



Healthy Minds, Healthy Bods

Health Pack: Number 17

Focus on Mind-set, Nutrition, Exercise, Health



Prepared by: Lazza, Luke and Dean: Monday 10th August 2020

www.hmhb2016.org.uk



**“I used to wake up feeling like a million dollars,
Now, it’s more like a bounced cheque!!”**

Welcome to the 17th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed our first sixteen (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.



Outdoor fitness

28th July 2020

**Every morning on Highbury
Fields at 9:30am**

Yay!!!

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

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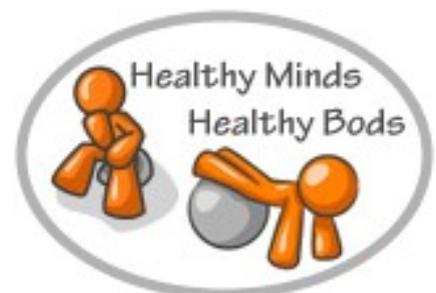
We are delighted to say we can print and post copies to people who would like a paper copy. Due to Islington Giving Funding we can do this, for a limited number. So you need to speak with us as soon as possible. Please connect through our website contact page.

Thanks to everyone who reads these packs.

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

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

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



NEWS PAGE:

Eating out for half price in August

Yep. As has been announced, in August you can actually eat out for half price off many meals. But let's have a look at the facts for you.

Across the UK, over 75000 restaurants, cafes, and bars are taking part in the Government initiative called "Eat Out to Help Out" scheme.

It's only for 13 days in August, but why not use this as an opportunity to treat yourself after a few tough months, as well as help out these local eating places so they can pick up some business.

There have been people arguing that it does not help the on-going obesity issue, but let's try and chill out after having undergone a rough time personally for many of us.

So, on Mondays, Tuesdays and Wednesdays only (do not try and get this offer at weekends), the Government will pay half your bill. There are a few rules you need to be aware of, so please pay attention:

- A. This does not cover any alcohol costs. So if you get a bottle of wine, or a couple of beers, you cannot get discount for them. However, it does cover non-alcoholic drinks.
- B. This does not cover any service charge or tip costs.
- C. It is only Monday, Tuesday, Wednesday, as we mentioned above
- D. It is only if you "eat in". So, if you buy a McDonalds meal to take away, you will be charged full price.
- E. Claims are up to £10 per person. So if the meal costs £25 between you, you will pay a total of £15.
- F. You cannot get discount on food being delivered either (that is counted as "take away").
- G. Discounts will happen at the time you eat. It is up to the eatery to claim back from the government.

It should be noted that not all UK restaurants and cafes are taking part, so do check before you eat to ensure you will be able to get the discount. But many big chains, pub chains, as well as Michelin-starred chefs are taking part, so why not treat yourself.

Some of the big chains include:

- | | | |
|------------------|------------------|----------------|
| • Burger King | • Café Nero | • Starbucks |
| • Costa Coffee | • Cornish Bakery | • TGI Fridays |
| • EAT | • Five Guys | • Toby Carvery |
| • Fullers | • Gourmet Burger | • Tortilla |
| • Kitchen | • Greene King | • Wagamama |
| • Hard Rock Café | • Harvester | • Wasabi |
| • Honest Burger | • Itsu | • Wetherspoons |
| • KFC | • Leon# | • YO Yushi |
| • McDonald's | • Nando's | • Youngs |
| • Pizza Express | • Pizza Hut | • Zizzi |
| • Pret a Manger | • Prezzo | |



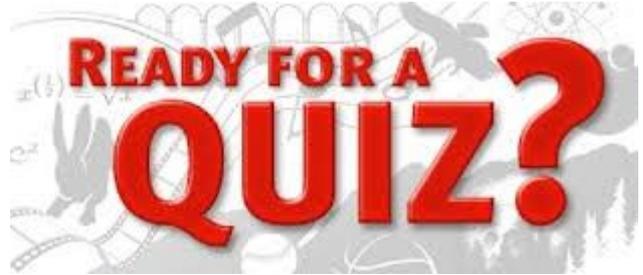
Lazza's Quiz Spectacular

Answers are on page 21 (no peeking)

Geography:

According to "countries-of-the-world.com" there are 12 countries who have a name beginning with the letter T.

Can you name all 12?



News

These best-selling newspapers are from which countries?

- a. **Het Laatste Nieuws**
- b. **Bild**
- c. **El Pais**
- d. **The Daily Record**
- e. **Wall Street Journal**
- f. **Daily Mail**
- g. **Herald Sun**
- h. **Le Monde**
- i. **Paulo**
- j. **Corriere della sera**

Music

What is the nationality of these singers?

- a. Justin Bieber
- b. Bjork
- c. Edith Piaf
- d. Olivia Newton John
- e. Freddie Mercury
- f. Kiri Te Kanawa
- g. Luciano Pavarotti
- h. Lady Gaga
- i. Ricky Martin
- j. Agnetha Faltskog
- k. Bob Marley
- l. The band: Westlife
- m. Rihanna

Film:

In which films or film series did these famous villains appear?

1. Michael Myers
2. T-1000
3. Agent Smith
4. Vincent Vega
5. Emperor Palpatine
6. Saruman
7. Hans Gruber
8. Jack Torrance
9. Biff Tannen
10. Xenomorph
11. Hector Barbossa
12. Commodus
13. Warden Norton
14. Alex Forrest
15. Annie Wilkes



Drink;

Who were the top 15 wine producing nations in 2019?

According to Italianwinecentral.com

Can you guess them all?

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

MIND-SET:
Routine and Structure

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.



"Once you can accept the universe as matter expanding into nothing that is something, wearing stripes with plaid comes easy." Albert Einstein

Part of a growth mind-set is being able to adapt to situations, and to be able to quickly change your mind and thought process. But also, behind every day in your life, you need to have created a good basic routine, with organisation and structure. It is amazing just how many of us do not have that foundation.

Starting Healthy Minds, Healthy Bods meant creating a good base - with a mission statement, a business plan, various spreadsheets to cover costs and ambition. And that goes for any business, so why don't we all do that for life?

The creator of the great detective Sherlock Holmes, Sir Arthur Conan Doyle, once described life as "the dull routine of existence". But it does not have to be dull. We aren't saying you have to do the same thing every day all the time, but it is good to have boundaries (that you can stretch) and habits you rely on. In fact, researchers have found that routine can have far-reaching psychological benefits, including alleviating Bipolar Disorder, ADHD, and Insomnia.

It can certainly help with our mental health. If you find you are dealing with depression or anxiety you need to consistently check in with yourself about what you're worrying about, then address it. Just as we create routines with exercise for our physical bodies, we should do the same for our mental health. One way to do this is scheduling 'thinking time' to think through any problems or worries weighing on you instead of letting them build up. This is one reason that writing things down can be helpful for those who struggle with anxiety.

Creating a normal routine around daily chores, exercise, finances, and diet, can help you stay on top of problems as they arise, and deal with them quicker. It's easier to accomplish tasks as they become routine, and this can relieve stress.



Our first ever Ajani group
Stopping for lunch near Angel
On the way to Islington Museum for a trip
17th July 2017

MIND-SET: Routine

So what do we mean by “routine”?

As people know, I created Healthy Minds, Healthy Bods after coming through a couple of very difficult depressions, but found some of the intervention offered to me didn't seem to help me much, if at all (I hasten to say, that I also got some fantastic help from various organisations).

Through depression, I very quickly slumped into a rut, where there was little structure. I would go to bed later, get up later, not eat very well at all (therefore missing out on many essential nutrients that then had a negative effect on my health), and seldom left the house (therefore getting little exercise).



Why not look at various periods of the day? You don't have to change everything at once, but a solid routine will prime you for success. Mornings and Evenings are especially important.

What do we mean by “routine”?

Okay, it means “a sequence of actions regularly followed”, and “performed as part of a regular procedure rather than for a special reason”.

Brushing your teeth nightly, getting up at 8am every day, even eating biscuits whilst watching every film, are all routines. But as you can see, not all routines are healthy and good for you.

So what is the difference between a “habit”, a “routine” and a “ritual”?

Habits are things that we do automatically; things like checking your email first thing in the morning or putting your keys in a specific spot when you get home.

Routines are usually a collection of habits or actions you do on a regular basis to bring order to your day; like exercising before breakfast, always leaving at the same time to go out, making the same meals to eat each night of the week.

Rituals are like routines. The main difference is the attitude behind the

actions: Taking a walk everyday at lunch could be considered a routine if you think of it as something you need to do for your productivity. Or it could be a ritual if you think of it as a way to break out of the mundane and enjoy nature.



Benefits of a good routine on mental health can be:

- **Better stress levels** lead to improved mental health, more time to relax and less anxiety. A lack of healthy stress management techniques can put you at greater risk for heart disease and negatively impact your overall health.
- **Better sleep** will leave you refreshed. Your daily routine influences your quality of rest. Your sleep schedule and bedtime habits affect your mental sharpness, performance, emotional well-being and energy level. It's best if you can maintain a consistent time for waking and going to bed.
- **Better health** is a result of just a little extra planning. Set the alarm a little earlier and you'll have time to exercise and eat breakfast, fuelling your body for the day. Even a quick (and healthy) breakfast will get you energized. Whether you like to just go for a run or go to the gym for a bigger workout, it's important to make time for exercise.
- **Good example** setting will encourage others to try a routine as well. You demonstrate its importance and the positive effect it has on health, motivation and self-esteem

MIND-SET: Routine

Simple changes can make a difference

YOU WILL NEVER
CHANGE YOUR LIFE
UNTIL YOU CHANGE
SOMETHING YOU DO
DAILY. THE SECRET
OF YOUR SUCCESS
IS FOUND IN YOUR
DAILY ROUTINE

Mornings:

1. Get up as early as possible. Most high achievers all say they get a lot more done in the mornings. Don't lose that opportunity.
2. Research shows that early risers are more contented!!!
3. Make your bed - it's an easy task to complete.
4. Praise yourself; "I will do good today". "I am achieving".
5. Exercise in the morning releases endorphins, strengthens your body, and leaves you exhilarated.
6. Eat a proper breakfast; not too sugary or fatty.
7. Have a shower. It can kick start your body.

Evenings:

1. Prepare for the next day. This does not take a long time, but will help you feel organised and ready. You will already know what you want to do. That can also mean getting a bag ready, or clothing. That way you will not be panicking in the morning, stressing about leaving on time, as you have everything you need for the day.
2. It can be easy to lose sight of victories after a long day. Taking just a few moments at the end of the day to reflect on and celebrate your wins puts things into the proper perspective and gives you encouragement for the coming day. It helps you overcome the discouragement that often comes with setbacks. If you go to bed thinking good thoughts that can help you sleep.
3. Get used to "clearing your head". It's easy to take your problems to bed, making it difficult to fall asleep as you mull over various stressful situations. Clearing your head before sleep allows you to put aside the challenges of the day and ready your mind to shut down. There are numerous ways to do this, including meditation, reading, going for a walk, a bath, playing a game, or even writing things down.
4. Tidy up: This is something I try and do as much as possible. Especially in the kitchen and bathroom. I will not wake up to washing up, or putting stuff away. If you get up to clutter, it immediately frustrates you, and your day starts badly.

Ultimately, it is your own responsibility to create the best routine you can, and that includes your diet, exercise and relaxing.

Morning and evening routines prime you for success. They help you achieve more, think clearly, and do work that actually matters. They keep you from stumbling through your day and make sure you get the most important things done

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 August 9th, he is 90.5 kg / 14st 3.52 lb

Losing in week 13; 0.0 kg / 0.00 lb

**14 weeks: Overall loss: 8 kg
1st. 3.67 lb**

**No movement this week. I did slip up a bit.
Going to push under 90 this week!!!**

NUTRITION: Nuts and Crisps

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.

This is a good subject for our 17th Pack. I have actually been quite good the last few months, but I do love my food, and we all love a good snack now and then. Two of the easiest, if you are avoiding confectionery and sugar, are nuts and crisps. They are in abundance. In fact, some supermarkets have whole aisles just put aside for these tasty morsels!!!

Crisps

Crisps (in British and Irish English) or Potato Chips (often just Chips in US), are thin slices of potato that have been either fried or baked until crunchy. Potato chips form a large part of the snack food and convenience food market in Western countries. Billions and Billions are spent on them.



The earliest known recipe for something similar to today's Crisps is in William Kitchener's book "The Cook's Oracle" published in 1817, which was a bestseller in the United Kingdom and the United States. The 1822 edition's recipe for "Potatoes fried in Slices or Shavings" reads "peel large potatoes... cut them in shavings round and round, as you would peel a lemon; dry them well in a clean cloth, and fry them in lard or dripping" An 1825 British book about French cookery calls them "Pommes de Terre frites" (second recipe) and calls for thin slices of potato fried in "clarified butter or goose dripping", drained and sprinkled with salt. Yummy!!!!

In an idea originated by the Smiths Potato Crisps Company Ltd, formed in 1920, Frank Smith packaged a twist of salt with his chips in greaseproof paper bags, which were sold around London. The potato chip remained otherwise unseasoned until an innovation by Joe "Spud" Murphy, the owner of the Irish crisps company Tayto, who in the 1950s developed a technology to add seasoning during manufacture. After some trial and error, Murphy and his employee Seamus Burke produced the world's first seasoned chips: Cheese & Onion and Salt & Vinegar. Companies worldwide sought to buy the rights to Tayto's technique.

Weird Flavours have included: Worcestershire Sauce; Roast Beef and Peppercorn Sauce; Pork Sausage and English Mustard; Sweet Cured Ham and Pickle; Haggis and Cracked Pepper; Roast Lamb and Mint; Firecracker Lobster; Pesto; and Hedgehog!! Amongst many others!

**We are lucky to have a super website.
It was built by our megastar guru, Kacper.
We are so grateful for his fabulous work**

**Here he is with our Lazza
In Edinburgh; 24th August 2018
www.hmhb2016.org.uk**



NUTRITION: Nuts



“If we are not meant to have a midnight snack, why is there a light in the fridge?”

“I didn’t mean to gain weight, It was a snackcident”

According to Wiki:

“A nut is a fruit composed of an inedible hard shell and a seed, which is generally edible. In general usage, a wide variety of dried seeds are called nuts, but in a botanical context "nut" implies that the shell does not open to release the seed.”

This means that many of the “nuts” that we know of are technically not actually nuts. These include walnuts, peanuts, pistachios, cashews, almonds, and others.

Nuts are a very healthy snack food and pack a punch when it comes to essential nutrients.

They are rich in heart-healthy polyunsaturated and monounsaturated fats (remember, when we covered fats we said that unsaturated are the good fats). These lower LDL or “bad” cholesterol. They are also a good source of phytosterols, which are compounds that help lower blood cholesterol.

Nuts are packed with fibre, protein, vitamins and minerals, including folate, potassium and magnesium.

Walnuts are especially good, as they have a significant amount of essential Omega oils that are important for skin health. They also contain the most antioxidants compared with other nuts.

- Nuts have been shown to promote weight loss rather than contribute to weight gain. Several studies indicate that your body doesn't absorb all of the calories in nuts. In fact, one large study assessing the effects of the Mediterranean Diet found that people assigned to eat nuts lost an average of 2 inches (5 cm) from their waists, which was significantly more than those given olive oil.
- Nuts have impressive effects on cholesterol and triglyceride levels. Pistachios have been shown to lower triglycerides in people who are obese and those with diabetes. In one 12-week study in obese people, those eating pistachios had triglyceride levels nearly 33% lower than in the control group
- Several studies have shown that blood sugar, blood pressure, and other health markers improve when people with type 2 diabetes and metabolic syndrome include nuts in their diet.
- Nuts have strong anti-inflammatory properties. Inflammation is your body's way of defending itself from injury, bacteria, and other potentially harmful pathogens. However, chronic, long-term inflammation can cause damage to organs and increase disease risk. Research suggests that eating nuts may reduce inflammation and promote healthy aging.
- Many nuts are high in fibre, which can reduce disease risk, help keep you full, decrease calorie absorption, and improve gut health. But have in small amounts, as calories can be high.



NUTRITION: Snacking in general

In previous packs, I have spoken about my weight loss issues, and how I have yo-yoed in my size. I also mentioned briefly recently, that I had all the symptoms of an eating disorder. It helped me to focus on what I was eating, and in particular how I was “snacking”!!!

It is something we all do, and we all need to take responsibility for. It is very easy to blame stress for over eating, or work issues, or personal problems. I have even seen a headline that blamed night work for people putting on weight. NO. You only put on weight if you eat more calories than you use up, and you don't exercise!!!

Snacking can have the calorie counter ticking over. A lot of it is what we actually eat. Let's be honest, most times we crave a snack it is because we want a treat - and this could be because your sugar levels are spiking. The chocolates, fast food, and cakes are calling out to you.

Most of the time we snack, not because we are hungry, but because we are bored. So can we find other ways to help us when we feel like a snack? Healthy ways?

- **Eat Proper Meals:** If you want to snack less it is super important that you eat enough. If you don't eat enough to fill yourself, the cravings for snacks will keep coming. Make sure you eat the fats and carbs your body requires to function properly. This is different for everybody. People with a more active lifestyle will require more food than people with a passive lifestyle and a sitting job.
- **Eat meals more often:** It is better to have multiple eating moments during the day in which you eat a bit less, than just two or three moments in which you eat a lot. This will help you control your blood sugar and avoid big peaks and lows. The peaks and lows in your blood sugar are the main reason you feel like snacking. It will also keep your metabolism active all day. Did you know; eating more smaller portions decreases the chance of getting stomach acid problems?
- **Have a drink of water:** I know you have heard it a million times before: drink water. It's true though, it really works. Often when you think you're hungry and go looking for a snack, you're actually just thirsty. Drink a glass of water, wait for 15 minutes and ask yourself if you still want to get that snack. Chances are that your cravings are gone. For taste, have some squash.
- **Have fruit not sweets:** Whenever you do crave something sweet and can't stop yourself, replace your cake or confectionery with something healthier. Take a few grapes, an apple or a banana. This will get your blood sugar up again. You can also choose something that contains some healthy fats like half an avocado or a handful of nuts.
- **Are you hungry or bored?** This is a very valid question. We have a tendency to start snacking when we are not doing anything else. Ask yourself this question and give a honest reply. If you're just bored: distract yourself. Find something else to do.



**Your life is your life. You are responsible for your nutrition and diet.
We all love a snack now and then - be that crisps, nuts or something else.
But think about the calories during the day. Think about the sugar and fat content.
You cannot blame anyone else. Have treats. But look after your body.**

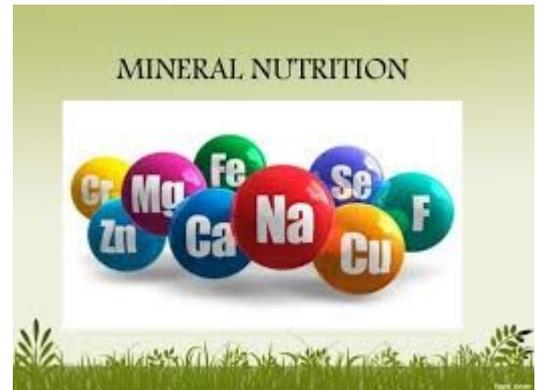
NUTRITION: Minerals

A general overview

Minerals:

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

The four major structural elements in the human body by weight (Oxygen, Hydrogen, Nitrogen and Carbon) are usually not included in lists of major nutrient minerals (nitrogen is considered a "mineral" for plants, as it often is included in fertilizers). These four elements compose about 96% of the weight of the human body. We are instead talking about the other 4% of major and minor minerals, known as “macrominerals” and “trace elements”.



Nutrient elements, being elements, can naturally not be made in the body and we have to ingest them through our diets. Plants get minerals from soil. Most of the minerals in a human diet come from eating plants and animals or from drinking water.

There are five major minerals in the human body:

- Calcium
- Phosphorous
- Potassium
- Sodium
- Magnesium

The remaining elements are all called “Trace Elements”.

These are:

Sulphur, Iron, Chlorine, Cobalt, Copper, Zinc, Manganese, Molybdenum, Chromium (in the US not the UK), Iodine and Selenium.

We do use other elements in our bodies, but they are not, as yet, deemed essential for life. These include:

Bromine, Arsenic, Nickel, Fluorine, Boron, Lithium, Strontium, and possibly Aluminium, Silicon, Germanium, Lead, Rubidium, and Tin.

We should say we have very small amounts of these. Calcium makes up 920 to 1200 grams of adult body weight, with 99% of it contained in bones and teeth. This is about 1.5% of body weight. Phosphorus occurs in amounts of about 2/3 of calcium, and makes up about 1% of a person's body weight. The other major minerals (potassium, sodium, chlorine, sulphur and magnesium) make up only about 0.85% of the weight of the body. Together these eleven chemical elements (including the big four we mentioned earlier) (H, C, N, O, Ca, P, K, Na, Cl, S, Mg) make up 99.85% of the body. The remaining 18 ultratrace minerals comprise just 0.15% of the body, or about a gram in total for the average person.

In the next few packs we are going to look at some of these minerals in more depth. We can find out what they are doing, and how we ingest them.

NUTRITION: Lazza's Kitchen

Spaghetti Bolognese

**Lazza is still trying out new recipes
Today - he cooks Spaghetti Bolognese**

Bolognese sauce, sometimes known as Ragu, is an Italian meat based sauce, normally served with Tagiatelle, or with Lasagne.

It is outside Italy where it has proven to be popular with Spaghetti.
The earliest documented recipe with Ragu appears in the late 18th century.



400g/14oz beef mince (I used 500g)
1 onion chopped
2 garlic cloves, chopped
Squeeze of tomato puree
2 x 400g tin chopped tomatoes
300ml/14fl oz. stock using beef stock cube
Dash of Worcestershire sauce
Spaghetti - you decide what you like
Mixed Herbs
Cheese to top

1. In a large saucepan, heat a little oil, and cook the mince until brown.
2. Add the onion and garlic and stir.
3. Then add the tomato puree and Worcestershire sauce, and the tins of tomatoes.
4. Have a good stir and heat for a few minutes.
5. Dissolve the stock cubes in the water and then add to the saucepan, plus the mixed herbs.
6. Cook for around 30-45 minutes, allowing the sauce to thicken.
7. For the spaghetti, boil some water and add the spaghetti, cooking for time on the packet.
8. Once cooked, drain, and then you can either add into the sauce, or serve separately.
9. I topped my plate of food with some grated cheese.
10. Enjoy.



**This was not my first ever
Spaghetti Bolognese, but I
usually use shop sauces or
sauce mixes.**

**It was great doing it all from
ingredients. A simple but tasty
dish to eat.**

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was a great and simple dish to prepare.**



HMHB's Name Game Page

Can you name all these musical bands?
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 - Cardio

**“I did a push up today.
Well, actually I fell down and used my arms to get back up, but that’s close enough.
Now, where is my chocolate?”**

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.

We have covered various ways of exercising in the packs so far, encouraging all kinds of routines and sessions. But one of the questions we get asked a lot is just how much cardio we should be doing. So let’s take a good look at the subject.



What is Cardio?

Cardio exercise is also called Aerobic exercise and Cardiovascular exercise. Cardio exercise is any exercise that raises your heart rate. Face it, our bodies were made to move. And we all know that to keep our muscles in shape we need to move them. This movement makes them stronger, and stronger muscles make for a more efficient and healthy body.

Your heart is a muscle. Therefore working it makes it stronger. A stronger cardio-vascular system means more capillaries delivering more oxygen to cells in your muscles. This enables your cells to burn more fat during both exercise and inactivity. Cardio exercise uses large muscle movement over a sustained period of time keeping your heart rate to at least 50% of its maximum level.

Cardio workouts include:

- **Walking** - but at a speed faster than your normal walking pace
- **Running** - It’s a good idea to vary your pace and also go up and down hills
- **High Intensity Interval** - intervals of intense exercise and short rest periods
- **Cycling** - uses the large muscles in your legs, and you can now do indoor or outdoor
- **Stair Climber** - uses more muscles than normal walking
- **Skipping (jump rope)** - cheap and easy, burns calories, and is exhausting
- **Swimming** - This is a total body workout as long as you are not just floating; even treading water burns calories. Swimming laps would be best and change up the strokes you use so that you work all different kinds of muscles and the continuous pace works your heart and lungs
- **Rowing** - Works both the upper and lower body and is low stress on joints and ligaments
- **Circuits** - Really gets your heartbeat pumping and sweating

EXERCISE/FITNESS: Cardio

How does your body benefit?

Here are some recognised benefits of Cardio exercise.

- Strengthening the muscles involved in respiration, to facilitate the flow of air in and out of the lungs
- Strengthening and enlarging the heart muscle, to improve its pumping efficiency and reduce the resting heart rate, known as aerobic conditioning.
- Improving circulation efficiency and reducing blood pressure
- Increasing the total number of red blood cells in the body, facilitating transport of oxygen
- Improving mental health, including reducing stress and lowering the incidence of depression, as well as increased cognitive capacity.
- Reducing the risk for diabetes (One meta-analysis has shown, from multiple conducted studies, that aerobic exercise does help lower levels for type 2 diabetics).
- Reducing the risk of death due to cardiovascular problems



High-impact aerobic activities (such as jogging or using a skipping rope) can:

- Stimulate bone growth
- Reduce the risk of Osteoporosis for both men and women

There are also Body Benefits

- Increasing storage of energy molecules such as fats and carbohydrates within the muscles, allowing for increased endurance
- Neovascularisation, the natural formation of new blood vessels, to increase blood flow through the muscles
- Increasing speed at which aerobic metabolism is activated within muscles, allowing a greater portion of energy for intense exercise to be generated aerobically.
- Improving the ability of muscles to use fats during exercise, preserving intramuscular glycogen (the main storage form of glucose in the body).
- Enhancing the speed at which muscles recover from high intensity exercise

Some drawbacks of aerobic exercise include:

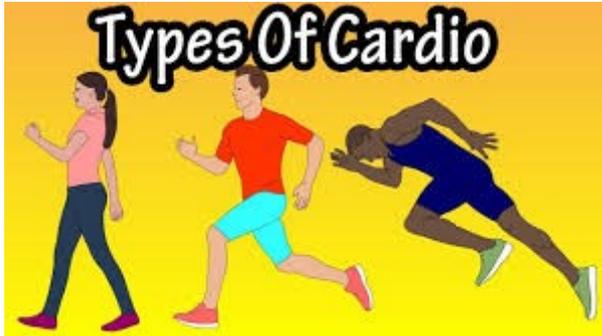
- Overuse injuries because of repetitive, high-impact exercise such as distance running
- Is not an effective approach to building muscle
- Not an effective form of fat loss, unless used consistently

Both the health benefits and the performance benefits, or "training effect", require that the duration and the frequency of exercise both exceed a certain minimum. Most authorities suggest at least twenty minutes performed at least three times per week

**Whether you are indoors or outdoors it is clearly good to be active.
Cardio exercise can strengthen your body and build stamina.
Just be careful about overdoing it sometimes**

EXERCISE/FITNESS: Cardio

Let's look at some activities



Swimming

I love swimming, although I am not that fast. But that matters not. I can do all the strokes, except butterfly (I mean, who invented that?? They must have been mad!). No matter what stroke you swim, you're using most of your muscle groups to move your body through the water. While your muscles are getting a good workout, your cardiovascular system is, too. Swimming makes your heart and lungs strong. Swimming is so good for you that researchers share it may even reduce your risk of death. Swimming may even help reduce some of your pain or improve your recovery from an injury. One research study showed that people with osteoarthritis reported significant reductions in joint pain and stiffness, and experienced less physical limitation after engaging in activities like swimming.

Cycling

I am delighted to say that one of the benefits of this pandemic has meant I have re-discovered my bike. I had not used it for ages, but have thoroughly enjoyed using it over the last five months.

Cycling is a low impact aerobic exercise that offers a wealth of benefits. It varies in intensity, making it suitable for all levels. You can cycle as a mode of transport, for casual activity, or as an intense, competitive endeavour. Cycling is a wonderful workout that keeps you active. It can help shape a healthy lifestyle, both physically and mentally. Cycling habitually, especially at a high intensity, helps lower body fat levels, which promotes healthy weight management. Plus, you'll increase your metabolism and build muscle, which allows you to burn more calories, even while at rest.

Walking

As we said previously, for exercise, you need to walk faster than you would normally. Being able to get slightly breathless, and slightly out of your comfort zone, will mean you are working your body. It can help lower your blood sugar levels, boost your immune system, boost your mood, improve your memory, and tone your legs. Most importantly, it gets you outdoors and into nature, which as we discussed in the last issue, can greatly improve your mental and physical health.

HMHB Conclusion;

Most people should aim to get around 30 minutes of moderate cardiovascular activity at least five days each week. This works out to around 150 minutes or two and a half hours per week. You can mix up intensities and activities to keep it interesting.

If you're new to activity, start short and slow. You can always build as your fitness level improves. Remember: Any movement is better than no movement

HEALTH / ROUTINE - Blood

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

"Life should not be a journey to the grave with the intention of arriving safely in a pretty and well-preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming 'Wow! What a ride!'"

Humans can't live without blood. Without blood, the body's organs couldn't get the oxygen and nutrients they need to survive, we couldn't keep warm or cool off, fight infections, or get rid of our own waste products. Without enough blood, we'd weaken and die.

Blood brings oxygen and nutrients to all the parts of the body so they can keep working. Blood carries carbon dioxide and other waste materials to the lungs, kidneys, and digestive system, to be removed from the body. Blood also fights infections, and carries hormones around the body.

Blood is made up of blood cells and plasma. Plasma is a yellowish fluid (yep, not red) that has nutrients, proteins, hormones, and waste products.



There are three types of blood cells:

- **Red Blood Cells:** Red blood cells, also called erythrocytes, are shaped like slightly indented, flattened disks. They contain haemoglobin; a protein that carries oxygen. Blood gets its bright red colour when haemoglobin picks up oxygen in the lungs. As the blood travels through the body, the haemoglobin releases oxygen to the different body parts. Red Blood Cells live for about 4 months. Each day, the body makes new cells to replace those that die or are lost from the body, and they are made in the inside part of bones called the bone marrow.
- **White Blood Cells:** White blood cells, also called leukocytes, are a key part of the immune system, which helps the body defend itself against infection. Different types of white blood cells fight germs, such as bacteria and viruses. Some types of white cells make antibodies, which are special proteins that recognize foreign materials and help the body get rid of them. Life spans vary from hours to years. New cells are constantly being formed, some in the bone marrow and some in other parts of the body such as the spleen, thymus, and lymph nodes.
- **Platelets:** Platelets, also called thrombocytes, are tiny oval-shaped cells that help in the clotting process. When a blood vessel breaks, platelets gather in the area and help seal off the leak. Platelets work with proteins called clotting factors to control bleeding inside our bodies and on our skin. Platelets survive only about 9 days in the bloodstream and are constantly being replaced by new platelets made by the bone marrow

HEALTH / ROUTINE - Blood

We have mentioned in previous packs, as part of our course we provide we talk about the body as a walking miracle. It should honestly not exist if you think about it. It is so complicated and incredible.

Part of that is how the blood gets around the body. It naturally does it all for us, without us having to control it.

With each heartbeat, your heart pumps blood throughout your bodies, carrying oxygen to every cell. After delivering the oxygen, the blood returns to the heart. The heart then sends the blood to the lungs to pick up more oxygen. This cycle repeats over and over again.



The circulatory system is made up of blood vessels that carry blood away from and toward the heart. Two types of blood vessels carry blood throughout our bodies:

- **Arteries** carry oxygenated blood (blood that has gotten oxygen from the lungs) from the heart to the rest of the body.
- Blood then travels through **veins** back to the heart and lungs, so it can get more oxygen to send back to the body via the arteries.

You can actually feel blood traveling through the body at pulse points, like the neck and the wrist, where large, blood-filled arteries run close to the surface of the skin.

Facts:

1. Blood makes up around 7% of the weight of a human body
2. Grouping human blood types can be a difficult process and there are currently around 30 recognized blood types (or blood groups). You might be familiar with the more simplified “ABO” system which categorizes blood types under O, A, B and AB. Do you know which blood type you are?
3. One of the principal signs of life for humans is blood pressure, this is the measure of pressure that circulating blood has on the walls of blood vessels. Blood pressure is usually taken from a person’s upper arm. Although averages vary from person to person, a general human being is known to have a normal blood pressure of around 112/64 mmHg. High blood pressure can increase the risk of a stroke or heart attack.
4. There are 2.4 Trillion red blood cells in one pint of blood.
5. The human body manufactures 17 million red blood cells per second. If stress precipitates a need the body can produce up to 7 times that amount. (That’s up to 119 million red blood cells per second.)
6. It only takes 20 to 60 seconds for a drop of blood to travel from the heart, through your body, and back to the heart again.
7. All blood isn’t red. Crabs have blue blood. Earthworms and leeches have green blood. Many invertebrates, such as starfish, have clear or yellowish blood.

**Blood is just another part of the miracle which is your body.
It is your responsibility to do all you can to look after that body.
If you don’t create a healthy lifestyle, your body can get damaged.
It’s your choice!!!**

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:

This week we covered Routine and Structure.

We have to have it in many parts of our lives - employment, team sports, etc. but how often do we actually neglect it for our personal lives?

It can help to keep us focused and organised, and improves mental and physical health if you can include regular exercise and sleep.

Think about your own daily routines and how you can improve!



Nutrition.

I can really snack when I want to, and how many of us overindulge when we get a bit bored or fed up? Whether it be crisps, nuts, or cakes and chocolate, we tend to snack on fatty or sugary items, as they do hit the spot.

Think about just how much you may snack. Start a food diary if you want. I bet you will be surprised. Try healthier snacks, or distracting yourself. A lot of snacks can lead to weight gain and the problems that comes with that.



Exercise



Cardio exercise is one thing we can do without equipment, mostly. We can run, jog, walk - or even swim, cycle or row.

It is great for our hearts and lungs, and can help with so many aspects of our health.

We all need to be active during the week, and it is your own responsibility to ensure you make an effort.

Think about how much you do at the moment. Can you do better? Your body is crying out.

Health.

Your blood is a truly amazing liquid. And another part of the miracle that is your body. But like most parts of your body, you probably take it for granted, and will only worry when you get a problem.

Your blood nourishes every cell and organ, so eat proper food and exercise to try and keep it as healthy as possible.

A healthy lifestyle gives you the best opportunity of looking after your body and all of its functions.

Are you doing enough? Can you do better? It's your choice.



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

Quiz Answers from Page 4 + Actors from Page 13

See if you can beat your family and friends

News

These best-selling newspapers are from which country.?

- | | | |
|----|-----|-----------|
| a. | HLN | Belgium |
| b. | B | Germany |
| c. | EP | Spain |
| d. | TDR | Scotland |
| e. | WSJ | USA |
| f. | DM | UK |
| g. | HS | Australia |
| h. | LM | France |
| i. | P | Brazil |
| j. | CDS | Italy |

Music

These singers were born in which country?

- | | | |
|----|-----|---------------|
| a. | JB | Canada |
| b. | B | Iceland |
| c. | EP | France |
| d. | ONJ | Australia |
| e. | FM | UK |
| f. | KTK | New Zealand |
| g. | LP | Italy |
| h. | LG | USA |
| i. | RM | Spain |
| j. | AF | Sweden (Abba) |
| k. | BM | Jamaica |
| l. | W | Ireland |
| m. | R | Barbados |

Film:

In which films or film series did these famous villains appear?

- | | | |
|-----|-------------------|-----------------------------|
| 1. | Michael Myers: | Halloween series |
| 2. | T-1000 | Terminator 2 |
| 3. | Agent Smith | Matrix series |
| 4. | Vincent Vega | Pulp Fiction |
| 5. | Emperor Palpatine | Star Wars series |
| 6. | Saruman | Lord of the Rings series |
| 7. | Hans Gruber | Die Hard |
| 8. | Jack Torrance | The Shining |
| 9. | Biff Tannen | Back to the Future series |
| 10. | Xenomorph | Alien series (the monster) |
| 11. | Hector Barbossa | Pirates of Caribbean series |
| 12. | Commodus | Gladiator |
| 13. | Warden Norton | The Shawshank Redemption |
| 14. | Alex Forrest | Fatal Attraction |
| 15. | Annie Wilkes | Misery |

Geography: 12 Countries beginning with the letter T

Taiwan, Tajikistan, Tanzania, Thailand, Togo, Timor-Leste, Tonga, Tunisia, Turkey, Tuvalu, Trinidad and Tobago, Turkmenistan

QUIZ ANSWERS

List of Bands: - from page 13

1 Dexy's Midnight Runners; 2 Queen; 3 Pink Floyd; 4 Dire Straits; 5 The Coors; 6 Coldplay; 7 Thompson Twins; 8 Madness; 9 Frankie Goes to Hollywood; 10; Eurythmics; 11 The Rolling Stones; 12 Duran Duran; 13 Sister Sledge; 14 Genesis; 15 Bay City Rollers
Congratulations if you got them all: I am impressed!

Top 15 Wine Producing Nations

Italy; France; Spain; USA; Argentina
Australia; Chile; South Africa; Germany
China; Portugal; Romania, Russia
New Zealand; Austria

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