



Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 46

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



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

Prepared by: Lazza, and Dean: Monday 1st March 2021

www.hmhb2016.org.uk



**“Life is full of beauty. Notice it. Notice the bumble bee, the small child,
and the smiling faces. Smell the rain, and feel the wind.
Live your life to the fullest potential, and fight for your dreams.”**

Welcome to the 46th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).

If you missed any of our first forty-five (where were you?) please go to our website, or ask someone to do that, and download PDF copies from our MHP page - **www.hmhb2016.org.uk** - all the packs are there.

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

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



**HMHB had our very own personalised
guide around Clissold House back in the
summer of 2018.**

**Our Izzwalkers enjoyed the experience
very much, and it was a gorgeous sunny
day as well - can't wait!!!
Here we are on the green!!**

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.

WE WANT TO BE ABLE TO SEND PRINTED COPIES

We were previously delighted to say we could print and post copies to people who wanted a paper copy. Due to Islington Giving Funding, and the National Lottery, we were able to do this. But this funding has now run out. If you know a business that would be willing to sponsor this for the next two months that would be amazing.

Please connect through our website contact page.

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

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

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



NEWS PAGE: HMHB is working hard

**I hope you are all okay with us doing a bit of self-promotion, as
Healthy Minds, Healthy Bods is working hard to provide as much intervention that we can.**



HMHB started their first ever online Zoom course on the 15th February, this one with Haringey Recovery Service. We attend their centre at Stapleton Hall Road to use their Zoom, and it is a delight to welcome Ollie to the team, pictured alongside PT Dean and our Lazza. It's a new experience, but the feedback, as always, was terrific and it is great working with clients once more. This is a twelve week course, and we hope it will lead to more and more. We thank Haringey Giving for the funding.

Lazza and Dean have been working hard to get our fitness sessions started with Kentish Town Job Centre clients, with funding being provided from Camden Giving. We have had to overcome several issues around the Covid pandemic and that has included venue issues. Really happy to announce that due to certain restrictions being lifted we will finally be launching this intervention at the start of April. This is a 26 week intervention, and we are delighted to be working with the Job Centre once again.



Due to other commitments it has taken HMHB a while to get online properly, but we are enjoying our Sunday Zumba sessions with the wonderful Karina (see her details on page 23 for links). We enjoyed an energetic morning session of sweat, laughter, rests, and company. We are going to be doing other exercise and social stuff too. Why not join our social media (back page).

With the UK Government announcing various dates to enable us all to get out of lockdown safely, we will be starting our outdoor exercise sessions at the start of April, and are looking forward to getting back into the gyms too.

Lawrence has an exciting presentation in March to 170 people at the DWP Universal Credit department. WE hope that can lead to salary funding and lots of courses. We deserve our chance. Thanks everyone!!!

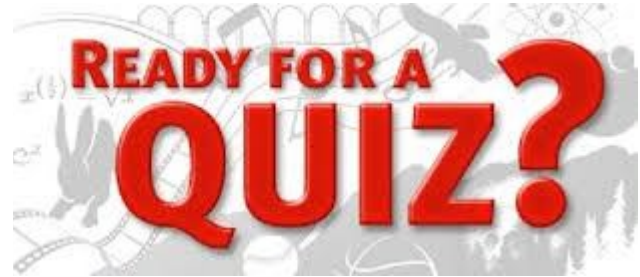


**Due to health reasons, I had my first jab last week.
Pls, when asked, get vaccinated. Don't miss out. It can save your life!!!**

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 25 this week (no peeking)

Politics

There have been 45 different US Presidents, but only 15 of them have a surname starting in the second half of the alphabet.
 Name the 15 surnames starting N-Z.



Geography:

In which Asian country are these cities.

- a. Hyderabad
- b. Sapporo
- c. Manila
- d. Ho Chi Minh City
- e. Mandalay
- f. Seoul
- g. Basrah
- h. Kabal
- i. Shiraz
- j. Kathmandu
- k. Colombo
- l. Kuala Lumpur
- m. Dubai

Music:

Who sang these famous musical duets?

1. 1965: I Got You Babe
2. 1979: No More Tears (Enough Is Enough)
3. 1982: The Girl Is Mine
4. 1987: I Knew You Were Waiting (For Me)
5. 1982: Up Where We Belong
6. 1987: (I've Had) The Time Of My Life
7. 1984: Easy Lover
8. 1978: You're The One That I Want
9. 1978: You Don't Bring Me Flowers
10. 1989: Don't Know Much
11. 2001: Something Stupid
12. 1976: Don't Go Breaking My Heart
13. 1983: Islands In The Stream
14. 1982: Ebony And Ivory
15. 1983: Say Say Say
16. 1981: Endless Love
17. 1987: Barcelona

Sport

These are all anagrams of English Football Teams. How many can you solve?

1. CCHIINORTWY
2. AFHLMU
3. AHMNOOPSTTU
4. AAACCELLPRSTY
5. AAELNRS
6. BCDENORTUYY
7. AAILLNOSTV
8. ADEEHIMNUSTTW
9. EILLOOPRV
10. BELNRUY
11. ABCDEEEMNORRSWWY
12. ADFORTW
13. AAEEEGKNNPQRRRSSU



London

There are 270 London Underground stations.

9 start with an A, and
 5 start with an O.

How many of these 14 London Underground stations can you name?

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

MIND-SET: How can I upgrade my thinking?

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

Your success and happiness depend on your mindset. What you think, you become. We have covered the subject from many angles, but it is worth repeating, as it is the secret to either success or failure. A good life, or a rough one. A world where you take part, challenge yourself, and have fun, or one where you allow life to overwhelm you. I'm not saying it's easy, but it is so important.

Our mindset affects how we see the world. If yours is distorted, so will be the way you see yourself and others. Our beliefs and thoughts shape the way we behave, even if we don't realize it.

Developing the right mindset is crucial to succeeding in life.

Why is Mind-set important?

A mindset is a frame of mind. It's the sum of beliefs, opinions, and thoughts that we've formed about the world and ourselves. It's the lens through which we observe our world.

Why is Growth Mindset
SO IMPORTANT?

Our education, religion, upbringing, and experience shape our beliefs and thoughts. Our mind is "set." It directly impacts our perception and reactions.

Mindsets can change, but they do so slowly. Attitudes, on the other hand, have a short-term impact. That's why they are easier to modify. Our mindsets are deeply ingrained in our beliefs, and it requires extra effort to change them. Especially if you are struggling with anxiety and stress.

Your mindset predetermines your interpretations and responses. It shapes your relationship with the world and with yourself. Choose your mindset wisely.

Your mind-set can help you, and it can hurt you.

The most popular theory about mindsets outlines two types: "growth" versus "fixed" mindset. This came about following a book "Mind-set, The New Psychology of Success" by Carol Dweck, where she suggests that our beliefs about our own intelligence determine our ability to learn.

As we have ascertained, a fixed mind-set is a belief that our qualities are fixed traits that we cannot change. People with this mindset believe that talent alone leads to success. A growth mind-set on the other hand, is thinking that our intelligence can grow with time and experience. This mindset encourages us to put in extra time, and effort leads to higher achievement.

A fixed mindset limits our capacity for learning, whereas a growth mindset helps us reach our full potential. However, there are many more types of mindsets.

MIND-SET: Set your mind-set to “success”

Start to develop good habits

- Create systems to keep yourself on track.
- Make a small step toward each of your goals each day.
- Research all of the information that could help you.
- Take a quick note on your phone while you are out for a walk so you don't forget.
- Create the to-do list for the next day the night before.
- Prioritize your to do list.
- Tackle the most dreaded task first, as everything else will feel like a piece of cake after.



The trick is to create a routine, and this can take three or four weeks. However, it will become much easier and a part of your life. Changing your normal routine to one that challenges you more can be overwhelming and difficult. But perseverance is the key. Don't give up.

Make Better Decisions

Start making executive decisions: imagine that you are the CEO of your own life, so begin taking charge and making decisions as if you were being paid for those decisions.

Apply mental filters.

Run decisions through an “if this, then that” scenario in your mind.

Consider the worst case scenario.

Keep your end goal in mind. Do the choices you make fit with your goal or take you in a different direction?

Distance your emotions if they are really strong. A gut reaction is great, but take a step back if one of the choices really engages an emotional response in you. Come back to make the decision when you can be a bit more objective.

Learn from your failures by asking yourself what you learned from the experience.

Stop the negative talk in your mind.

Know your strengths and weaknesses.

Ask for feedback from colleagues.

Be able to process both positive and negative feedback in a constructive manner.

Learn how to “correct yourself” when you find yourself going too far or not keeping in line with your goal.

Be results-focused.

When you experience a setback, don't dwell on it. After doing an assessment, move on to the next thing.

Don't be afraid to make changes if necessary.

Stick with your decisions in most cases; constant course correction makes the road 10 times as long.

Decision-making is a huge key to success. We make many decisions each day, and they either take us closer or farther away from our goals. Do you know what effects your decisions are having on your goals?

Spend a few minutes thinking about the last few decisions you've made and decide whether they are in line with your goals or taking you farther away from them.



MIND-SET:

Changing Mind-set can be scary.

How do we deal with the fear?

Fear is triggered when we have a thought or perception that we are not safe and secure. This is quite a useful tool when there is a real threat to our safety. However, when the threat is imaginary, fear can actually prevent us from doing the work we need to do to achieve our goals.

I think that part of the reason I have recently struggled with my weight comes down to the fear that I will never be able to run again. I had a torn meniscus in my right knee, which has been operated on, but I also have the same problem in my left, and am waiting for an operation. I cannot even jog, and I know psychologically it has affected me deeply.

The best way to deal with fear is to become more mindful.



Here are some steps you can try in working through fear:

- Sit with the emotion of fear and notice where you feel it in your body. Notice the thoughts that accompany the feeling.
- Ask yourself what you are afraid will happen and write down your answers.
- Visualize yourself experiencing your worst fears. How did you feel imagining your worst fears coming true?
- Ask yourself when you have felt this way before. How did you cope with it that time? What strengths could you use in your previous visualisation?
- Imagine yourself using your strength with the imagined worst fear. How does it feel to know that no matter what happens, you have the tools and resources to handle it?

In this exercise, we're trying to be okay with the emotion of fear. Fear is actually trying to help by keeping you "safe." It calls upon memories of when you were threatened in your life. But when we spend all of our energy trying to prevent the feeling of fear, we make it stronger. We also deny ourselves the memories of all the times we have faced our fears and triumphed.

Allowing the fear to be present and calling upon memories of making it through challenging times helps to convince our minds that things will be okay.

As President Franklin Roosevelt famously said, the **"only thing to fear is fear itself."**

Create healthy boundaries

- Identify little things that you like and want.
- Tell people about what you like and want in your life.
- Notice what happens in your body when you say this out loud.
- Identify things you don't like or want.
- Notice what happens in your body when you think about these things. (Your body is really smart when it comes to telling you what you don't want!)
- Tell trusted people what you don't like or want.
- Notice how it feels in your body to say this out loud.
- Practice saying "no" to something really small that you don't want. Work your way up to bigger things.

Without boundaries, it's like being water and trying to hold a shape without being in a container. You get to create your own container and watch your success take form.

MIND-SET:

Realise your success is individual to you

What does success mean for you?

We have mentioned this before. Success is different for each individual.

We must set our goals, objectives and trajectories based on what we desire, not what someone else wants for us. How many of us are trying to achieve goals because we feel others would like us more, or our families and friends would be proud of us, when in reality it is not what we really want to do for ourselves?

Some people find that helping people brings them the most joy, and therefore success looks like a life given to others. Some realize that building a business or product brings them happiness. Some prefer isolation and others prefer constant activity.

The simple yet profound truth is that what makes me happy doesn't make someone else happy, and vice versa. My vision of success probably looks nothing like yours, and that's how it should be.

If we fail to define success for ourselves and try to pursue someone else's path, we'll end up frustrated, unhappy, and ultimately feeling deeply unsuccessful.

Bruce Lee said, "Always be yourself, express yourself, have faith in yourself; do not go out and look for a successful personality and duplicate it."



The path to success begins by asking yourself, "What makes me happy?"

It's also essential to understand that in many ways, we already are successful. If we assume that we are failures until we reach a specific goal, we will never be happy. We have to recognize all we have already accomplished.

Ask yourself:

- Where have I already seen success in my life?
- How can I continue building on that success?
- What lessons have I learned from those successes?
- What have I learned about myself from those areas?

Success is both a goal and a journey. When we reach certain milestones, that is an element of success. But we don't stop there. We push higher and harder, striving for more and to be better.

What does Mind-set mean for you?

What Mind-set is most important to you?

Are you more positive about life, or negative?

Life at the moment is tricky, it is easy to stress and worry.

However, you can be successful for all your targets.

You need to believe, push, and persevere.

NUTRITION: Food Intolerance

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.

According to the NHS, “a food intolerance is difficulty digesting certain foods and having an unpleasant physical reaction to them.”

“It causes symptoms, such as bloating and tummy pain, which usually happen a few hours after eating the food. The number of people who believe they have a food intolerance has risen dramatically over recent years, but it's hard to know how many people are truly affected. Many people assume they have a food intolerance when the true cause of their symptoms is something else.”

In general, people who have a food intolerance tend to experience:

- Tummy pain
- Bloating
- Wind
- Possible diarrhoea
- Skin rashes and itching



These symptoms usually happen a few hours after eating the food. However, it can be difficult to know whether you have a food intolerance as these are general symptoms that are typical of many other conditions.

A number of companies produce food intolerance tests, but these tests are not based on scientific evidence and are not recommended by the British Dietary Association (BDA). The best way of diagnosing a food intolerance is to monitor your symptoms and the foods you eat. See what happens when you cut out the suspected food for a while, and then reintroduce it into your diet.

It is suggested keeping a food diary to see:

- what foods you eat
- any symptoms you have after eating these foods

Once you have an idea of which foods may be causing your symptoms, you can try excluding them from your diet one at a time and observing the effect this has.

Try cutting out the suspected food from your diet for 2 to 6 weeks and see if your symptoms improve.

Reintroduce the food to see if symptoms return. You may find you can tolerate a certain level and you only get symptoms if you have more than this amount.

However, and this is very important, consider seeing a dietitian to make sure you're receiving all your recommended daily nutrients. We cover macronutrient and micronutrients a lot in these packs, and they are essential for life, so cutting out a food because of intolerance may mean you miss out on vital nutrients.

So, let us look a bit deeper

NUTRITION:

Allergy? Or Maybe another illness?

If you regularly have diarrhoea, bloating, tummy pain or skin rashes but you're not certain of the cause, the best thing is to head down to your local medical practice and see your doctor. Get professional advice. Don't just click on the internet as you will probably scare yourself silly!!!

Your GP may be able to diagnose the cause from your symptoms and medical history. If necessary, they'll order tests, such as blood tests. Don't be too worried. There are lots of reasons for illnesses, and it is very easy to allow your mind to get carried away.

There are various reasons for these symptoms, some of which are:

- **Irritable Bowel Syndrome (IBS):** Irritable bowel syndrome is a common condition affecting the digestive system. Symptoms of irritable bowel syndrome include stomach cramps, bloating, diarrhoea and constipation. These may come and go over time. You can usually help ease irritable bowel syndrome by making changes to your diet and lifestyle, such as avoiding things that trigger your symptom.
- **Stress and Anxiety Disorder:** The term "anxiety disorder" refers to specific psychiatric disorders that involve extreme fear or worry, and includes generalized anxiety disorder (GAD), panic disorder, and panic attacks, agoraphobia, social anxiety disorder, selective mutism, separation anxiety, and specific phobias.
- **Lactose intolerance**
- **Coeliac disease:** Coeliac disease is a condition where your immune system attacks your own tissues when you eat gluten. It stops you from taking in nutrients. Symptoms of coeliac disease include diarrhoea, stomach aches and bloating.
- **Inflammatory Bowel Disease:** This is a term mainly used to describe 2 conditions: "ulcerative colitis" and "Crohn's disease". These are both long-term conditions that involve inflammation of the gut. Ulcerative colitis only affects the colon (large intestine). Crohn's disease can affect any part of the digestive system, from the mouth to the bottom (anus).
- **Food allergy**

The bowel is a sensitive organ and it's common to have bowel symptoms when you have been ill or feel run down or stressed.

Is it an Allergy or an Intolerance?

A food allergy:

- is a reaction by your immune system (your body's defence against infection). Your immune system mistakenly treats proteins found in food as a threat.
- can trigger allergy symptoms, such as a rash, wheezing and itching, after eating just a small amount of the food (these symptoms usually happen quickly).
- is often to particular foods. Common food allergies in adults include dish and shellfish, and nut allergies. Common food allergies in children include milk, eggs, fish, peanuts and other nuts
- can be life-threatening.



NUTRITION:

More on food intolerance

How is intolerance different to allergy?

- Does not involve your immune system: there is no allergic reaction, and it is never life-threatening.
- Causes symptoms that happen gradually, often a few hours after eating the problem food.
- Only results in symptoms if you eat a substantial amount of the food (unlike an allergy, where just traces can trigger a reaction)
- can be caused by many different food.

What causes it?

It is often unclear why a person is sensitive to certain foods.

If your symptoms happen after eating dairy products, it's possible you may have lactose intolerance. A GP can usually diagnose lactose intolerance by looking at your symptoms and medical history.

The body digests lactose using a substance called lactase. This breaks down lactose into two sugars called glucose and galactose, which can be easily absorbed into the bloodstream.

People with lactose intolerance do not produce enough lactase, so lactose stays in the digestive system, where it's fermented by bacteria.

This leads to the production of various gases, which cause the symptoms associated with lactose intolerance. These include:

- farting
- diarrhoea
- a bloated stomach
- stomach cramps and pains
- stomach rumbling
- feeling sick



Depending on the underlying reason why the body's not producing enough lactase, lactose intolerance may be temporary or permanent. Most cases that develop in adults are inherited and tend to be lifelong, but cases in young children are often caused by an infection in the digestive system and may only last for a few weeks.

Some people have trouble digesting wheat and experience bloating, wind, diarrhoea, being sick and stomach pain after eating bread. This could be a wheat intolerance. This does not necessarily mean gluten intolerance, as gluten is found in other grains, and you can just be intolerant to wheat.

Wheat intolerance symptoms do not present themselves immediately. It is thought that they can be delayed for up to 72 hours. The signs of a wheat intolerance may vary in severity and can affect a person both physically and mentally. Typical symptoms of a food intolerance could include: IBS, Headaches, Eczema, Tiredness, Acne, Joint pain, respiratory issues, and stress/anxiety.



NUTRITION: Gluten Intolerance

Gluten intolerance is a fairly common problem. However, it should be noted that many people self-diagnose themselves, and many do so incorrectly. If you do think you have a problem with gluten we urge you to get professional advice from your local medical practice who can either confirm or deny your suspicions.

Gluten intolerance is characterised by adverse reactions to “Gluten” a protein found in wheat, barley and rye. Celiac disease is the most severe form of gluten intolerance.

It is an autoimmune disease that affects about 1% of the population and may lead to damage in the digestive system. However, 0.5–13% of people may also have non-celiac gluten sensitivity, a milder form of gluten intolerance that can still cause problems.



Both forms of gluten intolerance can cause widespread symptoms, many of which have nothing to do with digestion. We will take a look at some of these symptoms now, but do be aware that many can actually be symptoms of other illnesses, hence the need to get tested properly.

- Bloating is one of the most common symptoms of gluten intolerance. It involves the belly feeling swollen after eating. One study showed that 87% of people who had suspected non-celiac gluten sensitivity experienced bloating.
- Gluten-intolerant people commonly experience diarrhoea or constipation. Celiac disease patients may also experience pale and foul-smelling faeces. People experience inflammation in the small intestine after eating gluten. This damages the gut lining and leads to poor nutrient absorption, resulting in significant digestive discomfort and frequent diarrhoea or constipation. Frequent diarrhoea can cause some major health concerns, such as loss of electrolytes, dehydration and fatigue.
- Abdominal pain is the most common symptom of gluten intolerance, experienced by up to 83% of gluten intolerant individuals.
- Migraines are a common condition, with 10–12% of the Western population experiencing them regularly. Interestingly, studies have shown that gluten-intolerant individuals may be more prone to migraines than others. If you have regular headaches or migraines without any apparent cause, you could be sensitive to gluten.
- Feeling tired is very common and usually not linked to any disease. However, if you constantly feel very tired, then you should explore the possibility of an underlying cause. Gluten-intolerant individuals are very prone to fatigue and tiredness, especially after eating foods that contain gluten. Studies have shown that 60–82% of gluten-intolerant individuals commonly experience tiredness and fatigue. Furthermore, gluten intolerance can also cause iron-deficiency anaemia, which in turn will cause more tiredness and lack of energy.
- Dermatitis herpetiformis is the skin manifestation of celiac disease. Several other skin diseases may also improve with a gluten-free diet. This is a blistering condition. So be aware.

**A lot of people wrongly self-diagnose an intolerance - instead please get tested.
If you are intolerant, a nutritionist can help you ensure you continue to get all the
right nutrients in your diet that you need to stay healthy and fit.
All our bodies are amazing, but different. Good luck!!!**

Essential Nutrition: HMHB look at Vitamin B1

**In earlier packs we looked at the various vitamins.
Here we add more information about these essential nutrients.**

Vitamin B1 is a water soluble vitamin. Water-soluble vitamins are those that are dissolved in water and readily absorbed into tissues for immediate use. Because they are not stored in the body, they need to be replenished regularly in our diet.

Any excess of water-soluble vitamins is quickly excreted in urine and will rarely accumulate to toxic level



Thiamine is a vitamin, also called vitamin B1. Vitamin B1 is found in many foods including yeast, cereal grains, beans, nuts, and meat. It is often used in combination with other B Vitamins, and found in many vitamin B complex products

Thiamine helps decrease the risk and symptoms of a specific brain disorder called Wernicke-Korsakoff syndrome (WKS). This brain disorder is related to low levels of thiamine. It is often seen in alcoholics. Giving thiamine shots seems to help decrease the risk of developing WKS and decrease symptoms of WKS during alcohol withdrawal.

This vitamin can also help with the following:

- Cataracts: High thiamine intake as part of the diet is associated with reduced odds of developing cataracts.
- Kidney damage in people with diabetes (diabetic nephropathy). Early research shows that taking high-dose thiamine (300 mg daily) decreases the amount of albumin in the urine in people with type 2 diabetes. Albumin in the urine is an indication of kidney damage.
- Menstrual cramps (dysmenorrhea). Taking thiamine seems to reduce menstrual pain in teenage girls and young women.

Further research is looking at it's uses for:

- Cancer of the cervix. Increased intake of thiamine and other B vitamins is linked with a decreased risk of precancerous spots on the cervix.
- Depression. Early research shows that taking thiamine daily along with the antidepressant "fluoxetine" may reduce symptoms of depression faster than taking fluoxetine alone. People taking thiamine showed more improvements after 6 weeks. But after 12 weeks, symptoms were the same for those taking thiamine or placebo.
- Dementia. Taking thiamine is linked to a reduced risk of dementia in people with alcohol use disorder.
- Heart failure. People with heart failure are more likely to develop thiamine deficiency. Some research shows that taking extra thiamine might slightly improve the function of the heart. But thiamine doesn't seem to help people who suddenly develop heart failure and don't have thiamine deficiency.

Micronutrients, often referred to as vitamins and minerals, are vital to healthy development, disease prevention, and wellbeing. With the exception of vitamin D, micronutrients are not produced in the body and must be derived from the diet.

Though people only need small amounts of micronutrients, consuming the recommended amount is important. Micronutrient deficiencies can have devastating consequences.

NUTRITION: Lazza's Kitchen

Lancashire Hotpot

**Lazza is still trying out new recipes
Today - he makes his first ever Lancashire Hotpot**

In Lancashire, before industrialisation, families would work at home spinning thread while scrags of mutton stewed slowly over a low fire. Family members could attend to the cooking over many hours. In the initial stages of industrialisation and urbanisation, people of all ages had long, strictly-regulated work hours that made it impossible to cook food that required extensive attention and preparation time.



1kg lamb, diced. (can be expensive, so shop around)
700g onions, thinly sliced or diced
1kg potato, peeled and sliced thinly
I used mushrooms, but can use kidneys
Plain flour - around 25g
Butter - around 50g (to taste)
150ml Chicken Stock
Seal Salt
Black Pepper
(can add carrots to if you like)

In a zip lock/plastic bag, add the flour, season with the salt and black pepper, then add the diced lamb and shake until all covered.

Place the lamb at the bottom of an oven proof casserole dish (large)

Melt half the butter in a pan, add the onions, and gently sweat (no need to brown them off), then spread the onions over the lamb.

I then added mushrooms, but can use diced kidney or carrots.

Melt the rest of the butter and add the potatoes, making sure all get covered, and then place these on top of the lamb and onions.

Pour over chicken stock, then cook for 30 minutes (covered) at 200C.

Lower heat to 150C, cook for another 2 hours. Raise to 200C, uncover, and cook for final 30 minutes, for potatoes to brown on top. Then enjoy.



Yes, it takes around three hours to cook, but it is so worthwhile.

The lamb disintegrated beautifully as you ate, and the onions and potatoes made this a very comfy cosy dish to eat.

The juices from the lamb and onions were also like a tasty gravy. Do enjoy this!!!

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.**

Why not try out some new recipes and foods yourself?

This was a great and very tasty meal to prepare.

I stun myself every week. If I can do it, so can you. Try something new!!!



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

Name these films that all starred Samuel L Jackson.

Answers at bottom of quiz page answers (page 25)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

EXERCISE/FITNESS

Common Mistakes during Exercise

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone.

It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods are part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden prior to the March lockdown.

We had restarted our Highbury Gym sessions on Tuesdays, thanks to Mark and his team at Better, and look forward to restarting these as soon as we possible can.

However, we guide our users to do some of their own sessions, either on their own or in a group.

Be active, be safe, and go for it.

How you do exercises is just as important as actually performing them. Proper form does more than just make people look good. It's highly beneficial, and actually essential. It's the reason you hear commentators during sporting events talk so much about technique and practice, because it makes a massive difference in performance and separates the bad, mediocre, good, and great.



The primary reason for proper form in exercise is injury prevention. If you are using weights, you are putting greater stress on your muscles, joints, and tendons than they're used to handling. Your body is a big kinetic chain, with every part linked together. So, if one part is out of alignment, the rest risks breaking down.

But form is also about the basic exercises, such as squats where, if your form is off, you risk major injury to your lower back and knees. If your arms exercises are off you can damage wrists, elbows, and shoulders. If you aren't careful with abdominal exercises, it can lead to lower back and neck pain.

Good form can improve effectiveness. Think about when you hear a strange noise with your car, you know that something is off, out of alignment, and you're certain it's affecting your car's performance. It's the same with your body. If you're bending too much, reaching too far forward, too far backward, have knees or wrists in the wrong places, you're not able to get a full lift. Proper form allows for a more complete extension and contraction of muscles with consistent tension and range of motion, and that allows for better output.

Bad technique can affect your breathing. Your muscles need oxygen to move weight, it's why you huff and puff after lifting weights, because your muscles want more oxygen. Timing your breathing can be essential to getting more out of your workouts. This also impacts on squats, crunches, etc.

A simple guideline to follow, is to breathe OUT as you exert yourself (as pressure can build up this allows you to let it off), and breathe IN as you lower the weight allowing your muscles to bring fresh oxygen in before lifting again. Proper technique is essential to reaching your goals. It makes sure you don't hurt yourself while getting the most out of the exercises you do. It's a good idea to work with a Coach or even a friend who has experience in fitness to ensure a safe and effective fitness routine. If you find that some exercises are difficult for you and easy for others, it could be technique. Reach out to improve your form, so you can have the best workout possible!

EXERCISE/FITNESS:

Common mistakes: Squats

Squats:

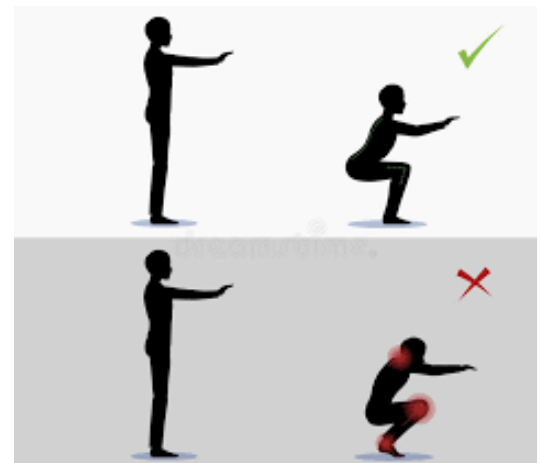
The squat is one of the most primal and natural movements known to man (and woman) and we humans have been squatting since the beginning of our time. Unfortunately, however, as technology advances and we become ever more sedentary, fewer and fewer people are able to perform the squat properly.

Before the great man that was Thomas Crapper popularised the toilet in the 19th century, people squatted several times a day without even thinking about it. Nowadays, however, if you asked the average person to perform a full or deep squat, they'd probably end up on their back!

As an exercise, squatting is incredibly functional because there are elements of the squat pattern that are engrained in so many other daily activities. Getting into and out of the car, for example, sitting and standing from a chair, or even climbing the stairs all involve patterns of muscle recruitment that approximate the squat technique. If we become better at squatting, therefore, these benefits are transferred and we also perform better when performing these activities. How many people do you see falling into a chair, or thrusting their bodyweight forward to stand up? These people are in desperate need of a squat programme.

Common Mistakes:

- Letting your knees go too far forward in a squat, as this is not good for the joints, especially knees. Don't allow your knees to go beyond where your toes end. The answer here is to ensure you push your bum out as you sit back - as if you were sitting on a chair.
- It can feel tempting to lean forward. However, rounding your back is no good for squats at all, you should keep your back straight.
- Some people get into a bad habit of letting their heels lift as they lower down. This puts more strain on your joints and knees, rather than maximising your workout. To do a perfect squat, you should be lowering your weight into your heels, not away from them. I actually ensure my weight is through my heels as I lower down.
- Stay focused. Eyes should be straight ahead. If you're in front of a mirror, meet your own gaze throughout. Looking around will stop you're spine from being locked into a strong position.
- Your feet should be placed between hip-shoulder distance apart. This gives you the optimum foundation to squat. Obviously, there are some alternative squats - like sumo and goblet - but we are talking about normal squats.
- While squats build and tone your glutes and legs, you shouldn't ignore your core. Try to tighten and engage your stomach muscles as you lower down. Not only will this give those muscles an extra workout it will also benefit you when adding weights. The more muscles engaged in the lift, the more power you'll have.



Your legs contain some of the largest muscles in the body. Doing squats will help you build strength and improve muscle mass. You will recruit a high amount of energy and burn fat, and this will help you become stronger in your activities of daily life.

They work the Glutes, Quadriceps, Hamstrings, Adductor, Hip Flexors, Calves and Core. Just make sure you do them correctly to avoid injury.

EXERCISE/FITNESS:

Common Mistakes: Crunches

Crunches:

Crunches or “abdominal crunches” work the rectus abdominis muscle in the midsection of your body. Crunches - sometimes called "ab curls" - may also engage the external or internal oblique muscles, especially when rotation is added to the movement. Abdominal crunches are an effective way to strengthen the front of your torso or core region of your body.

Abdominal muscles are one of the first areas many people are eager to work on as they begin to lose weight. Belly fat can be particularly difficult to get rid of and some people are prone to have more of it. However, it should be noted that the only way to get rid of fat in your belly (or anywhere on your body) is with a healthy diet and cardiovascular exercise. Spot reducing, or trying to lose weight from an isolated area of your body, doesn't work. You cannot choose where fat will be lost. But performing exercises to tone and strengthen the muscles in your abdominal area will help your stomach appear flatter once belly fat is reduced.



Common Mistakes.

- Do not hold your breath while performing crunches. If you hold your breath then the oxygen will not reach your muscles, which leads to muscle cramps and pain. So, take a deep breath when you are at the bottom and when you roll your body exhale through your mouth slowly.
- Pulling your neck with your hand while coming up can put a lot of pressure on your neck and you will experience neck ache. Apart from this, you will not be able to put sufficient pressure on your abs. This exercise is specifically for your abs, so you have to engage your core muscles. Try to lift your chest not your neck. Therefore, keep your hands away from your neck. Put your hands over your chest, or maybe parallel to your ears.
- Do not go too fast. You might have heard that slow and steady wins the race and this is what you have to follow when you are doing crunches. You should hold the position for a while both at the top and at the bottom. If you are in a hurry to finish it, then let HMHB tell you that you are not going to get any benefit from this exercise. Let your breathing control your movement. Doing any exercise quickly won't get you a toned and sculpted body.
- You have to lift your shoulder only 2-3 inches above the floor. Taking them too high is not the right way to do crunches. So, don't push your body too high as it can reduce the effectiveness of this workout.
- If you want to gain maximum benefit from this one move and do not want to strain your back, then try to keep your spine neutral. If you arch your back then you might not be putting sufficient pressure on your core muscles.
- Pretend you have an orange tucked under your chin, as this will keep your head up. You must not lower your chin to your chest as you come up - it feels like you should. This puts strain on your neck. You do not have to look at your knees.

**Some people say the crunches do not do a lot.
But they are a great way for beginners, and older people, to work their core.
Your core is crucial to balance, posture, and body strength.
Try and make sure you keep a good form as you do this exercise.**

EXERCISE/FITNESS:

Common Mistakes: Press Ups

Press Ups:

These are one of those exercises that many dislike. The press up, also known as the push up, is a compound exercise. Press-ups work out a number of different muscles simultaneously and produce functional strength. There is a reason that push-ups are so difficult for so many people.

The muscles in the upper body do most of the work when a person does press ups. These include:

- chest muscle group, including the pectoralis major and pectoralis minor
- shoulder muscle group, including the deltoid major and deltoid minor
- upper and middle back muscles, including the latissimus dorsi, rhomboids, and trapeze muscles
- biceps, at the front of the upper arm
- triceps, at the back of the upper arm
- serratus anterior, which sits on the side of the chest beneath the upper arm

However, press ups require many other muscles in the body to work to keep the body in a rigid plank position. These muscles may include:

- lower back muscles
- abdominal, or core muscles
- gluteus maximus and medius, which are the buttocks muscles
- leg muscles, including the hamstrings, quadriceps, calf, and shin muscles.



Common mistakes:

- One of the most common mistake people make with their press ups is flaring their elbows out as a result of using a hand position that's too wide, thinking that this is going to better target and grow their chest. Our elbows should ideally line up with our chest fibres, in order to stimulate maximum muscle activation. A wide grip can limit our range of motion, and also forces the elbows out to the side at the lower end of the movement, reducing activation in the chest.
- A lot of people perform press ups with their hands turned in slightly, which can lead to the elbow problems, as well as increasing the risk of shoulder impingement. Instead, keep your hands in a neutral position, facing forward.
- Once you start getting fatigued then it can be very easy to let the shoulders hunch up towards the ears. The traps then end up taking some of that pressure in the exercise, and just as important, it can compromise your stability. Activate your lats, actively pull your shoulders down and away from your ears into a stable and locked position that you want to maintain in each rep.
- Cranking out reps as quickly as possible might be fine if you're doing a fitness test, but is not something you should be doing in your regular workouts. Not only can too fast a pace increase the shear force in your elbow joints, but a slowed down movement actually offers a better workout, as it requires control, and increases activation in the chest, triceps and rear delts. If press ups are easy for you, instead of just trying to bang out more and more press ups at a fast tempo, slow it down.

Press Ups are a tough exercise, but you can do against a wall as well as the floor.

Good for your arms and core. But good form is essential.

Why not practice all these in front of a mirror, or with friends.

Remember to keep active at this time. Love your body.

HEALTH / ROUTINE

Our Immune System

Way back in Issue 4 we very briefly looked at the Immune System, but here we can go into far more detail. It is of course relevant at this time of pandemic, and especially as we are starting using these vaccines. Knowing how your immune system works, and how to keep it healthy, can have a significant impact on your health.

The overall function of the immune system is to prevent or limit infection. An example of this principle is found in immune-compromised people, including those with genetic immune disorders, immune-debilitating infections like HIV, and even pregnant women, who are susceptible to a range of microbes that typically do not cause infection in healthy individuals.



The immune system can distinguish between normal, healthy cells and unhealthy cells by recognizing a variety of "danger" cues called "Danger-Associated Molecular Patterns" (DAMPs). Cells may be unhealthy because of infection, or because of cellular damage caused by non-infectious agents like sunburn or cancer. Infectious microbes such as viruses and bacteria release another set of signals recognized by the immune system called "Pathogen-Associated Molecular Patterns" (PAMPs).

When the immune system first recognizes these signals, it responds to address the problem. If an immune response cannot be activated when there is sufficient need, problems arise, like infection. On the other hand, when an immune response is activated without a real threat or is not turned off once the danger passes, different problems arise, such as allergic reactions and autoimmune disease.

The immune system is complex and pervasive. There are numerous cell types that either circulate throughout the body or reside in a particular tissue. Each cell type plays a unique role, with different ways of recognizing problems, communicating with other cells, and performing their functions. By understanding all the details behind this network, researchers may optimise immune responses to confront specific issues, ranging from infections to cancer.

Immunity Cells

The immune system has cells that perform specific functions.

These cells are found in the blood stream and are called white blood cells. Let's have some science!!!

1. **B cells** - B cells are also called B lymphocytes. These cells produce antibodies that bind to antigens and neutralize them. Each B cell makes one specific type of antibody. For example, there is a specific B cell that helps to fight off the flu.
2. **T cells** - T cells are also called T lymphocytes. These cells help to get rid of good cells that have already been infected.
3. **Helper T cells** - Helper T cells tell B cells to start making antibodies or instruct killer T cells to attack.
4. **Killer T cells** - Killer T cells destroy cells that have been infected by the invader.
5. **Memory cells** - Memory cells remember antigens that have already attacked the body. They help the body to fight off any new attacks by a specific antigen.

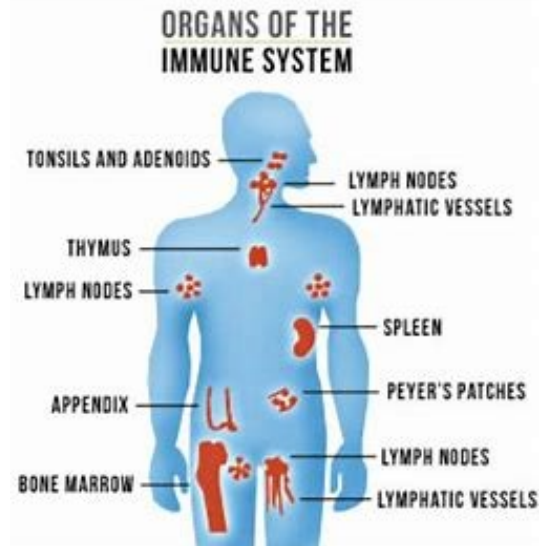
HEALTH / ROUTINE

Immune System Locations - fascinating stuff

The NHS has helped with this page. All immune cells come from precursors in the bone marrow and develop into mature cells through a series of changes that occur in different parts of the body.

Skin: The skin is usually the first line of defence against microbes. Skin cells produce and secrete important antimicrobial proteins, and immune cells can be found in specific layers of skin.

Bone marrow: The bone marrow contains stem cells that can develop into a variety of cell types. The common “Myeloid Progenitor” stem cell in the bone marrow is the precursor to innate immune cells - neutrophils, eosinophils, basophils, mast cells, monocytes, dendritic cells, and macrophages - that are important first-line responders to infection.



The common lymphoid progenitor stem cell leads to adaptive immune cells - B cells and T cells - that are responsible for mounting responses to specific microbes based on previous encounters (immunological memory). Natural killer (NK) cells also are derived from the common lymphoid progenitor and share features of both innate and adaptive immune cells, as they provide immediate defences like innate cells but also may be retained as memory cells like adaptive cells. B, T, and NK cells also are called lymphocytes. (I hope you are following - it is a little complicated).

Bloodstream: Immune cells constantly circulate throughout the bloodstream, patrolling for problems. When blood tests are used to monitor white blood cells, another term for immune cells, a snapshot of the immune system is taken. If a cell type is either scarce or overabundant in the bloodstream, this may reflect a problem.

Thymus: T cells mature in the thymus, a small organ located in the upper chest.

Lymphatic system: The lymphatic system is a network of vessels and tissues composed of lymph, an extracellular fluid, and lymphoid organs, such as lymph nodes. The lymphatic system is a conduit for travel and communication between tissues and the bloodstream. Immune cells are carried through the lymphatic system and converge in lymph nodes, which are found throughout the body.

Lymph nodes are a communication hub where immune cells sample information brought in from the body. For instance, if adaptive immune cells in the lymph node recognize pieces of a microbe brought in from a distant area, they will activate, replicate, and leave the lymph node to circulate and address the pathogen. Thus, doctors may check patients for swollen lymph nodes, which may indicate an active immune response.

Spleen: The spleen is an organ located behind the stomach. While it is not directly connected to the lymphatic system, it is important for processing information from the bloodstream. Immune cells are enriched in specific areas of the spleen, and upon recognizing blood-borne pathogens, they will activate and respond accordingly.

Mucosal tissue: Mucosal surfaces are prime entry points for pathogens, and specialised immune hubs are strategically located in mucosal tissues like the respiratory tract and gut.

HEALTH / ROUTINE

Looking after your Immune System

Your body shows signs of a strong immune system pretty often. One example is when you get an insect bite. The red, bumpy itch is a sign of your immune system at work. The flu or a cold is a typical example of your body failing to stop the germs/bacteria before they get in. However, when you recover from the cold or flu, it's proof that your immune system was able to eliminate the invader after learning about it and reacting to its defence. If your immune system did nothing, you would never get over the cold, or anything else for that matter. Don't forget, when you are sick, your body isn't able to perform at its full potential.

Exercise: There are numerous benefits to exercise, including prevention of arthritis, diabetes, heart conditions, and more. Exercise has also been shown to enhance and improve different components of the immune system. Exercise also improves your sleep quality and increases immune function. Go for a walk, become a member of a fitness centre, find some fun exercises to do at home or outdoors, work out with a friend, and commit to a routine. Exercise also doubles as a mood and mental booster, so is great for mental health.



De-stress: Keep stress minimal, meditate, relax, and allow your brain some down time. Nothing good ever comes from worrying. Your body will be in a more relaxed state and feel rejuvenated with some peace and quiet. Stress can be an inhibitor of immunity for the way it creeps in and likes to settle, affecting appetite, sleep habits, even daily routines.

Look after your gut: Your gut actually knows when you are happy, so keep it in check! Foods with good bacteria, like yogurt, have positive health benefits. Probiotics can help your digestive system function normal and stay balanced. After all, 80% of your immune system is located in your digestive system, so it's best to keep your stomach healthy and happy.

Aim for good sleep: We know many are struggling with sleep at the moment. However, during sleep, your immune system releases proteins called cytokines, some of which help promote sleep. Certain cytokines need to increase when you have an infection or inflammation, or when you're under stress. Sleep deprivation may decrease production of these protective cytokines. In addition, infection-fighting antibodies and cells are reduced during periods when you don't get enough sleep.

Also: Wash you hands, eat fruit and veg, laugh more, be thankful not negative, use sunscreen when outdoors, drink water and stay hydrated, monitor your blood pressure, maintain a healthy body weight (overweight or obese can cause immune problems). But also, do have treats. :-)

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

We try and add entries every week. Please log on to have a read.
We will be adding information as often as possible.



Why not try an exercise class!!!

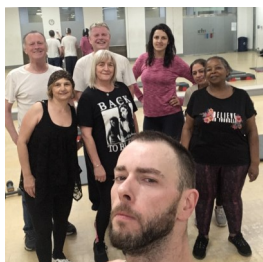
Here is an amazing opportunity to join in a great Zumba class, or two, with a qualified teacher.

HMHB is partaking on Sundays, so why not join us.

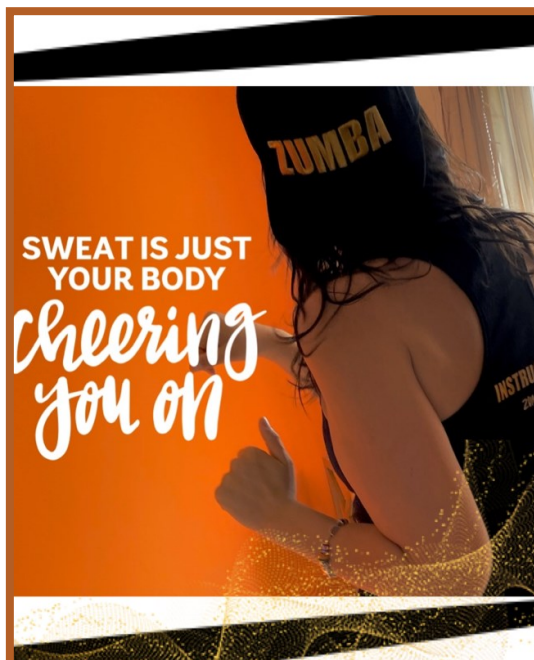
Karina is based in Islington, but her online classes are fabulous.

Please contact her.

They are fun, but also great for your overall health. Treat yourself!!



ZUMBA



ACTIVE WITHIN

If anyone would like to join in their free classes (see timetable), you will need to register on their website and then get in touch with them via phone, email or through social media channels. They will then send you the class links. They are fabulous. Please have a go!!

www.activewithin.com



TIME TABLE	
MON/18.30/YOGA	
TUES/11.00/YOGA	
TUES/18.30/BOOTCAMP	
WEDS/18.30/YOGA	
SAT/10.00/YOGA	
SUN/10.00/ABT	

HMHB Izzwalkz is part of the “Walk With A Doc” network.

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

[Check out their website for more information.](http://www.walkwithadoc.org)

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

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

www.walkwithadoc.org



PILATES

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

Monday 10-11am:

Pilates for strength

Tuesday 6.30-7.30pm:

Pilates evening flow

Wednesday 10-11am:

Personal Training for over 50's

Friday 9.30-10.30am:

Pilates for over 50's

Contact her

hello@emmaahlstrom.com

www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

After 46 packs I think it is clear just how important HMHB focuses on a positive mind-set if you want to succeed.

It drives your focus, your desires, your targets.

It enables you to get up in the morning with purpose, and enables you to reflect at the end of the day on just how well you think you have done.

But the only person in the world who can influence it is you!!!

Make this week the start of your next adventure!!!

**A positive mindset is
important if you
want to get the most
out of your life.**

Nutrition.

Our bodies are incredibly complex, and that mean that sometimes they act differently. It means that on occasions we cannot all eat the same things, or drink the same drinks.

However, we must not self-diagnose. This happens a lot, especially around lactose and gluten. If you are worried then get professional advice, as you may be cutting out vital nutrients from your diet without knowing. Nutrients that you must get in your diets to stay healthy and alive.



Exercise



We have been advocating plenty of different exercises and sessions since the inception of these health packs, but doing the exercises properly is just as important as ensuring you are doing plenty of training each week.

In this pack, we only looked at three of the basic movements: squats, press ups, and crunches. But why not try and work out with a friend, research online, join a class (we running them again soon), and enjoy your sessions knowing you are doing the exercise correctly. It can stop injuries, strains, and also be a lot of fun.

Health.

As we have all become more aware due to the recent world pandemic, looking after our immune systems can literally save our lives.

It starts working from our first breath and is totally amazing. Yes, vaccines which can give our immune systems a kick, but it does a huge amount on its own, keeping out bacteria, viruses, pathogens, dirt, liquids etc. Great examples include when we cough, sneeze or have a fever.

A healthy lifestyle is paramount in ensuring your immune system works properly. What other reason do you need?



**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 + SLJ Films from Page 15

See if you can beat your family and friends

Geography:

In which Asian country are these cities.

- | | |
|---------------------|-------------|
| a. Hyderabad | India |
| b. Sapporo | Japan |
| c. Manila | Philippines |
| d. Ho Chi Minh City | Vietnam |
| e. Mandalay | Myanmar |
| f. Seoul | South Korea |
| g. Basrah | Iraq |
| h. Kabal | Afghanistan |
| i. Shiraz | Iran |
| j. Kathmandu | Nepal |
| k. Colombo | Sri Lanka |
| l. Kuala Lumpur | Malaysia |
| m. Dubai | U A E |

Sport

From the anagrams of English Football Teams.
How many did you solve?

1. Norwich City
2. Fulham
3. Southampton
4. Crystal Palace
5. Arsenal
6. Derby County
7. Aston Villa
8. West Ham United
9. Liverpool
10. Burnley
11. Wycombe Wanderers
12. Watford
13. Queens Park Rangers

Music:

Who sang these famous musical duets?

1. IGYB: Sonny & Cher
2. NMT: Barbara Streisand & Donna Summer
3. TGIM: Michael Jackson & Paul McCartney
4. IKYWW: George Michael & Aretha Franklin
5. UWWB: Joe Cocker & Jennifer Warnes
6. TTOML: Bill Medley & Jennifer Warnes
7. EL: Phil Collins & Philip Bailey
8. YTOTIW: John Travolta & Olivia Newton John
9. YDBMF: Barbara Streisand & Neil Diamond
10. DNM: Aaron Neville & Linda Ronstadt
11. SS: Robbie Williams & Nicole Kidman
12. DGBMY: Elton John & Kiki Dee
13. IITS: Dolly Parton & Kenny Rogers
14. E&I: Paul McCartney & Stevie Wonder
15. SSS: Paul McCartney & Michael Jackson
16. EL: Diana Ross & Lionel Richie
17. B: Freddie Mercury & Montserrat Caballé

Politics

15 US Presidents surnamed N-Z:

Richard Nixon, Barrack Obama, Franklin Pierce, James Polk, Ronald Reagan, Franklin Roosevelt, Theodore Roosevelt, William Taft, Zachary Taylor, Harry Truman, Donald Trump, John Tyler, Martin Van Buren, George Washington, Woodrow Wilson

QUIZ
ANSWERS
IONS

List of Samuel L Jackson films - from Page 15

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

- | | |
|-------------------------------|---------------------------------------|
| 1 Kingsman The Secret Service | 2 Snakes On A Plane |
| 3 The Long Kiss Goodnight | 4 Pulp Fiction |
| 5 Jurassic Park | 6 Die Hard With A Vengeance |
| 7 Jackie Brown | 8 Avengers Assemble |
| 9 Lakeview Terrace | 10 Django Unchained |
| 11 Glass | 12 S.W.A.T. |
| 13 Sphere | 14 XXX |
| 15 The Incredibles | (I have seen them all, and recommend) |

London

9 London Underground stations starting with "A":
Acton Town, Aldgate, Aldgate East, Alperton, Amersham, Angel, Archway, Arncliffe, Arsenal

5 London Underground stations starting with "O":
Oakwood, Old Street, Osterley, Oval, Oxford Circus

THE LAST PAGE

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

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

Please follow us on Twitter if you use it: [@hmhb2016](https://twitter.com/hmhb2016)

Please follow PT Dean on Twitter if you use it: [@zombie_pt](https://twitter.com/@zombie_pt)

Please follow us on Instagram: [healthymindshealthybods2016](https://www.instagram.com/healthymindshealthybods2016)

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund who helped to sponsor early packs. With their help, we established the Packs.

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



Cripplegate Foundation
Helping since 1500

Be Safe, Be Active, Be Well