



Healthy Minds, Healthy Bods

Health Pack: Number 13

Focus on Mind-set, Nutrition, Exercise, Health



Prepared by: Lazza, Luke and Dean: Monday 13th July 2020

www.hmhb2016.org.uk



**“Your mind needs exercise just as much as your body,
which is why I think of jogging every day.”**

Welcome to the 13th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).

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

HMHB is a mental health project that is looking to shake up intervention through our own unique fresh approach. Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress and anxiety, and show that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

Life should be fun, with us focusing on responsibility, change, choice and being proactive.



**As part of our Ajani course
we like to be physically
active during the sessions.
Here we have Boxability
with some of our users from
Single Homeless Project.
21st June 2018**

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

PRINTED COPIES CAN BE POSTED TO YOU

We are delighted to say we can print and post copies to people who would like a paper copy. Due to Islington Giving Funding we can do this, for a limited number. So you need to speak with us as soon as possible. Please connect through our website contact page.

Thanks to everyone who reads these packs.

**Currently, we do all of this as volunteers.
HMHB really needs seed funding to cover salaries
and overheads.**

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

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



Who are Healthy Minds, Healthy Bods?

What are we doing, and why?

Healthy Minds, Healthy Bods was conceived and created by Lazza way back in 2009. It was ticking over as an idea for a long while, but from around 2015 onwards we have been fighting to be part of the Mental Health intervention in Islington and some surrounding London boroughs, working with clients since 2017. **Our Mission statement is:**

- Healthy Minds, Healthy Bods is a fresh approach to dealing with issues around physical, mental and emotional health.
- Our aim is to improve the Mind-set, Health, Fitness, Nutrition and Routine of individuals so that they have the opportunity to live the best life possible.
- Healthy Minds, Healthy Bods will provide courses focussing on promoting a Growth Mind-set, improved physical activity, awareness of better nutrition and health, but in a fun active way, concentrating on a positive outlook, with a unique delivery style of interactivity and proactivity.
- Healthy Minds, Healthy Bods will work with both employed and unemployed people, targeting confidence, self-belief, responsibility, choice and being proactive, which will enable those out of work to get back into employment quicker, and those in work to be more energised and focused.
- Healthy Minds, Healthy Bods aims to provide a quality, professional service, and will give access to fully qualified personal trainers, and appropriate and relevant guidance.
- Healthy Minds, Healthy Bods will work alongside local services and community, building trust and partnerships for all our service users, so that they have an improved awareness of local amenities and provisions.



Healthy Minds, Healthy Bods is not just our Lazza, but also Luke and Dean, and that is one of the reasons we have had such amazing feedback.

“Life Changing” on our last course was humbling.

We all bring different skills to the project, and people have constantly told us that the dynamics are brilliant, that we bounce off each other, and that has come not only from service users, but also from professionals too.

We love the interaction with people, and I have to say we have missed a lot of that during this pandemic so far. Lazza has been running daily exercise sessions, with a great diversity of participants, from age 25 to age 85. It has not been easy completing the packs (around 20 pages every week) and our own mental health has been severely tested (everyone expects us to be coping well, but we have got through so far).

Picture: Back: Dean and Luke.

Front: Lazza with our friend Rosie, with Rogue

Healthy Minds, Healthy Bods is a small mentor led health project with big ambitions.

We want to shake up the mental health intervention in London and beyond.

We have bold ideas and strategies, with a unique delivery style and proactive approach.

Whatever borough you are in, give us a chance to show you what we can do.

We will not let you down. Just read the feedback in reports on our website footer.

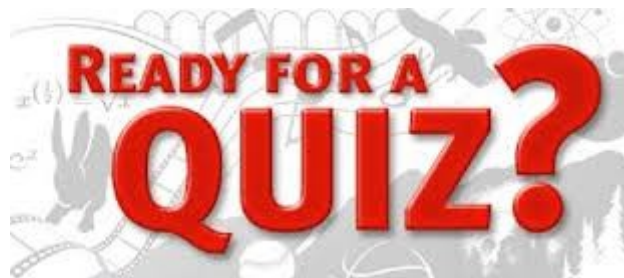
Lazza's Quiz Spectacular

Answers are on page 21 (no peeking)

History:

Can you name the years when these people were Prime Minister of the UK?

James Callaghan	Arthur Balfour
Ramsay MacDonald	William Gladstone
John Major	Neville Chamberlain
Benjamin Disraeli	Clement Attlee
Gordon Brown	Harold Macmillan



Geography

These are ten of the most famous waterfalls in the world. But can you name their countries?

Angel Falls	Niagara Falls
Iguaza Falls	Victoria Falls
Yosemite Falls	Gullfoss
Plitvice Falls	Sutherland Falls
Rhine Falls	Tugela Falls

I implore you to find some pictures of ones you did not know. They are all incredible!!!!

Film:

These are famous quotes from movies. Can you name the films they come from?

1. "I'm the king of the world."
2. "You're gonna need a bigger boat."
3. "You can't handle the truth"
4. "The stuff that dreams are made of."
5. "Keep your friends close, but your enemies closer."
6. "Hasta La Vista, Baby."
7. "You talking to me?"
8. "It was beauty killed the beast."
9. "Nobody puts Baby in the corner."
10. "You had me at hello."
11. "To infinity and beyond."
12. "Love means never having to say you're sorry."
13. "Chewie, we're home."
14. "Play it Sam. Play 'As Time Goes By'."
15. "I'm having an old friend for dinner."

Music:

Which artists produced these best selling albums?

- 1) The Dark Side Of The Moon
- 2) Rumours
- 3) Dangerous
- 4) Hotel California
- 5) Abbey Road
- 6) Brothers In Arms
- 7) No Jacket Required
- 8) The Joshua Tree
- 9) Faith
- 10) Breakfast In America
- 11) 25
- 12) Purple Rain
- 13) Goodbye Yellow Brick Road



History:

Since 1961 there have been a total of eleven Presidents of the United States of America.

Can you name all 11?

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

MIND-SET:

Proactive

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.

Instead of reacting to or worrying about conditions over which they have little or no control, proactive people focus their time and energy on things they can control .



“The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them”

George Bernard Shaw

Healthy Minds, Healthy Bods would be nowhere if we all had not been proactive in our approach to our targets and goals. In fact, we have three main words we focus on: “Change, Responsibility and Proactive”.

So what do we mean about being proactive, and why is it so important?

Well, nothing happens unless you go out and make it happen. Even people who win the lottery have had to actually buy their ticket!!! If you sit back and wait for things to happen you are almost certainly going to fail. It's up to you to take charge.

If you are going through some difficult times with depression, anxiety and/or stress, being proactive is really difficult. I know that myself. Even simple tasks feel like you are climbing Everest. You can actually believe that there is no point in trying to do anything.

Firstly, no one else is going to get you where you want to go; it's up to you. Your family and friends are a terrific support system, but that is all they are supposed to be for you. They cannot succeed for you. Only you can do that. It's very important you take ownership of your problems, and realize that nobody else is going to solve them for you. I'm not saying not to ask for help. There are amazing organisations around, and I had terrific help myself when I came through depression. But, ultimately, you have to embrace life again, which can be daunting.



Our own Ajani course around Mind-set encourages our users to be more proactive, and we enjoy using games, competitions and quizzes in order to do that.

One of the greatest traits of effective people is good problem-solving skills. We are all going to run into problems. It's how we handle them that makes you effective. The best way to handle a situation is to fix on finding a solution. Focusing on things that are out of your control is a waste of time, so target what you can control with the final outcome.

**We all know we need to be more mentally active, especially for our own benefit.
So on the next page, we look at some tricks we can use to do just that.**

MIND-SET:

How can I be more Proactive?

There have been a lot of times over the last few years where we at HMHB have been tempted to just give it all up. After spending thousands and thousands of hours, and attending numerous meetings that are too many to count, we seemed to be constantly coming up against brick walls.

However, we remained persistent, and kept on contacting, calling, emailing, and although we still remain without salary funding, we have created a buzz around our unique approach to mental health.



And we used some of these tips.

- **Respond to problems quickly:** It sounds obvious, but how many of us have difficulty reacting to issues when they arise. We put them to one side and try not to think of them. This does not mean you need to rush in. No, but think about the problem, how it has arisen and then the options you have to deal with it. Then act on those solutions.
- **Listen to feedback:** We all think we know best, don't we? I remember my first ever Business Plan. I took ages over it, and was very proud. I took it along to a professional who, very nicely, took it apart. At first, I was devastated. But actually, he was spot on. All feedback, even positive criticism, should be acted on. Don't get annoyed if people point out mistakes or errors.
- **Get Organised:** Create lists. Write down targets. Look at options. But deal with it. Every four weeks I do a to-do list. I compare it against the old one, and write down the new one. It helps you notice which tasks are the most important. It also gives you up to think you are doing something. Crossing things off such a list can be a real boost. It's also important not to feel overwhelmed. Be calm. Be logical.
- **Prioritise:** Life is a series of events that come at us thick and fast, and on many occasions this means dealing with more than one event at the same time. Decide which are the most important. This also comes down to Time Management.
- **Anticipate problems:** It's almost like doing your own personal risk assessment. Develop solutions, back-up plans and be comfortable making decisions. Life is constantly throwing issues at you. Do you allow them to swamp you, or instead face them head on.

So, in short:

1. Write things down
2. Prioritise targets and tasks
3. Think about timing - plan ahead
4. Check off tasks when done and reward yourself
5. Respond to situations and events
6. Make sure you find ways to relax
7. Communicate with people
8. Review regularly - don't over commit
9. Get outdoors, or away from home environment
10. Don't worry about failure
11. Believe in yourself - adapt to change
12. Learn to say "no" too.



MIND-SET:

Can you teach yourself to be more proactive?

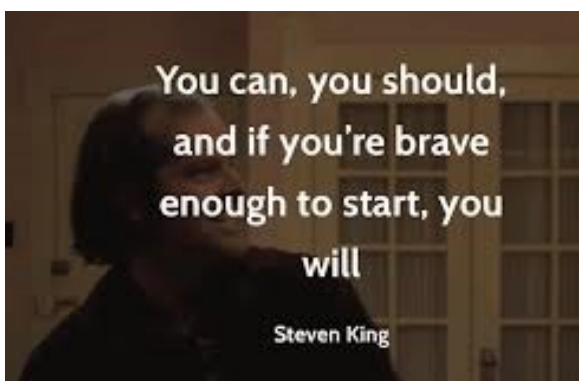


Studies discovered that people who are repeatedly put into a situation where their efforts to remedy a problem are ineffective, will become passive and behave as if they are helpless if exposed to that situation again. This is true even if in later trials, the person has the power to alter the situation. Adults with a passive coping style have higher rates of depression, lower job satisfaction and weakened immune systems (poorer health)

People with a passive coping style often attribute negative events or failures to some internal quality about themselves. For instance, an adult might attribute a poor score on an exam to them being “stupid” rather than to the test’s difficulty or lack of preparation. If the person believes they are simply stupid, why should they try to do better in the future? When you meet with failure, it is an opportunity to understand how to interpret disappointment. If you attribute it to some flaw in oneself, challenge yourself to think of alternative explanations. Learn from it, take action. Don’t sit back with self-pity, which I know personally is very easy to do. By taking action, you can overcome mistakes and failure.

Helping others is proactive; it is doing something to improve the world around you. Not only are altruistic acts empowering, but they also bolster self esteem and give one a sense of connectedness to the larger world. Why not try and do some volunteering? There are many organisations crying out for people to help them. It can help teach you how to be more proactive, as well as see it in other people.

Remove the negative thinking. Those “I can’t do it” or “it’s too hard for me” thoughts can keep repeating themselves over and over. If you find yourself focusing on that kind of thought process, start to change it to “How can I do this?” or “This is testing me, but I’m going to deal with it”.



Nothing will happen unless you try.
There are no guarantees of success,
but there is no success without
action. It’s your choice.

Lazza’s weight-loss journey

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

His target is to lose 1 lb a week

His final goal is 76.2 kg / 12st.

Sunday July 12th, he is 90.9 kg / 14st 4.40 lb

Losing in week 10; 0.7 kg / 1.54 lb

**10 weeks: Overall loss: 7.6 kg
1st. 2.75 lb**

Steady as she goes!!!

NUTRITION: Myths

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.

Myths around nutrition surround us. One day you will hear a study that says a certain food type can give you cancer. The next week they are telling you it is not only safe to eat, but also good for our health. What are we meant to believe? What should we be eating?

At Healthy Minds, Healthy Bods we specifically do not tell people what to do, namely because we hate it ourselves. We feel that everyone has individual tastes and likes. An apple will not make you slim, and a doughnut will not make you fat. But we do provide scientifically proven guidance on what your body needs nutritionally to keep it ticking and healthy. Let's look at a few myths.

We should all be on a Gluten-Free diet.

Personally, I do not like the word diet as it has become associated with cutting out certain foods. If you like something, have it. If it is something that is not as healthy for you, then only have it as a treat.

Going Gluten Free has been a bit trendy recently. However, experts say, unless you have celiac disease or gluten intolerance, there's no reason to avoid gluten, which is the protein found in wheat, barley and rye. Wheat and products made from other whole grains have great nutritional benefits, including essential B vitamins and fibre.

Skiping meals can help you lose weight.

Actually, being in a calorie deficit is the only way to lose weight. I guess if you do skip a meal or two then you may be taking in less calories. But you could eat six times a day if you wanted and lose weight, as long as the calories you ingest are less than the calories you use up during the day. Interestingly, experts say, when you skip a meal, your metabolism slows down, so the food you eventually eat isn't burned as efficiently. In addition to feeling sluggish, by the time the next meal comes around, it's common to overeat due to a ravenous type of hunger. Your best bet is to eat consistent, healthy meals and/or snacks throughout the day.

Eating carrots will improve your eyesight.

This actually came about during the second world war when we did not want the enemy knowing about our radar systems, by claiming our pilots ate so many carrots they were able to see better in the dark.

However, although they definitely cannot improve night vision, carrots do contain vitamin A, or retinol, and this is required for your body to synthesise rhodopsin, which is the pigment in your eyes that operates in low-light conditions.

**Luke and Lazza with Ejiro, one of the
Disability Officers at Kentish Town Job**

Centre:

8th January 2020

**Just before an amazing Ajani with their
service users which brought us
fantastic feedback.**



NUTRITION: More myths for you

Eating fat will make you fat.

The fat-free and low-fat diet trend is a thing of the past (80s and 90s, to be exact). Yet, some people are still scared of fat. This shouldn't be the case as fat has beneficial functions like protecting our organs, maintaining cell membranes, promoting growth and development, and absorbing essential vitamins. As we have already shown in earlier packs, Vitamins A, D, E and K are all lipid (fat) soluble.

But, be aware that fats aren't created equal. Choose heart-healthy unsaturated fats, such as olive and canola oil, nuts, nut butters and avocados over those that are high in saturated and trans fats, including fatty meats and high-fat dairy products. This is why cakes, biscuits, some fast foods etc., although tasting nice, are not so good for your health if you eat a lot of them.

Avoid carbs if you want to lose weight.

The low-carb diet was a trend in the 90s and 2000s. It gives carbohydrates, fruit and whole grains included, a bad reputation. People who followed this diet had success with weight loss, but, then again, anytime anyone eliminates highly processed carbohydrates foods, such as chips, cookies, white bread and potatoes smothered in butter and gravy, would be expected to have the same results. Any diet or eating program that eliminates an entire food group, however, gets a red flag from HMHB as one is likely to miss out on vital nutrients.

I recall someone proudly telling me they were now on a no carb diet and instead were eating more fruit and vegetables, and they were shocked to find that they are carbohydrates too. Fruits tend to have a higher carbohydrate content than most vegetables because they contain naturally occurring sugars. Vegetables are particularly useful as part of a carb controlled diet for providing nutrients while restricting carbohydrate intake. They are high in fibre and lower in overall calories per serving than any other food group. They also contain a wide range of healthful compounds, including vitamins, minerals, and phytochemicals.



A detox diet will clean toxins out the body.

There's very little evidence that dietary cleanses do any of the things they promise. The fact is we don't need to cleanse our bodies. Our liver, kidneys and gastrointestinal tract do a good job of detoxing it every day. If you're looking to rejuvenate your body, focus on eating more whole foods, drinking water and removing highly processed foods from your diet.

In fact the NHS says this about those claiming their products can detox your body - which is big business.

"If the human body really accumulated lots of toxins, then we would feel ill. The concept of detox diets is irrational and unscientific. In actual fact, when you starve your body of calories your body will ultimately start to build up chemicals called ketones. These chemicals can result in nausea, dehydration, weakness, light-headedness and irritability. Further, a prolonged lack of protein causes your body to break down its own muscles and can compromise your immune system"

Over the last three months HMHB has provided information on many facets of nutrition.

We have covered important nutrients you need in your diet to stay alive and healthy.

But the best thing you can do is your own research on the foods you like.

NUTRITION: These myths just keep coming

Eating at night causes weight gain.

What we eat is far more important than when we eat. Eating at night is often blamed for weight gain, but it likely has more to do with what we're eating, as we tend to choose less-healthy, high-calorie foods late at night (ice cream, cookies, buttery popcorn). Most people aren't chomping on celery sticks and carrots for a late-night snack.

With that being said, there may be a metabolic benefit to extending our overnight fast. Some research suggests that a longer overnight fast may help lower blood pressure, insulin sensitivity, and help with weight loss. This research is still limited, so no concrete recommendations can be made. And, if you are taking insulin, or taking any other medication that is scheduled with meals, consult with your doctor before making any changes. As always, it is about what type of food is on your plate more than the amounts. But as previously discussed, it also comes down to calorie deficit or surplus over 24 hours.



Are egg whites better than the yolks?

I love a fried egg, or a soft boiled one, with a nice runny yolk. And of course we use eggs a lot when we bake. The research comparing egg whites to whole eggs, consistently shows that egg whites are the preferred option, as their consumption does not raise LDL (bad) cholesterol levels, which is a risk factor for cardiovascular disease, and is something we see with whole egg consumption. This is likely because the yolk is where the cholesterol and unhealthy fats are. You'll often hear that egg yolks also contain a variety of

"good" nutrients, such as vitamin D, choline, and a pigment called lutein, but this is quite misleading. These nutrients are present in egg yolks, but in extremely small amounts, so the cons of eating egg yolks far outweigh the exaggerated pros. But please, if you enjoy an egg, have it (but maybe not fried!!).

Certain foods can help you burn fat faster.

It is said that Grapefruit or Peppers can help you burn fat. Sorry, no foods burn fat, make you lose weight more quickly or increase your metabolism enough to have an effect on weight loss. Diets that focus on single foods, like those mentioned above, are very restrictive and lack nutrients the body needs. They're also unsustainable, and any weight loss that may occur is a result of calorie restriction and will likely come back once you discontinue.

Low-fat or fat-free products are healthier choices.

Many products labelled low-fat or fat-free contain added sugar or sodium to help make up for the loss of flavour when removing or reducing fat. In addition, fat helps with satiety; making you feel fuller longer. Choosing a fat-free product to reduce calories can backfire as you may find yourself snacking soon after. Always look at the nutrition label when choosing between fat-free, low-fat and regular. And pay attention to sugar and sodium content. I try and get full fat yoghurts for example. Low fat there just means extra sugar for taste. And it's the sugar that makes you fat, not the fat.

We have only looked at a few myths that surround the nutrition industry.

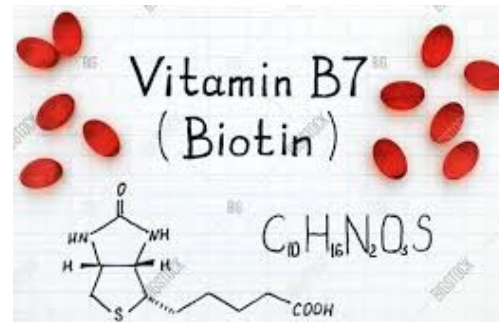
We have not even covered ones around meats, coffee, sweets, etc.

It's your body. You choose what you put into it. Research and enjoy!!!

NUTRITION: Vitamin B7

Vitamins

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



- Another name for Vitamin B7 is Biotin (which is also sometimes called Vitamin H)
- It is a water soluble vitamin, meaning it is carried to the body's tissues, but cannot be stored in the body, and therefore you need to ensure you get it in your daily diet.
- Vitamin B7 cannot be synthesized by human cells, but it is produced by bacteria in the body, and it is present in numerous foods.
- Biotin is needed to metabolize fats, carbohydrates, and protein.
- Deficiency can lead to hair loss and skin problems, but it is rare.
- Vitamin B7 is found in a number of foods, though in small amounts. This includes walnuts, peanuts, cereals, milk, and egg yolks. Other foods that contain this vitamin are whole meal bread, salmon, pork, sardines, mushroom and cauliflower. Fruits that contain biotin include avocados, bananas and raspberries. In general, a healthy varied diet provides the body with sufficient amounts of biotin.
- In some countries (not the UK) it is known as Vitamin B8.



1. It thickens hair by stimulating growth
2. It improves skin and creates a “youthful glow”.
3. Strengthens nails: stopping splitting and breakage
4. Rebuilds muscle tissue, alleviating joint inflammation and aches
5. Helps cell growth and regulates formation of DNA
6. Protects your brain: defending cognitive issues
7. Stabilises blood sugar: lowering blood glucose levels
8. Boost your energy and mood
9. Can help lower cholesterol

Like all Vitamins, this nutrient is “essential for life”. Your body cannot create it so you have to get it through your diet. Why not research this Vitamin this week, and what foods you need to consume? It's your body, and your choice.

NUTRITION: Lazza's Kitchen

Spanish Omelette

**Lazza is still trying out new recipes
Today - his first Spanish Omelette**

Wiki: "Also known as Spanish Tortilla: According to legend, during the siege of Bilbao, Carlist general Tomas de Zumalacarregrui invented the "*tortilla de patatas*" as an easy, fast and nutritious dish to satisfy the scarcities of the Carlist army. Although it remains unknown whether this is true, it appears the tortilla started to spread during the early Carlist war."



- 400g Potatoes (I used baby potatoes)
- Peppers - I used a mix of four different colours
- 1 large Onion
- 2/3 Garlic Cloves
- Tomatoes (I used a can of chopped)
- 8 eggs
- I added peas (you could use ham/prawn/etc.)
- Ground Black pepper (I also added some salt)
- Pinch of Mixed Herbs to taste
- Olive Oil

- Cook the potatoes first - and dice them when slightly cooled
- Dice the peppers; leave in boiling water for couple of minutes then drain. (plus peas for me)
- Peel and dice the onion, and crush the garlic
- Heat Oil in a large heavy based pan
- Cook the onions and garlic until onions are soft and just turning brown
- Add the potatoes and peppers and stir for two minutes
- Add the tomatoes, peas (or whatever).
- Whisk the eggs (add herbs) and pour into the pan, allowing it to cook for a couple of minutes
- Using a spatula, gently push the egg from round the outside edge to the centre.
- Once omelette is set you can place under a grill. I left mine without that.



**It's quite a simple recipe but
it is down to preparation.**

**It tasted fabulous again.
I honestly cannot believe I
am doing so well.**

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was the first time I had ever cooked a Spanish Omelette.**



HMHB's Game Page

Can you name these beautiful flowers?

Answers at bottom of quiz page answers (page 21)



1



2



3



4



5



6



7



8



9



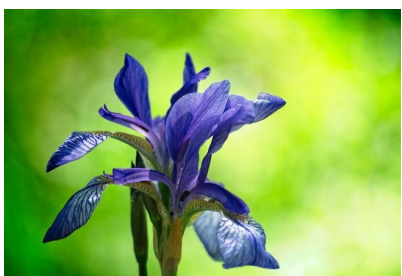
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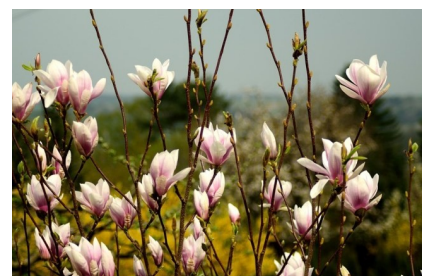
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13



14



15

EXERCISE/FITNESS - Zumba

*“Life is not about how you survive the storm,
But about how you dance in the rain.”*

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.

HMHB has been so lucky to have experienced Zumba first hand. We have been running a free outdoor Zumba class in Islington. It has been fantastic: we laugh, dance, and sweat.



Zumba was founded in 1998 by Colombian dancer and choreographer Alberto “Beto” Perez, in Cali, Colombia. He was an aerobics instructor, and one day he forgot to bring his regular music to his aerobics class. But he found he did have some cassette tapes (yes, it is that long ago) of Latin dance music, such as salsa and merengue, and danced to them instead. The rest, you could say, is history. It also demonstrates that you can have an idea that can affect the whole world. We all can. It is a great advert for the Growth Mind-set thought process we promote.

Zumba is a total-body cardio and aerobic workout, which provides a large calorie consumption. A study shows that a person can burn 300 to 900kcal with an hour-long Zumba exercise. Because Zumba offers different options, proponents of the Zumba program claim that it is safe for all ages, meaning that anyone from age 0 to 100 can participate in this form of aerobic exercise. Some of the classes are specifically aimed at elderly people, to help them build strength, improve motion and posture, and socialize. We had a terrific diversity of ages and abilities in our outdoor sessions.

HMHB

Zumba with Karina

On Highbury Fields

28th June 2020



EXERCISE/FITNESS;

Why should I do Zumba?

It wasn't that long ago that I used to go to nightclubs in town every Friday and Saturday night (hard to believe I know!!!). I used to love dancing from 10pm to 3am. No wonder I was slimmer.



If you've ever watched a Zumba class, you've probably noticed its uncanny resemblance to the dance floor of a popular club on a Saturday night. Instead of the grunts you'd hear at your typical High Intensity or Indoor Cycling class, a Zumba class boasts catchy dance music, clapping hands, and even the occasional "Woo!" or gasp of excitement from an enthusiastic participant. You should have heard us on Sunday mornings on Highbury Fields - although I think there was a lot more panting from us.

But is it effective in burning calories, toning your arms, and sculpting muscles? Well, there are many surprising benefits. Let's look at a few.

1. **It's a full body workout:** Designed as a combination of salsa and aerobics, there's no right or wrong way to do Zumba. As long as you move to the beat of the music, you're participating in the exercise. And since Zumba involves movement of the entire body, from your arms to your shoulders and to your feet, you'll get a full-body workout that doesn't feel like work.
2. **You burn serious calories:** A small 2012 study found that a standard, 40-minute Zumba class burned an average of 9.5 calories per minute. This adds up to 380 calories in total throughout the class. Some experts recommend that individuals burn 300 calories per workout in order to promote weight loss and maintain a healthy bodyweight. Zumba fits their criteria perfectly. Evidence shows that a regular Zumba program can provide significant improvements in aerobic fitness.
3. **Increased stamina and endurance:** As music played during a Zumba class is relatively fast-paced, moving to the beat can help build your endurance after just a few workouts. One study found that after a few weeks of a Zumba program, participants showed a decreased heart rate and systolic blood pressure with an increase of work. These trends coincide with an increase in endurance.
4. **Cardiovascular fitness gains:** Another study showed that people in a Zumba class were exercising at an average of 79 percent of HRmax (maximum heart rate) and 66 percent of VO2 max (maximum volume of oxygen you use). This makes Zumba an efficient workout in increasing aerobic capacity, a measure of cardiovascular fitness.
5. **It's great for social inclusion:** Since Zumba is a group activity, you'll essentially be welcomed into a social situation any time you step into a class. The benefits of group workouts include: exposure to a social and fun environment; an accountability factor; a safe and effectively designed workout that you can follow along with. We certainly found that we had ages from 30 to 85, with mixed movement ability, but everyone joined in and had fun.

**Karina is fabulous.
She is in Latvia for July and August.
But is doing some FREE online Zumba.
Her advert is on page 19 of this pack.
You can contact her via email.
Definitely give it a go!!!**



EXERCISE/FITNESS;

Zumba is great for mental health too

This has been quite a stressful time for many of us. Uncertainty, fear, confusion - it can all lead to anxiety, stress and maybe depression.

Healthy Minds, Healthy Bods was conceived as a project to help prevent people falling into a rut, as well as helping those feeling down to improve their confidence and outlook.

These packs, over the last twelve weeks, have promoted many different types of exercise, from walking to high intensity. And we have also stressed that it needs to be enjoyable. Zumba ticks every box.

By attending a Zumba class, you'll be able to meet and interact with interesting and fun people. I know some people avoid exercise classes as they have a fear that they will look stupid in front of others, or the participants will be a lot better. And I understand that. But, in my opinion, Zumba is the perfect workout for anyone who wants to connect to other people, no matter how shy or outgoing you might be. We all look ridiculous dancing sometimes.

Unlike the regular type of exercises most people do, Zumba combats boredom by making exercise upbeat and fun. If you like music (and most of us do), you'll surely enjoy this type of workout and you'll surely love the upbeat and energetic atmosphere in your Zumba class. You won't even know when all that time has passed.

Zumba is the perfect workout to take if you want to get rid of all that stress you accumulate during your every day. I could say that, for me, our Sunday Zumba made me feel happier (although I do ache afterwards), and some people even think that it's better than therapy. The upbeat moves specific to this type of workout favour the release of those mood improving endorphins. In fact, Zumba is considered to be one of the best ways to fight depression since a lot of studies have supported the fact that you must participate in cardiovascular exercise such as dancing (and Zumba is all about dancing) in order for the highest amounts of endorphins to be released in your body.

When you do Zumba, you gain awareness of your entire body because there isn't an inch that doesn't get attention when you dance. This awareness is great for keeping your progress on track and noticing when certain parts of your body need more attention



Thanks to all that dancing that a Zumba workout requires, you'll lower your inhibitions, you'll improve your posture, you'll have better coordination and you'll feel good about yourself.

These changes will reflect immediately on your mood and on your appearance.

Someone who feels good also has greater confidence, and appreciates more the wonderful person they are.

HEALTH / ROUTINE - What is the Brain?

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

“If the human brain were so simple that we could understand it, we would be so simple that we couldn't.”

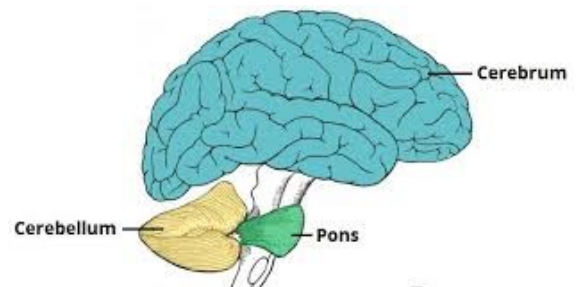


According to Wikipedia: “A brain is an organ that serves as the centre of the nervous system in all vertebrate and most invertebrate animals. It is located in the head, usually close to the sensory organs for senses such as vision. It is the most complex organ in a vertebrate's body.”

But it is far far more than that. For me, it is one of the most miraculous creations of the whole universe. To think that it has developed from evolution to what it is today, not just in humans, but in almost all living creatures, is something to behold.

The adult brain weighs approximately 1.3kg, and is about 2% of your entire body weight. It consists of the Cerebrum, the Brainstem and the Cerebellum.

The cerebrum is the largest part of the brain, and is divided into nearly symmetrical left and right hemispheres by a deep groove. Each hemisphere is conventionally divided into four main lobes; the frontal, parietal, temporal, and occipital. Each lobe is associated with one or two specialised functions though there is some functional overlap between them.



The cerebellum is divided into an anterior lobe, a posterior lobe, and the flocculonodular lobe. The cerebellum's anterior and posterior lobes appear to play a role in the coordination and smoothing of complex motor movements, and the flocculonodular lobe in the maintenance of balance, although debate exists as to its cognitive, behavioural and motor function.

The brainstem lies beneath the cerebrum and consists of the midbrain, pons, and medulla. It lies in the back of the skull, and contains nuclei involved in the regulation of many essential processes including breathing, control of eye movements and balance. Many nerve tracts which transmit information to and from the cerebral cortex to the rest of the body, pass through the brainstem

It's clear we need to look after our brains, as we cannot function without them.
But what do we need to do to keep it healthy?

HEALTH / ROUTINE - Looking after your Brain

Your brain has three main jobs.

1. Managing your unconscious or 'automatic' functions, such as heartbeat, breathing, digestion and control of body temperature.
2. Managing your conscious or 'motor' functions, such as movement, gesturing, balance, posture and speech.
3. Thinking, emotions, behaviour and senses (e.g. sight, sound and touch)



- **Get Mental Stimulation:** Scientists have found that brainy activities stimulate new connections between nerve cells and may even help the brain generate new cells. Puzzles are great.
- **Be Physically Active:** Exercise also lowers blood pressure, improves cholesterol levels, helps blood sugar balance and reduces mental stress, all of which can help your brain as well as your heart.
- **Eat healthier:** People that eat a Mediterranean style diet that emphasizes fruits, vegetables, fish, nuts, unsaturated oils (olive oil) and plant sources of proteins are less likely to develop cognitive impairment and dementia.
- **Look after your blood pressure:** Create a healthy lifestyle to keep your pressure as low as possible. Stay lean, exercise regularly, limit your alcohol to two drinks a day, reduce stress, and eat right.
- **Improve your blood sugar levels:** Diabetes is an important risk factor for dementia, which is a

It's clearly no coincidence that, as usual, it all focuses on a positive mind-set, eating nutrition rich foods, exercising regularly, and being proactive.

I know it feels like we are repeating ourselves over and over, but it is your responsibility to make sure you are doing everything possible to keep your body healthy.

syndrome (a group of related symptoms) associated with an ongoing decline of brain functioning. You can help prevent diabetes by eating right, exercising regularly, and staying lean.

- **Improve your cholesterol:** High levels of LDL ("bad") cholesterol are associated with an increased risk of dementia. Diet, exercise, and weight control will go a long way toward improving your cholesterol levels.
- **Avoid substances:** Here we are talking about tobacco, drugs, and large amounts of alcohol. All of which can affect your brain function adversely. Drink water to stay hydrated.
- **Look after your mental health:** People who are anxious, depressed, sleep-deprived, or exhausted tend to score poorly on cognitive function tests. Poor scores don't necessarily predict an increased risk of cognitive decline in old age, but good mental health and restful sleep are certainly important goals.



Under exercise, the brain releases various hormones that directly affect your mood, well-being, cognitive functions. Such as: Serotonin (the happy hormone), Dopamine (the reward hormone), Endorphins (the feel good hormones), and Cortisol (the fight or flight hormone).

What is available to you

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

Karina is part of our weekly Sobell Fitness sessions.

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



yummymummyzumba@gmail.com



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



HMHB is delighted to be part of the “Walk With A Doc” network.

Walk with a Doc was started in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio. Frustrated with his inability to affect behaviour change in the clinical setting, Dr. Sabgir invited his patients to go for a walk with him. They now have walks all over the USA, as well as all over the world - and our Izzwalkz is one of them. Check out their website for more information.



“With an aim to make hope and health accessible to all, our doctor-led walking groups are a safe, fun, and FREE place to get some steps, learn about health, and meet new friends”

We are proud to be part of their network. Let's walk!!!!

www.walkwithadoc.org

Review of Challenges and Targets

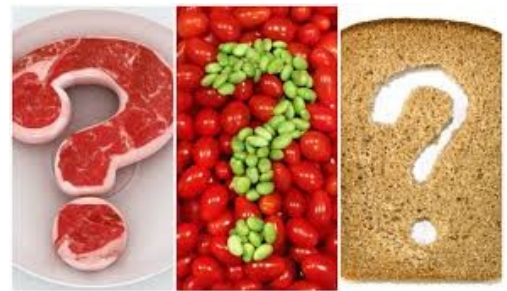
Mind-set:

How often do we feel jealous sometimes because something good has happened to someone else? We forget that they probably had to do something to get that luck. When you feel that life is passing you by, and it is not going your way, inevitably there are negative thoughts. However, HMHB can verify that being Proactive is the way forward. Nothing happens unless you create that opportunity. Think about how you deal with this. Are you proactive? Do you go out and try and make things happen??



Nutrition.

This is why we all need to think about what we are eating and drinking. Many foods seem to go through cycles of being “healthy” and then “unhealthy”. There are plenty of rumours around meat, dairy, vegan, coffee, seafood, etc. I recall going to a bootcamp and being told nobody should drink milk as you will get cancer!!! Do your own research, but also be sensible. You know the essential nutrients you need to stay alive - we have covered them before. But don’t believe everything you read.



Exercise;



Exercise is meant to be fun. And there are few better fitness sessions than Zumba for that. It’s social, makes you laugh, can involve all ages and abilities, and is a terrific workout to boost. You can even do it at home on your own. Just put some upbeat music on and do some high intensity moves to it. But best of all, why not try out a local group; online or face to face.

Health.

Your brain is probably the most important organ in your body and, in my opinion, one of the most wondrous creations ever. You can recall events from decades ago, picturing it in your mind. How can that happen? You can see, hear, smell, feel, move, and understand the world, all down to this small lump in your skull.

So you have the most incredible responsibility to ensure it stays healthy. It feeds on sugar (glucose), needs you to stay hydrated, and you need to keep the healthiest lifestyle you can.

It’s your choice!!!!



**Start thinking about setting weekly goals yourself on these topics.
A small difference every week will grow into significant change over time.**

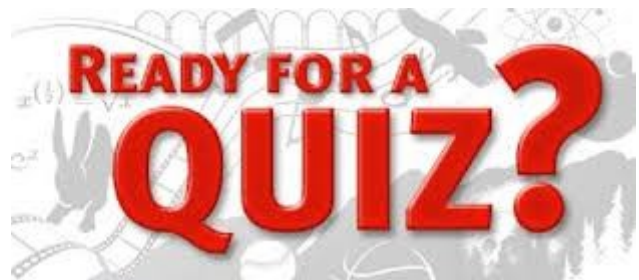
Quiz Answers from Page 4 + Flowers from Page 13

See if you can beat your family and friends

History:

Did you name the years when these people were Prime Minister of the UK?

JC: 1976-79	AB: 1902-05
RM: 1924: 1929-35	WG: 1880-85: 1892-94
JM: 1990-97	NC: 1937-40
BD: 1868: 1874-80	CA: 1945-51
GB: 2007-10	HM: 1957-63



Geography

Some amazing waterfalls, and here is a list of the countries.

AF: Venezuela	NF: Canada/USA
IF: Brazil	VF: Zimbabwe
YF: USA	G: Iceland
PF: Croatia	SF: New Zealand
RF: Switzerland	TF: South Africa

I implore you to find some pictures of ones you did not know. They are all incredible!!!!

Film:

Here are the film answers for all those wonderful movie quotes.

1. Titanic
2. Jaws
3. A Few Good Men
4. The Maltese Falcon
5. The Godfather Part 2
6. Terminator 2
7. Taxi Driver
8. King Kong
9. Dirty Dancing
10. Jerry Maguire
11. Toy Story
12. Love Story (always makes me cry!!)
13. Star Wars Part 7: The Force Awakens
14. Casablanca
15. The Silence of the Lambs

Music:

The artists that produced those album titles.

- 1) TDSOTM: Pink Floyd
- 2) R: Fleetwood Mac
- 3) D: Michael Jackson
- 4) HC: The Eagles
- 5) AR: The Beatles
- 6) BIA: Dire Straits
- 7) NJR: Phil Collins
- 8) TJT: U2
- 9) F: George Michael
- 10) BIA: Supertramp
- 11) 25: Adele
- 12) PR: Prince and the Revolution
- 13) GYBR: Elton John



History:

11 Presidents since 1961:

JF Kennedy: LB Johnson
 R Nixon: G Ford
 J Carter: R Reagan
 G Bush Senior: B Clinton
 G Bush Junior: B Obama
 D Trump

Flowers: 1 Rose: 2 Tulip: 3 Orchid: 4 Sunflower: 5 Lilies: 6 Daffodils: 7 Marigold: 8 Lotus: 9: Dahlia: 10: Gladiolus: 11 Carnation: 12 Chrysanthemums: 13 Iris: 14 Peony: 15 Magnolia

THE LAST PAGE

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

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

You can text HMHB: **07964 430456**

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

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

www.facebook.co.uk/healthymindshealthybods

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** you can contact us through the site

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

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

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



Cripplegate Foundation
Helping since 1500

Be Safe, Be Active, Be Well