



Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 31

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 16th November 2020

www.hmhb2016.org.uk



**“What’s done is done. What’s gone is gone.
One of life’s lessons is always moving on.
It’s okay to look back to see how far you’ve come, but keep moving forward”**

Welcome to the 31st of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed any of our first thirty (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.



**On some of our Ajani courses
we were so lucky to have the
Red Cross along to give some
free First Aid advice out to our users.**

**Here, in 2017,
we are being shown how to resuscitate,
using the doll.**

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:

The Importance of Nutrition for Health and Society

This article is copied from a page managed by the "Biotechnology and Biological Sciences Research Council".

The connections between our foods, the nutrients they provide, and our health, are complex but have far-reaching consequences for individuals and society. As changing diets and dietary habits place an increasing burden on healthcare systems, it is crucial that we develop new products, interventions and refined guidelines, which will improve health through diet. Achieving this will depend upon a complete understanding of the biological processes which connect the foods we eat to our long-term health.

The importance of nutrition for health and society

Eating a well-balanced diet, with adequate nutrients and appropriate calories, is a fundamental requirement for continued health. An appropriate diet contributes to healthy development, healthy ageing, and greater resilience against disease. Similarly, a poor or inappropriate diet places people at greater risk of infection and a range of chronic illnesses, including cancer, type 2 diabetes, and cardiovascular disease.



Despite the clear connections between nutrition and health, more than half of the UK population are obese or overweight, consumption of fruit and vegetables is falling, and the calorie density of the average shopping basket is increasing. Meanwhile, around three million people in the UK are malnourished, including 25% of those in hospital and 42% in long-term care.

This represents a serious economic and social challenge. High body mass index is one of the leading risk factors for chronic disease in the UK, accounting for 9% (£5.1Bn per year) of NHS spend. The cost to the wider economy is vast at around £16Bn per year, rising to £50Bn by 2050 if action is not taken. As costs escalate, the need for new products and interventions to promote health through our diets is becoming ever more urgent.

Research to improve health through nutrition

There is enormous potential to develop new or improved products, health interventions and more accurate dietary guidelines which will improve health through nutrition. However, fully realising this potential will require a complete understanding of exactly how our food influences our health.

Although it is clear that nutrition and health are intimately connected, precisely how the biological connections work is often unclear. Large population analyses can identify a correlation between a particular food or diet and a particular health outcome, but without knowing the mechanism which links the two we cannot be sure that the effect is real, and we cannot use this knowledge to refine dietary advice or develop new products.

Current uncertainty about the health consequences of different types of sugars and fat demonstrates that our understanding of what constitutes a "healthy" diet is far from complete.

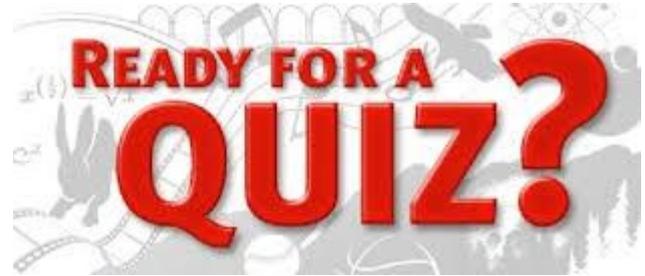
New scientific techniques are providing opportunities to develop a much more complete understanding of how we choose our foods, exactly what effects different foods and nutrients have on our bodies, how they interact, and what the long term consequences for our health might be. By really getting to grips with the biological mechanisms at work, we can develop confident and accurate dietary advice which is tailored to different population groups, and nutritional interventions which will improve the health of at risk-individuals. Fully understanding the quantities and combinations of nutrients and diets which will best improve health means that new products and food processing techniques can be developed to make our diets healthier.

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)

Religion

According to the Christian Bible, who were the 12 disciples of Jesus.

(I will have other religions involved in future questions. I hope that okay)



Classical

What is the nationality of these famous classical music composers?

- a. Johann Sebastian Bach
- b. Frederic Chopin
- c. Gustav Holst
- d. Claude Debussy
- e. Aaron Copland
- f. Pyotr Tchaikovsky
- g. Franz Liszt
- h. Antonin Dvorak
- i. Antonio Vivaldi
- j. Edvard Grieg
- k. Jean Sibelius
- l. Joseph Haydn
- m. Felix Mendelssohn

Music

All these songs are debut singles that went to Number One in the UK charts. Can you name the groups/singers?

1. Relax: 1984
2. Unchained Melody: 1995
3. Evergreen: 2002
4. Three Lions: 1996
5. Baby One More Time: 1999
6. Pure and Simple: 2001
7. The A Team: 2011
8. Crazy: 2006
9. Spaceman: 1995
10. Saturday Night: 1994
11. Torn: 1997
12. Hallelujah: 2009
13. Careless Whisper: 1984
14. Don't Give Up On Us: 1976
15. That's My Goal: 2005
16. The One And Only: 1991

Geography

What are the capital cities for these Asian countries?

1. Indonesia
2. Iran
3. Cambodia
4. Vietnam
5. Philippines
6. Syria
7. Nepal
8. North Korea
9. Sri Lanka
10. Qatar
11. Brunei
12. Lebanon
13. United Arab Emirates



Sport

At the Winter Olympics there are a total of 15 different events.

How many of them can you name?

This is not easy!!!

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

MIND-SET:
What do you think about yourself?

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.

Honest **Amazing** **Trustworthy**
Reliable **Confident** **Loyal**

All cracking words. Would you use them to describe you? Here at Healthy Minds, Healthy Bods, we hope you would. But how many of us actually truly believe in “confident”, for example? These days, we tend to knock ourselves so much. I think we all see ourselves as dependable and someone others can confide in. But we also fill ourselves with doubt. Why do we do that?

What is Self-Doubt?

During lockdown, it feels like we are questioning the world around us. And this is natural. Most of us have experienced self-doubt at some point in our lives. It's what we do with it, how we cope with it, that means the difference between struggling chronically with self-doubt and letting it go fairly quickly. If we experience regular self-doubt we may ask ourselves questions like:

- “Why does everyone else seem to be doing so well when I am struggling so much?”
- “Why does everything go wrong for me?” “There's no point in me doing that, I don't know how.”
- “Why can't good things happen to me? Maybe I don't deserve it.”

Or say:

- “I don't think I can cope with this much longer.”
- “I won't be able to do that.” “I'll just make a mistake.”

But this is when you may take it to extreme, which we will come to.



First let's look at self-doubt, and how it can be a good thing.

This is a bit like the old “Growth Mindset v Fixed Mindset” conundrum. Personally, and others may argue, HMHB feels it is good to have a bit of fixed mind-set in your thinking. It stops you being arrogant, makes you stop and notice what is going on around you, and makes you look about for possible problems that can occur.

Author Alice Boyes, who wrote “The Healthy Mind Toolkit” says:

“I need both periods of self-confidence and self-doubt to create my best work. Both of these states help me in different ways. Sometimes I need confidence to crank out work or take charge of a situation. On the flip side, sometimes I need self-doubt to propel me to examine where I might have blind spots and to motivate the effort involved in correcting these.”

MIND-SET:

Self Doubt can be good

Let's take a look at how reasonable self-doubt can help you.

Self-doubt can help you know when you need to ask for help.

This is a simple example, but it gets the point across.

For one of my previous jobs, I was doing the accounts for an international charity based near to London Bridge. The Chief Executive made a bit of a muck up, to put it bluntly, and it cost the charity around a quarter of a million pounds. Fortunately I had advised caution, which he ignored. He lost his job, as did his PA (sadly). I was asked to take over as Manager, continue doing the accounts, but also now oversee the sixteen UK based branches, as well as arrange two or three National conferences each year. My first ever foray into management, and I have to admit I was full of self-doubt. "Can I do this?" I thought. It was incredibly daunting. But, I knew I was not alone. I had people around who could guide me and, using their skills, I stunned myself by actually succeeding. If I had been cocky and thought I could handle it on my own, I know I would have fallen flat on my face and failed. I learnt so much from this experience.

Self-doubt can help you get noticed too.

My colleague Luke is not as vocal as I am, in fact shutting me up is the bigger problem. Often he is doubting his abilities and thinking he might say the wrong things. In fact he makes fantastic points.

Actually, when he does pipe up and contribute, which I encourage as much as possible, he normally comes up with a humdinger of a fact, hitting the nail on the head, and in a way that makes everyone sit up and take notice.

I remember being told once that you need to be outgoing and confident to succeed, and in many instances that is probably right. But being able to sit back and watch what is happening, gauge your audience, and pick your moments is another skill worth having in your locker. It's about balance, but having the strength and confidence to still be part of the process. Don't allow doubt to stop you.



Self-doubt can help you prepare.

Imagine you have a presentation to give. If you are over-confident (i.e. no self-doubt) you may not take the steps to plan an engaging, useful preparation. A little self-doubt can propel you to do the needed work.

This I know from personal experience, which is a way of learning. I gave a talk to the users of an organisation that I had been begging to work with, just over three years ago. I did not prepare, thinking I knew what I was doing. It was total arrogance. I was awful. Honestly, I look back and cringe. But I now ensure that I am fully prepared for every meeting or call I take part in. They never asked me back. I don't blame them!!!

Self-doubt can help you get along with others.

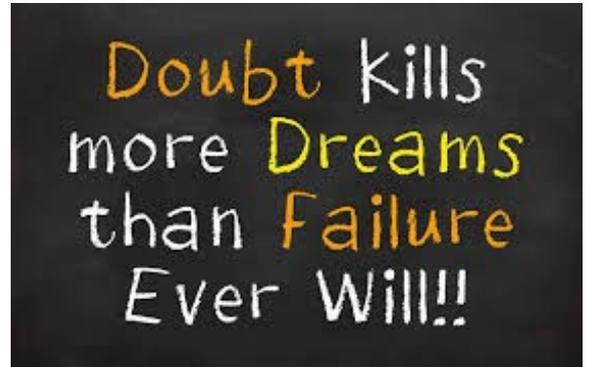
We are so lucky at HMHB, as we have met some wonderful people through our work, and they have become friends. Not just our courses, but also we have our walks and fitness sessions, and have networked with lots of local organisations. Many users have had self doubt, some quite badly. Confidence was low. But they consistently are kind to others, work hard to get along, and take extra steps to be helpful. Of course, there are downsides to too much self-doubt and too much people pleasing. But, from an evolutionary point of view, being part of a group ensures survival. Modern day research bears this out: people with harmonious social relationships fare better on many outcome measures. Mix with others who have your same targets.

MIND-SET:

The negatives of Self Doubt

However, it is quite common for self-doubt to eat away at us and become a problem. When it does, we often begin to “stand in our own way” and have a hard time seeing that there are also good things about ourselves. This is unhealthy self-doubt.

When we can't see our own good qualities, it's difficult to maintain motivation. We may believe that we'll never achieve our goals, that we don't have talent, are not worthy of our position, friends, or partner. Small failures begin to be proof of our unworthiness. Unhealthy self-doubt can be compared to a greedy parasite that consumes more and more of you, feeding on your self-esteem, self-worth, and self-efficacy.



“I can’t”—The Self-fulfilling Prophecy

The way we speak to ourselves repeatedly over time eventually forms grooves in our neural pathways. If we tell ourselves some form of “I’m a loser,” “I can’t do this,” “I’m no good,” eventually these thoughts become ingrained in our psyche and become our truth. Two simple words lay at the core of this way of thinking: **“I can’t.”** When we’re convinced we can’t, we make less of an effort. With less effort, we increase our chances that we won’t succeed, reinforcing our own negative beliefs and creating a vicious cycle. Say “I will” instead.

“I didn’t”—Self-sabotaging

If you’re worried you won’t pass a test, for example, it might be tempting not to study at all. This way, once you’ve failed you can blame it on not studying. It is an inventive way to shift the blame away from ourselves and onto something outside ourselves. So, it wasn’t you or your capabilities that failed, it was the situation.

Had you studied, you would have passed. But you didn’t study and that’s why you didn’t pass.

Self-sabotaging emerges from a fear of failure. It loves procrastination. Keeping this up too long, however, will eventually lead to what you were trying to avoid all along: You will begin to believe that you’re incapable of success because you have forgotten how well you do when you try. I also have a friend who would almost sabotage himself if he was doing well, as he was convinced it would go wrong anyway. Be aware.

“I shouldn’t”—The Impostor Syndrome

The impostor syndrome is strongly connected to self-doubt. It describes the unreasonable feeling of being a fraud in disguise, with achievements gotten through luck rather than personal ability or effort. You feel that it’s only a matter of time until people around you discover this and reveal your true self.

This impostor syndrome often accompanies depression and anxiety and can also be used as a predictor for these emotional challenges. Essentially, by assigning your achievements to factors outside yourself, you’re preventing yourself from seeing that you’re just as worthy as everyone else.

“I’m terrible”—Lack of Self-kindness

While we usually are quite supportive and nurturing of friends in need, we tend to be much harsher with ourselves. Studies show that the lack of self-kindness can predict self-doubt. Individuals who are kinder to themselves tend to accept, rather than deny, their deficiencies and are better able to encourage themselves to do better. Because those with high self-doubt have a greater need for approval from others, they worry more about failures and negative evaluations and are harsher in their self-judgments. This leads to a tendency toward isolation. You are an amazing person, with many skills. You just need to believe it. :-)

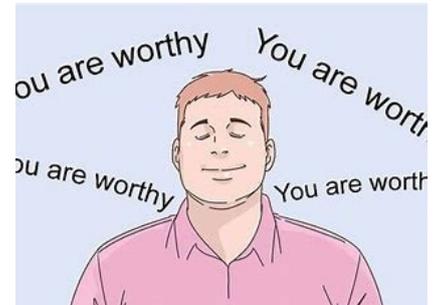
MIND-SET:

How can I overcome self-doubt?

Are there some tricks we can use to try and think more positively?

Recognise when you start doubting

Try and notice when that inner voice starts to overwhelm you. Don't allow those whispers to discourage you. Instead, in your mind, be decisive and refuse to go down that road. It's not easy, but be firm. In fact, try and imagine what you would be telling someone else. You would not allow a friend or colleague to think badly about matters, so why do it to yourself? This can disrupt that negative thought pattern and stop the inner-doubt from taking over.



Think about past memories

How many times when we imagine the worst is going to happen does it really occur? In fact, we seem to be bombarded at the moment with worst case scenarios around the pandemic too. Self-doubts are most often just monsters in your head that your mind may use to keep you from making changes and to keep you within the comfort zone.

If you look to the past and see how well things have gone many times despite those self-doubts then it can become easier to let go of them, or to ignore them, and to focus on the more likely positive outcome and to take action. Worrying about something that has not happened can help you prepare, but it must not stop you from trying things.

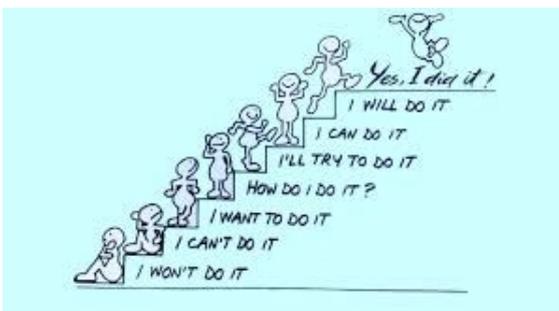
Don't compare to others

If you compare yourself to other people, to their successes, and especially to their posts and photos that they share on social media, then self-doubt can quickly creep up.

A better way to go about things is to compare yourself to yourself. To see how far you have come. To see what you've overcome. And to see how you've kept going, succeeded and grown as a human being.

Is what other people think that important?

Yes, sometimes it is important to make a good impression. But mostly, we worry far too much what people think about how we look, what we talk about, and how we live. You are you. You are amazing. Honestly. And, you know what, you can only control your own actions and thoughts. Be strong. HMHB believe in you.



**“Sometimes life gives you obstacles.
Obstacles that may seem unfair or too extreme.
But you are given choices.
Break through the obstacles,
or let the obstacles break you.
It's your choice.”**

How do you expect others to believe in you, if you do not yourself?

You are amazing. Honestly. And the possibilities are endless.

Self-Doubt can be a useful tool, if handled properly.

But when it starts to take over, knock it on the head.

We are not saying it's easy, but it's necessary. It's your choice!!

NUTRITION:

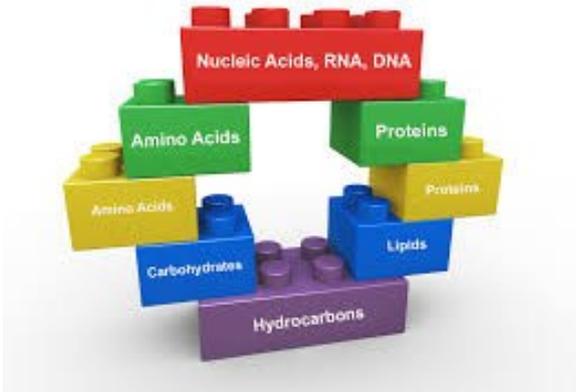
Back to Basics: Carbohydrates

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.

Right back in Issue Three, we covered Carbohydrates. Our third ever issue in May was just 15 pages, and we only had two pages for Nutrition. This issue, number 31, we have four pages for Nutrition. As Carbohydrates are so important, we have decided to cover them again, especially for new readers. So let’s see if we can look at it from a different angle and a new slant. Do take a peek back at Issue Three though.

You have probably heard of the phrase: **“The Building Blocks of Life”**. Last week we covered Protein, and this week it is Carbohydrates, which are both one of these so-called Building Blocks.

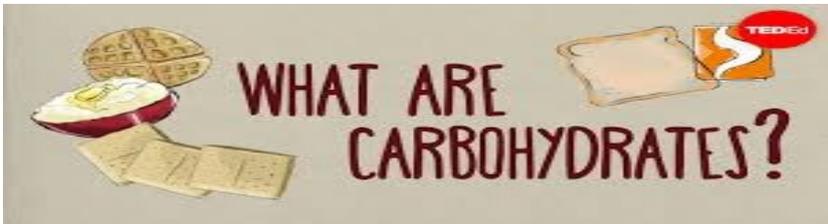
A carbohydrate is a “Biomolecule” (which means it is essential for many of our biological processes that keep us alive) consisting of Hydrogen, Oxygen and Carbon in various forms. Carbohydrates include sugars, starch and cellulose, and is known as a “saccharide” (a compound that contains sugar). There are four groups, two of which are “Monosaccharides” and “Disaccharides”, and these include the sugars “fructose” (fruit sugar), “glucose” (starch sugar), “sucrose” (beet sugar), and “lactose” (milk sugar).



Carbohydrates are central to nutrition and are found in a wide variety of natural and processed foods. Starch is a polysaccharide, another of those four groups. It is abundant in cereals (wheat, maize, rice), potatoes, and processed food based on cereal flour, such as bread, pizza or pasta.

Sugars appear in human diet mainly as table sugar (sucrose, extracted from sugar cane or sugar beets), lactose (abundant in milk), glucose and fructose, both of which occur naturally in honey, many fruits, and some vegetables. Table sugar, milk, or honey are often added to drinks and many prepared foods such as jam, biscuits and cakes.

Fibre is a type of Carbohydrate that the body can't digest. Though most carbohydrates are broken down into sugar molecules, fibre cannot be broken down into sugar molecules, and instead it passes through the body undigested. Fibre helps regulate the body's use of sugars, helping to keep hunger and blood sugar in check. Cellulose, a polysaccharide found in the cell walls of all plants, is one of the main components of insoluble dietary fibre. Although it is not digestible, insoluble dietary fibre helps to maintain a healthy digestive system by easing defecation. Other polysaccharides contained in dietary fibre include resistant starch and inulin, which feed some bacteria in the microbiota of the large intestine, and are metabolised by these bacteria to yield short chain fatty acids.



NUTRITION:

Carbohydrates are important

“Macronutrients” are the nutrients we need in larger quantities that provide us with energy: in other words, fat, protein, and carbohydrate. Slightly different are “Micronutrients”, which are mostly vitamins and minerals, and are equally important but consumed in very small amounts.

We generally get our micronutrients along with macronutrients. In the previous pack we covered Protein-containing foods such as meat, beans, milk, fish, or eggs, and they are also sources of iron, calcium and Vitamin D, for example. Carbohydrate-containing foods, such as fruit and vegetables, provide a wide range of vitamins, minerals and fibre, while starchy carbohydrates such as brown rice, wholegrain bread and cereals provide fibre, B vitamins and magnesium. Fats provide us with vitamins A, D, E and K

So, now we know that Carbohydrates are not only parts of the Building Blocks of Life, but they are also essential for life. We have to have them in our diets for energy.

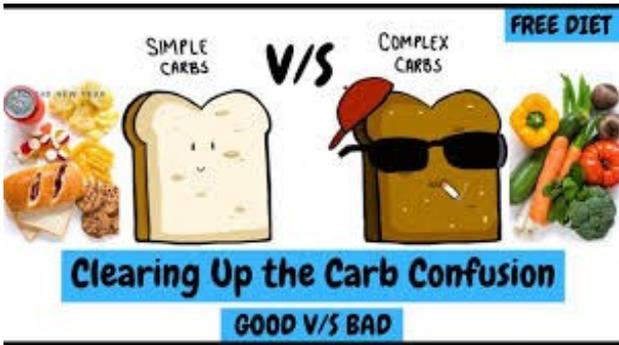
There is a lot spoken about “Simple Carbs” and “Complex Carbs”!! But it is not a straight forward issue. Let’s explain.

The graphic on the right is how many see Simple and Complex carbohydrates. They are seen as “good” and “bad”.

In many ways, this can be explained.

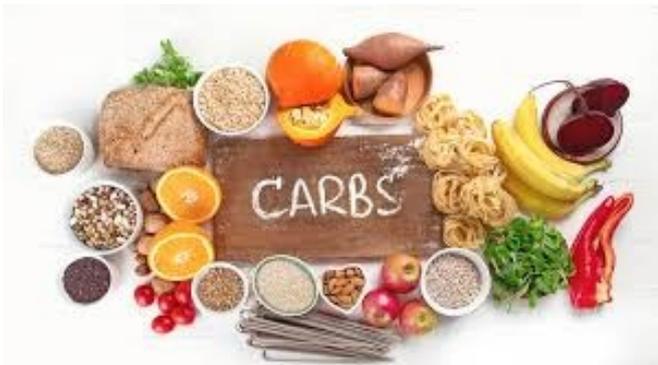
Some weight loss programs discourage eating Carbohydrates, but the key is eating the right type of carbohydrates, not avoiding them completely. You may have heard that eating complex carbs is better than simple carbs. But nutrition labels don’t always tell you if the carbohydrate content is simple or complex, and it is not that clear. And you cannot avoid carbohydrates.

When celebrities say that are not eating carbs, what they usually mean is they are not eating Simple Carbs.



Most of us equate carbs with bread and pasta, but you can also find them in:

- ◆ Dairy products
- ◆ Fruits
- ◆ Vegetables
- ◆ Grains
- ◆ Nuts
- ◆ Legumes
- ◆ Seeds
- ◆ Sugary Foods and Sweets



So let’s take a good look at the Simple v Complex Carbohydrates conversation on the next page

Macronutrients are nutrients that provide calories or energy. Nutrients are substances needed for growth, metabolism, and for other body functions. Since “macro” means large, **macronutrients** are nutrients needed in large amounts. There are three **macronutrients**.

NUTRITION: Simple Carbs v Complex Carbs

The main conversation around carbohydrates centres around which types of carbohydrates are meant to be better for you.

As we said, there are two major types of Carbohydrates. “Simple” and “Complex”. The difference between them lies in the number of sugar molecules they contain.

Simple carbs, also known as simple sugars, contain one or two sugar molecules, whereas complex carbs have three or more.

Monosaccharides are the simplest carbs, in that your body cannot break them down any further.

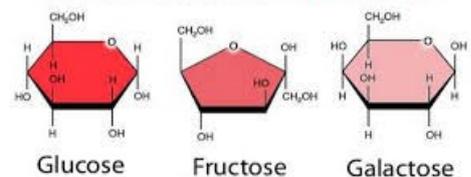
This allows your body to absorb them quickly and easily, with the exception of fructose.

There are three types of monosaccharides.

1. **Glucose:** Fruits and vegetables are natural sources of glucose. It's also commonly found in syrups, candy, honey, sports drinks, and desserts.
2. **Fructose:** The primary natural dietary source of fructose is fruit, which is why fructose is commonly referred to as fruit sugar.
3. **Galactose:** The main dietary source of galactose is lactose, the sugar in milk and milk products, such as cheese, butter, and yogurt.

When you eat carbs, your body breaks them down into simple sugars, which are absorbed into the bloodstream. As the sugar level rises in your body, the pancreas releases a hormone called insulin. Insulin is needed to move sugar from the blood into the cells, where the sugar can be used as an energy source.

Monosaccharides

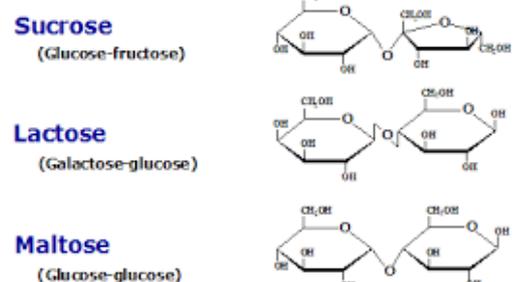


Disaccharides consist of two sugar molecules, or two monosaccharides, bonded together.

Your body must break the bonded monosaccharides apart before they can be absorbed.

There are three types of disaccharides.

1. **Sucrose (glucose + fructose):** Most often called table sugar, it is a natural sweetener derived from sugarcane or beet. It's added to foods during processing and occurs naturally in fruits and vegetables.
2. **Lactose (glucose + galactose):** Also known as milk sugar, lactose is found in milk and milk products.
3. **Maltose (glucose + glucose bonded together):** It is found in malt beverages, such as beer and malt liquors.



Simple Carbs are found in refined sugars, like granulated, caster etc. If you have a lollipop, you're eating simple carbs. But you'll also find simple sugars in more nutritious foods, such as fruit and milk. It's healthier to get your simple sugars from foods like these. That's because sugar isn't added to them and they also contain vitamins, fibre, and important nutrients like calcium. A lollipop has lots of added sugar and doesn't contain important nutrients. Added sugar is the problem.

Complex carbs are also called starches, and include grain products, such as bread, crackers, pasta, and rice. As with simple sugars, some complex carbohydrate foods are better choices than others. Refined, such as white flour and white rice, have been processed, which removes nutrients and fibre. But unrefined grains (wholegrains) still contain these vitamins and minerals. They're also rich in fibre, which helps your digestive system work well. Fibre helps you feel full, so you're less likely to overeat.

NUTRITION: Carbohydrates are Important

Carbohydrates should be your body's main source of energy in a healthy, balanced diet.

They're broken down into glucose (sugar) before being absorbed into your blood. The glucose then enters your body's cells with the help of insulin.

Glucose is used by your body for energy, fuelling your activities, whether that's going for a run or simply breathing. Unused glucose can be converted to glycogen, which is found in the liver and muscles. If more glucose is consumed than can be stored as glycogen, it's converted to fat for long-term storage of energy. Starchy carbohydrates that are high in fibre release glucose into the blood slower than sugary foods and drinks.

Fibre is an important part of a healthy, balanced diet. It can promote good bowel health, reduce the risk of constipation, and some forms of fibre have been shown to reduce cholesterol levels.

Research shows diets high in fibre are associated with a lower risk of cardiovascular disease, type 2 diabetes and bowel cancer.

Many people do not get enough fibre. On average, most adults in the UK get about 19g of fibre a day. Adults are advised to eat an average of 30g a day. The recommended fibre intake for children can vary from 15g to 30g, depending on their age.

Carbohydrate contains fewer calories gram for gram than fat; 4 calories (4kcal) per gram for carbs and 9 calories (9kcal) per gram for fat. Also, starchy foods can be a good source of fibre, which means they can be a useful part of maintaining a healthy weight.

By replacing fatty, sugary foods and drinks with higher fibre starchy foods, it's more likely you'll reduce the number of calories in your diet. Also, high-fibre foods add bulk to your meal, helping you feel full.



While we can survive without sugar, it would be difficult to eliminate carbohydrates entirely from your diet. Carbohydrates are the body's main source of energy. In their absence, your body will use protein and fat for energy. It may also be hard to get enough fibre, which is important for long-term health.

Healthy sources of carbohydrates, such as higher fibre starchy foods, vegetables, fruit and legumes, are also an important source of nutrients, such as calcium, iron and B vitamins.

Significantly reducing carbohydrates from your diet in the long term could mean you do not get enough nutrients, potentially leading to health problems.

Replacing carbohydrates with fats and higher fat sources of protein could increase your intake of saturated fat, which can raise the amount of cholesterol in your blood: a risk factor for heart disease.

When you're low on glucose, the body breaks down stored fat to convert it into energy. This process causes a build-up of ketones in the blood, resulting in ketosis. This can cause headaches, weakness, feeling sick, dehydration, dizziness and irritability.

Try to limit the amount of sugary foods you eat and instead include healthier sources of carbohydrate in your diet, such as wholegrains, potatoes, vegetables, fruit, and legumes

**We hope you enjoyed our little voyage into Carbohydrates
They are vital for energy and overall health.
Why not do your own research, especially into the various foods.
It's up to you what you eat. You need Carbs. Make good decisions!!!!**

Nutrition: HMHB look at different Foods

Today: Rice

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

As a cereal grain, Rice is the most widely consumed staple food (dominant portion of diet) for a large part of the world's human population, especially in Asia and Africa. Behind sugarcane and maize, it has the third-highest worldwide production (738 million metric tonnes in 2019).

Rice is the most important grain with regard to human nutrition and caloric intake, providing more than one-fifth of the calories consumed worldwide by humans. There are many varieties of rice and culinary preferences tend to vary regionally.

Rice cultivation is well-suited to countries and regions with low labour costs and high rainfall, as it is labour-intensive to cultivate and requires ample water. However, rice can be grown practically anywhere, even on a steep hill or mountain area with the use of water-controlling terrace systems. Although its parent species are native to Asia and certain parts of Africa, centuries of trade and exportation have made it commonplace in many cultures worldwide.

The traditional method for cultivating rice is flooding the fields while, or after, setting the young seedlings. This simple method requires sound irrigation planning but reduces the growth of less robust weed and pest plants that have no submerged growth state, and deters vermin. While flooding is not mandatory for the cultivation of rice, all other methods of irrigation require higher effort in weed and pest control during growth periods and a different approach for fertilizing the soil.

A detailed analysis of nutrient content of rice suggests that the nutrition value of rice varies based on a number of factors. It depends on the strain of rice, such as white, brown, red, or black (or purple) varieties having different prevalence across world regions. It also depends on nutrient quality of the soil rice is grown in, whether and how the rice is polished or processed, the manner it is enriched, and how it is prepared before consumption.



- Rice is an excellent food source, low in fat and high in starchy carbohydrate.
- Rice is packed full of vitamins and minerals and provides an excellent source of vitamin E, B vitamins (thiamine, niacin) and potassium. Brown rice and basmati rice have medium or low GI values, and are not associated with increasing risk factors for weight gain and diabetes.
- Rice has been found to be very easy to digest. It is low in fat, low in cholesterol, high in starch, and has a high nutritional content.
- Rice also contains a range of important nutrients, including B and E vitamins, protein, and minerals, especially potassium which helps the body reduce toxins.
- Rice can contribute significantly to vitamin and mineral intake, although the contribution to micronutrient intake will depend on the proportion of germ, bran and endosperm consumed (i.e. the balance between brown and white rice)

Eating Rice is a sure way to regulate your digestive system. In just one ounce of raw rice bran, there are 6 grams of fibre. Rice's high-fibre is essential for reducing constipation and regulating the digestive system.

Rice also works as a natural diuretic, which helps eliminate water from the body

NUTRITION: Lazza's Kitchen

Homemade Burgers

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

Many people claim to have invented the Hamburger.
However, it gained national recognition at the 1904 St. Louis World's Fair
when the New York Tribune referred to the hamburger as
"the innovation of a food vendor on the pike"



Beef Mince (I used 750g)
Onion, finely chopped
Garlic (finely chopped)
Mustard (they said Dijon, I used English)
Worcestershire sauce
Salt and Pepper
One egg yolk
Herbs to taste (they suggest Parsley)
(you can choose your amounts to taste)

- Place all the ingredients into a large bowl. Make sure you season well, and then join them all together until well mixed.
- Cover and chill for an hour in the fridge.
- Using wet hands (it's easier), shape the mixture into the number of burgers you want (I was able to fashion 6).
- Cook them straight away. I fried mine in a frying pan, but you can oven cook or grill. Just do them till they are cooked the way you like.
- Serve them up and enjoy.
- The beauty with this is you can add whatever you want to the mix to make your own burger versions.



Seriously easy recipe.
As you can see,
they turned out really well.
Good to chill before so they sort of cement
together, so make sure you also create them
properly so they do not crack.
You can cook them rare, medium or well
done, that's up to you.

During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was a great and very tasty meal to prepare.



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

Can you identify these Cats from their pictures below?

Answers at bottom of quiz page answers (page 25)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

EXERCISE/FITNESS

Mixed Circuits for all

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 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.

Between April and October, we were doing daily outdoor exercise sessions in Highbury Fields. We would mix it up so each day was different on a week, normally all on variations around the High Intensity Interval Training (HIIT).

By far, one of our most popular sessions was based around "Circuit Training". We would provide various pieces of equipment and, as per the graphic opposite, everyone would take their turn doing a specific exercise, normally for one minute, before moving clockwise onto the next one.



There are various ways of constructing a circuit, but they would normally contain several movements including body weight, weighted and dynamic exercises. In fact, the perfect circuit will make you work your legs, arms, upper body, core, as well as some cardio.

The great thing about circuits is the adaptability available. They can be developed for cardiovascular improvement, strength, mobility, sport specific...virtually anything. They also don't need a lot of space or time and don't need to be overly complicated (unless you want them to be).

Circuits are very versatile. Whether you are working on your own or in a group (as we were in Highbury Fields), they can be adapted to any situation and physical need. Circuits can tackle weight loss, strength, athletic performance and core training. Most important, they are meant to be fun. If the circuit has multiple participants they can all encourage each other, which would naturally push participants a little further each session. You will naturally do more too. But you can do them on your own. It is just creating the right motivation.



You Get:

1. Improvements in cardiovascular fitness
2. Improvements in muscular strength
3. Improvements in muscular endurance
4. Increased social interaction during a workout
5. Increased commitment to exercise more

You Can Do It

EXERCISE/FITNESS:

Three Leg Exercises for a Circuit at Home

So, how about doing a circuit yourself? Yep, that may sound a bit daunting. I can almost hear you with that “self-doubt”. But what did we talk about in the Mind-set section earlier in the pack? You need to knock those thoughts out of your mind. You are stronger than you think, and far more capable, if you just believed.

When we do these in our classes, we have people in their 70s and 80s doing the best they can.
So why not give them a go?

Single Leg Deadlifts

- Start with left foot planted on the floor.
- Hinging at your hips, with a slight bend in left knee, reach arms forward and push right foot back.
- Focus on keeping hips and shoulders in one line.
- Flex your back ankle and press your heel toward the wall behind you.
- Squeeze glutes and drive right leg forward to return to the starting position.

Muscles targeted:

Hamstrings, quadriceps, glutes, ankles, and core.



Romanian Deadlifts

- Standing tall with feet under hips, hold weights by your sides in both hands (or hold onto the handle of a broom or mop like a barbell, or clench fists).
- Bend knees slightly, and then hinge at your hips.
- Keeping core engaged, drive hips back until you feel a stretch in your hamstrings.
- Squeeze glutes and return to standing.

Muscles targeted:

Hamstrings, glutes, core, and upper back

Pendulum Lunges

- Hold the weight or object in front of your chest.
- Lunge forward with right leg, keeping left leg stationary until the reps are done.
- Keeping your weight in your right heel, push out of heel to stand up and immediately step into a reverse lunge with right leg in the back.
- Complete all reps on one side before switching legs.

Muscles targeted:

Glutes, quadriceps, hamstrings, and calves (plus the challenge of balance and core stabilization!)



We are using weights in some of our exercises.

If you do not have weights, try and find something else to help.

Maybe cans of beans? I am sure you can find something to hold?

You do not have to use weights if it is too hard.

Also, to help with balance, do hold on to something if necessary to avoid falls.

EXERCISE/FITNESS:

Three Arm Exercises for a Circuit at Home

Some of these arm exercises focus more on specific muscles like the triceps, while others will really challenge the shoulder muscles (including the deltoids and rhomboids), the pecs, and latissimus dorsi (or the lats, the broadest muscles on each side of your back). These are all important areas to strengthen, not only so you can lift heavier weights, but also so you can comfortably perform activities of daily living like carrying grocery bags or lifting your suitcase.

Plank Tap

- Start in a high plank with your palms flat, hands shoulder-width apart, shoulders stacked directly above your wrists, legs extended behind you, and your core and glutes engaged.
- Tap your right hand to your left shoulder while engaging your core and glutes to keep your hips as still as possible.
- Do the same thing with your left hand to right shoulder.
- Continue, alternating sides.
- Easier? Try separating your legs a little more

Targets deltoids, latissimus dorsi, triceps, glutes, and core



Incline Push Up

- This is a push-up regression, which means it's less challenging than a regular push-up. The more elevated your upper body is, the easier it will be.
- Get into a high plank with your hands on a box, bench or step, palms flat, hands shoulder-width apart, and shoulders stacked directly above your wrists. Extend your legs behind you, feet hip-width apart. Engage your core and glutes.
- Bend your elbows and lower your chest to the bench.
- Push through the palms of your hands to straighten your arms.

Targets core, pectorals, deltoids, and triceps

Triceps Box Dip

- Sit on the floor with your knees bent and feet flat and your back against a box or step. Place your hands on the box, fingers toward your body.
- Straighten your arms to lift your butt, then bend your elbows to lower yourself without sitting down completely.
- Keep your heels on the floor and your elbows pointed directly behind your body (not flared out to the side)

Targets the triceps and pecs



If you find the plank or press up floor position difficult you can do against a wall.

Try and make sure your muscles are engaged though.

Think how you would feel if on the floor and replicate that angle.

Try and push yourself to do as much as possible. Upper body strength is important.

EXERCISE/FITNESS:

Three Core Exercises for a Circuit at Home

Your core is made up of many muscles, including your rectus abdominis (what you think of when you think "abs"), transverse abdominis (the deepest internal core muscle that wraps around your sides and spine), erector spinae (a set of muscles in your lower back), and the internal and external obliques (the muscles on the sides of your abdomen). Various combinations of these muscles are involved in so many different exercises.

Panther Shoulder Tap

- Start on all fours.
- Engage your core and while keeping your back flat and your butt down (like you're in a plank), lift your knees off the floor about 1-3 inches. Gaze at the floor a few inches in front of your hands to keep your neck in a comfortable position.
- Tap your right hand to your left shoulder, and then your left hand to your right shoulder, while using your core strength to keep your hips as still as you can.
- Continue alternating sides. Tougher than it looks.



Half Kneeling Wood Chop (We call it "Samurai")

Kneel on floor as shown.

Hold a light-to-medium dumbbell by the knee that's on the floor. Grasp onto both ends of the weight. Or you can use clenched fists if not holding a weight.

Bring the weight diagonally up toward the ceiling on the opposite side of your body, twisting your abs as you do. Your hips facing forward; your core muscles should be rotating. Bring the weight back down to starting position.

High Boat. Low Boat. High Boat. Low Boat.

- Lie so Both your shoulder blades and legs should hover a few inches off the floor. If that is too challenging, keep them slightly higher off the floor and work toward bringing them lower and lower.
- This is Low Boat. Hold for three seconds.
- Pivot in the middle by bringing your knees up.
- Meanwhile, at the same time, with straight arms move them down as if trying to reach your ankles.
- This is High Boat. Hold for three seconds.
- Keep moving between positions.



To do a circuit, pick one leg, one arm, then one core. All for one minute, Then do a cardio exercise - running on the spot, side to side moves etc. Then do another leg, arm, and core before another cardio. Etc. You are working your whole body. Use weights if you want. You can vary how long you work, or number of reps, to make harder.

HEALTH / ROUTINE

Headaches

Headaches are a bane for many people. That throbbing pain can be debilitating, but what actually causes them? We will cover migraines later, but let us look at the plain headache first.

The most common type of headache is called the “Tension Type”. This is the one most of us will have at some stage in our lives and is the normal every day headache.

Tension Type Headaches may feel like a constant ache that affects both sides of the head. You may also feel the neck muscles tighten and a feeling of pressure behind the eyes. It normally is not severe enough to prevent you doing everyday activities and usually lasts for 30 minutes to several hours, but can last for several days.

Most people are likely to have experienced a tension headache at some point. They can develop at any age, but are more common in teenagers and adults. For some unknown reason, women tend to suffer from them more commonly than men.

Some adults experience tension-type headaches more than 15 times a month for at least 3 months in a row. This is known as having chronic tension-type headaches.

The exact cause of tension-type headaches is not clear, but certain things have been known to trigger them.

These include:

- Stress and Anxiety
- Squinting
- Poor posture
- Tiredness
- Dehydration
- Missing meals
- Lack of physical activity
- Bright sunlight
- Noise
- Certain smells



Tension-type headaches are known as primary headaches, which means they're not caused by an underlying condition.

The NHS states:

“Painkillers such as Paracetamol or Ibuprofen can be used to help relieve pain. Aspirin may also sometimes be recommended. If you're taking these medicines, you should always follow the instructions on the packet. Paracetamol is usually the best choice if you're pregnant. Do not take ibuprofen during pregnancy without speaking to a GP, midwife or pharmacist first.

Children under 16 should not be given aspirin. Medicine should not be taken for more than a few days at a time. Medicines containing codeine, such as co-codamol, should be avoided unless recommended by a GP.”

**Most headaches will just go away.
If you find you are struggling do seek medical advice.
Don't just keep taking medication for a long time.**

HEALTH / ROUTINE

Migraines

Our colleague Luke has suffered from occasional migraines through his life, and they can really knock you off your feet. Typically they are worse than the normal headache from the previous page.

Globally, approximately 15% of people are affected by migraine. In the “Global Burden of Disease Study” of 2010, it was ranked as the third most prevalent disorder in the world. It most often starts at puberty and is worst during middle age. As of 2016, it is one of the most common causes of disability. An early description consistent with migraines is contained in the “Ebers Papyrus”, written around 1500 BC in Ancient Egypt.

Migraine is a Primary Headache Disorder characterized by recurrent headaches that are moderate to severe. Typically, episodes affect one half of the head, are pulsating in nature, and last from a few hours to 3 days. Associated symptoms may include “Nausea, Vomiting and Sensitivity to Light, Sound, or Smell”. The pain is generally made worse by physical activity, although regular exercise may have prophylactic effects (intended to prevent disease). Up to one-third of people affected have “Aura”, typically a short period of visual disturbance that signals that the headache will soon occur. Occasionally, aura can occur with little or no headache following it.



Migraine is believed to be due to a mixture of environmental and genetic factors. About two-thirds of cases run in families. Changing hormone levels may also play a role, as migraine affects slightly more boys than girls before puberty and two to three times more women than men. The risk of migraine usually decreases during pregnancy and after menopause. The underlying mechanisms are not fully known. They are, however, believed to involve the nerves and blood vessels of the brain.

The severity of the pain, duration of the headache, and frequency of attacks are variable. A migraine lasting longer than 72 hours is termed “status migrainosus”. There are four possible phases to a migraine, although not all the phases are necessarily experienced.

The “Prodrome” which occurs hours or days before the headache. The symptoms may include a wide variety of phenomena including altered mood, irritability, depression, or euphoria, fatigue, craving for certain food, stiff muscles, constipation or diarrhoea, and sensitivity to smells or noise.

The aura, which immediately precedes the headache. Symptoms can be visual, sensory or motor in nature and many people experience more than one. Vision disturbances typically start near the centre of vision and then spread out to the sides with zigzagging lines which have been described as looking like fortifications or walls of a castle. Usually the lines are in black and white but some people also see coloured lines. Often a feeling of pins-and-needles begins on one side in the hand and arm and spreads to the nose/mouth area on the same side. Numbness usually occurs after the tingling has passed with a loss of position sense. Other symptoms of the aura phase can include speech or language disturbances, world spinning, and less commonly motor problems.

The “Pain” phase, also known as headache phase. Classically the headache is unilateral, throbbing, and moderate to severe in intensity.

The “Postdrome”, the effects experienced following the end of a migraine attack. Many report a sore feeling in the area where the migraine was, and some report impaired thinking for a few days after the headache has passed

HEALTH / ROUTINE

Can we do anything to prevent headaches/migraines?

The simple answer is “yes”. There are lifestyle choices we can make that can help stop headaches from occurring. And you will not be surprised to learn what some of them are: the usual suspects!!!



These are things that tend to lead to a migraine:

Stress
Menstrual periods
Changes in your normal sleep pattern
Extreme fatigue.
Certain foods and drinks
Too much caffeine, or withdrawal from it
Skipping meals or fasting
Changes in the weather
Exercise (pushing too hard)
Smoking
Bright, flickering lights
Certain smells

- **Watch what you eat and drink:** If you get a headache, write down the foods and drinks you had before it started. If you see a pattern over time, stay away from that item.
- **Eat regularly,** and don't skip meals.
- **Cut down on caffeine:** Too much, in any food or drink, can cause migraines. But cutting back suddenly may also cause them. So try to slowly ease off caffeine if it seems to be one of your headache triggers.
- **Be careful with exercise:** Everyone needs regular physical activity. It's a key part of being healthy. But it can trigger headaches for some people. If you're one of them, you can still work out. Ask your doctor what would help.
- **Improve your sleep:** If your sleep habits get thrown off, or if you're very tired, that can make a migraine more likely.
- **Try and De-Stress!:** There are many ways to do it. You could exercise, meditate, pray, spend time with people you love, and do things you enjoy. If you can change some of the things that make you tense, set up a plan for that. Counselling and Stress Management classes are great to try, too. You can also look into “biofeedback”, where you learn how to influence certain things (like your heart rate and breathing) to calm down stress.
- **Keep energised:** Stay active, eat on a regular schedule, and don't let yourself get dehydrated.

Try and find out if you have a trigger for headaches.

They can vary from person to person but studies indicate most are related to some kind of stress. But importantly, if you feel you may have a problem with this topic, please seek medical advice.

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

www.healthymindshealthybods.blogspot.com

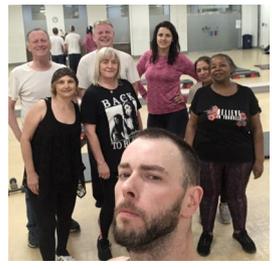
We've added over ten new entries this week. Please log on to have a read.

Why not try an exercise class!!!

Here is an amazing opportunity to join in a FREE 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 health.



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

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”

We 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:

Sometimes that inner voice can be terrific. It can keep us focused, it can prevent disasters, and teach us valuable lessons.

But when self doubt overwhelms us we need to knock it on the head. As we have said many times, if you don't believe in you, why should others.

Listen, life is tricky. We don't know everything, but unless we are prepared to take a few risks, try new things, and push ourselves into places we maybe fear, our lives can become stagnant. You are incredible and can achieve so much if you just make yourself go for it!!!! Think about it this week!!!



Nutrition.

Like last week with Protein, this week we went back to cover Carbohydrates, one of the Building Blocks of Life, and without which we would die. You need to have them in your diets, but some are better than others. They give you energy, but can also cause you problems if you have too many of the "wrong" kind. So why not do your own research, and make sure you are getting enough of the "right" kind in your daily diets???



Exercise



Circuits are a terrific way to do a fitness session, especially if you choose a good mixture of core, leg, arm, upper body, and cardio exercises.

We love them at HMHB, and regularly do them with our groups, either with equipment or without.

Why not try to do the Circuit we suggest in this pack? Or even try and pick different exercises yourself.

The important thing is to try and pick things you find a little difficult as well. Don't get comfortable.

Your body will thank you!!!!

Health.

Most of us will, at one time or another, have a headache. It happens, and it will normally go away.

Some of us are unlucky enough to experience migraines, which can really be painful, and mean you might find yourself needing to lie down and just allow it to pass.

There are lifestyle changes you can make that can help prevent these things from happening (most of them being the normal answers around sleep, exercise and diet).

But do check with medical professionals if you have any issues.



**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 + Cats from Page 15

See if you can beat your family and friends

Classical

What is the nationality of these famous musical composers?

- | | | |
|----|---------------|-----------|
| a. | JS Bach | German |
| b. | F Chopin | Polish |
| c. | G Holst | English |
| d. | C Debussy | French |
| e. | A Copland | American |
| f. | P Tchaikovsky | Russian |
| g. | F Liszt | Hungarian |
| h. | A Dvorak | Czech |
| i. | A Vivaldi | Italian |
| j. | E Grieg | Norwegian |
| k. | J Sibelius | Finnish |
| l. | J Haydn | Austrian |
| m. | F Mendelssohn | German |

Geography

What are the capital cities for these Asian countries?

- | | | |
|-----|-------------|------------|
| 1. | Indonesia | Jakarta |
| 2. | Iran | Tehran |
| 3. | Cambodia | Phnom Penh |
| 4. | Vietnam | Hanoi |
| 5. | Philippines | Manila |
| 6. | Syria | Damascus |
| 7. | Nepal | Kathmandu |
| 8. | North Korea | Pyongyang |
| 9. | Sri Lanka | Colombo |
| 10. | Qatar | Doha |
| 11. | Brunei | Darussalam |
| 12. | Lebanon | Beirut |
| 13. | U A E | Abu Dhabi |

Music

All these songs are debut singles that went to Number One in the UK charts. Can you name the groups/singers?

1. Frankie Goes To Hollywood
2. Robson and Jerome
3. Will Young
4. Baddiel & Skinner and The Lightning Seeds
5. Britney Spears
6. Hear'say
7. Ed Sheeran
8. Gnarls Barkley
9. Babylon Zoo
10. Whigfield
11. Natalie Imbruglia
12. Alexandra Burke
13. George Michael
14. David Soul
15. Shayne Ward
16. Chesney Hawkes

Religion

In the Christian Bible, who were the 12 disciples of Jesus. Peter, James son of Alpheus, John, Andrew, Bartholomew, James son of Zebedee, Judas, Jude, Matthew, Philip, Simon the Zealot, Thomas

QUIZ ANSWERS

List of Cats - from Page 15 (it's meant to be tricky - though I think you will be surprised to see some of the cats you know, but probably did not recognise)

- | | | | | | |
|----|--------------|----|---------|----|---------|
| 1 | Lion | 2 | Sphynx | 3 | Ocelot |
| 4 | Tiger | 5 | Manx | 6 | Persian |
| 7 | Leopard | 8 | Cheetah | 9 | Siamese |
| 10 | Cougar | 11 | Jaguar | 12 | Lynx |
| 13 | Snow Leopard | 14 | Puma | 15 | Panther |

Sport

Winter Olympic events

Bobsled, Luge, Skeleton, Ice Hockey, Figure Skating, Speed Skating, Short Track Speed Skating, Curling, Alpine Skiing, Freestyle Skiing, Snowboarding, Biathlon, Cross Country Skiing, Ski Jumping, Nordic Combined (ski jumping and cross country)

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 for 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