfoot forms the ankle and heel, and it is made up of the two large bones on foot known as the talus and calcaneus.

The largest tarsal bone is the calcaneus and it is the one that forms the heel while the talus forms the pivot of the ankle

Look After Your Feet

HEALTH / ROUTINE

How do our feet work?

Standing and walking on two legs has many advantages over depending on four, six, or even eight and more, but it does mean we ask a lot of our poor two feet. They need to provide a steady base for the rest of the body to perch upon. They serve as shock absorbers as we walk, smoothing out the impact of landing with a force that exceeds our body weight. Run, and there's even more force and a need for cushioning. They act as levers that propel us forward, and occasionally in other directions. And think of the stress when we jump and land. Most of the time, our feet are up to the job because of some rather amazing anatomy and biomechanics.

Alongside our 26 bones, over 100 different ligaments are needed to lash together this elaborate bonework and its 30-odd joints. The scores of muscles and tendons that orchestrate the foot's movement are divided into two groups, extrinsic and intrinsic. The extrinsic muscles and tendons start in the lower leg and wrap around the ankle in various ways before attaching to some part of the foot. They form a kind of sock, constructed out of crisscrossing straps of muscle and tendon tissue, which joins the leg to the foot and enables the foot to move in several directions. The intrinsic muscles start and end in the foot. Most of them are arranged in several layers across the sole of the foot so they help form its graceful, lengthwise arch.



All of this intricate architecture comes into play every time we take a step. In a normal, healthy gait, the heel hits the ground first. The calcaneus and a layer of fatty tissue underneath it absorb some of the impact. As the foot rolls forward on its outside edge, the intrinsic muscles of the sole of the foot give way a little and a band of tissue along the bottom of the foot, called the plantar fascia, stretches out. Then the weight moves to the ball of the foot and over the joints formed by the metatarsals and the first, or proximal, phalanges. Finally, we get leverage by pushing off on our big toes, while the Achilles' tendon lifts our heel.

- Babies' foot bones keep developing until they become teenagers. This is one reason most young children look like they have flat feet. Their feet are still very flexible. Their feet also have a fat pad in place of the arch in an adult's foot
- Even though it's called your "big" toe, it only has two bones while your other toes each have three bones.
- Some people have more than five toes on each foot. This is called "Polydactylysm".
- Did you ever wonder why feet are so ticklish? It's because they have close to 8,000 nerves, with lots of nerve endings near the skin's surface. These nerve endings are also why feet are often a good indicator of overall health.
- The average person's foot is two sizes bigger than it was 40 years ago. This is because people, in general, are bigger all the way around (literally). And, as people get bigger, their feet do, too. They have to or they couldn't support that extra weight.
- Your toenails grow around 1 mm per month. Fingernails grow about three times as fast. That's one reason toenails are thicker than fingernails, too. The cells have time to accumulate and thicken in a way that fingernails cannot.
- Did you ever wonder why your feet sweat so much? It's because each foot has over 250,000 sweat glands! And those sweat glands can produce a cup of moisture every day.

HEALTH / ROUTINE

How do I look after my feet?

Looking after your feet (foot care) and treating common foot problems such as corns, calluses, bunions, and ingrown toenails, can help to prevent problems that make you unsteady on your feet and at risk of a fall. Falls, especially as you get older, can cause severe issues.

It may seem obvious, but by wearing footwear that's safe, appropriate and in good repair can also help to prevent falls.

Care for and check your feet regularly. Wear appropriate footwear for the activity you're doing. Good foot care doesn't need to be too laboured, and can include:

- keeping them clean and dry – especially between your toes
- checking them regularly for cuts or sores, redness, swelling or bruising. Get to know your feet well and know what's normal
- applying moisturiser if your skin is dry to prevent it from cracking and improve its texture
- filing dry or hard skin using a foot file or pumice stone

The NHS suggest the following advice on shoes:

A good shoe should support and protect your foot and allow natural movement during walking. Poorly fitting shoes can cause foot problems, such as corns, calluses, bunions and ingrown toenails.

When replacing your shoes, look for:

- An upper made of leather or breathable natural or synthetic materials with seam-free linings
- A deep and roomy toe-box at the front of the shoe to prevent pressure on the toes and joints on the side of the foot
- A cushioned and flexible light rubber sole with good grip
- A heel no more than 3 centimetres (one and a half inches) high and broad enough to provide stability
- Laces, buckles or Velcro strap fastenings that hold the shoe comfortably and securely on the foot. Avoid slip on shoes

And avoid:

- shoes that are too big or small, or with squashed backs
- smooth leather or plastic soles, and thick rubber soles that extend over the toe
- lace up shoes that are untied or without laces
- high heeled or backless shoes



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

www.healthymindshealthybods.blogspot.com

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

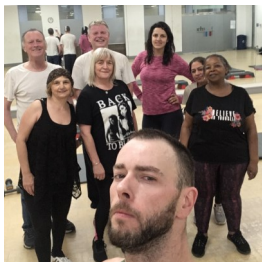
Why not try an exercise class!!!

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

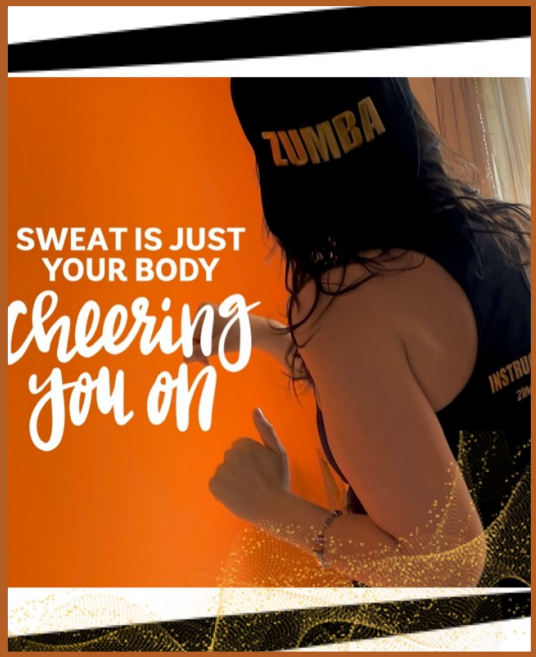
Karina is part of our weekly Sobell Fitness sessions.

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

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



PILATES

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

**Monday 10-11am:
Pilates for strength**

**Tuesday 6.30-7.30pm:
Pilates evening flow**

**Wednesday 10-11am:
Personal Training for over 50's**

**Friday 9.30-10.30am:
Pilates for over 50's**

Contact her
hello@emmaahlstrom.com
www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

It's an old adage, but it is true: "Life is What You Make Of It". It may not feel like it this year, as we have all been affected by the pandemic. But we still have control over our actions and choices. If we sit back and wait for things to happen, life will pass us by. Be rational, but also be logical.

With 2021 fast approaching, now is the time to decide how that is going to be for you. You have that control. Make good decisions.



Nutrition.

Christmas this year is going to be different for many of us, and for others, like myself, who normally have it on their own, maybe not so much.

However, it is also a time for treats and having a bit of a splurge.

Obviously, do be aware of healthy alternatives, and try not to finish that tub of chocolates too quickly (one of my problems!!! Lol).

Maintaining good nutrition is about consistency over a long period of time. We are all allowed a little binge now and then. So try and enjoy your Christmas food and drink, don't feel guilty if the weight goes up a little, just get back onto the healthy eating as soon as you can.

Make 2021 the year of change!!! You can do it. :-)



Exercise



As people are now aware, HMHB love making exercise and fitness enjoyable. It's good to laugh as you sweat!!

So, how about trying out our Twelve Days Of Lockdown session, on your own or with some friends.

You can change to add your own exercises, but just make sure you have a good mix of legs, arms, core and cardio.

Christmas is a time when we are more sedentary, eat more, and stay in. Make 2021 a year of more movement, getting outdoors more, and maybe joining in with some kind of group exercise. It's your body. Look after it!!!

Health.

Yet again, I have learnt so much this week as I researched our feet.

They are another part of our body we take completely for granted. So it is especially important we look after them.

Understanding how they work is amazing, and they are responsible for holding up our weight, enabling us to move, and keeping our balance so we do not fall.

So, why not do your own research and make sure your feet are kept clean, and looked after properly.

Our bodies are miraculous. It's your responsibility.



**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 + Characters/Actors from Page 15

See if you can beat your family and friends

History: These acts sang these songs which were UK number ones in 1985?

- | | | |
|----|---------|-----------------|
| a. | F | Sister Sledge |
| b. | N | Paul Hardcastle |
| c. | IWTKWLI | Foreigner |
| d. | MC | Phylis Nelson |
| e. | IIW | Midge Ure |
| f. | AGH | Feargal Sharkey |
| g. | TPOL | Jennifer Rush |
| h. | IYM | Wham |
| i. | TMBAA | Eurythmics |
| j. | YSMR | Dead Or Alive |
| k. | MCE | Shakin' Stevens |
| l. | WATH | USA For Africa |
| m. | SAMLFY | Whitney Houston |

Science

Which planets/moons are these named after?

- | | | |
|-----|--------|--------------------|
| 1. | RMOTG | Mercury |
| 2. | RGOTU | Pluto |
| 3. | GGOF | Phobos (Mars) |
| 4. | KOTRG | Jupiter |
| 5. | RGOLAB | Venus |
| 6. | GGOT | Deimos (Mars) |
| 7. | RGOTS | Neptune |
| 8. | GSOKOT | Ganymede (Jupiter) |
| 9. | RGOHAT | Saturn |
| 10. | RGOW | Mars |
| 11. | GGOTS | Uranus |
| 12. | GGEG | Titan (Saturn) |
| 13. | GIE | Earth |

Music

For the songs, and did you manage to name all the colours, with the singers too?

1. Goodbye, Yellow Brick Road: Elton John
2. Brown Eyed Girl: Van Morrison
3. A Whiter Shade of Pale: Procol Harum
4. Mr Blue Sky: ELO
5. Lady In Red: Chris de Burgh
6. Back To Black: Amy Winehouse
7. Purple Haze: Jimi Hendrix
8. Blue Velvet: Bobby Vinton
9. Nights In White Satin: The Moody Blues
10. Forever In Blue Jeans: Neil Diamond
11. Black Velvet: Alannah Myles
12. Big Yellow Taxi: Joni Mitchell
13. Black Or White: Michael Jackson
14. Golden Brown: The Stranglers
15. White Christmas: Bing Crosby
16. Orange Crush: REM

Sport:

11 men's Wimbledon champions since 1990.
Djokovic, Federer, Murray, Nadal,
Hewitt, Ivanisevic, Sampras, Krajicek,
Agassi, Stich, Edberg

QUIZ ANSWERS

List of actors and characters - from Page 15

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

- 1: Scar - Jeremy Irons: 2: Mrs Potts - Angela Lansbury:
3: Olaf - Josh Gad: 4: Zazu - Rowan Atkinson: 5: Lightning
McQueen - Owen Wilson: 6: Frozone - Samuel L Jackson:
7: Joy - Amy Poehler: 8: Maui - Dwayne Johnson: 9: James P
Sullivan - John Goodman: 10: Queen Elinor - Emma Thompson:
11: Remy - Patton Oswalt: 12: Shere Khan - George Sanders:
13: Prince John - Peter Ustinov: 14: Randall Boggs - Steve Buscemi:
15: Genie - Robin Williams

Food and Drink

The 10 best-selling lagers between
Sep 2018 and Sep 2019:

Carling, Fosters,
Carlsberg Danish Pilsner,
Peroni Nastro Azzurro,
Coors Light, Stella Artois,
Tennants Lager, Amstel,
San Miguel,
Heineken Premium:

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

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

www.facebook.co.uk/healthymindshealthybods

Please follow us on Twitter if you use it: [@hmhb2016](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 ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund 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