



Healthy Minds, Healthy Bods

Health Pack: Number 14

Focus on Mind-set, Nutrition, Exercise, Health



Prepared by: Lazza, Luke and Dean: Monday 20th July 2020

www.hmhb2016.org.uk



"I like nonsense, it wakes up the brain cells. Fantasy is a necessary ingredient in living. It's a way of looking at life through the wrong end of a telescope. Which is what I do, and that enables you to laugh at life's realities." - Dr. Seuss

Welcome to the 14th of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).

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

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

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



As part of our Izzwalkz project we felt it important to not just walk, but also educate and help our users over their fitness levels. Exercise in Clissold Park. 3rd May 2018

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

PRINTED COPIES CAN BE POSTED TO YOU

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

Thanks to everyone who reads these packs.

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

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

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



Our health packs are three months old.

Why are we doing them?

Healthy Minds, Healthy Bods started producing our health packs towards the end of April 2020. It was as a direct result of the Covid 19 pandemic, and we wanted to continue to reach our service users and beyond. We also felt it important to be able to reach those who are not on the internet, cannot attend zoom classes, and/or access online help from various organisations.



HMHB's focus has always been on interactivity, proactivity, and fun. Older people were told they had to isolate, as did those who were vulnerable for whatever reasons. Many people going through mental health issues live on their own, and there has been a great deal of anxiety and stress around the virus.

Our first issue was just 10 pages (although we are going to be completing a revised version of it soon, as well as our second issue - both going up to 20 pages, with more content and information). Now they are regularly 20 or 22 pages, and we absolutely love producing them. In fact, we are learning a lot ourselves through our research and reading.

It is never too late to try and change your lifestyle, which is what we are promoting in our packs. We are aiming to get out a minimum of 20 issues, and hoping to reach 26 issues (a full half year). It is incredible to think we may have produced over 500 pages of content by then. We do hope you have enjoyed the full range of topics we have delivered. But the onus is on you to take action too. Be healthier. It's your choice!



Healthy Minds, Healthy Bods has been tireless in our wish to be part of the mental health intervention in London. Part of that is networking and building up contacts.

We have received fabulous support from a huge number of people and organisations. This includes our MP Jeremy - who a few years ago sat on my sofa telling me he could see the "significant benefits" HMHB could bring. Our local councillors have promoted us. Three years ago, then Islington Mayor Una told us that our walk was one of her favourite events of her year.

We have great friends with Single Homeless Project, Better Lives, Age UK, four London Borough Job Centres, various Medical Practices and CCGs, Mind, Healthwatch areas, and many others.

We have worked very very hard, but rely on the help of people to get us to the next level. And we thank them all for our journey so far.

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

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

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

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

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

Lazza's Quiz Spectacular

Answers are on page 21 (no peeking)

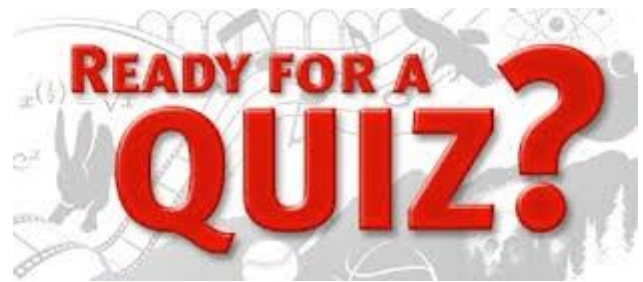
Literature:

There are seven Harry Potter books, and in each of them there is a different Defence Against the Dark Arts Professor.

Can you name all seven, and match them up to each book?

It's not as easy as you think?

(apologies to all non Harry Potter fans)



Geography

These seven countries have changed their names in the last 50 years. These are the old names, Can you give their current name?

Ceylon	Swaziland
Ellice Islands	Zaire
Southern Rhodesia	British Honduras
Czechoslovakia (2 countries)	

Yugoslavia is now known as seven different countries. Can you name all seven?

Film:

These are famous movie taglines. Name the films.

1. Check in. Unpack. Relax. Take a shower.
2. In space no one can hear you scream.
3. Man is the warmest place to hide.
4. You'll believe a man can fly.
5. The first casualty of war is innocence.
6. Escape or die frying.
7. Fear can hold you prisoner. Hope can set you free.
8. Who will survive and what will be left of them?
9. You'll never go in the water again.
10. Be afraid. Be very afraid.
11. Love never dies.
12. On the air. Unaware.
13. When he said I do, he never said what he did.
14. Tale of murder, greed, lust, revenge and seafood.
15. Houston. We have a problem.

Nature:

Can you work out these bird names from their letters?

- 1) AEGGHIILNNT
- 2) CDEEKOOTPRW
- 3) BDGHIIMMNRU
- 4) ACCEEHORRSTTY
- 5) AABLORSST
- 6) ADEGIPRRT
- 7) EFGHIIKNRS
- 8) AAENHPST
- 9) ADEEEGGLLNO
- 10) ELRTUUV
- 11) ACMNOORRT
- 12) AAHKOPRRSWW
- 13) EGINNPU



History:

At the start of the 1990s, Fifteen countries were created on the dissolution of the old Soviet Union.

Can you name all 15?

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

MIND-SET:

“Outside the Box” 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.



“The ordinary think inside of the box,
the extraordinary think outside of the box,
but genius thinks inside, outside, below and above the box.”
Matshona Dhlwayo

“Thinking outside the box (also thinking out of the box or thinking beyond the box and, especially in Australia, thinking outside the square) is a metaphor that means to think differently, unconventionally, or from a new perspective. This phrase often refers to novel or creative thinking.”

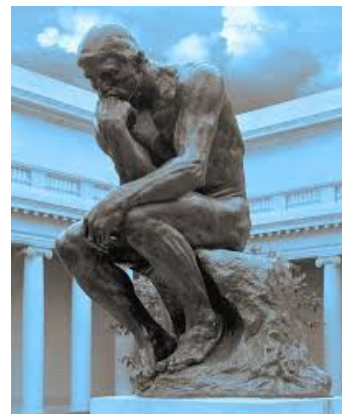
One of Healthy Minds, Healthy Bods main targets is to affect the mind-set of our users. Promoting a Growth Mind-set mentality and thinking, is paramount to producing successful outcomes.

Being able to deal with situations as they arise, find solutions for problems, and manage your life with as few setbacks as possible, can create a happier life. Yes, as we have constantly demonstrated in these packs, that does involve being more active and looking after your nutritional needs. However, your thinking process is up to you as an individual. A huge amount of that is down to confidence and belief and support.

You can change the way you see problems. Honestly, that is possible. If you are going through periods of anxiety, great stress, and even depression, your thought process can become clouded, and you maybe will not think things through properly.

So, firstly I want to demonstrate what I mean. I am going to do a quick quiz. And I promise that all of these are just general knowledge and all have answers. If you don't know what I am talking about, check out Pack 9 on Closure. Please answer all the questions below before turning over.

1. Which Forest contains one-third of all trees on earth and provides nearly a quarter of all the oxygen that humans breathe?
2. What is the maximum speed on a German Autobahn (motorway)?
3. The film Jaws is based on a book by Peter Benchley. In it, how does the shark die?
4. How many roads are there in the City of London area?
5. In 1892, Liverpool Football Club was formed, What colour did they wear?



“The beautiful thing about learning is that nobody can take it away from you.”

MIND-SET: Outside the Box

So what do we mean?

If everyone just accepted things the way they are, then there would never be any change or innovation or improvement in the world. If Thomas Edison had shrugged and figured things were good enough the way they were with gas lamps, light bulbs and the electricity to power them might never have been developed. If he hadn't thought outside the box, the world could be a very dim (literally) place.

If you view things as unchangeable, then nothing will ever change for the better. By thinking outside the box and questioning the status quo, you'll constantly be considering how you could improve your life and beyond. It also gives you purpose.

So, let's have a peek at those questions.

For number one - we asked about the forest. I would imagine that nearly everyone who came up with an answer said the word "Amazon". It is probably the most famous forest in the world, and is certainly the largest Rainforest. But the right answer is the "Taiga". Taiga, referred to in North America as boreal forest or snow forest, is a biome characterized by coniferous forests consisting mostly of pines, spruces, and larches. The taiga or boreal forest is the world's largest land biome. Where is it? The Taiga forest stretches across Canada, Alaska, Sweden, Finland and Norway, Russia, northern Kazakhstan, northern Mongolia, and northern Japan.

For number two - There are rumours that there are no speed limits; this is not true. Actually, 130 km/h (80 mph) is the recommended top speed on the German autobahn (and the legal maximum speed on motorways in most European countries). Many autobahn sections have limits of 120 km/h (75 mph), 110 km/h (68 mph) or lower, especially in urban areas.

For number three - This depends on if you read the question correctly. In the film Jaws, the shark is blown up by Chief Brody shooting a bullet into a gas cylinder making it explode (sadly, this is just Hollywood, as the cylinder would not have done that in real life!!). But the question on the previous page also mentioned the book, Jaws, by Peter Benchley. And the "it" in the question always refers back to the last noun (in other words the book). And in the book, the shark drowns (I kid you not). Sharks, like other fish, use their gills to breathe. Water flows through the gills and out the gill slits while the gill filaments extract oxygen from the water. The flow of water through the gills is essential for sharks to breathe, otherwise they will die of lack of oxygen. In the book, the shark is dragged backwards, and hence cannot breathe.

For number four - One of the greatest pieces of trivia you will ever hear about the City of London is that it contains no Roads. That's right. The answer is None!! There are plenty of Streets, Squares and Alleys, but traditionally not a single "Road". The reason for the historic anomaly is because this sense of the word 'road' was not coined until the late 16th Century, after nearly all the thoroughfares in the ancient City had already been named.

For number five - Liverpool famously play in an all red strip, but when the club was founded its kit was more like the contemporary Everton kit. The blue and white quartered shirts were used until 1894, when the club adopted the city's colour of red.



So what am I trying to demonstrate? That we all live in our bubble. We have certain knowledge, and that is what we use to deal with situations and problems as they arise. But, actually there is so much to learn. Not everything we "know" is right. Sometimes, we have to find solutions away from our bubble, step out of our comfort zone, and think outside the box - outside the knowledge we have learned.

MIND-SET:

How can I think outside the box?

We can be scared of change. And that includes our thinking. But we can develop a more organised mind. We all have that ability if we only try. But there are some skills you can use to help you on your way.

- **Give yourself space**

Sometimes you need to be on your own to think. For example, people have been known to come up with great ideas in the shower. I like the idea of going for a walk, or just getting outdoors. Steve Jobs used to hold walking meetings to brainstorm ideas. Tchaikovsky took several walks around his village before working on his latest creation. It's important to get away from all the typical routines in order to foster creativity.

- **Brainstorm**

Avoid limiting yourself when you're brainstorming. This is the time when all ideas are welcome, no matter how silly or unworkable they sound. If you start limiting yourself during this stage of the thinking game, you aren't going to progress very far. Stop saying things to yourself during this phase that will shut down creativity rather than encourage it. Catch yourself anytime you say: "That won't work," "I haven't done it that way before," "I can't solve this problem," "I don't have enough time,"

HMHB play a game on our course, where our users create something between them that feels impossible. By throwing lots of ideas into the pot, suddenly one sounds good, then another, and by the end it's amazing.

- **Rethink the problem**

Sometimes, by looking at things in a different way, we can find a better solution. Maybe, work backwards. Sometimes what you need is to focus on the solution first, and build backwards from that solution. Sometimes we have already decided what the outcome is going to be without actually believing we can change it.

- **Research**

Find out how other people have overcome problems. See if there are options you have never heard of. By seeing how society has overcome struggles, may allow you to do the same.



Confidence comes not from always being right, but from not fearing to be wrong.

Believe in yourself.

Have faith in your abilities.

If something comes to test you, sit down and face it head on, and do not allow it to overwhelm you.

There are no guarantees/promises in life.

Just do the best you can.

But always try and find a solution.

Lazza's weight-loss journey

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

His target is to lose 1 lb a week

His final goal is 76.2 kg / 12st.

Sunday July 19th, he is 91.8 kg / 14st 6.38 lb

Gaining in week 11; 0.9 kg / 1.98 lb

**11 weeks: Overall loss: 6.7 kg
1st. 0.77 lb**

First week I have gained not lost
It happens: The biggest test is putting that right next week. I'm still proud of loss so far.

NUTRITION: Dairy

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.

Dairy products are controversial these days. While dairy is recommended by health organizations as essential for your bones, some people argue that it's harmful and should be avoided.

Of course, not all dairy products are the same. They vary greatly in quality and health effects depending on how the milk-giving animals were raised and how the dairy was processed.

Here at Healthy Minds, Healthy Bods, we take great care not to tell anyone what to eat. You can make your own choices. What we do like to do is look at evidence, help people understand how they need to make sure they have a nutrition rich diet, and point out what the body needs to stay alive and healthy. So let's look at various aspects around dairy.



Lactose

The main carbohydrate in dairy is lactose, a milk sugar composed of the two simple sugars glucose and galactose. As an infant, your body produced a digestive enzyme called lactase, which broke down lactose from your mother's milk. However, many people lose the ability to break down lactose in adulthood. In fact, depending on which sites you research, anything between 65% and 75% of the world's adult population is unable to break down lactose properly; a phenomenon called lactose intolerance. It's very common in Africa, Asia and South America, but is less prevalent in North America, Europe and Australia. People who are lactose intolerant have digestive symptoms when they consume dairy products. This includes nausea, vomiting, diarrhoea and related symptoms. However, keep in mind that lactose-intolerant people can sometimes consume fermented dairy (like yogurt) or high-fat dairy products like butter. You can still drink milk if lactose intolerant, but check with doctors.

Milk

Milk is a white, nutrient-rich liquid food produced in the mammary glands of mammals. It is the primary source of nutrition for infant mammals before they are able to digest other types of food. Humans are the only species that consumes milk in adulthood, as well as milk from other animals. Dairy was not consumed until after the agricultural revolution (after the 1500s). A cup of milk contains almost 30 percent of the daily requirement of calcium for adults. Milk also contains potassium and magnesium. These minerals are important for healthy bones and teeth.

**We had some fantastic help from
The Red Cross, which enabled us to
provide several First Aid courses for our
Ajani users.**

**This one on the 7th November 2017
We all learnt a lot**



NUTRITION: Pros and Cons of Dairy

You can now buy various milks: Almond, Coconut, Peanut, and even Pea (seriously). Traditional milks sales are falling.

The argument that drinking milk is unnatural as we are the only mammals to drink it in adulthood falls down when we point out we are the only mammals to drive cars too. There is also no adequate or credible research to support that hormones in milk are harming people.



Pros:

- High in calcium and vitamin D: Milk is a convenient and concentrated source of both these nutrients. While you can get these nutrients in plenty of non-dairy foods (calcium is in seeds, beans, and leafy greens; Vitamin D is in salmon, mushrooms, and eggs), research shows that following a dairy-free diet may increase your risk of osteoporosis.
- Great sources of whey and casein: These are the two proteins found in dairy products. Whey is by far the most popular protein used in protein powders, and casein (a slow digesting protein) has been gaining popularity over the years as well. Both offer unique benefits regarding amino acid profiles and digestion rates. Whey contains an abundance of branched-chain amino acids (BCAA) which are key for supporting muscle growth while also helping fight soreness from your workouts. (Research confirms that whey is a powerhouse protein for building muscle. Between whey and casein, one 8-oz glass of milk packs about 8 grams of protein).
- Its convenient. Whether you choose sliced cheese, cottage cheese, or Greek yogurt, dairy is an easy way to get in a high-protein snack during the day when you're on the go, which is something many people struggle with.

Cons:

- As we said on the previous page, a large proportion of the world population, especially Asia and Africa, has a reduced ability to digest lactose (aka lactose intolerance). Consuming dairy can disrupt the GI tract and provide fuel for bacteria in the gut, leading to bloating and gas. Your personal lactose tolerance is very individualized and should be something that you determine by removing dairy and then adding back different types to your diet to see how your body reacts. (And, when in doubt, see a doctor or dietitian for help.) You may discover you have no issue at all with lactose, or you may find that you can't handle the lactose in a glass of milk
- You can be allergic to whey and casein. Some adults have low-grade digestive issues such as bloating or irregular bowel movements, but congestion is also very common. Most people don't even complain about it or they don't connect it to the food. Then they come off of dairy and are amazed. An allergy is different to an intolerance.
- Acne is another huge issue for adults with dairy issues. Although researchers aren't entirely sure why; some possibilities include the use of growth hormones and steroids in cows used for milk production.

**Drinking milk is very much a personal choice, whether that be skimmed, semi-skimmed or full fat. I like it for my porridge in the mornings, and like a glass now and then.
Do your own research. It's fascinating reading.**

NUTRITION: Cheese and Probiotic

When it comes to cheese, people often say they love it so much they can't live without it, but hate that it can make you fat and causes heart disease.

The truth is that cheese is what you call a whole food. These are generally good for you, as long as you don't eat too much of one thing.

Cheese is a great source of calcium, fat, and protein. It also contains high amounts of vitamins A and B-12, along with zinc, phosphorus, and riboflavin.

Cheese made from the milk of 100 percent grass-fed animals is the highest in nutrients and also contains Omega 3 fatty acids, and Vitamin K2.

The healthiest cheeses (researched) are:

1. **Mozzarella:** lower in sodium and calories than most other cheeses. It also contains probiotics that may boost your immune system.
2. **Blue Cheese:** distinctive blue or grey veins and a tangy taste. Loaded with calcium, it may promote bone health and help prevent osteoporosis
3. **Feta:** a Greek cheese that's higher in salt but lower in calories than other cheeses. It may also contain higher amounts of CLA, a fatty acid linked to improved body composition
4. **Cottage Cheese:** a fresh, clumpy cheese that's loaded with protein. Adding cottage cheese to your diet can help keep you full and may aid weight loss



Overall:

Most cheeses are a good source of protein and calcium, and some offer additional health benefits. In particular, certain cheeses may provide nutrients that promote gut health, aid weight loss, improve bone health, and decrease your risk of heart disease.

However, as some cheese can be high in sodium and/or fat, it's still worth keeping an eye on your intake. Overall, cheese can be a nutritious addition to a healthy, balanced diet.

Probiotics:

I admit that I do regularly buy Actimel Probiotic Yoghurt drinks (I recall visiting a friend in hospital and noticed them being handed out and thought if its good enough for the NHS its good enough for me). The word "probiotic" translates to "for life," taken from its Greek and Latin etymology. Probiotics are good, friendly bacteria. They are cultures that have been shown to provide specific health benefits such as supporting gut health and contributing to the maintenance of a balanced gut microbiota, important for the proper functioning of the digestive system and the entire body.

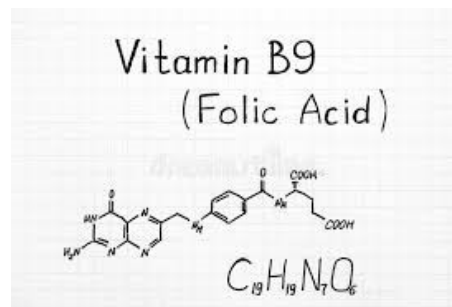
While all yogurts have live and active cultures, not all have probiotic strains that provide specific health benefits such as supporting gut health and contributing to the maintenance of a balanced gut microbiota. The general consensus is that your body naturally produces good bacteria, but a lot of sites, including the NHS, say there is no harm in using them. In fact, A study indicated Actimel may reduce severity of wintertime infections in the elderly, and could help the body respond better to flu vaccinations

**Dairy is a strong subject for many when it comes to their nutrition.
It's your body. You choose what you put into it.
Do your own research and enjoy!!!**

NUTRITION: Vitamin B9

Vitamins

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



- Another name for Vitamin B9 is Folate, or Folacin.
- It is a water soluble vitamin, meaning it is carried to the body's tissues, but cannot be stored in the body, and therefore you need to ensure you get it in your daily diet.
- Manufactured folic acid, which is converted into folate by the body, is used as a dietary supplement and in food fortification as it is more stable during processing and storage.
- Sources include: Liver, yeast, green leafy vegetables, as well as whole grain cereals, meat, milk, eggs and legumes.
- The recommended daily adult dose: 400mg. In pregnancy, 600mg for prevention of congenital malformations
- Not consuming enough folate can lead to folate deficiency. This may result in a type of anaemia, in which red blood cells become abnormally large. Symptoms may include feeling tired, heart palpitations, shortness of breath, open sores on the tongue, and changes in the colour of the skin or hair.



1. Folate is required for the body to make DNA and RNA and metabolise amino acids necessary for cell division.
2. Folate in the form of folic acid is used to treat anaemia caused by folate deficiency.
3. Long-term supplementation with relatively large amounts of folic acid is associated with small reduction in the risk of stroke and an increased risk of prostate cancer.
4. All B vitamins help the body convert food (carbohydrates) into fuel (glucose), which is used to produce energy. These B vitamins, often referred to as B-complex vitamins, also help the body use fats and protein

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

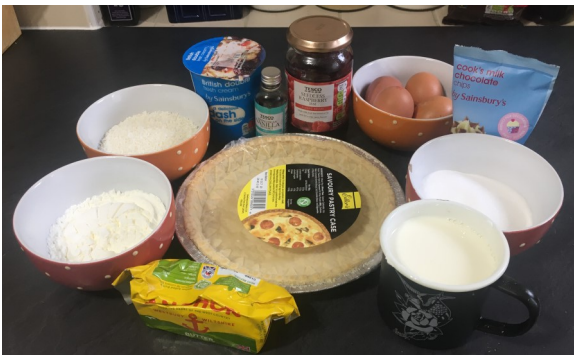
NUTRITION: Lazza's Kitchen

Coconut Custard Tart

**Lazza is still trying out new recipes
Today - his first Custard Tart (never made custard before)**

According to Wikipedia.

“Medieval recipes generally included a shortcrust and puff pastry case filled with a mixture of cream, milk, or broth with eggs, sweeteners such as sugar or honey, and sometimes spices. Recipes existed as early as the fourteenth century that would still be recognisable as custard tarts today.”



- Pastry Case (of course you can make pastry)
- Four egg yolks
- 1/4 cup of cornflour
- 1/2 cup of caster sugar
- 1 cup of full fat milk
- 1 cup double cream
- Desiccated coconut (I also used choc to decorate)
- Raspberry Jam
- Vanilla Essence
- Small knob of butter

- Put the egg yolks, the sugar and the cornflour into a bowl.
- Carefully whisk them together (I found the cornflour wants to cover every surface otherwise)
- Add the milk and whisk that till smooth
- Add the cream and whisk.
- Heat up in saucepan, whisking away, until it thickens nicely and is hot.
- Take off heat: Add around 2 large teaspoons of vanilla essence (but have a taste to see how you like it), and also a knob of butter and whisk them all in.
- You can add some of the coconut into the custard mixture (or even some lemon?)
- Spread the jam over the base of the pastry case. Pour in the custard and spread it around evenly.
- Wait to cool, then decorate with the rest of the coconut, and I also added some chocolate pieces.
- Put into the fridge to cool properly and then enjoy lavishly!!!



**As I am every week, I was
stunned at just how tasty this
was, and how easy.**

**Always loved custard tarts,
and this was fab!!!**

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



HMHB's Game Page

Can you name these "Harry Potter film" actors?
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 - Boxability

**“boxing is like a ballet
except there's no music, no choreography, and the dancers hit each other.”**

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they become slightly breathless or break out into a sweat. It can significantly improve your health; both short-term and long-term.

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

When we started our Ajani courses - focusing on promoting a growth mind-set mentality, better nutrition awareness, creating knowledge on health matters, and encouraging people to be more active with their fitness - we felt it was very important to actually provide access to exercise. HMHB have been working with a terrific Personal Trainer, called Dean, and we have provided classes around a lot of different routines - one of which we called Boxability.

I think it is very important to stress that we are not Boxing, or teaching any actual boxing moves. It is also important to stress that we are not fighting, or looking to cause any harm. It is actually about promoting movement and flexibility.

We also were aware that it was possible some of the people we are working alongside could have experienced some kind of physical abuse in their lives, and doing this activity could cause some kind of trigger. In fact, we did think about this on one of our courses, and changed the way we did the activity so there was no contact with anyone else.

As you can see from the photographs, we bought some gloves and pads to use. This was just to get people having more fun, and that certainly was the case. The overriding feedback from these sessions was great, and I know one company we helped now incorporate it into some fitness they do, and they didn't before. So it's lovely knowing we have helped influence something. Age is also not a hindrance, and as the top picture indicates, we even managed to get our Izzwalkers involved.

Fitness boxing is also a great aerobic exercise, that gets your heart pumping and helps lower the risk of high blood pressure, heart disease, stroke, and diabetes. It can strengthen bones and muscles, burn more calories, and lift mood

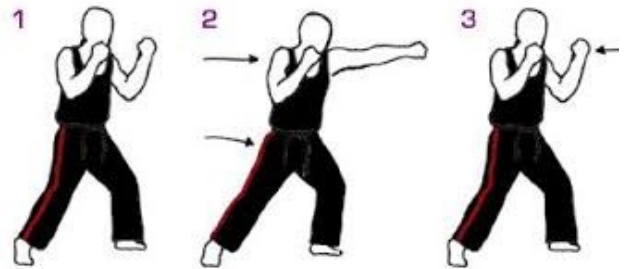


EXERCISE/FITNESS: Boxability

Jab and Punch

In actual Boxing, over 90% of the punches that boxing great Muhammad Ali threw were jabs. The purpose of a jab is to keep your opponent away from you, give him a little sting, wear him down gradually, and set him up for stronger punches.

To start. If you are right handed you would stand with your left foot forward. If you are left handed, it is the right foot. Get a little bend at the knees, as if you are having a light bounce. Wear some boxing gloves if you fancy. It is fun to workout with someone else wearing pads.



The Jab:

If you are right handed, you jab with the left hand. And vice versa. Remember, we are not teaching Boxing. This is for your exercise sessions. For this purpose we are going to explain as if you are right handed.

- Find your balance, with feet approximately slightly wider than hip width apart. Left foot forward. Put your fists up to just around your chin.
- While the jab comes from your core, not your arm, it is important not to launch yourself with the jab.
- Lean forward as you stretch out your left hand to the opposite persons left if they stand in front of you.
- When your hands are held at your chin, your thumbs are facing you. But when you go to jab, rotate your hands so that your palms are facing down, thumbs slightly lower than perfectly horizontal. Think of it like a slight corkscrew motion. It's in that twist that there's power.
- Keep your elbows in and aligned with your fist and the rest of your body. No part of you should needlessly stick out
- Return back to the starting position.

Many people throw a jab/punch combination. This is because the jab is there to gauge the distance, and then the punch is used to hit hard on the opponent. In fitness too, the jab is normally softer than the punch, as it is done with the weaker hand.

The Punch:

If you are right handed, you punch with the right hand. And vice versa.

- Find the same position as jab.
- Your thumb needs to be on the outside of your fist, between your first and second knuckles on your index and middle finger. If the thumb is on the inside upon hitting a hard target you can break your thumb.
- Push hard with your right arm and aim for the middle of the right hand pad of the person opposite.
- As you punch, swivel slightly on your front foot, bringing the heel up on your back foot
- Connect hard with the pad (or if no pads just get to your maximum stretch) and then return to starting position.
- You can see in the picture, the right handed boxer is putting all his effort into his punch.



“It ain’t about how hard you can hit.

It’s about how hard you can get hit and keep moving forward.” -Rocky Balboa

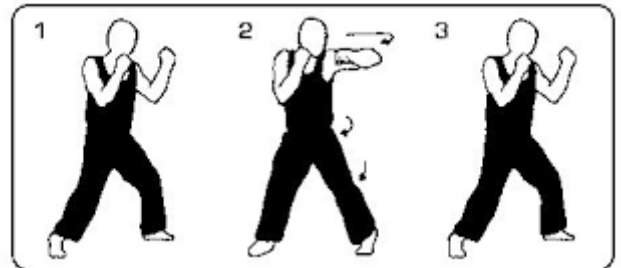
EXERCISE/FITNESS: Boxability

The Hook and the Upper Cut

So for our purposes, we are not connecting with anyone else. Although we showed the jab and punch, we are only hitting fresh air in front of us or, preferably, someone holding some pads. In fact, it is worth spending a little money (and they are not that expensive) on a pair of gloves and pads and working out with a friend. Boxability, as we call it, is a lot of fun.

The Hook

- Find your normal standing position as per the previous page. Stay light on your feet.
- So right handed, you have your left foot forward, and you can hook with both hands (not at the same time I hasten to say, lol)
- The object of the hook, if you were facing an opponent, is to hit them on the side of the head. So for our fitness session, we are just trying to keep our arms at that level - and if someone is holding pads, that is the level we want them held. Pads should also be at head level with palms facing each other, around the same distance apart as your hips.
- To punch, swivel lifting the back heel, and bring your shoulder round, hitting the left hand onto the left pad - see pic 2 as shown. That is the Left Hook. You can repeat the same, keeping left foot forward, to do the Right Hook.
- Remember you are not just using the arm, but your whole body movement to create the punch.
- When throwing a hook, you shift your body weight to the lead foot, allowing your lead foot to pivot and generate kinetic energy through the hip/torso/shoulder, swinging your lead fist horizontally toward the opponent. Pivoting increases the power of the punch.



The Upper Cut

I like the way the red guy opposite (performing an Upper Cut) is not content on knocking out just one guy, but seems to want to do it to everybody.

- If you were in a real boxing match, the upper cut is aimed to get your opponent under the chin.
- For our fitness sessions, focusing on movement, it is meant to incorporate a squat into the dynamic.
- For a right handed Upper Cut you need to have your left foot forward. To do a left handed Upper Cut you need to have your right foot forward.
- Find that stance again, where you are bouncing on your feet, and both hands are around your chin.
- For the pads, the person is holding them so they are facing the ground, around shoulder level.
- You want to be able to see the underneath of the pad to hit it in the middle.
- To do that you need to squat as you move, then bring the fist in an upwards motion so your knuckles connect with the pad. Do not let the thumb hit the pad.
- Then bounce back to the original position.



Boxing workouts can burn between 350 and 500 calories in just one hour. Repetitive motion in punching and movement, supported by the "core" muscles of the body, helps develop cardiovascular efficiency, local muscular endurance and a degree of strength. Training tones up and helps define the arms and legs

HEALTH / ROUTINE - The Digestive System

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

“Almost all our health concerns can be traced back to our belly. Ensure a healthy gut and the rest will take care of itself.”



We all have to eat and drink to stay alive. And that means ingesting a lot of food. From that, our body has to take from that food all the nutrients to keep us healthy. It is an incredible machine when you actually think about it.

So let's say you have just had some dinner and are now sitting down, relaxing, and obviously reading this very interesting pack we have produced. How is your body dealing with that food?

Actually, you may not realise, but your digestive system started before you had even taken your first bite. The first part of digestion is your mouth.

Even before you eat, when you smell a tasty food, see it, or think about it, digestion begins. Saliva, or spit, begins to form in your mouth. According to the internet: Saliva is an extracellular fluid produced and secreted by salivary glands in the mouth. In humans, saliva is 99.5% water plus electrolytes, mucus, white blood cells, epithelial cells, enzymes, antimicrobial agents such as secretory IgA, and lysozymes. Even I have learnt something new there.

When you do eat, the saliva breaks down the chemicals in the food a bit, which helps make the food mushy and easy to swallow. Your tongue helps out, pushing the food around while you chew with your teeth. When you're ready to swallow, the tongue pushes a tiny bit of mashed-up food (it is actually called a "Bolus") toward the back of your throat and into the opening of your oesophagus, the second part of the digestive tract.

The Oesophagus is like a stretchy pipe that's about 10 inches (25 centimetres) long. It moves food from the back of your throat to your stomach. Once food has entered the oesophagus, it doesn't just drop right into your stomach. Instead, muscles in the walls of the oesophagus move in a wavy way to slowly squeeze the food through the oesophagus.

It then enters the Stomach which breaks the food into smaller pieces with help from the strong muscles in the walls of the stomach and gastric juices (almost as strong as battery acid) that also come from the stomach's walls. In addition to breaking down food, gastric juices also help kill bacteria that might be in the eaten food.

The stomach then empties the remaining mixture into the small intestine.

**So how do we get nutrients into the body,
And remove all the stuff we do not need?**

HEALTH / ROUTINE - Digestion working hard

The small intestine is a long tube that's about 1½ inches to 2 inches (about 3.5 to 5 centimetres) around, and it's packed inside you beneath your stomach. If you stretched out an adult's small intestine, it would be about 22 feet long (6.7 meters).

The small intestine breaks down the food mixture even more so your body can absorb all the vitamins, minerals, proteins, carbohydrates and fats. The small intestine can help extract them with help from the Pancreas, Liver, and Gallbladder.

Those organs send different juices to the first part of the small intestine. These juices help to digest food and allow the body to absorb nutrients. The pancreas makes juices that help the body digest fats and protein. A juice from the liver called bile helps to absorb fats into the bloodstream. And the gallbladder serves as a warehouse for bile, storing it until the body needs it.

Your food may spend as long as four hours in the small intestine and will become a very thin, watery mixture. It's time well spent because, at the end of the journey, the nutrients from your dinner can pass from the intestine into the blood. Once in the blood, your body is closer to benefiting from the complex carbohydrates, vitamins, minerals, and protein.

Nutrients head to the Liver. Waste material heads to the large intestine.

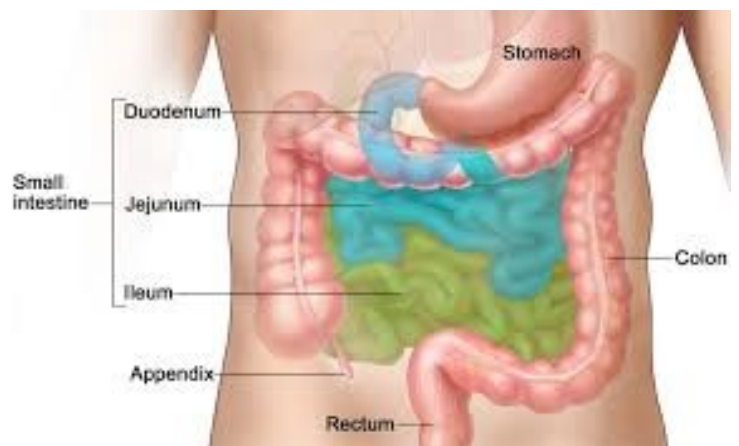
Your Liver is incredible and clever. The nutrient-rich blood comes directly to the liver for processing. The liver filters out harmful substances or wastes, turning some of the waste into more bile. The liver even helps figure out how many nutrients will go to the rest of the body, and how many will stay behind in storage. For example, the liver stores certain vitamins and a type of sugar your body uses for energy.

At 3 or 4 inches around (about 7 to 10 centimetres), the large intestine is fatter than the small intestine and it's almost the last stop on the digestive tract. Like the small intestine, it is packed into the body, and would measure 5 feet (about 1.5 meters) long if you spread it out.

The large intestine has a tiny tube with a closed end coming off it called the appendix. It's part of the digestive tract, but it doesn't seem to do anything, though it can cause big problems because it sometimes gets infected and needs to be removed. I had mine removed as an emergency two years ago!! Scary!!! The waste material passes through the part of the large intestine called the Colon, which is where the body gets its last chance to absorb the water and some minerals into the blood. As the water leaves the waste product, what's left gets harder and harder as it keeps moving along, until it becomes a solid. Yep, it's Poop!!! The large intestine pushes the poop into the rectum, the very last stop on the digestive tract. The solid waste stays here until you are ready to go to the bathroom.

You can help your digestive system by drinking water and eating a healthy diet that includes foods rich in fibre. High-fibre foods, like fruits, vegetables, and whole grains, make it easier for poop to pass through your system.

The digestive system is a pretty important part of your body. Without it, you couldn't get the nutrients you need to grow properly and stay healthy



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

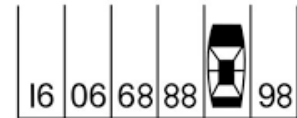
Review of Challenges and Targets

Mind-set:

According to Wikipedia: “Thinking outside the box is a metaphor that means to think differently, unconventionally, or from a new perspective. This phrase often refers to novel or creative thinking.” It’s trying to get you away from your bubble of knowledge, and look to find solutions to problems by challenging what you know. We can all learn to do it, but fear of failure and looking silly can stop us in our tracks. Try the question opposite (the solution is at the bottom of the page)

Solve in 20 seconds

What is the car's parking spot number?



Nutrition.

Talking about Dairy products can cause arguments among even the best of nutritionists. All HMHB have done is try and look at various aspects of the topic. I was astonished to discover this week that over two thirds of all adults are in some way lactose intolerant. See, I am learning too. And all I did was a little research.

Dairy can provide a huge number of essential nutrients to us, but we all need to be aware of how our bodies react to it. Why not try to find out for yourself?



Exercise;



We at Healthy Minds, Healthy Bods are excited when we do our Boxability sessions to demonstrate exercise can be fun as well as good for you. Please try it with a friend. And as proof it:

- Improves balance.
- Helps posture.
- Strengthens upper- body and core.
- Boosts endurance.
- May increase alertness.
- Enhances mood.
- improves hand-eye coordination

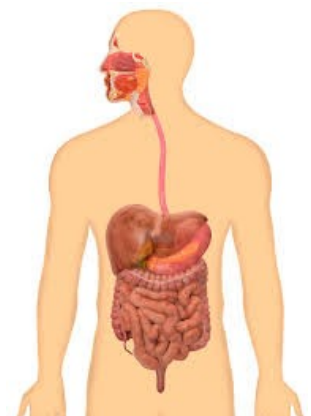
Health.

Your Digestive system is an amazing feat of engineering itself, let alone thinking about the rest of the body too.

Everything has a purpose, and it all works together smoothly, but only if you ensure it can operate properly.

To look after it you need to: Eat real food: Get plenty of Fibre: Get healthy fats in you diet: Stay hydrated: Manage your stress (which I know can be a struggle): Chew your food: Be more active.

Also, bad habits such as smoking, drinking too much alcohol and eating late at night, can cause digestive issues. On average, a person uses about 10% of their daily energy expenditure digesting and absorbing food.



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

Answer for Mind-set:
Turn Page upside down.
Numbers go 86-91
So Car is in number 87

Quiz Answers from Page 4 + Actors from Page 13

See if you can beat your family and friends

Geography

Countries - old and new names.

Ceylon	Sri Lanka
Swaziland	Eswatini
Ellice Islands	Tuvalu
Zaire	Democratic Republic of the Congo
Southern Rhodesia	Zimbabwe
British Honduras	Belize
Czechoslovakia	Czechia & Slovakia
Yugoslavia is now: Bosnia and Herzegovina, Croatia, Macedonia, Montenegro, Serbia, Kosovo, Slovenia	

Nature:

These are all the bird names from their letters?

- 1) NIGHTINGALE
- 2) WOODPECKER
- 3) HUMMINGBIRD
- 4) OYSTERCATCHER
- 5) ALBATROSS
- 6) PARTRIDGE
- 7) KINGFISHER
- 8) PHEASANT
- 9) GOLDEN EAGLE
- 10) VULTURE
- 11) CORMORANT
- 12) SPARROWHAWK
- 13) PENGUIN

Film:

These are the films for those taglines.

1. Psycho
2. Alien
3. The Thing
4. Superman
5. Platoon
6. Chicken Run
7. The Shawshank Redemption
8. Texas Chainsaw Massacre
9. Jaws
10. The Fly
11. Bram Stoker's Dracula
12. The Truman Show
13. True Lies
14. A Fish Called Wanda
15. Apollo 13

Literature: Harry Potter DADA Professors

- Book 1: Quirinus Quirrel
Book 2: Gilderoy Lockhart
Book 3: Remus Lupin
Book 4: Alastor "Mad-Eye" Moody
Book 5: Dolores Umbridge
Book 6: Severus Snape
Book 7: Amicus Carrow

QUIZ ANSWERS

Harry Potter Actors: - from page 13

- 1 Michael Gambon; 2 Helena Bonham Carter;
3 Jason Isaacs; 4 Richard Griffiths; 5 David Thewlis
6 Gary Oldman; 7 Imelda Staunton; 8 Mark Williams
9 Timothy Spall; 10 Jim Broadbent; 11 Fiona Shaw
12 Brendan Gleeson; 13 David Bradley;
14 John Hurt; 15 Robbie Coltrane

Congratulations if you got them all: A real fan!!!

History: The 15 countries from the USSR.

Armenia, Azerbaijan, Belarus, Estonia, Georgia,
Kazakhstan, Kyrgyzstan, Latvia, Lithuania,
Moldova, Russia, Tajikistan, Turkmenistan,
Ukraine, Uzbekistan.

Well done if you managed to get more than 10.

THE LAST PAGE

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

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

You can text HMHB: **07964 430456**

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

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

www.facebook.co.uk/healthymindshealthybods

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

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



*Cripplegate Foundation
Helping since 1500*

Be Safe, Be Active, Be Well