



Healthy Minds, Healthy Bods

Mental Health Pack

Number 7



Prepared by: Lawrence, Luke and Dean: Monday 1st June 2020

www.hmhb2016.org.uk



“THE PESSIMIST SEES DIFFICULTY IN EVERY OPPORTUNITY. THE OPTIMIST SEES OPPORTUNITY IN EVERY DIFFICULTY.” – WINSTON CHURCHILL

Welcome to the 7th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed our first six you can go to our website, or ask someone to do that, and download a PDF copy from our MHP page - www.hmhb2016.org.uk - all of the packs are on there.

HMHB is a mental health project that is looking to shake up intervention through our own unique fresh approach. Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress and anxiety, and show how a healthy lifestyle is the way forward. We want it to be fun, focusing on responsibility, change, choice and being proactive.



**Self
Promotion**

Izzwalkz Mugs

**Banner
Highbury Grange
Medical Practice**



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

PRINTED COPIES CAN BE POSTED TO YOU

We are delighted to say we can print and post copies to people who would like a paper copy. Due to Islington Giving Funding we can do this, for a limited number. So you would need to contact us as soon as possible. Please text the number at the back or get someone to email us. Thanks to everyone who reads these packs.

**HMHB have a GoFundMe Page:
We are desperate for seed funding.
We do all of this as volunteers.
We need your help.
www.gofundme.com/hmhb2016
Thank You.**



Healthy Minds, Healthy Bods: AJANI

Incredible Feedback to our unique course

Before the lockdown, Healthy Minds, Healthy Bods were doing all they could to demonstrate they should be part of mental health intervention in several boroughs. You can read more about our history on our website: www.hmhb2016.org.uk.

HMHB have developed a fresh approach to mental health intervention by developing a course (named Ajani) with a unique delivery style, designed to be different to other courses, and focusing on both preventing mental health issues from happening, as well as trying to help people going through issues. Concentrating on fun, being interactive and proactive, our feedback was astonishing. See for yourselves with the quotes below for our Ajani course completed with the DWP in Camden. The quotes demonstrate how we deserve salaried funding.

From our Camden Course: held In February 2020

- *“I came without expectations, but was addicted to the amount of activities and learning opportunities provided.”*
- *“A Life Changing Experience”*
- *“Such a positive and supportive, practical and social upbeat experience.”*
- *“The Passion of Ajani comes through. The people embody the spirit of the Ajani approach. I feel more positive about how I deal with situations”*
- *“Luke and Lawrence made it so easy to understand. They didn’t try and tell me what to eat.”*



Dean with a couple of our Camden course users

We asked our group: would they recommend Ajani to people?

- *“I loved the personal, authentic, upbeat style of Lawrence and his group.”*
- *“The mix of subjects really kept me engaged. Everyone chipped in.”*
- *“Lawrence and his team are such inspirational, warm, uplifting people. It gets an energy permeating in the class. I loved the metaphors used in the presentations.”*
- *“You would be silly not to. It builds you up, it’s energetic, but full of useful information. It’s not dry, and the people you meet are from all walks of life.”*
- *“People that really want to help you.”*
- *“I learned very useful and practical instructions on what to do”*
- *“So Much Fun!!!”*

AJANI

**An African Word
meaning:**

**“He who overcomes the
struggle”**



AJANI

“It’s Your Choice”

HMHB wants to be part of the mental health intervention in boroughs, but we cannot do that without seed funding - salaries and overheads. Please help us???

Lazza's Quiz Spectacular

Answers are on page 18 (no peeking)

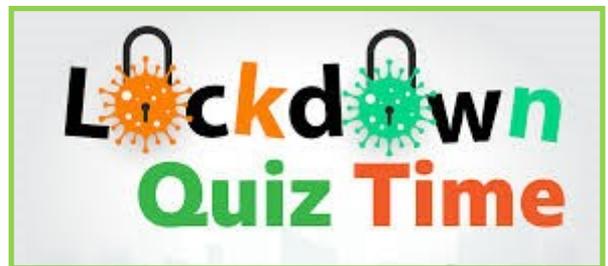
We have tried to make the questions a little easier this week (maybe I was a little too tough in issue 6) - but we still want you to have to think about answers.

If you are on your own, write all answers down before checking at the back. If you are with others, play together to see who can get the most points.

FILM - a Bond theme this week.

Including the new film out this year, can you name all 25 official James Bond films? Can you put them in order of release?

For extra points: Can you name the 6 actors, and also say which were their first films?



Geography

There are 14 countries in South America. (according to wiki).

Can you name them all?

For an extra point, which has the largest population.



Entertainment

Here is a list of fictional detectives / investigators. But can you name the author who created them?

- A. Father Brown
- B. Jonathan Creek
- C. Miss Marple
- D. Sherlock Holmes
- E. Sam Spade
- F. Philip Marlowe
- G. Hercule Poirot
- H. Thomson and Thompson
- I. Inspector Morse
- J. Jules Maigret
- K. Inspector Adam Dalgleish

Sport

England won the world cup in 1966. Can you name the team that played?

Can you additionally name the two goal scorers?

Can you name the captain?

Can you name the manager?

History.

Since the General Election of 26th July 1945, fifteen different people have been UK Prime Minister.

Can you name them all?

Extra point if you can name the person who was elected twice in that time.

Well done if you get them all.

MIND-SET:

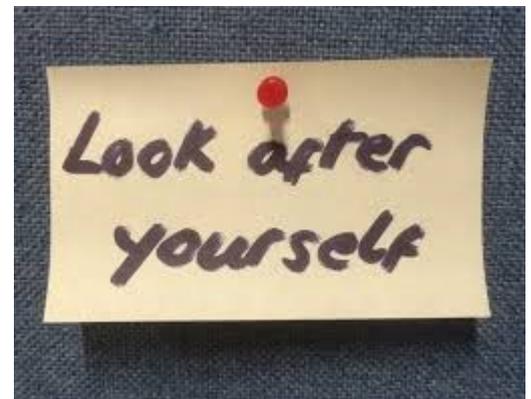
Selfish, or self love? You need to look after number one!

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.

The word “selfish” has got a negative connotation attached to it: And of-course, to be totally self-centred to an extent it harms others around you is not good to be. However, you need to look after yourself in order to be healthy, and to be responsible. Staying alive can be described as being selfish as you have to eat, sleep, and have adequate shelter. So stop feeling guilty, and start looking after number one.

Here is why.

- **It's okay to say No:** How many times have we agreed to do something to please someone else? The idea is that when you protect your time by saying no to things that aren't enriching or interesting to you, you can learn to identify and develop your real areas of unique talent. We are not saying don't agree to things, but pick and choose what will also help you to grow.
- **You can stop feeling used:** When you are constantly over-giving of yourself, your time, and your energy to others there is no way around it, at some point you will start to feel some resentment. You start to feel that all you are doing is helping other people, and you yourself are being left out. If things go wrong, you get blamed. Take control. This goes back to the “no” business. HMHB run fitness sessions for our users. We love it. Sometimes we get fifteen people, and other times only three. At those times you can feel like; “why am I bothering? I am going to all this trouble to organise and nobody comes!!” But actually, does it matter? I am still attending, and I am looking after myself. And there may be a terrific reason people have not come. And even if they just didn't feel like it, is that bad? I went through a lot of that in my depressions. Relax!!
- **Your physical and mental health is important.** If you think about everything we do for survival, such as sleeping and eating, those are examples of behaviours associated with a 'healthy selfishness'. We need to participate in these behaviours in order to survive. We also need to participate in other behaviours to be healthy, such as taking time out of our day for us, for 'me time,' and to relax or destress. For some that may be going on a run or going to the gym, for others that may mean a quiet and relaxing bath. Whatever it is, it is needed to allow you to destress, refocus and be able to be productive and accomplish what you need to get done. Without some of these behaviours and acts of 'healthy selfishness' we will eventually burn out and not be productive, in any aspect of our life, if that be personal or professional.



Tell Yourself: You are amazing and special.

MIND-SET:
Describe Yourself - think positively

Sometimes we can be our own worst enemy.

We put ourselves down constantly. We are not sure if we can complete some tasks. We look at our bodies and shudder (hence my weight loss!!! Lol). We think people may be laughing at us, or judging us. However, we have already looked at how miraculous we all are in previous packs, and how incredible our bodies are. Give yourself some self-love. Believe in yourself.

So let's try and look at ourselves in a good light. Stop the negativity. Focus on our good points.

Below is a list of many words. What I would like you to do is circle 15 of them. And think how you show them in your daily lives. Read them all first, and pick the ones you feel most encapsulate you as a person.

Please keep that page. Put it up on the fridge, or somewhere you can see it most days. It can help you when you are feeling low, or anxious.



- | | | | | | | |
|-----------|-------------|------------|---------------|--------------|---------------|----------|
| Inventive | Positive | Thoughtful | Proactive | Honest | Practical | Outgoing |
| Cheerful | Independent | Logical | Compassionate | Helpful | Motivated | |
| Attentive | Reliable | Consistent | Realistic | Friendly | Confident | Kind |
| Sociable | Respectful | Creative | Optimistic | Strong | Fun | Tolerant |
| Loyal | Upbeat | Easy-Going | Adventurous | Enthusiastic | Inspiring | |
| Visionary | Adaptable | Curious | Perceptive | Courageous | Communicative | |



Lazza's weight-loss journey

**Sunday May 3rd, he was 98.5 kg / 15st 7.15 lb.
His target is to lose 1 lb a week
His final goal is 76.2 kg / 12st.**

After 3 weeks; total loss 3.0 kg / 6.61 lb

**Sunday May 31st, he was 94.6kg / 14st 12.55 lb
Losing in week 3; 0.9kg / 1.99lb**

4 weeks: Overall loss: 3.9kg / 8.60 lb

NUTRITION: Breakfast

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.



Why is Breakfast important?

We are all different. And we all have views on this subject. But, nutritionally, breakfast is very important. For a start, just consider the word: Break Fast. Most of us have not eaten (well, some nibble during the night) for quite a few hours. Your body needs energy. It's your responsibility to do that.

- ◆ Breakfast kick-starts your metabolism, helping you burn calories throughout the day. It also gives you the energy you need to get things done and helps you focus at work or at school. Those are just a few reasons why it's the most important meal of the day.
- ◆ Many studies have linked eating breakfast to good health, including better memory and concentration, lower levels of “bad” LDL cholesterol, and lower chances of getting diabetes, heart disease, and being overweight.
- ◆ When you wake up, the blood sugar your body needs to make your muscles and brain work their best is usually low. Breakfast helps replenish it.
- ◆ If your body doesn't get that fuel from food, you may feel zapped of energy -- and you'll be more likely to overeat later in the day. Try not to eat too much sugary cereal. But do vary your diet. Let's not be boring!
- ◆ Breakfast also gives you a chance to get in some vitamins and nutrients from healthy foods like dairy, grains, and fruits. If you don't eat it, you aren't likely to get all of the nutrients your body needs.
- ◆ If you don't eat first thing, you may get so hungry later on that you snack on high-fat, high-sugar foods.
- ◆ Your best bet is a mix of foods that have carbohydrates, protein, healthy fats, and fibre. Carbs will give you energy right away, and the protein will give it to you later on. Fibre keeps you feeling full.
- ◆ Try a whole-grain cereal, low-fat milk and fruit, or a breakfast smoothie made from low-fat yogurt, fruit, and a teaspoon of bran. Nuts or whole-grain granola bars are also easy options. Porridge is fab.



IZZWALKZ

L: 30/03/2017

R: 02/01/2020



NUTRITION: Breakfast

Let's look at some of the options

HMHB would never tell anyone what foods to eat. We just pass on information. If you like cereal, full English, continental, then have it. But try and pick the healthiest option most of the time.

Full English: “starting the morning with a fatty meal may boost the metabolism for the rest of the day and prime the body to burn fat more efficiently”

Bacon boosts metabolism when partnered with movement

Tomatoes have Lycopene - found to reduce risk of stroke

Baked beans - folic acid, magnesium, iron, zinc and potassium

Sausages - Niacin - essential for healthy eyes, skin and hair

Eggs - terrific source of protein



Porridge

Both water-based and milk-based porridge can form the base of a balanced, filling breakfast. Oats contain a type of soluble fibre called beta-glucan, which studies suggest can help lower your cholesterol level if you have 3g or more of it each day.

Oats contain magnesium, iron and zinc as well as the B

vitamins. Also, it's a complex carb, so you feel full for longer.

Porridge is a rich source of Vitamin A which can help the body fight off free radicals from the body

Eggs on Wholegrain Toast

Full of vitamins A, D, and B12, eggs are an inexpensive and nutrient-dense ingredient. Two large eggs contain more than 50% of the choline you need each day, which affects memory, mood, and muscle control. Just one egg has about 8 grams of protein.

Whole Grains provide antioxidant benefits, protecting your tissues from harmful, inflammation-causing damage. Plus, they're loaded with minerals like calcium, potassium, magnesium, zinc, and iron.



Cereal

Many cereals claim to be healthy, but can be hiding heaps of sugar and salt that can ruin your diet. If you fancy a sugary cereal, have it as a treat, just now and then.

The healthiest cereals are: Shredded Wheat - and its various derivatives; Weetabix; All Bran; Ready Brek; Porridge; Alpen - and many of the muesli variations; Corn Flakes; Cheerios

Clearly, it is your choice. But Sugar or Chocolate covered cereals are patently not healthy options. Have a cooked breakfast, on occasions. Breakfast Bars are full of sugar!!!

Choose Wisely. It's your body.

NUTRITION: Lazza's First ever Chocolate Brownies

Following his first crumble and Macaroni, Lazza is back baking. This is a great time to try our new recipes and revisit old ones.



For 20: I did for 12

225g/8oz butter: 200g/7oz chocolate: 4 eggs
400g / 14oz granulated sugar: 175g/6oz plain flour
1 teaspoon vanilla essence
100g/3 1/2oz crushed nuts (I also added coconut)
Half teaspoon salt

1. In a heatproof bowl, place the butter and 5oz of the chocolate and melt over a saucepan of water, stirring occasionally.
2. Remove bowl from heat and stir in the sugar
3. Allow the mixture to cool for 5-10 minutes.
4. While waiting, chop up the remaining chocolate into little pieces
5. Also preheat oven to 180C/350F/Gas Mark 4.
6. Crack in the eggs one at a time and whisk them in till totally incorporated.
7. Sieve the flour into the mixture and stir in carefully
8. Add the vanilla essence and salt (I admit I forgot this part. Oops)
9. Add the chopped chocolate and the nuts, and stir in well
10. Spoon the mixture into the prepared tin
11. Bake for 40 minutes (I am typing while it is baking and the smell is gorgeous!!)
12. To test if cooked, push a skewer in and it should come out clean. (just realised I don't have one)
13. You can make toppings of any kind once cool, but I'm leaving mine plain!!
14. Share with friends - don't eat it all yourself. I can't, I'm on my weight-loss journey.

I am really enjoying trying out new recipes. I am good at meat stews etc., but admit I would normally buy shop sauces, or the spice mixes for casseroles. Lockdown has made me think about my food intake, and what is healthy. But also that I can create dishes that I have been scared to touch and try.

I am now about to head to the oven and remove some incredibly good-smelling brownies
Fingers Crossed!!!!



Yummy
In My
Tummy
Yay!!!



EXERCISE/FITNESS - It should be enjoyable

*“Results happen over time, not overnight.
Work hard. Stay Consistent, and be patient.”*

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 become slightly breathless or break out into a sweat. It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods were part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden up to the end of March, and we are looking forward to restarting them all as soon as possible, as well as starting more. However, we want to guide our users, and others, to do some of their own sessions, either at home or in a local green area. I, personally, have used both Clissold Park and Highbury Fields so far. As long as you Social Distance you will be fine. Find ways to be active.

- Exercise is meant to be fun, but it should not be easy. That's why they call it "working" out. So when we actually commit to doing it, to the sweating, the straining, and the post-workout soreness, we need to make sure we enjoy the experience, and it isn't a chore.
- Wear the right clothing and footwear. If you don't actually feel comfortable you will want to stop. Loose clothing is better, as it allows the air to circulate.
- Listen to your body. Create a routine that works for you. Some people love morning exercise, others in the evening. Find what works and build it into your day.
- Look at how you deal with it mentally. Set a goal, and keep pushing for that. Have a routine worked out. You are more likely to enjoy it if you have organised it. But slip in exercises that you don't like but know they do you good. You feel a sense of accomplishment too.
- Go easy. Build up your sessions. Don't just go all out from the start. You will hurt more, get annoyed, and then stop. This includes length of time, and actual exercises you do.
- Focus on recovery and rewards (healthy). Tell yourself you will treat yourself to a film if you do a week of workouts. Mix things up. Don't do the same every day. Keep it fresh.
- Workout with someone (we looked at this last week). You can laugh, encourage and inspire each other.



HMHB Provides
Opportunities
For Group
Fitness for
All ages and
Abilities



EXERCISE/FITNESS;

Upper Body - Strength

HMHB appreciates that some of our users are going through various health issues at this moment, many of which are serious and people are having to attend on-going treatments. We naturally, send everyone our best wishes.



**Boxability
Is always popular
With HMHB**



Upper body strength is important to have because the upper body controls your ability to perform everyday activities such as reaching, pulling, pushing and lifting. Having a strong upper body improves your flexibility, mobility and range of motion.

It's funny that men appear to concentrate on pecs and abs, whilst ladies tend to work on legs, bums and tums!! However, in fitness, you need to look at your body as a whole.

- * Using some kind of weight is good for your heart. After all, it is a muscle.
- * A strong back is essential for good posture. Weight training those muscles could help prevent you from slouching. This is very important if you sit down a lot during the day, either at home or in an office.
- * Think of your arm, shoulder, chest and back muscles as your upper body's suit of armour against pain. Research shows resistance training can help lower the risk of musculoskeletal injuries, or reduce their severity. However, form is very important.
- * Once you start concentrating on your upper body, you'll be amazed at the ease of your other exercises. Swimming is an excellent example.
- * Experts say weight or resistance training can help keep your bones healthy and keep density, especially as you get older



Which Muscles work Upper Body

- Upper Back: Trapezius / Rhomboids
- Shoulders: Deltoids / Rotator Cuff
- Chest: Pectorals
- Arms: Biceps / Triceps / Forearms

Why not research the names above? Find out where they are in the body and what they do, and why you need to keep them strong.

EXERCISE/FITNESS;

Try some Upper Body for yourselves

It's fantastic to have a guest Personal Trainer this week, a friend of mine I have known for over six years, called Richard. He has very kindly agreed to show us some fantastic exercises you can do too.



**Bicep
Curls**



Standing with feet hip width apart, soft knees (very slightly bent) and a neutral spine, arms extended down. Richard is using a ball as a weight. You can have separate weights in each hand (say a can of beans). You can also do this without weights if you struggle.

Holding a ball with palms facing inward. Whilst squeezing the ball as tight as you can, bend your arms upwards slowly, pause briefly before lowering back to the start position (remember, only the lower arm should be moving during this exercise). Move slowly. Repeat 10 times, pause, and repeat for three sets.



**Tricep
Curls**



Standing with feet hip width apart, soft knees (very slightly bent) and a neutral spine, arms extended down. As above, Richard is using a ball as a weight. Try and use just one weight to hold in both hands for this exercise (say a can of beans). You can also do this without weights if you struggle.

Holding a ball with palms facing inward. Whilst squeezing the ball as tight as you can, raise your arms above you head, and then lower from the elbow behind you, and back up. (remember, only the lower arm should be moving during this exercise). Move slowly. Repeat 10 times, pause, and repeat for three sets.

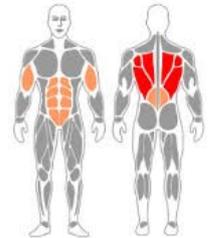
If you are a lady, don't fret that you'll end up looking like Popeye; women generally possess about 40-60 per cent of the upper body strength and one tenth of the testosterone, the muscle-building hormone of men, so bulging biceps aren't on the agenda. It's also worth remembering that even the sleekest, most sculpted muscles will go unseen if your body fat levels are higher than they should be. Targeting your biceps, triceps and shoulders will make daily tasks easier.

EXERCISE/FITNESS;
Try some Upper Body for yourselves

Let's bring your back and shoulders into play too.



**Single Arm
Row**



This exercise works your arms, shoulders, back and core. Start by standing in a lunge position with your right hand on your leading right knee. With some form of weight (if you don't have weights then use a can of soup or something that adds resistance) in the left hand, bend forward from the hips so that your upper body is parallel to the floor and the head facing down. With the left arm fully extended downward, slowly bending the elbow raising the weight until the left arm/ elbow is bent to 90 degrees; pause; slowly lower until arm is fully extended. Do around 10 in a set. Repeat with the opposite arm remembering to change supporting legs also



**Upright
Row**



Stand tall, holding a weight (or some form of resistance like two cans of food etc. . . .) using an overhand grip with hands shoulder-width apart. (Alternatively, hold a dumbbell in each hand.) Keeping your chest up and your abs braced with a neutral spine, raise the weights to your shoulders, leading with your elbows. Keep the lifting stage smooth to avoid excess strain on your wrists, elbows or shoulder joint. Pause in this top position, focusing on squeezing your traps (upper back muscles) as hard as possible, then slowly lower the weight back to the start position.

The forearms provide strength and endurance to our wrists and hands. Taken as a system, the arms are our primary tools for interacting with our environment. Arm fitness is not an all-or-nothing matter. Even light regular exercise can strengthen the muscles and make life easier for people of all ages.

Thanks Richard for joining us this week.

HEALTH / ROUTINE - Sleep

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

Please check it out.

www.healthymindshealthybods.blogspot.com



“If you can't sleep, then get up and do something instead of lying there and worrying. It's the worry that gets you, not the loss of sleep.”

“The main facts in human life are five: birth, food, sleep, love and death.”

I could probably fill up a whole pack on “sleep”. Many people struggle with it. Some for most of their lives. We are destined to spend at least a quarter of our lives, maybe a third, in our beds. And at times of stress and anxiety, getting a good night's sleep is one of the main problems. Here are just a few ideas that may help - but I totally empathise with the difficulty.

1. a regular bedtime routine will help you wind down and prepare for bed
2. a warm bath (not hot) will help your body reach a temperature that's ideal for rest
3. writing "to do" lists for the next day can organise your thoughts and clear your mind of any distractions
4. relaxation exercises, such as light stretching, help to relax the muscles. Do not exercise vigorously, as it will have the opposite effect
5. relaxation CDs work by using a carefully narrated script, gentle hypnotic music and sound effects to relax you
6. reading a book or listening to the radio relaxes the mind by distracting it
7. there are a number of apps designed to help with sleep.
8. avoid using smartphones, tablets or other electronic devices for an hour or so before you go to bed as the light from the screen on these devices may have a negative effect on sleep
9. Your bedroom ideally needs to be dark, quiet, tidy and be kept at a temperature of between 18C and 24C.

**Good luck. I have often been plagued by insomnia, or restless leg syndrome.
You are definitely not alone**



What is available to you

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

Karina is amazing.

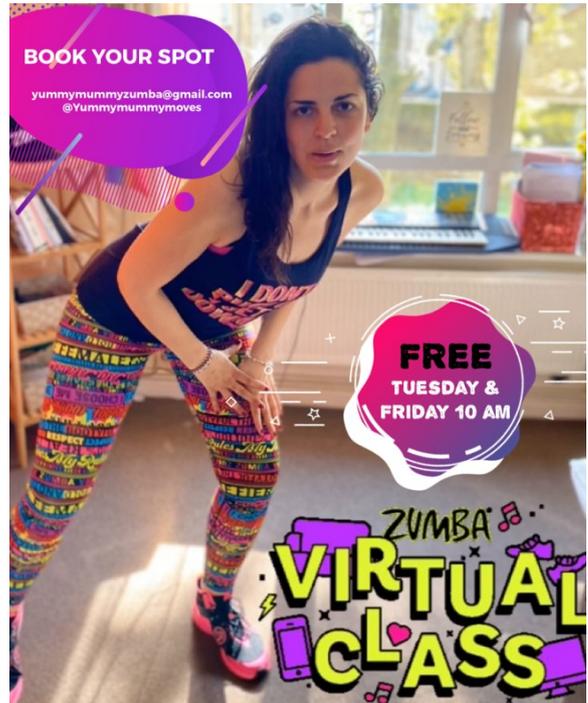
Was part of our weekly Sobell Fitness sessions.

Contact her at the email on her flyer.

Give it a try!!!!



yummymummyzumba@gmail.com



ACTIVE WITHIN

If anyone would like to join in their free classes, you will need to register on their website and then get in touch with them via phone, email or through social media channels. They will then send you the class links

www.activewithin.com



Please, if you are struggling at all with your mental health, physical health, or emotional health, or any other issue, do seek help.

Do not suffer alone. Never feel embarrassed.

Your local Doctors can help. As can organisations such as Mind, Age UK, Icope, and many more. Local Communities are coming together fantastically.

If you are alone, someone somewhere would love to help you. Good luck everyone. You are not alone. You will get through this.

Remember, we can print and post these packs to you too.

Review of Challenges and Targets

Mind-set:

This week we looked at being selfish to yourself. Do things you want to do. Have some “me” time, where you can relax and treat yourself.

And we gave the list of words. The purpose of this is to keep reminding yourself of your good qualities. At this time of stress and anxiety, it is easy to concentrate on negative emotions. Keep telling yourself how good you are. :-)



Nutrition:

This week we have looked at breakfast. I realise it is a personal thing. But do look at the reasons behind having a breakfast - and I don't mean picking up a coffee and pastry on the way in - or a McDonalds breakfast. Obviously have the odd treat, as life would be boring. But look this week at what you actually have in the morning. Is it balanced? Don't forget, you are affecting your blood sugar levels, so a slow release carb is terrific. Try and start/continue a healthy morning routine

Exercise:

This wee, thanks to our terrific guest PT Richard, we looked at upper body and arms exercises. A lot of people when they do exercise just focus on their legs (walking, jogging), or lower body (cycling, etc.) Especially women. Working on their upper body can feel like a chore. But it is essential for every day life - carrying, holding, etc.

So try and fit a few sessions in this week. And combine them with other exercises we have already covered, like stretches, core and legs. What a great time to work on your overall fitness.



Health/Routine:

So, we briefly looked at sleep this week. Although there are many sensible theories, scientists don't actually know why we sleep. However, sleep is important for so many things, especially your mental and emotional health. During deep sleep, your body works to repair muscle, organs, and other cells. Chemicals that strengthen your immune system start to circulate in your blood. You spend about a fifth of your night's sleep in deep sleep when you're young and healthy; more if you haven't slept enough. But that starts to fade, and by the time you're over 65, it could be down to zero.

If you have trouble sleeping, see if you can follow the few ideas we put. Put down the phone, don't drink caffeine, relax before bed, lower the temperature, keep a better routine.

Time for our Letter game

See how long this can take - all week we hope!!

We want you to name 10 of all the following. Use a separate bit of paper. But all your answers have to start with the letter: **C**

(pls. note there may not be 10. Don't use the internet and cheat. Come back to this all week; it should keep you occupied for a while - no looking things up!!!)

Name 10:

Countries

Cities

Animals

Birds

Insects

Sports

Actors (surnames)

Actress (surnames)

Singers (surnames)

Authors (surnames)

Jobs

Hobbies

Film Titles

Book Titles

Song Titles

Vegetables

Flowers

Fruits

Trees

Things you find in the Kitchen

Things you find in the Bathroom

Things you find in the Bedroom

Things you find in the Garden

Items of Clothing

Means of Transport

We hope this keeps you busy for a while.

Quiz Answers from Page 4

See if you can beat your family and friends

Geography:

Argentina
Bolivia
Brazil (highest population)
Chile
Colombia
Ecuador
Falkland Islands
French Guiana
Guyana
Paraguay
Peru
Suriname
Uruguay
Venezuela

History

Clement Attlee
Winston Churchill
Anthony Eden
Harold Macmillan
Alec Douglas-Home
Harold Wilson
Edward Heath
Harold Wilson (twice)
James Callaghan
Margaret Thatcher
John Major
Tony Blair
Gordon Brown
David Cameron
Theresa May
Boris Johnson
(I didn't count Nick Clegg)

Film:

Dr No (S Connery)
From Russia With Love
Goldfinger
Thunderball
You Only Live Twice
On Her Majesty's Secret Service (G Lazenby)
Diamonds are Forever
Live and Let Die (R Moore)
The Man With The Golden Gun
The Spy Who Loved Me
Moonraker
For Your Eyes Only
Octopussy
A View To A Kill
The Living Daylights (T Dalton)
Licence to Kill
Goldeneye (P Brosnan)
Tomorrow Never Dies
The World Is Not Enough
Die Another Day
Casino Royale (D Craig)
Quantum Of Solace
Skyfall
Spectre
No Time To Die

How did you do?

Sport:

1 Gordon Banks
2 George Cohen
3 Ray Wilson
4 Nobby Stiles
5 Jack Charlton
6 Bobby Moore - captain
7 Alan Ball
9 Bobby Charlton - scored 1 goal
10 Geoff Hurst - scored 3 goals
16 Martin Peters
21 Roger Hunt
Manager: Alf Ramsey

Entertainment

1. FB - G K Chesterton
2. JC - David Renwick
3. MM - Agatha Christie
4. SH - Arthur Conan Doyle
5. SS - Dashiell Hammett
6. PM - Raymond Chandler
7. HP - Agatha Christie
8. TT - Herge (tintin)
9. IM - Colin Dexter
10. JM - Georges Simenon
11. AD - P D James

THE LAST PAGE

We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier regime.

We would love to incorporate some items from you in next week's pack. That could be a recipe, or letting us know what you are doing. Maybe even a word or two you would like us to pass on to everyone so we know you are safe and well.

You can text Lazza: **07964 430456**

HMHB would prefer you email us: **hmhb2016@outlook.com**

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

www.facebook.co.uk/healthymindshealthybods

Please follow us on Twitter if you use it: **@hmhb2016**

Please follow PT Dean on Twitter if you use it: **@zombie_pt**

Please follow and like our blogs:

www.hmhb2016.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

Our website is: **www.hmhb2016.org.uk**

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

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

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund for helping to sponsor these packs. With their help, we can reach a lot of people.



*Cripplegate Foundation
Helping since 1500*

Be Safe, Be Active, Be Well