



Healthy Minds, Healthy Bods

Health Pack: Number 21

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



Prepared by: Lazza, Luke and Dean: Monday 7th September 2020

www.hmhb2016.org.uk



**"All you need is love.
But a little chocolate now and then doesn't hurt." - Charles Schulz**

Welcome to the 21st of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).

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



**Lazza with Councillor Caroline
25th July 2017**

**We are so lucky to have found support
throughout several London boroughs, none
more so than Islington, where we are have
been based since the start.
Thanks to all our friends.**

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**



NEWS PAGE:

Kale is one of the healthiest foods around!!

Kale - is very high in nutrients and very low in calories, making it one of the most nutrient-dense foods on the planet. It is a popular vegetable and a member of the Cabbage family. There are many types, and the leaves can be green or purple, and have either a smooth or curly shape. The most common type is called Curly kale or Scots Kale, which has green and curly leaves and a hard fibrous stem.

According to "healthline.com" - a single cup of raw Kale (around 70 grams) contains:

- Vitamin K
- Vitamin A (actually it is high in Beta-carotene - which the body turns into Vitamin A)
- Vitamin C
- Vitamin B6
- Manganese
- Calcium
- Copper
- Potassium
- Magnesium
- plus amounts of Vitamin B1, B2, B3; and Iron and Phosphorous
- It has 33 calories; 6gms of Carbohydrates and 3gms of Protein



Kale contains very little fat, but a large proportion of the fat in it is an Omega 3 Fatty Acid called “Alpha Linolenic Acids.

Kale, like other leafy greens, is very high in antioxidants. These are substances that help counteract oxidative damage by free radicals in the body. Oxidative damage is believed to be among the leading drives of aging and many diseases including cancer.

Kale also contains flavonoids Quercetin and Kaempferol, which have powerful heart-protective, blood pressure-lowering, anti-inflammatory, anti-viral, anti-depressant and anti-cancer effects.

Kale is extremely high in Vitamin C, an antioxidant nutrient that has many important roles in the body - including the synthesis of collagen, the most abundant structural protein in the body. A cup of Kale has more Vitamin C than an orange.

Kale contains substances that bind bile acids and lower cholesterol levels in the body. Steamed Kale is particularly effective. One study found that drinking Kale Juice (does not sound nice) every day for 12 weeks increased the HDL (good) cholesterol by 27% and reduced the LDL (bad) cholesterol by 10%.

It is a terrific source of Vitamin K. This nutrient is critical for blood clotting, and does this by activating certain proteins and giving them the ability to bind calcium.

Kale is high in Lutein and Zeaxanthin, nutrients that have been linked to a drastically reduced risk of macular degeneration and cataracts.

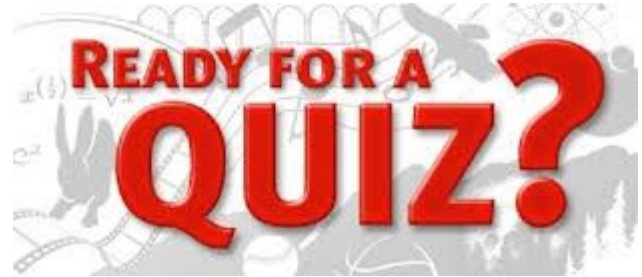


Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 21 (no peeking)

Music

Between 1973 and 1995 (four years after Freddie Mercury's death), the band Queen released 15 Studio Albums.

How many can you name? It's a tough one!!



Music

All these songs have won Best Song at the Oscars. But can you name the films?

- a. The Writings On The Wall
- b. My Heart Will Go On
- c. Can You Feel The Love Tonight?
- d. White Christmas
- e. Moon River
- f. I've Had The Time Of My Life
- g. Under The Sea
- h. Take My Breath Away
- i. Up Where We Belong
- j. Raindrops Keep Falling On My Head
- k. Chim Chim Cher-ee

Film:

Name the year these films were nominated for Best Picture at the Oscars, but did not win. Have a guess.

1. Doctor Zhivago
2. ET - The Extra Terrestrial
3. Brokeback Mountain
4. Mississippi Burning
5. Inception
6. Dunkirk
7. The Elephant Man
8. Butch Cassidy and the Sundance Kid
9. To Kill A Mocking Bird
10. The Exorcist
11. The Wizard of Oz
12. Fatal Attraction
13. Black Panther
14. Jerry Maguire
15. It's a Wonderful Life

Amazing - none of these won!!

History

In what year were these leaders born? See how close you can get to the right answers.

1. Rasputin
2. Napoleon Bonaparte
3. Julius Caesar
4. George Washington
5. Queen Elizabeth II (current UK Queen)
6. Mahatma Ghandi
7. Mao Tse Tung
8. Joseph Stalin
9. Winston Churchill
10. John F Kennedy
11. Queen Elizabeth the First England
12. Marie Antoinette



Science:

In the Periodic Table, there are many elements. Eleven of them are gases at room temperature:

Can you name all 11?

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

MIND-SET:
Social Comparison, and why we need to stop it.

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



**“Imperfection is beauty,
madness is genius,
and it’s better to be absolutely ridiculous
than absolutely boring.”**

Marilyn Monroe

We all do it, and it is so easy to fall into this trap. I do it myself. I'm losing weight, and it is going slowly. Then I read in the paper that a celebrity has lost three stone in three months and I get self-conscious and wonder why I cannot do what they are doing. Or how often do we look at someone else and get a bit jealous of their attractiveness, wealth, intelligence or success?

Social comparison theory is the idea that individuals determine their own social and personal worth based on how they stack up against others. The theory was developed in 1954 by psychologist Leon Festinger. Later research has shown that people who regularly compare themselves to others may find motivation to improve, but may also experience feelings of deep dissatisfaction, guilt, or remorse, and engage in destructive behaviours like lying, disordered eating, or using drugs or alcohol.

We all want to be liked and thought of as good people. That is a natural emotion. We need friends. Humans are naturally a group species. We depend on others to be part of our lives. But seeing other people doing well can make us develop negative feelings about our own looks, our abilities, our strengths, and ruin our confidence. But only if we allow that to happen. Is there anything we can do to stop those feelings?

When we just want to feel better about ourselves, we tend to engage in comparisons to people worse off than we are, although this can become an unhealthy habit. When we want to improve, though, we may compare ourselves to people roughly similar to us but higher achieving in one trait or another.



Yesterday (31st Aug 2020)
Three of us took advantage of the last
“Eat Out To Help Out” scheme
At Wetherspoons for Breakfast.

Well, you have to don't you!!!

MIND-SET:

It's about "self-esteem". Believe in yourself.

Let's make one thing clear from the start.

Sometimes, it can be very beneficial to use other people as a comparison.

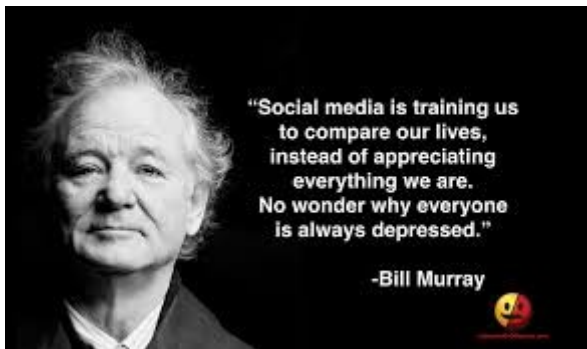
For example, a group exercise session is terrific. You can see other people pushing themselves, and this can inspire you to do more yourself.

However, Theodore Roosevelt called comparison "the thief of joy," and he may have been right.

Social comparison can motivate people to improve, but it can also promote judgmental, biased, and overly competitive or superior attitudes. Most people have the social skills and impulse control to keep their standards for social comparison to themselves, and not to act on any envy or resentment spurred by comparison-making. But their true feelings may manifest in other ways.



Comparisons are likelier to make us feel bad when we make the error of only comparing ourselves to paragons of certain traits. For example, many people believe they have a less active social life than others. But when making such comparisons, people tend to compare themselves only to the most social people they know. Understanding this bias can help us make more realistic and motivating comparisons. It may be more difficult these days with Social Media. Constantly checking social-media feeds full of images from parties, holidays, or other aspirational events can diminish self-esteem and contribute to depression.



A fascination with celebrity culture and the prevalence of carefully-manicured social-media feeds only exacerbates the effect by exposing people to an endless stream of seemingly perfect images, homes, skills, and families. A good example of this was when celebrities were posting lockdown messages from their large homes, and responses online targeted them as they were rich, and therefore saying they were not suffering as much as the "common man".

There are some tricks you can do to improve your self-image and self-worth.

Pretend you are your best friend.

What do you keep telling yourself? I bet you would be surprised just how much you put yourself down and are negative.

When you notice that you're in this unkind space, ask yourself, "If this were a friend coming to me with these thoughts, my thoughts, what would I say to them?"

Can you see how mean you can be to yourself? I wouldn't speak to any other human being like I speak to myself sometimes, let alone a friend.

If this is difficult for you, it may be because you don't think you deserve this level of kindness.

First of all, you do. Second of all, you can combat this by choosing to focus on one thing you did that day that made you smile, or feels good. Perhaps you decided to go for a walk even though you didn't want to, or you were kind to your friend, even though they were not being nice. Treat yourself kindly. It's a great start.

MIND-SET:

More ways to improve your Self-Esteem



“20 years from now, you will be more disappointed by the things you did not do, than by the things you did.

So, throw off the bowlines. Sail away from the safe harbour, and catch the trade winds in your sails. Explore, Dream, Discover.”

Mark Twain

Have people around who build you up

I have a friend who would put me down a bit. I quite like dying my hair blond (I was very blond as a kid). I recall meeting him once and the first thing he said was “you need to stop doing that; you look stupid.” It really hurt, so I told him so. I said it knocked my confidence, and he apologised.

But, we often do things to please others, who maybe don’t actually care. Instead, do things you enjoy, and you can start to create a network of people who are likeminded and supportive. You can actually start falling back in love with yourself. And why not? You are worth it.

Have a think about what triggers negative thoughts

This is actually quite a good one. Why are we down on ourselves. Do events, words, actions contribute to that? I know, that I have a downer on my body at the moment as I am overweight; hence my weight-loss journey. Someone once jokingly called me “sumo”. It destroyed me inside for months - which led to more over-eating as a comfort!!! I actually realised that I was judging my own body. This observation made me realize I had to start accepting my body and being grateful for it. And, I have control over how I can change it.

Focus on what you can do for other people

Choosing to switch focus from “What’s wrong with me?” to “How can I give back?” can be immensely powerful. You can find self-worth by helping others; giving a compliment, holding open a door, calling a friend up for a conversation, running exercise classes for anyone (yep, that’s HMHB), extending an ear, a hug, and a tissue to someone you know.

By giving back, and I think in part HMHB has been therapeutic for me in this way, I have seen how much of an impact I had. I saw I mattered. I saw I had the power to create happier moments for others and literally turn frowns upside down. And when you see that you’re capable of this, you can’t not see that you are worthy and deserving of love, including your own.

Realise you are not alone

We are all human, and we are all going to struggle at some stage. Sometimes it is not fair, and then we knock ourselves for not being able to cope with life.

It is very common, but you do not have to fight it on your own. Many organisations and companies are there just for this.

Ask for help, but be ready to embrace any intervention. You are a walking miracle, and need to tell yourself that, despite any problems, you are worth it!!!!

Lazza’s weight-loss journey

Will return at end of September.
Weekly checks can be very stressful.
And it’s about the journey.
Rest assured, he is still pushing hard.

NUTRITION: Ready Meals

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.



It was not that long ago when I could probably describe myself as a “pierce film-lid” guy. I would come back from a hard day at the office, not want to cook, and get a Ready Meal from the refrigerator or freezer and stick it in the microwave.

Hence, my joy at cooking now, all sprung from preparing for the recipe page in these packs.

Ready Meals are also called “TV Dinners, “Pre-packaged Meals”, “Frozen Meals” and “Microwave Meals”.

The term “TV Dinner” was first used as part of a brand of packaged meals developed in 1953 by the company C. A. Swanson and Sons, (the name in full was “TV Brand Frozen Dinner”). The original “TV Dinner” came in an Aluminium tray and was heated in an Oven.

In the UK, prepared frozen meals first became widely available in the late 1970s. Since then they have steadily grown in popularity with the increased ownership of home freezers and microwave ovens. Demographic trends such as the growth of smaller households have also influenced the sale of this and other types of convenience food.

In 2003, the United Kingdom was the largest consumer in Europe, and is still.

Unfrozen pre-cooked ready meals, which are merely chilled and require less time to reheat, are also popular and are sold by most supermarkets. Chilled ready meals are intended for immediate reheating and consumption. Although most can be frozen by the consumer after purchase, they can either be heated from frozen or may have to be fully defrosted before reheating.

So what are the pros and cons of Ready Meals. Let’s take a look on the next page.



**Feeding the ducks at
the Ponds in
Clissold Park**

27th February 2020

**There are no ends to
our talents!!!**



NUTRITION: Pros of Ready Meals

A recent study by Oxford University found that Britain topped a worldwide poll for the most nutritious packaged food.

'Globally, we're all eating more processed foods and that's a concern because our supermarket shelves are full of products that are potentially making us sick because they are high in bad fats, sugar and salt,' says Dr Elizabeth Dunford, the study's lead author. 'But our results show that Britain is doing a much better job than other countries when it comes to pre-packaged foods.'

In the study, British convenience meals were found to have the lowest levels of fats, sugar and salt of 12 countries worldwide.

Good if in a hurry

Sometimes, you are just in a hurry, or very tired. Cooking a full meal can take a lot of time. These days, you can heat up full meals in under five minutes, and if frozen in around 12 minutes. That has to be a good thing, if you have them now and then.

Convenient

The latest, and possibly the healthiest, are packaged in such a way that the container functions as a steamer, allowing rapid cooking of essentially raw ingredients (typically fish or chicken and vegetables) immediately before consumption.



Cost effective

Let's be honest, if you are on a budget and cannot buy a lot of ingredients, some of these meals, which can have complex recipes, are good value for money. You can get three meals for £6 for example on some deals, and that includes meats, carbs, and veg. What's not to like?

Portion Size

If you are buying a meal for one, that is a normal portion, and if we cooked we would probably put more on our plates. I especially think of breakfasts here, although that not really a ready meal (although possibly Porridge these days). A sachet of porridge to cook looks quite small to us. But that is the recommended portion.

However, over the years, portion sizes have increased (portion distortion), causing normalization of large portions. Portion sizes of many ready-made meals, other ready-to-eat prepared food, and foods served in restaurants are much larger today than they were 20 years ago

Larger portions lead to increased food and energy intake, making it more challenging to achieve and maintain a healthy body weight. A serving is a measured amount of food or drink, such as one slice of bread or one cup of milk. The suggested serving sizes are selected by the food manufacturer. Many ready-made meals actually contain multiple servings.

With packaged foods, you can see how many servings are in one container by referencing the nutritional table. For example, look at the label of a 500g ready-made meal such as Lasagne (typically consumed as one portion), and you'll see that it actually has 2 servings in it.

Not bad eh?? Well, there are plenty of cons too.

NUTRITION: Cons of Ready Meals

In the UK, it's estimated that 79 million ready meals are eaten by adults every week. But while they might be convenient, ready meals are no substitute for cooking a meal from scratch, as they don't always provide your body with the nutrients it needs to stay healthy.

One study analysed 100 UK supermarket ready meals and found not even one fully complied with nutritional guidelines set by the World Health Organization.

Ready meals are often high in salt and fat and low in other nutrients. Eating foods high in calories often may cause you to gain weight, while eating too much salt could increase your blood pressure. So if you eat ready meals regularly, it's thought you increase your risk of related conditions such as Cardiovascular Disease, Diabetes and Cancer.



Many supermarkets and food companies now have their own range of 'healthier' ready meals as an alternative to traditional ready meals. These may be lower in calories, fat, salt and sugar, but are also still low in other important nutrients.

Lots of supermarkets also have a luxury or premium range of their own-brand ready meals. While these may taste better, they don't seem to be any better for your health. They cost more, are high in calories, fat and salt and don't contain any more nutrients than other ready meals. In fact, one study found that despite what the packaging might imply, luxury supermarket ready meals tended to be higher in calories, fat and salt than 'value' ready meals.

Some contain too many vegetable oils. One way to avoid this is to make sure that any ready meals you must have (because of an emergency or the occasional bout of laziness) are more protein and plant based. That is certainly a healthier option. If not, then you are going to get a rather nasty dose of additives such as unhealthy vegetable oils. Lots of vegetable oils are around such as canola, sunflower, corn, and cottonseed oil. They contain lots of polyunsaturated fatty acids which are bad for you. Vegetable oils can cause inflammation and may contribute to heart disease. You will notice that none of these meals contain olive or coconut oil which are healthy but, of course, cost too much for this industry.

They can be packed full of:

- Salt
- Sugars
- Chemicals to keep the shelf life longer

Also

- Meat, fish and vegetables are kept at sub-zero temperatures for months
- But when the food is thawed and cooked it can be marketed as 'fresh'

Your life is your life. You are responsible for your nutrition and diet.

We all know the importance of a "healthy diet".

Ready Meals are quick, easy, and useful on occasions.

But think about their content, and just how fresh they really are.

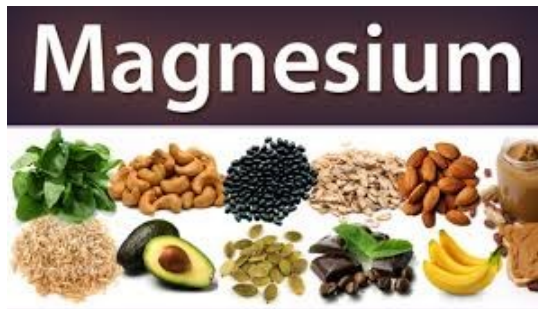
You cannot blame anyone else for your diet. It's up to you to look after your body.

NUTRITION: Minerals

Magnesium

Minerals:

In the context of nutrition, a mineral is a chemical element required as an “essential for life” nutrient by living organisms to perform functions necessary for life.



1. Magnesium is the fourth most abundant mineral in the body.
2. Magnesium is the ninth-most abundant element in the universe.
3. Magnesium forms in large stars as a result of the fusion of helium with neon. In supernovas, the element is built from the addition of three helium nuclei to one carbon.
4. Magnesium is the 11th-most abundant element in the human body by mass. Magnesium ions are found in every cell in the body.
5. Magnesium is necessary for hundreds of biochemical reactions in the body. The average person requires 250 to 350 mg of magnesium each day or about 100 grams of magnesium annually.
6. About 60% of the magnesium in the human body is found in the skeleton, 39% in the muscle tissue, with 1% being extracellular.
7. Low magnesium intake or absorption is associated with diabetes, heart disease, osteoporosis, sleep disturbances, and metabolic syndrome.

It's involved in more than 600 reactions in your body, including;

Energy creation:	Helps convert food into energy.
Protein formation:	Helps create new proteins from amino acids.
Gene maintenance:	Helps create and repair DNA and RNA.
Muscle movements:	Is part of the contraction and relaxation of muscles.
Nervous system regulation:	Helps regulate neurotransmitters, which send messages throughout your brain and nervous system.

Unfortunately, studies suggest that about 50% of people in the US and Europe get less than the recommended daily amount of magnesium.

Food sources include: Pumpkin seeds; Spinach; Dark Chocolate; Black Beans; Quinoa Halibut; Almonds; Cashews; Mackerel; Avocado; Salmon.

Note: If you have a medical condition, check with your doctor before taking magnesium supplements. Though these are generally well-tolerated, they may not be safe for people who take certain diuretics, heart medications or antibiotics.

Minerals are just another “essential for life” nutrient you need to get from nutrition.

It's your responsibility to make sure you get enough!!!

Why not research this Mineral even more this week?

Maintaining an adequate potassium intake is important for your overall health,

NUTRITION: Lazza's Kitchen

Scones

**Lazza is still trying out new recipes
Today - he bakes some Scones for the first ever time**

**It is believed that historically scones were round and flat, as large as a medium-sized plate.
British scones are often lightly sweetened, but may also be savoury.
Varieties of scone may contain or be topped with combinations of cheese, onion, bacon, etc.
Scones can be presented with various toppings, typically butter, jam and cream.**



Not a lot of ingredients.
I decided not to add any fillings

7oz / 200g Self-Raising Flour
1oz / 30g Caster Sugar
2oz / 60g Unsalted Butter (chilled/cubed)
2 Eggs
2 tablespoons of Milk

1. Preheat the oven to 200C
2. In a large mixing bowl, combine the flour and sugar.
3. Add the butter and, using your fingers, work them all in together.
4. Once a crumb consistency, make a well in the centre and add one egg, plus the milk.
5. Mix it all in together with your hands until it combines to form a dough. Try not to overwork it.
6. On a surface dusted in flour, put the dough down and, using a rolling pin, roll it out to a 2cm thickness.
7. Cut out rounds using a cutter.
8. Bring the offcuts together, and do it again, until you cannot get any more (should be around 8-10)
9. Place them on the baking tray. Brush the top with egg wash and bake for 10-12 minutes, until risen.
10. Cool, and serve as you wish. Clotted cream and jam sounds nice.

Yes, it is a fairly simple recipe but, like last week's Fairy Cakes, do they have to be complicated for us to try them out? I had never made Scones, even as a kiddie.



**Another successful bake of
something I had never tried
before, and they came out
tasting fantastic.**

Give them a try.

**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 tasty bake to prepare.**



HMHB's Name Game Page

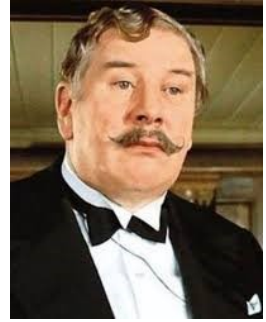
Name these Actors playing famous detectives.
Answers at bottom of quiz page answers (page 21)



1



2



3



4



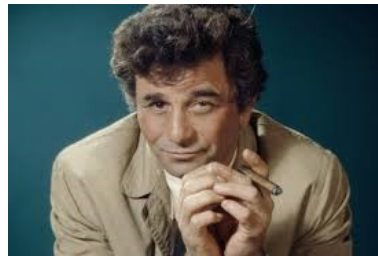
5



6



7



8



9



10



11



12



13



14



15

EXERCISE/FITNESS

Yoga

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 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.

What is Yoga?

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing. The practice originated in India about 5,000 years ago and has been adapted in other countries in a variety of ways. Yoga is now commonplace in leisure centres, health clubs, schools, hospitals and surgeries. Why not do some research about classes around your area. Some are free, so why not give it a try?

Most forms of yoga are not strenuous enough to count towards your 150 minutes of moderate activity, as set out by government guidelines.

However, yoga does count as a strengthening exercise, and at least 2 sessions a week will help you meet the guidelines on muscle-strengthening exercises.

Activities such as Yoga and Tai Chi are also recommended for older adults at risk of falls, to help improve balance and co-ordination.

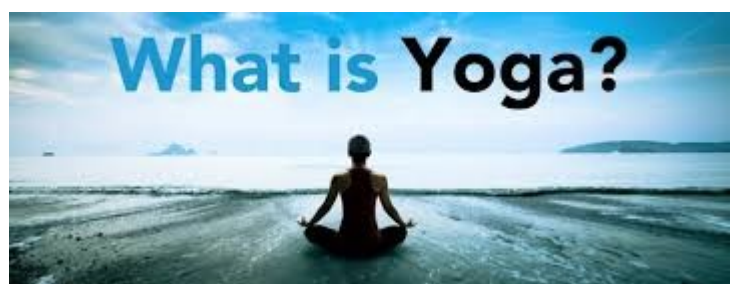
Do you think you are too old for yoga? Definitely not. People often start yoga in their 70s, and many say they wish they had started sooner. There are yoga classes for every age group. Yoga is a form of exercise that can be enjoyed at any time, from childhood to your advanced years.

You do not even have to be fit. You can join a class suitable for your fitness level. For example, to join a mixed-ability yoga class, you need to be able to get up and down from the floor. Some yoga classes are chair-based.

Yoga-related injuries are uncommon. Some injuries can be caused by repetitive strain or overstretching. But yoga is the same as any other exercise discipline; it's perfectly safe if taught properly by people who understand it and have experience.

It's advisable to learn from a qualified yoga teacher and choose a class appropriate to your level.

Let's look at some benefits on the next page.



EXERCISE/FITNESS:

Health Benefits of Performing Yoga

Here are a few benefits: but you can research and find more.

Improves your Flexibility

We covered flexibility in our last pack, and that was clearly linked to stretching.

Improved flexibility is one of the first and most obvious benefits of yoga. You probably won't be able to touch your toes at first, never mind do a backbend. But if you stick with it, you'll notice a gradual loosening, and eventually, seemingly impossible poses will become possible. You'll also probably notice that aches and pains start to disappear. Tight hips can strain the knee joint due to improper alignment of the thigh and shinbones. Tight hamstrings can lead to a flattening of the lumbar spine, which can cause back pain.

Builds muscle strength

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you lift weights at the gym, you might build strength at the expense of flexibility.



Develop good posture

Your head is like a bowling ball; big, round, and heavy. When it's balanced directly over an erect spine, it takes much less work for your neck and back muscles to support it. Move it several inches forward, however, and you start to strain those muscles. Hold up that forward-leaning bowling ball for eight or 12 hours a day and it's no wonder you're tired. And fatigue might not be your only problem. Poor posture can cause back, neck, and other muscle and joint problems. As you slump, your body may compensate by flattening the normal inward curves in your neck and lower back. This can cause pain and degenerative arthritis of the spine.

Can help with your cartilage and joints

I have two torn cartilages - one in each knee, and this currently prevents me from doing Yoga myself. However, each time you practice yoga, you take your joints through their full range of motion. This can help prevent degenerative arthritis or mitigate disability by "squeezing and soaking" areas of cartilage that normally aren't used. Joint cartilage is like a sponge; it receives fresh nutrients only when its fluid is squeezed out and a new supply can be soaked up. Without proper sustenance, neglected areas of cartilage can eventually wear out, exposing the underlying bone like worn-out brake pads.

Increases your blood flow

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Yoga also boosts levels of haemoglobin and red blood cells, which carry oxygen to the tissues. And it thins the blood by making platelets less sticky and by cutting the level of clot-promoting proteins in the blood. This can lead to a decrease in heart attacks and strokes since blood clots are often the cause of these killers.

**These are just a few of the many benefits.
Let's take a look at a few poses on the next page.**

EXERCISE/FITNESS:

A few yoga poses to try at home

**“Yoga is the journey of the self,
through the self, to the self.”**

Bridge Pose



- Strengthens back, glutes, legs and ankles
- Opens chest, heart and hip flexors
- Stretches the chest, neck, shoulders and spine
- Calms the body, alleviates stress and mild depression
- Stimulates organs of the abdomen, lungs and thyroid
- Rejuvenates tired legs
- Improves digestion

Cobra Pose



- Strengthens the spine
- Stretches chest and lungs, shoulders, and abdomen
- Firms the buttocks
- Stimulates abdominal organs
- Helps relieve stress and fatigue
- Opens the heart and lungs
- Soothes sciatica, and therapeutic for asthma

Happy Baby Pose



- Releases lower back and sacrum.
- Opens hips, inner thighs, and groin.
- Stretches the hamstrings.
- Relieves lower back pain.
- Stretches and soothes the spine.
- Calms the brain.
- Helps relieve stress and fatigue

Legs Up The Wall Pose



- Regulates blood flow.
- Alleviates menstrual cramps.
- Relieves swollen ankles and varicose veins.
- Helps testicular, semen, and ovarian problems
- Improves digestion.
- Restores tired feet or legs.
- Stretches the back of neck, front torso, and back of the legs

**These are just four yoga poses - quite easy for beginners.
Why not try them out, and then research others you can do from home too.
Look after your body. It's your choice.**

HEALTH / ROUTINE

Proof your body is amazing

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

I'm just trying to work out why they have pixelated the man's nipples from the picture opposite!!!

Your body is a truly incredible piece of machinery, and in these packs we promote a healthy lifestyle, as that can reap huge benefits for how it works, and maintaining it.

But here are some extraordinary facts:



- The Cornea acts as the eye's outermost lens. It functions like a window that controls and focuses the entry of light into the eye. The cornea contributes between 65- 75 percent of the eye's total focusing power. When light strikes the cornea, it bends (or refracts) the incoming light onto the lens. However, the cornea is the only part of the body with no blood supply: it gets its oxygen directly from the air.
- The human body contains enough fat to make seven bars of soap.
- Embryos develop fingerprints three months after conception.
- Between birth and death, the human body goes from having 300 bones, to just 206. This is because babies have more flexible cartilage (a firm tissue softer than bone) in the body. As the child grows, some of the cartilage hardens and turns to bone, and some bones fuse together.
- Hearts can beat outside their bodies. Seriously!! The heart has its own electrical system that causes it to beat and pump blood. Because of this, the heart can continue to beat for a short time after brain death, or after being removed from the body. The heart will keep beating as long as it has oxygen.



The human body has two ends on it: one to create with and one to sit on. Sometimes people get their ends reversed. When this happens they need a kick in the seat of the pants.

Theodore Roosevelt

- When you blush, the inside of your stomach does too. This is the result of the sympathetic nervous system causing increased blood flow throughout the body. Adrenaline also makes the blood vessels dilate in order to improve blood flow and oxygen delivery in case the body has to suddenly flee a dangerous situation.
- Humans have a “diving reflex” that automatically shuts down bodily functions when submerged in water to prevent drowning.
- Humans are bioluminescent. The light just isn't perceptible to the human eye.

HEALTH / ROUTINE

More incredible facts about the human body

- Astronauts can grow up to two inches taller in space. On Earth, the disks of the spinal column are slightly compressed due to gravity. In space, that compression is no longer present causing the disks to expand. The result: the spine lengthens, and the astronaut is taller.
- In cases of extreme starvation, the brain will begin to eat itself.
- When listening to music, your heartbeat will sync with the rhythm
- One quarter of your bones are in your feet. Each normal foot has 33 joints, 26 bones, 19 muscles, and 107 ligaments. (Some people have 28 bones in each foot, and people born with extra toes, thanks to polydactylism, have even more.) If your whole foot touches the floor when you stand, you have flat feet.
- Every organ you have two of, you only need one to survive. In fact, you can live with half a brain, and not all organs are vital. You can live without your spleen, stomach, colon, reproductive organs, gallbladder and appendix. (obviously there may be health issues attached though.)
- There are more than 100,000 miles of blood vessels in your body.
- When you donate a pint of blood, you lose about 3.5 trillion red blood cells, but your body quickly replaces them.
- You are taller in the morning than you are at night. This is because during normal activities during the day the cartilage in our knees and other areas slowly compress, but when you go to sleep and rest the cartilage goes back to normal. On average we are about 1cm taller in the morning than in the evening.



We only have one body and one life - all of us.

We always only have one life and one body.

It's the only one we get.

Question is: How are you going to look after it?

What are you going to do? Be good/healthy? Or bad.

- If you smoothed out all of the wrinkles in your brain, it would lay flat the size of a pillowcase.
- Stomach acid can dissolve metal. If it touched your skin, it would burn right through it.
- It is possible, even likely, that your immune system may regularly fight off cancer or pre-cancer on a regular basis without you even knowing it.
- The average person produces enough saliva in their lifetime to fill two swimming pools
- Humans shed about 600,000 particles of skin every hour.
- Babies only blink once or twice a minute, while adults average 10 times a minute. Studies don't actually know why. Because one function of blinking is to keep the eyes lubricated, researchers have proposed that babies blink less than we do because their small eyes don't need as much lubrication. Some researchers have suggested that the reduced blinking rate in new-borns is due to an underdeveloped dopamine system. But it is still a guess.
- In camera terms, the human eye is around 576 megapixels.
- Men's testicles hang below their bodies because sperm dies at body temperature.
- Humans cannot digest grass. Despite health fanatics claiming wheatgrass aids digestion, humans would actually need several more stomachs to digest it, like cows have.

Finally: Cornflakes have more genes than people do.

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:

It is something we all do, and can be beneficial, but can also cause us anxiety and stress. There is the phrase “keeping up with the joneses”. We see how others are living their lives, or coping with similar problems to ours, and we feel a desire to compare ourselves with them. “Why can’t I lose weight like Adele?” for example. Be your own person. Everyone is different. Don’t put yourself down. Think about it.



Nutrition.

Our graphic sums this week’s topic up quite well, Ready Meals can be useful, cheap, tasty, and save you spending a lot of time cooking something with lots of ingredients.

But it is very important, as we cover in these packs, to ensure meals are nutritional too. Many so called “tv dinner” can be full of salt, sugar and preservatives, without fresh ingredients. Nothing wrong with them occasionally, but cooking from scratch has to be better.



Exercise



I wanted to cover Yoga following our feature on being flexible in the previous pack.

It is a cracking way to bring both easy and complex stretching into your daily routine, and has been found to provide many benefits for your body.

It is much easier to do with someone else or a group, so why not try a few poses out (we posted four quite easy ones in the pack) and look for a local group, or online session. You will be surprised at how hard it can be, but also how good you feel afterwards.

Health.

We are constantly telling you just how incredible your body is, and how it’s important to look after it with a healthier lifestyle. So this week, I decided to list a few incredible facts about organs and make up of this miraculous vessel. You could not make some of them up. For example, your heart beats about 100,000 every day. Wow!!! And it is totally reliant on you to ensure it gets all the essential and non-essential nutrients to keep it functioning properly. That is an incredible responsibility. But it is yours, and yours alone.

So what are you going to do about it???



**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 + Actors from Page 13
See if you can beat your family and friends

Music

All these songs have won Best Song at the Oscars.
 But can you name the films?

- | | | |
|----|---------|------------------------------------|
| a. | TWOTW | Spectre |
| b. | MHWGO | Titanic |
| c. | CYFTLT | The Lion King |
| d. | WC | Holiday Inn |
| e. | MR | Breakfast at Tiffany's |
| f. | IHTTOML | Dirty Dancing |
| g. | UTS | The Little Mermaid |
| h. | TMBA | Top Gun |
| i. | UWWB | Officer and a Gentleman |
| j. | RKFOMH | Butch Cassidy and the Sundance Kid |
| k. | CCC | Mary Poppins |

Film:

The year these were nominated for Best Picture Oscar but did not win.

- | | | |
|-----|----------------------------|------|
| 1. | Doctor Zhivago | 1965 |
| 2. | ET - The Extra Terrestrial | 1982 |
| 3. | Brokeback Mountain | 2005 |
| 4. | Mississippi Burning | 1988 |
| 5. | Inception | 2010 |
| 6. | Dunkirk | 2017 |
| 7. | The Elephant Man | 1980 |
| 8. | Butch Cassidy/Sundance Kid | 1969 |
| 9. | To Kill A Mocking Bird | 1962 |
| 10. | The Exorcist | 1973 |
| 11. | The Wizard of Oz | 1939 |
| 12. | Fatal Attraction | 1987 |
| 13. | Black Panther | 2018 |
| 14. | Jerry Maguire | 1996 |
| 15. | It's a Wonderful Life | 1946 |

History

In what year were these leaders born? See how close you can get. It's very hard I know!!

- | | | |
|-----|--------------------|--------|
| 1. | Rasputin | 1869 |
| 2. | Napoleon Bonaparte | 1769 |
| 3. | Julius Caesar | 100 BC |
| 4. | George Washington | 1732 |
| 5. | Queen Elizabeth II | 1926 |
| 6. | Mahatma Ghandi | 1869 |
| 7. | Mao Tse Tung | 1893 |
| 8. | Joseph Stalin | 1878 |
| 9. | Winston Churchill | 1874 |
| 10. | John F Kennedy | 1917 |
| 11. | Queen Elizabeth I | 1533 |
| 12. | Marie Antoinette | 1755 |

Music: Queen Albums

Queen; Queen II; Sheer Heart Attack:
 A Night At The Opera; A Day At The Races:
 News Of The World; Jazz: The Game; Flash Gordon
 Hot Space; The Works; A Kind Of Magic:
 The Miracle; Innuendo; Made in Heaven:
 I wonder how many you managed!!!



List of Actors playing detectives - from Page 13

- 1: Joan Hickson 2: Albert Finney 3: Peter Ustinov 4: Basil Rathbone
 5: John Thaw 6: Tyne Daly / Sharon Gless 7: Angela Lansbury
 8: Peter Falk 9: Tom Selleck 10: David Soul / Paul Michael Glaser
 11: Tony Shalhoub 12: James Garner 13: Margaret Rutherford
 14: Raymond Burr 15: Kenneth Branagh

Science: 11 Gases

- Hydrogen: Nitrogen
 Oxygen: Fluorine
 Chlorine: Helium
 Neon: Argon
 Krypton: Xenon
 Radon.

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. We also thank the National Lottery Communities Fund for extra funding, that enables us to reach further and do more.



Cripplegate Foundation
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Be Safe, Be Active, Be Well