



# Healthy Minds, Healthy Bods

## Health Pack: Number 1 (*revised*)

Focus on Mind-set, Nutrition, Exercise, Health



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

*Revised version released - Monday 17th August 2020*

**[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)**



**"I hated every minute of training, but I said 'Don't quit. Suffer now, and live the rest of your life as a champion'." - Muhammad Ali**

***Welcome to the 1st of Healthy Minds, Healthy Bods' weekly Mental Health Packs (MHP).  
(this is a revised version of the original, which was 10 pages)***

If you want other copies, 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](http://www.hmhb2016.org.uk)** - all of the packs will be on there as we progress. 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.



**The gang, with a couple of  
our users, outside the  
Islington Museum  
for a day trip.**

**17th July 2017  
We had a lot of fun.**

**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](http://www.gofundme/hmhb2016)**



## NEWS PAGE

### Why are we doing Health Packs?

#### Hello everyone.

So, this was a new concept, one of which we had conceived, to try and help people during this surreal time of pandemic over the Covid 19 virus. Who knows just how long this will take, and the effects it will have on us overall? It will certainly mean we have different lives for a while, or maybe it will be a permanent thing.

Healthy Minds, Healthy Bods likes to do things differently, and not follow the crowd.

We sat down and thought about what kind of intervention we would like to be part of. There are some amazing groups in my local area of Islington, who have got together to make sure those who are isolating are still getting access to food and medicines. (Mutual Aids)

We chatted with a few of our users about their worries and concerns, especially those of them who are over 70. The biggest topic was that many of them were not on the internet, so access to online intervention and courses was not much good for them. It also looked to us as if a lot of the mental health help would be just that. We wanted to create something that could be reached by anyone. They could download it, or print it, or even get it delivered, and we were also anxious to do something weekly.

Hence the Health Packs were born.

Although this is "Issue One", it is actually a "revised" issue. The first original pack was ten pages long. We have actually just finished Pack 17. Honestly (I am typing this on Saturday 8th August). They are now 22 pages in all, and I wanted to update the information for our first couple of packs, to bring them more in line with what we are doing. I am going to cover exactly the same topics, just in more depth.

The health packs have had incredible feedback, but we could never have envisioned that back in April when we first devised and produced our very first one, which was a grand total of just ten pages.

At that time, we had applied for some funding to help produce the packs, but had not heard anything from anyone. Then at the start of May we were delighted to be told that Islington Giving Community Fund were going to fund us to the end of August.

Then, just last night, I found out the Lottery run Covid 19 Community Fund have agreed to fund the packs for a further six months.

People may think that we will run out of things to say, but I have 26 issues planned out, and already have ideas for more. And from the first one, we now include a quiz page, a game page, a recipe page (where I cook something I have not tried before - and that is going very well); we also promote a few exercise sessions, and recently created a News Page (which is this one here).



**We hope you enjoy this new Version of Health Pack Number One.**

## Lazza's Quiz Spectacular

Answers are on page 21 (no peeking)

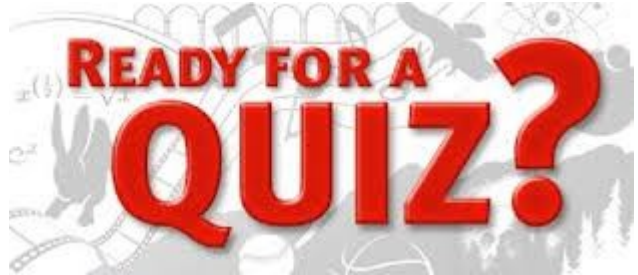
As this is revised pack 1, the same questions are in pack 18

### Literature

Depending where you read, Charles Dickens wrote around 19 novels in his life.

Only 9 of them have a character in the title.

Can you name all 9?



### Music

These songs are all from Disney/Pixar films. Please name the film.

- a. Part Of Your World
- b. You're Welcome
- c. You've Got A Friend In Me
- d. Remember Me
- e. When You Wish Upon A Star
- f. Be Prepared
- g. Cruella De Vil'
- h. Gaston
- i. Everybody Wants To Be A Cat
- j. Oo-De-Lally

### Geography

Can you name the Capital City of all these Asian countries? It's tough. How can you do?

1. Japan
2. Thailand
3. Philippines
4. Vietnam
5. South Korea
6. Israel
7. Iran
8. North Korea
9. Bangladesh
10. Saudi Arabia
11. Iraq
12. Qatar
13. Kuwait

### Sport:

These people are in the GB All-Time top 50 Olympians? But can you name their events where they won medals?

1. John Curry
2. Jessica Ennis-Hill
3. Roger Bannister
4. Ben Ainslie
5. Steve Cram
6. Colin Jackson
7. Mary Peters
8. Jonathan Edwards
9. Laura Trott
10. Anita Lonsbrough
11. Katherine Grainger
12. Harold Abrahams
13. Alistair Brownlee
14. Gregg Rutherford
15. Kriss Akabusi



### Christmas:

According to all the data,, Santa Claus has ten reindeer to pull his sleigh.

Can you name all 10?  
One is controversial, as some say there were 9.

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

## MIND-SET:

### What is Mind-set?

*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.*



**“Our greatest weakness lies in giving up.  
The most certain way to succeed  
is always to try just one more time.”**

***Thomas Edison***

Life is full of ups and downs. We can experience incredible highs, great success, and episodes of immense joy that take us to heights of exultation. However, we can also fall into deep troughs of sadness and anxiety, and feel that life is overwhelming us and we cannot escape the enveloping darkness.

A lot of that is out of our control. Sometimes it is our own actions that knock us, other times it is the actions of others. It does not mean they have deliberately done something that has affected your life negatively, things happen!! Although, occasionally that does occur.

But it is how we react to disappointment and setbacks that define us - and that is down to our thinking and decision making.

The concept of a Growth Mind-set was developed by psychologist Carol Dweck and popularized in her book, “Mind-set: The New Psychology of Success”. In recent years, many schools and educators have started using Dweck's theories to inform how they teach their students.



After studying the behaviour of thousands of children, Dr. Dweck coined the terms “Fixed Mind-set” and “Growth Mind-set” to describe the underlying beliefs people have about learning and intelligence. When students believe they can get smarter, they understand that effort makes them stronger.

People experiencing difficult times, depression and stress, are more likely to exhibit the Fixed Mind-set mentality, where life appears too difficult.

Some believe their success is based on innate ability; these are said to have a "fixed" theory of intelligence (fixed mind-set). Others, who believe their success is based on hard work, learning, training and doggedness are said to have a "growth" or an "incremental" theory of intelligence (growth mind-set). Individuals may not necessarily be aware of their own mind-set, but their mind-set can still be discerned based on their behaviour. It is especially evident in their reaction to failure. Fixed mind-set individuals dread failure because it is a negative statement on their basic abilities, while growth mind-set individuals don't mind or fear failure as much because they realize their performance can be improved and learning comes from failure.



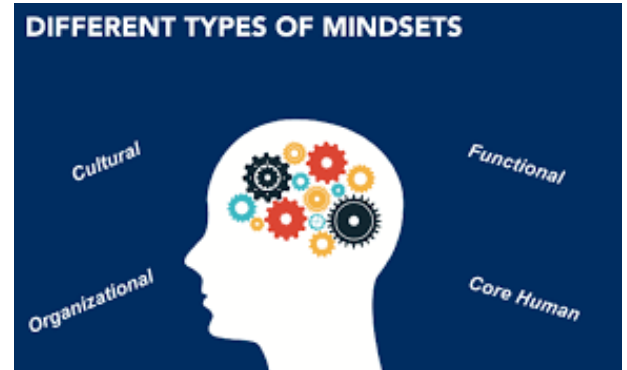
## MIND-SET:

### Other types of recognised Mind-sets

It is now recognised there are many more types of Mind-set, and typically we all have several. Ultimately, they can be “good” or “bad” in different ways. Even Dweck’s theory of the two (Fixed and Growth) meant there had to be a third (a mixture of the two - Mixed).

#### **Social Mind-set.**

Some people love to hang around with other people, meet strangers and experience new cultures. They feel good in social situations and make friends easily.



#### **Fear Mind-set.**

We all experience fear, but some take it to the extreme. People who let fear get the best of them are unable to use their time to the best of their ability. All those thrilling experiences, travelling to new places, achievements and such, never happen.. They never happen because of the fear of what could go wrong, and that can lead to a very minimal and, quite frankly, dull life.

#### **Lazy Mind-set.**

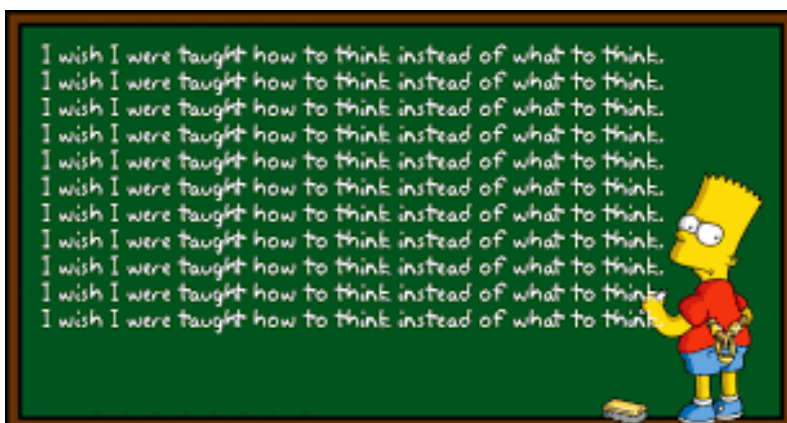
Lazy is a poor mind-set to have, and one many more people are adopting upon themselves. Why? We’ve made them lazy. Through fast food and advanced technology such as the likes of TV and social media. Not to mention a number of other factors. Sedentary lifestyles are not good. They have no discipline and no desire to get off their backsides and do something productive. It can produce long-lasting negative health issues.

#### **Envy Mind-set.**

Someone who’s envious is often jealous of other people who’re perhaps doing better than them. Maybe they’re jealous because of someone’s success, healthy relationship, job, wealth, body, looks. You name it. While it’s not the best mind-set to have, one advantage is that it can be a motivational factor in pushing you towards taking action. However, you need to look after yourself without worrying how others are doing.

#### **Dreamer Mind-set.**

I do like this one. People who possess this mind-set have the ability to dream big and think big. They love to believe that anything is possible, and they have the ability to come up with incredible visions for their future. You possess the ability to think big. You know what you want from your future. You realize just how much you can achieve from your life. But be aware, dreaming is only good if you take action on those dreams



These are just a few: Others include;

Business Mind-set

Follower Mind-set

Greed Mind-set

Gratitude Mind-set

Confident Mind-set

Creative Mind-set

Active Mind-set

Why not research these yourself?

## MIND-SET:

### How can I improve my Mind-set?



**“You need to learn how to select your thoughts, just the same way you select your clothes every day.**

**This is a power you can cultivate.**

**If you want to control things in your life, work on the mind.**

**That is the only thing you should be trying to control.”**

Being happy and successful is something we all aspire to. It's very likely that when asked “What's your aim in life?” most of us would answer – to be happy. But on some days, this “small and modest” goal just seems light years away. The good and bad news is this; it's all in our head. Even when it seems impossible to look on the bright side of things, it's actually 100% in our power to transform the way we see life. So let's have a look at some ways we can use to help us change our mind-set and go from being unhappy or just “okay” with life to feeling (and finding) that it's already quite a success.

#### **Look at what is good in your life.**

Sometimes we just need to appreciate what we already have, and a different world will open up right in front of us. Changing your mind-set to being grateful is really one of the most powerful eye-openers. It may sound too simple to be that effective, but you have to practice it every day. If you really set your mind to be grateful, you'll stop paying attention to small annoyances and negative situations. Instead, you'll start focusing on the good things that have happened and the lessons you've learned even from unpleasant events or encounters.

#### **Find a purpose, and set realistic targets and goals**

Spend a day alone and think honestly about what you want to achieve in this life. For example, it's very likely most of us would say that we want to be happy and successful. But take the time to look deeper into what these concepts mean to you. Your purpose might be to do something meaningful every day, or make the world a better place by doing what you love. Your aim can be to grow every year – personally and professionally. You can also lay down more concrete goals for yourself. For example, spend all weekends with your family, lose some weight, start a business, or take an eye-opening holiday to somewhere you have always wanted to go. In this case, try setting specific time frames for achieving these milestones.

#### **Love yourself. Don't compare with others. You are special and unique.**

Some people place everyone else before themselves and know how to give better than how to receive. If you are one of them, it's time you start thinking more about yourself. Like with many things in life, the key here is in the balance. Learn to say “no”. Treat yourself to something nice; clothing, a film, a meal. Think about your body and how you need to look after it. Make a list of healthy changes. Start look forward to the future.

#### **HMHB says:**

**Nothing happens without effort. Confidence can be tough. Life has hurdles, but a growth mind-set looks at them as a challenge. Not an obstacle. Yes, life is tough. But only if you allow it to be. Start looking at the way you think. What can you do to improve that?  
It's your choice!**

## NUTRITION: Protein

**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.**

Healthy Minds, Healthy Bods guides people on these nutrients and how they react with our organs and systems. At this time of lockdown, we are focusing heavily on our Respiratory System, our Immune System, and how the Covid 19 virus can affect them.

Our bodies are truly amazing - we are walking miracles. Honestly, if you think about it seriously, we should not exist. An average adult skeleton has 206 bones, which are held together by ligaments. Then we have muscles that can grow and strengthen with exercise. We have blood that transports nutrient and oxygen to the cells and carries away carbon dioxide and other waste products. We have organs that all have various functions to keep us alive, and a brain that is better than any computer we could dream of. It is truly astonishing.

We do have to keep our bodies healthy, and part of that is providing it with nutrients. Nutrients are compounds in foods essential to life and health, providing us with energy, the building blocks for repair and growth and substances necessary to regulate chemical processes. There are six major nutrients: Sugars (Carbohydrates - CHO), Lipids (fats), Proteins (Amino Acids), Vitamins, Minerals, Water. Some suggest a seventh of Dietary Fibre, but that is also part of Carbohydrates.



Our bodies can create eleven Amino Acids (the building blocks of life) and these are called “Standard” acids, However, nine proteinogenic amino acids are called “essential” for humans because they cannot be produced from other compounds by the human body and so must be taken in as food (Protein). Others may be conditionally essential for certain ages or medical conditions and may also differ between species.

The key elements of an amino acid are Carbon (C), Hydrogen (H), Oxygen (O), and Nitrogen (N), although other elements are found in the side chains of certain amino acids. About 500 naturally occurring amino acids are known (though only 20 appear in the Genetic Code) and can be classified in many ways.

High-quality protein sources, such as meat, fish, eggs, and dairy products, contain all nine of the essential amino acids. These are also called whole proteins. Other protein sources, such as nuts, beans, and seeds, only contain a few essential amino acids. However, you can combine some of these protein sources, such as rice and beans, to create a complete protein that contains all nine essential amino acids

**We loved our Ajani Course in Hackney.  
Over 55s Residential Housing with  
Anchor Hanover in Homerton.  
Here we are with the Hackney Mayor.  
14th March 2019  
A fabulous group!!!**





## NUTRITION: Amino Acids

### So, how does it get into your body?

Protein digestion begins when you first start chewing. There are two enzymes in your saliva called amylase and lipase. They mostly break down carbohydrates and fats. Once a protein source reaches your stomach, hydrochloric acid and enzymes called proteases break it down into smaller chains of amino acids. Amino acids are joined together by peptides, which are broken by proteases.

From your stomach, these smaller chains of amino acids move into your small intestine. As this happens, your pancreas releases enzymes and a bicarbonate buffer that reduces the acidity of digested food. This reduction allows more enzymes to work on further breaking down amino acid chains into individual amino acids. It sounds very complicated I know, but isn't that what your body is? Truly amazing!!!!

Some common enzymes involved in this phase include:

- Trypsin
- Chymotrypsin
- Carboxypeptidase

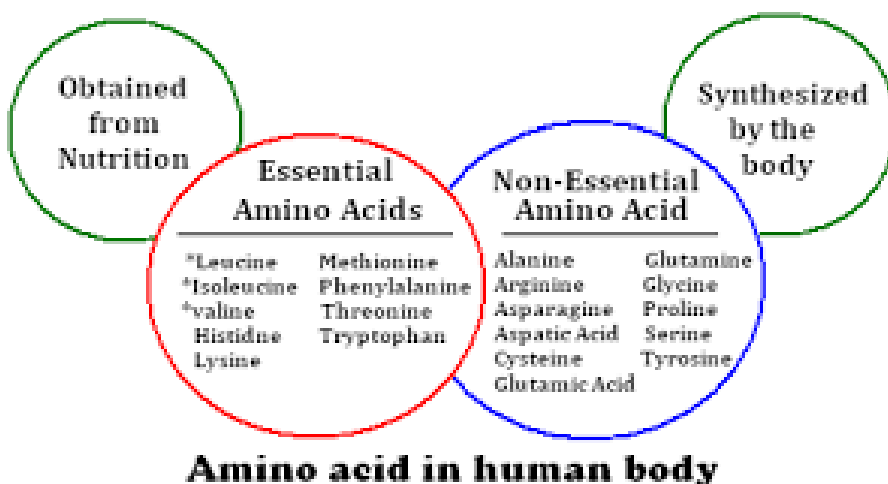
Protein absorption also happens in your small intestine, which contains microvilli. These are small, finger-like structures that increase the absorptive surface area of your small intestine. This allows for maximum absorption of amino acids and other nutrients.

Once they've been absorbed, amino acids are released into your bloodstream, which takes them to cells in other parts of your body so they can start repairing tissue and building muscle.

That "Building Blocks of Life" name is no exaggeration. Protein is an integral component of every cell in the body, including your muscles. If we don't get enough protein, our bodies actually won't be able to rebuild properly and we'll start to lose muscle mass.

In addition to muscle growth, protein is essential to the growth and repair of virtually all cells and body tissues, from your skin, hair, and nails, to your bones, organs, and bodily fluids. That's why it's especially important to get enough of it during developmental periods like childhood and adolescence.

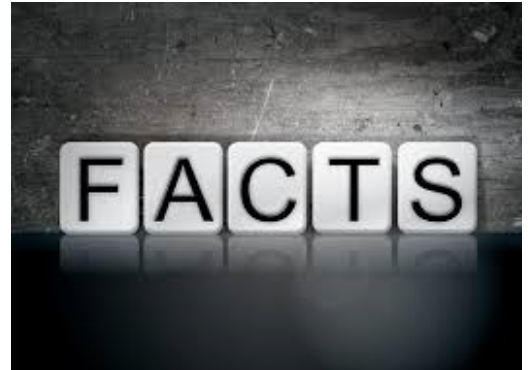
Protein also plays a role in crucial bodily functions like blood clotting, immune system response, vision, fluid balance, and the production of various enzymes and hormones. And as it contains calories, it can provide the body energy for storage or use.



## NUTRITION: Facts about Protein

**“I don't think I need buns of steel.  
I'm happy with buns of cinnamon.”**

**“Life expectancy would grow by leaps and bounds  
if green vegetables smelled as good as bacon”**



- Your body has trillions of cells, and protein is in every one of them.
- There are about 100,000 different types of protein in the human body.
- The lifespan of most proteins totals two days or less (hence you need it in your daily diet)
- Scientists concluded that the chicken came before the egg. This is because the protein which makes their eggshells can only be produced by hens.
- Proteins can have bizarre names. For example, the protein Pikachurin is a retinal protein that was named after a Pokémon character Pikachu. The protein Sonic Hedgehog was named after Sonic the Hedgehog. A blue protein is named Ranasmurfin, after the Smurfs.
- Without a protein called Albumin, the entire human body would swell.
- Cataracts are caused by the denaturation of proteins in the lenses of the eyes.
- A protein in semen acts on the female brain to prompt ovulation.
- Though there is some debate regarding protein intake requirements, the Recommended Dietary Allowances (RDA) suggests that protein should make up 10-35% of a person's daily caloric intake.
- Protein is in each of the trillions of cells in the human body. There could be no life without protein.
- The only other substance more plentiful in the body is water. Approximately 18-20% of the body is protein by weight.

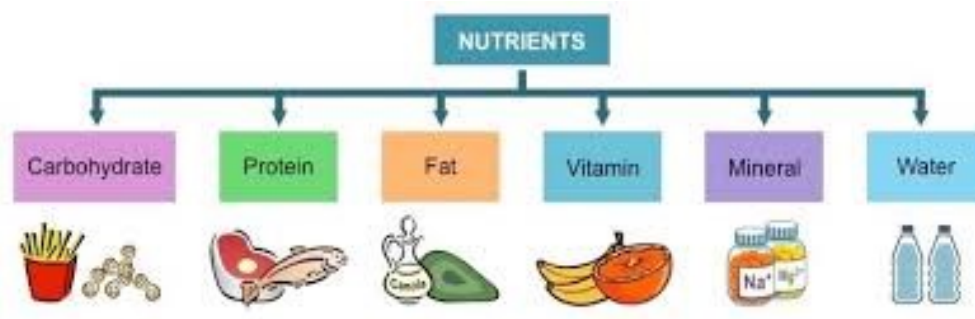
### **Eating Protein has many benefits:**

1. A high-protein diet reduces hunger, helping you eat fewer calories. This is caused by the improved function of weight-regulating hormones.
2. Muscle is made primarily of protein. High protein intake can help you gain muscle mass and strength while reducing muscle loss during weight loss.
3. People who eat more protein tend to have better bone health and a much lower risk of osteoporosis and fractures as they get older.
4. Eating more protein may reduce cravings and desire for late-night snacking. Merely having a high-protein breakfast may have a powerful effect.
5. High protein intake may boost your metabolism significantly, helping you burn more calories throughout the day.
6. Several studies note that higher protein intake can lower blood pressure. Some studies also demonstrate improvements in other risk factors for heart disease

**Protein has to be in your diet. It is an “essential for life” nutrient.  
Think about just how much protein you actually ingest.  
It's not just for muscle growth, but affects your whole body.  
It's your responsibility to look after your body, and what you eat.**

# NUTRITION:

## Essential Nutrients



In the next few packs we are going to look at all the different Vitamins, and then head into the minerals too. Your body is incredible, but it is dependant on you providing it with all the right nutrition to enable it to function properly. If you don't give it all the "essential nutrients" from your diets, your body will struggle, and you can even die.

An essential nutrient is a nutrient required for normal body functioning that can not be synthesized by the body. You therefore have to ingest them through what you eat and drink.

Categories of essential nutrient include vitamins, dietary minerals, essential fatty acids, water, carbohydrates (sugars) and essential amino acids (which we covered in the last three pages).

These nutrients are essential for normal body function and for growth. The body utilizes protein for the maintenance and repair of tissues for growth and energy. Protein is composed of 20 or more amino acids. The body cannot manufacture nine of these in adequate amounts. (Just repeating a bit from the previous pages) Complete proteins, or the proteins of high biological value, contain all of the essential amino acids. Examples include such foods as meat, eggs, milk, and soy-beans. Incomplete protein foods, such as beans and peas, do not contain all of the essential amino acids and must be combined in one meal with other foods or one another to supply all nine essential amino acids. Vitamins are organic compounds that cannot be synthesized by the organism and are needed in small amounts in the diet of animals to sustain metabolism and life. Vitamins are classified according to their solubility in fat or water. Solubility is important because this property determines the patterns of transport, excretion, and storage within the body. Vitamins can function in two ways—physiologically as vitamins and pharmacologically as drugs. The fat soluble vitamins are the regulators of specific metabolic activity.



In this pack we have already looked at Protein (amino acids), and we will look at Carbohydrates, Fats, Sugars, and all the Vitamins and Minerals too in future packs.

**Your body is a walking miracle.  
But it relies on you to supply it with the right fuel.  
It cannot function or repair without your help  
Essential Nutrients are part of that.**

## NUTRITION: Lazza's Kitchen

### Mince Beef and Mushroom Pie

**Lazza is still trying out new recipes  
Today - his first Meat Pie**

According to Wikipedia.

Meat pie is found in the Neolithic Period, around 9500 BC. The ancient Egyptians' diet featured basic pies made from oat, wheat, rye, and barley, and filled with honey and baked over hot coals.

The Greeks used a flour-water paste resembling pie pastry, and filled it with meat



- 2 tbsp. vegetable oil
- 500g/1lb 2oz beef mince
- 1 onion chopped
- 1 tbsp. tomato purée 1½ tbsp. plain flour, plus extra for dusting
- 75g/2½oz mushrooms, chopped
- 250ml/9fl oz. stout or beef stock
- Dash Worcestershire sauce
- 400g/14oz ready-made shortcrust pastry
- 1 free-range egg yolk only, lightly beaten

1. Preheat the oven to 200C/400F/Gas 6.
2. Heat the oil in a deep frying pan and fry the beef mince for 4-5 minutes.
3. Add the onion and cook for 2-3 minutes, then stir in the tomato purée and cook for 2-3 more minutes. Stir in the flour and cook for a further minute, then add the chopped mushrooms, the stout or beef stock and a couple of dashes of Worcestershire sauce.
4. Bring to the boil, then reduce the heat, cover the pan with a lid and leave to simmer for 20 minutes and then turn into one litre pie dish.
5. Roll out the pastry. Drape over the dish and trim the edges.
6. I created a little leaf design on top, and then brushed the pastry with the beaten egg yolk.
7. Bake in the oven for 20-25 minutes, or until golden brown.
8. Serve nice and hot. Wow!! It was lovely.



**Ok, I didn't make the pastry  
(I will in a later pack).**

**But this meat pie was  
absolutely delicious.**

**I stun myself as always!!**

**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 Meat Pie with Pastry.**





## HMHB's Name Game Page

Can you name these Dog breeds?

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**

**What is Exercise?**

**EXERCISE/FITNESS**

**What is 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 become slightly breathless or break out into a sweat. It can significantly improve your health; both short-term and long-term.

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

**Exercise** is any bodily activity that enhances or maintains physical fitness and overall health and wellness.

It is performed for various reasons, to aid growth and improve strength, preventing aging, developing muscles and the cardiovascular system, honing athletic skills, weight loss, or maintenance, improving health and also for enjoyment. Many individuals choose to exercise outdoors where they can congregate in groups, socialize, and enhance well-being.



In terms of health benefits, the amount of recommended exercise depends upon the goal, the type of exercise, and the age of the person. Even doing a small amount of exercise is healthier than doing none.

Physical exercises are generally grouped into three types, depending on the overall effect they have on the human body.

**Aerobic exercise** is any physical activity that uses large muscle groups and causes the body to use more oxygen than it would while resting. The goal of aerobic exercise is to increase cardiovascular endurance. Examples of aerobic exercise include running, cycling, swimming, brisk walking, skipping rope, rowing, hiking, dancing, playing tennis, continuous training, and long distance running.

**Anaerobic exercise**, which includes strength and resistance training, can firm, strengthen, and increase muscle mass, as well as improve bone density, balance, and coordination. Examples of strength exercises are push ups, pull ups, lunges, squats, bench press. Anaerobic exercise also includes weight training, functional training, eccentric training, interval training, sprinting, and high intensity interval training, which increase short-term muscle strength.

**Flexibility exercises** stretch and lengthen muscles. Activities such as stretching help to improve joint flexibility and keep muscles limber. The goal is to improve the range of motion which can reduce the chance of injury.

**Physical exercise can also include training that focuses on accuracy, agility, power, and speed.**

## EXERCISE/FITNESS:

### How can it affect you and your body?

#### **Cardiovascular System**

The beneficial effect of exercise on the cardiovascular system is well documented. There is a direct correlation between physical inactivity and cardiovascular mortality, and physical inactivity is an independent risk factor for the development of coronary artery disease.

Low levels of physical exercise increase the risk of cardiovascular diseases mortality.

Children who participate in physical exercise experience greater loss of body fat and increased cardiovascular fitness.

Studies have shown that academic stress in youth increases the risk of cardiovascular disease in later years; however, these risks can be greatly decreased with regular physical exercise. There is a dose-response relationship between the amount of exercise performed from approximately 700–2000 kcal of energy expenditure per week and all-cause mortality and cardiovascular disease mortality in middle-aged and elderly men. The greatest potential for reduced mortality is seen in sedentary individuals who become moderately active. Studies have shown that since heart disease is the leading cause of death in women, regular exercise in aging women leads to healthier cardiovascular profiles. Most beneficial effects of physical activity on cardiovascular disease mortality can be attained through moderate-intensity activity (40–60% of maximal oxygen uptake, depending on age). Persons who modify their behaviour after myocardial infarction to include regular exercise have improved rates of survival. Persons who remain sedentary have the highest risk for all-cause and cardiovascular disease mortality.



#### **Cancer**

A systematic review evaluated 45 studies that examined the relationship between physical activity and cancer survival rates.

According to the review, "[there] was consistent evidence from 27 observational studies that physical activity is associated with reduced all-cause, breast cancer-specific, and colon cancer-specific mortality.

There is currently insufficient evidence regarding the association between physical activity and mortality for survivors of other cancers."

Evidence suggests that exercise may positively affect cancer survivors health-related quality of life, including factors such as anxiety, self-esteem and emotional well-being. For people with cancer undergoing active treatment, exercise may also have positive effects on health-related quality of life, such as fatigue and physical functioning. This is likely to be more pronounced with higher intensity exercise.



#### **Depression**

A number of medical reviews have indicated that exercise has a marked and persistent antidepressant effect in humans. Several systematic reviews have analysed the potential for physical exercise in the treatment of depressive disorders. The 2013 Cochrane Collaboration review on physical exercise for depression noted that, based upon limited evidence, it is more effective than a control intervention and comparable to psychological or antidepressant drug therapies. Three subsequent 2014 systematic reviews concluded with similar findings: one indicated that physical exercise is effective as treatments that are used together with antidepressant medication. The other two indicated that physical exercise has marked antidepressant effects and recommended the inclusion of physical activity as an treatment for mild–moderate depression and mental illness in general

## EXERCISE/FITNESS:

### So what is stopping you? How can I start?

Look, if you're having trouble beginning an exercise plan or following through, you're not alone. Many of us struggle getting out of the sedentary rut, despite our best intentions.

You already know there are many great reasons to exercise; from improving energy, mood, sleep, and health to reducing anxiety, stress, and depression. And detailed exercise instructions and workout plans are just a click away online. But if knowing how and why to exercise was enough, we'd all be in shape. Making exercise a habit takes more. You need the right mind-set and a smart approach.



While practical concerns like a busy schedule or poor health can make exercise more challenging, for most of us, the biggest barriers are mental. Maybe it's a lack of self-confidence that keeps you from taking positive steps, or your motivation quickly flames out, or you get easily discouraged and give up. We've all been there at some point. I know I have.

Whatever your age or fitness level - even if you've never exercised a day in your life - there are steps you can take to make exercise less intimidating and painful and more fun and instinctive.

**Ditch the all-or-nothing attitude.** You don't have to spend hours in a gym or force yourself into monotonous or painful activities you hate to experience the physical and emotional benefits of exercise. A little exercise is better than nothing. In fact, adding just modest amounts of physical activity to your weekly routine can have a profound effect on your mental and emotional health.

**Be kind to yourself.** Research shows that self-compassion increases the likelihood that you'll succeed in any given endeavour. So, don't beat yourself up about your body, your current fitness level, or your supposed lack of willpower. All that will do is demotivate you. Instead, look at your past mistakes and unhealthy choices as opportunities to learn and grow.

**Check your expectations.** You didn't get out of shape overnight, and you're not going to instantly transform your body either. Expecting too much, too soon only leads to frustration. Try not to be discouraged by what you can't accomplish or how far you have to go to reach your fitness goals. Instead of obsessing over results, focus on consistency. While the improvements in mood and energy levels may happen quickly, the physical payoff will come in time.

Go for a walk, a jog, a cycle ride. Push yourself to climb stairs, get up and down out of a chair a few times, and maybe even try a few press ups and sit ups. It's the starting that is difficult. Once you have got a small routine going you can add to it, and eventually you will be creating your own routines.

**Exercise is something we all need to do.**

**You have one body, and one life.**

**To keep healthy you need to be flexible and strong.**

**Only you can provide this service to yourself. It's your choice!!!**

## HEALTH / ROUTINE

**HMHB has a Health Blog, with entries covering many subjects on mind-set, health, nutrition, and exercise.**  
**[www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com)**

*“You don’t have to be positive all the time.  
It’s perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious.  
Having feelings doesn’t make you a negative person.  
It makes you human.”*

### **What do we mean by “Health”?**

There are many definitions of health, however the World Health Organisation (WHO) is the one that most people turn to.

In 1948, they stated:

**“Health is a state of complete physical, mental,  
and social well-being an not merely the absence of disease or infirmity”.**

In 1986, the WHO clarified it more:

**“A resource for every day life, not the objective of living.  
Health is a positive concept, emphasising social and personal resources,  
as well as physical capacities.”**

Today, three types of definition of health seem to be possible and are used.

- The first is that health is the absence of any disease or impairment.
- The second is that health is a state that allows the individual to adequately cope with all demands of daily life (implying also the absence of disease and impairment).
- The third definition states that health is a state of balance, an equilibrium that an individual has established within himself and between himself and his social and physical environment.

### **Physical health**

While physical health consists of many components, here is a brief list of the key areas that should be addressed:

- Physical activity - includes strength, flexibility, and endurance
- Nutrition and diet - includes nutrient intake, fluid intake, and healthy digestion
- Alcohol and drugs - includes the abstinence from or reduced consumption of these substances
- Medical self-care - includes addressing minor ailments or injuries and seeking emergency care as necessary
- Rest and sleep - includes periodic rest and relaxation, along with high quality sleep

## HEALTH / ROUTINE

### “Mental Health” and “Mental Illness” are different

#### Mental Health

‘Mental health’ and ‘mental illness’ are increasingly being used as if they mean the same thing, but they do not. Everyone has mental health, just like everyone has health. As the World Health Organization famously says, “There is no health without mental health.”

In the course of a lifetime, not all people will experience a mental illness, but everyone will struggle or have a challenge with their mental well-being (i.e., their mental health) just like we all have challenges with our physical well-being from time to time.



When we talk about mental health, we’re talking about our mental well-being: our emotions, our thoughts and feelings, our ability to solve problems and overcome difficulties, our social connections, and our understanding of the world around us.

A mental illness is an illness that affects that way people think, feel, behave, or interact with others. There are many different mental illnesses, and they have different symptoms that impact peoples’ lives in different ways.

Health isn’t like an on/off switch. There are different degrees of health. People move on a continuum ranging from great or good health to so-so health to poor health to illness or disability. For example, some people have good health and have no problems going about their lives. Some people experience serious health problems, and their poor health has a very negative impact on their life. Some people have serious health problems that last for a long time, and others have serious health problems that resolve very quickly. Many people fall somewhere in the middle; they’re generally in good health, though the occasional problem may come up. Mental Health is the same way.

Just as someone who feels unwell may not have a serious illness, people may have poor mental health without a mental illness. We all have days where we feel a bit down, or stressed out, or overwhelmed by something that’s happening in our lives. An important part of good mental health is the ability to look at problems or concerns realistically. Good mental health isn’t about feeling happy and confident 100% of time and ignoring any problems. It’s about living and coping well despite problems.

Just as it’s possible to have poor mental health but no mental illness, it’s entirely possible to have good mental health even with a diagnosis of a mental illness. That’s because mental illnesses (like other health problems) are often episodic, meaning there are times (‘episodes’) of ill health and times of better or good health.

**With the right supports and tools, anyone can live well - however they define well - and find meaning, contribute to their communities, and work towards their goals.**



## 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 based in Islington, but does fantastic online classes.

Contact her and give them a go. It's fun, and very rewarding.



[yummymummyzumba@gmail.com](mailto: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](http://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 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](http://www.walkwithadoc.org)

## Review of Challenges and Targets

**Mind-set:**

This week we looked at Mind-set as a whole. It is interesting that there is now a whole list of recognised types of Mind-set, and we typically are expected to have a crossover with several of them. Obviously we want a lot less of the Fixed feeling and more of the Growth. It defines how we treat problems, and can lead to success or failure. Have a think about your own Mind-set at the moment, and how you can improve it.



### Nutrition.

Ensuring you have enough protein in your diet is essential for your body health and your life. It is in every cell in your body. It is part of the building blocks of life, and if you do not get enough it can seriously affect your physical and mental health. Think about what you have eaten over the last week. Have you ensured you have had protein daily? Can you say that you are eating right. Maybe make a small list to remind you.



## Exercise



We at Healthy Minds, Healthy Bods love our exercise sessions, and we get people from 20-90 come along and push themselves, with a laugh and some sweat.

In this first pack, we look at what we mean by exercise, and different types, and how it can affect you and your body.

But the most important thing, is that you start exercising yourself. Get outdoors, find something you like, and do what you can.

## Health.

Your physical, mental and emotional health is all intrinsically linked together. You have to look after every part of that, and it is not easy, especially if you are going through stress, anxiety or depression.

But you have a lot of control. You decide what you eat, how much you exercise, and if you maintain a healthy lifestyle and routine. Through your lives you will have many ups and downs, but if you can make some changes, even small ones, that can have a ripple effect that can bring significant benefits over time. Think about it.



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

**Quiz Answers from Page 4 + Muppets from Page 13**  
**See if you can beat your family and friends**  
*(remember, these are the same questions as pack 18)*

**Music**

These songs are all from Disney/Pixar films.  
 Please name the film.

- |    |        |                    |
|----|--------|--------------------|
| a. | POYW   | The Little Mermaid |
| b. | YW     | Moana              |
| c. | YGAFIM | Toy Story          |
| d. | RM     | Coco               |
| e. | WYWUAS | Pinocchio          |
| f. | BP     | The Lion King      |
| g. | CCV    | 101 Dalmatians     |
| h. | G      | Beauty & The Beast |
| i. | EWTBAC | The Aristocats     |
| j. | ODL    | Robin Hood         |

**Geography**

Can you name the Capital City of all these Asian countries? It's tough. How can you do?

- |     |              |             |
|-----|--------------|-------------|
| 1.  | Japan        | Tokyo       |
| 2.  | Thailand     | Bangkok     |
| 3.  | Philippines  | Manila      |
| 4.  | Vietnam      | Hanoi       |
| 5.  | South Korea  | Seoul       |
| 6.  | Israel       | Jerusalem   |
| 7.  | Iran         | Tehran      |
| 8.  | North Korea  | Pyongyang   |
| 9.  | Bangladesh   | Dhaka       |
| 10. | Saudi Arabia | Riyadh      |
| 11. | Iraq         | Baghdad     |
| 12. | Qatar        | Doha        |
| 13. | Kuwait       | Kuwait City |

**Sport:**

These people are in the GB All-Time top 50 Olympians?  
 But can you name their events they win medals?

- |     |                    |                   |
|-----|--------------------|-------------------|
| 1.  | John Curry         | Figure Skating    |
| 2.  | Jessica Ennis-Hill | Heptathlon        |
| 3.  | Roger Bannister    | 1500 metres       |
| 4.  | Ben Ainslie        | Sailing           |
| 5.  | Steve Cram         | 1500 metres       |
| 6.  | Colin Jackson      | 110 metre hurdles |
| 7.  | Mary Peters        | Pentathlon        |
| 8.  | Jonathan Edwards   | Long Jump         |
| 9.  | Laura Trott        | Cycling           |
| 10. | Anita Lonsbrough   | Swimming          |
| 11. | Katherine Grainger | Rowing            |
| 12. | Harold Abrahams    | 100 metres        |
| 13. | Alistair Brownlee  | Triathlon         |
| 14. | Greg Rutherford    | Long Jump         |
| 15. | Kriss Akabusi      | 400m hurdles      |

**Literature: Charles Dickens novels with names in the title?**

The Pickwick Papers: Oliver Twist: Nicolas Nickleby:  
 Barnaby Rudge: Martin Chuzzlewit: Dombey and Son:  
 David Copperfield: Little Dorritt:  
 The Mystery of Edwin Drood.

**QUIZ ANSWERS**

**Dog Breeds: - from page 13**

- 1 German Shepherd: 2 Bulldog: 3 Poodle: 4 Beagle  
 5 Dachshund: 6 Rottweiler: 7 Pomeranian  
 8 Greyhound: 9 Shih Tzu: 10 Border Collie  
 11 Basset Hound: 12 St. Bernard: 13 Old English Sheepdog  
 14 Bull Terrier: 15 Afghan Hound

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

**Christmas:**

**Santa's Reindeer are:**

Blitzen: Clyde: Comet: Cupid:  
 Dancer: Dasher: Donner:  
 Prancer: Rudolph: Vixen:

# 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](http://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](http://www.hmhb2016.blogspot.com)** ; this about HMHB as a whole

**[www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com)** our health blog

Our website is: **[www.hmhb2016.org.uk](http://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**