



Healthy Minds, Healthy Bods

Mental Health Pack

Number 8



Prepared by: Lazza, Luke and Dean: Monday 8th June 2020

www.hmhb2016.org.uk



“Opportunity is missed by most people because it is dressed in overalls and looks like work.” Thomas Edison

Welcome to the 8th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed our first seven 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 how a healthy lifestyle is the way forward. We want it to be fun, focusing on responsibility, change, choice and being proactive.



**Izzwalkz
In
Clissold
Park**

**06/04/2017
and
20/09/2018**



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

PRINTED COPIES CAN BE POSTED TO YOU

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

**Currently, we do all this as volunteers.
HMHB really needs seed funding to cover salaries and overheads.
If you know a business looking to sponsor, or grants to cover this, please get in touch.
Contact us details on last page.**



Healthy Minds, Healthy Bods: IZZWALKZ

Healthy Walking since November 2016

Before the lockdown, Healthy Minds, Healthy Bods were doing all they could to demonstrate they should be part of mental health intervention in several boroughs. You can read more about our history on our website: www.hmhb2016.org.uk.

HMHB approached Highbury Grange Medical Practice in 2016 to talk about providing a healthy walk from the Practice. We felt it was important, especially around Social Prescribing, to provide a walk that is available to older people, those out of work, and was affiliated with official NHS backing. Our first walk was in November 2016, and up to the lockdown we had walked every Thursday morning.



Photograph from our first Izzwalkz walk:

Lazza is with Practice Manager, Fateha, employee Pooja, and our first user, Sheila.



**We are proud to team up with
Walk With A Doc from the USA
www.walkwithadoc.org
More details towards the end of pack.**

Why go for a walk?

1. Walking is such a fantastic exercise, and it is Free!!!
2. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.
3. It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers.
4. Walking can help protect the joints, including your knees and hips. That's because it helps lubricate and strengthen the muscles that support the joints.
5. Walking increases oxygen flow through the body. It can also increase levels of cortisol, epinephrine, and norepinephrine. Those are the hormones that help elevate energy levels show it can help reduce anxiety, depression, and a negative mood. It can also boost self-esteem and reduce symptoms of social withdrawal. To experience these benefits, aim for 30 minutes of brisk walking or other moderate intensity exercise three days a week.

These are just a few reasons to walk. It gets you outdoors, and we found walking with friends, which is what we are at HMHB, meant every walk was full of laughs, banter, and conversation, with some absolutely wonderful people.

We are very proud of Izzwalkz, and we look forward to more walks in the near future.



Lazza's Quiz Spectacular

Answers are on page 19 (no peeking)

A different format this week. So let's get some questions to you.

Biology

How Many Human Body Parts, with three letters, can you name? See if you can think of some we have missed. Make your list before checking!!

Geography

Can you name the capital city of these countries?

- A. Australia
- B. Egypt
- C. Pakistan
- D. Iceland (extra point to spell it right)
- E. Nigeria
- F. Canada
- G. Finland
- H. Japan
- I. Peru
- J. New Zealand

Sport:

All these below appear in the top 50 Olympic Competitors of all time. Can you name their sports and countries?

- a. Haile Gebrselassie
- b. Ian Thorpe
- c. Richard Fosbury
- d. Daley Thompson
- e. Greg Louganis
- f. Emil Zatopek
- g. Nadia Comaneci
- h. Mark Spitz
- i. Usain Bolt
- j. Jesse Owens



Entertainment:

Name the actors who played these roles:

- 1. Pussy Galore - Goldfinger
- 2. Ellen Ripley - Alien
- 3. Eliza Doolittle - My Fair Lady
- 4. Emmett Brown - Back To The Future
- 5. C3PO - Star Wars films
- 6. Draco Malfoy - Harry Potter films
- 7. Quint - boat owner in Jaws
- 8. Spock - Star Trek original series and films
- 9. Hans Gruber - Die Hard
- 10. Belle - Live action Beauty and the Beast
- 11. Scaramanga - The Man with the Golden Gun
- 12. Frodo - The Lord of the Rings Trilogy
- 13. Trinity - The Matrix trilogy
- 14. Batman - the original series in the 60s
- 15. Jason Bourne - The Bourne Ultimatum



Film:

There are a magical eight Harry Potter films:

Can you name all of them?

MIND-SET:

The “All or Nothing” mentality!!

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.

All-or-nothing thinking is one of many negative thought processes, known as cognitive distortions, that are common among people with anxiety and depression. When thinking in all-or-nothing terms, you split your views into extremes.

Everything, from your view of yourself to your life experiences, is divided into black-or-white terms. This leaves room for little, if any, grey area in between.

Don't

- Focus on your perceived faults
- Dwell on self-defeating thoughts
- Use unconditional terms such as "never" or "nothing" or “always”



What sort of thinking do we mean?

How many times have you heard yourself, or others, say comments like:

- | | |
|----------------------------------|---|
| “I’m never going to get a job” | “There is no point in trying, as I always fail” |
| “Bad things always happen to me” | “I never get lucky” |
| “No one wants to go out with me” | “I’ll always be fat” |
| “I’ve got nothing to live for” | “I’ll always be a loser” |

Extreme thinking!! There can only be one outcome!! And normally, it’s a negative. You may view yourself as unworthy or inadequate. However, because of this, you forget just how valuable you are in other roles, such as a friend, employee, or parent.

An “all or nothing” disorder, and it has been described that way, has a basis in a Fixed Mind-set. We talked about this in a previous pack (all can be downloaded from our website), and it means we find it difficult to think outside the box. We need to challenge ourselves. Things can change, but that’s up to us.

For example - let us look at one statement: “I never get lucky”. That is a bold statement. However, let us break it down:

One - you are alive. For that to happen, you have been born (a miraculous event anyway), and are able to have cognitive thought - which is truly astonishing. Talk about luck!!!!

Two - most of us can see, hear, feel, move, and smell. Instead of focusing on what goes wrong, think about what goes right. Much of which, you control. To get lucky, you need to be proactive. It’s your choice.

Tell Yourself: It's up to me to make a difference

Combatting that “all or nothing” thinking

So how can we try and adjust how we think? Are there some tricks to thinking more positively, and growing a Growth Mind-set thought process?

Decide what you want.

it could be a personal goal or a professional goal. Maybe you want to take up a new hobby, or maybe you want to put yourself out there to meet some new people.

Whatever your goals, write them down and put them somewhere you can see them every day. Discuss your goals with a friend or family member who will encourage you and hold you accountable (in a loving, nurturing way). Don't think: "I can't do this" or "this will never work" as you would never start. There are no guarantees of success, but unless you try, and keep trying if you fail at first, nothing will happen.



Be Proactive

It's here that the all-or-nothing thinking really comes into play. Goals can be daunting because they require time and hard work. What small steps can you take right now to achieve your goal? For example, if you want to lose weight, you set yourself up for failure if you resolve to go to the gym for an hour five days a week. What if, instead, you set your intention to exercise for 15 minutes a day? Just by taking this little action, you gain momentum toward your goal. The 15 minutes will add up over time, your fitness level will increase, and you may even add some more time or try some different workouts. The point is, you've set yourself up for success by taking action and creating consistency.

Celebrate small wins

This can be challenging for an all-or-none thinker, since you consider completing the goal as the win. To avoid getting discouraged, focus on progress, not perfection. If you lose a pound a week for two weeks, treat yourself to a film, or an item of clothing. Breakdown your target into mini targets.

Learn from mistakes

No matter what your aspirations are, you may experience setbacks along the way. It's important to understand that a mistake is a learning opportunity and does not equal failure. It's okay to muck up!!

HMHB is here, doing these packs, and working with service users, despite numerous knocks in our journey. We have been told we would never get any money, that we should join up with bigger companies, even though we are unique, but we persevered. We would not give up. And here we are today. Yay!!!!

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.

After 4 weeks; total loss 3.9 kg / 8.60 lb

Sunday June 7th, he was 94.0kg / 14st 11.23 lb

Losing in week 5; 0.6kg / 1.32lb

5 weeks: Overall loss: 4.5kg / 9.92 lb

NUTRITION: Hot Drinks

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.



Drinking **Water** helps to maintain the balance of body fluids. Your body is composed of about 60% water. The functions of these bodily fluids include digestion, absorption, circulation, creation of saliva, transportation of nutrients, and maintenance of body temperature. But for many of us it can be boring. We get our fluid intake from other areas too.

This week we will look at Hot Drinks: In future issues we will cover other liquid refreshments.

Coffee

- Many controlled studies in humans show that coffee improves various aspects of brain function, including memory, mood, vigilance, energy levels, reaction times and general mental function. That's because, it contains a stimulant called Caffeine: the most commonly consumed psychoactive substance in the world. After you drink coffee, the caffeine is absorbed into your bloodstream. From there, it travels to your brain.
- Caffeine can increase adrenaline levels and release fatty acids from your fat tissues. It also leads to significant improvements in physical performance.
- Coffee contains several important nutrients, including riboflavin, pantothenic acid, manganese, potassium, magnesium and niacin (which we mentioned in pack 7 when we looked at Breakfast).
- Several observational studies show that coffee drinkers have a much lower risk of type 2 diabetes, a serious condition that affects millions of people worldwide.
- Coffee drinkers have a much lower risk of getting Alzheimer's disease, which is a leading cause of dementia worldwide. In fact, some studies show a 65% lower risk of the disease!!
- Liver and colorectal cancer are the third and fourth leading causes of cancer death worldwide. Coffee drinkers have a lower risk of both.

Our Izzwalkers enjoying coffee/tea

At Highbury Grange Medical Practice

Our 150th Walk: 3rd Oct 2019



NUTRITION: Hot Drinks

Tea & Chocolate

There are different types of tea, but we will look at “Black Tea” which is one of the most consumed beverages in the world.

It’s stronger in flavour and contains more caffeine than other teas, but less caffeine than coffee.

- Black tea contains a group of polyphenols that have antioxidant properties. Consuming antioxidants may help decrease the risk of chronic disease and improve your overall health
- Black tea contains flavonoids, which are beneficial for heart health. Studies have found that regularly drinking black tea may help reduce the risk of heart disease
- LDL and HDL are two types of lipoproteins that carry cholesterol throughout the body. Too much LDL in the body can increase the risk of heart disease and stroke. Studies have found that black tea may help reduce LDL levels
- The gut houses trillions of bacteria and the majority of your immune system. Polyphenols and antimicrobial properties found in black tea may help improve gut health and immunity. In fact, some studies have suggested that the type of bacteria in your gut may play an important role in reducing the risk of certain health conditions, such as inflammatory bowel disease, type 2 diabetes, cardiovascular disease, obesity and even cancer
- Insulin is a hormone that is secreted when you consume sugar. Black tea is a great non-sweetened beverage that can help improve the use of insulin and reduce blood sugar
- Black tea contains polyphenols, which may help fight cancer cells in the body. Although consuming black tea will not cure cancer, it may help decrease cancer cell development



Hot Chocolate is tasty, and good for you too:

- It helps fight stress, anxiety, and depression. It contains serotonin, which acts as an anti-depressant and triggers the production of endorphins that make people feel pleasure.
- Due to a high level of flavonoids, a cup of cocoa offers twice as many cancer-fighting antioxidants as a glass of red wine and as much as three times more than a cup of green tea.
- Healthy fats in dark cocoa help blood absorb sugar slowly, which prevents insulin spikes
- Cocoa’s flavonoids aid the body in processing nitric oxide. This prevents blood clots by making platelets less sticky and improves blood flow, which in turn lowers blood pressure and helps the heart stay healthy
- Consuming a small quantity of dark cocoa satiates the appetite and, since it prevents insulin spikes, keeps the body’s fat-burning ability going strong



Amazingly, people can say they are addicted to caffeine when not. A study gave half their participants normal coffee and the other half decaff. Virtually all the decaff people said they got an energy boost from the caffeine. In reality, it was a placebo effect.

NUTRITION:

All or Nothing thinking with diet? Let's solve this.

In our Mind-set section we talked about the “all or nothing” mentality. However, how many of us have that when we are looking to lose weight?



- “I try to be ‘good’ when I’ve eaten something ‘bad’”
- “I eat really well during the week but I blow out on the weekend”
- “I have tried to quit sugar/alcohol/carbohydrates only to binge on them later”
- “Seeing a number on the scale that I did not want makes me feel like I’ve failed”

I recognise some of those quotes myself. I seem to have been yo-yoing on a “diet” and “trying to lose weight” for a few years. I get somewhere, muck up, give up. Get somewhere, muck up, give up. The frustration of not succeeding leads me straight back to the kitchen where I comfort eat. I am now, making a real effort to push myself - and of course am accountable in this pack.

If you too spend Monday to Friday being incredibly ‘good’ (aka strict) then, when it gets to the weekend, you’re going to feel like you deserve a treat for your hard work. When you’re feeling deprived, one cheat meal will often turn into a cheat weekend. And you give up.

For too long we have been taught to think that there are good foods or bad foods. There aren’t. Enjoying a piece of cake or chocolate or ice cream is not bad. Having cake and feeling guilty about it defeats the purpose. All food can be enjoyed in moderation at some time. A piece of cake is not going to make you fat. An apple is not going to make you slim. Consistently eating fatty sugary foods though is not good. You decide what you eat and drink. Take responsibility.

- **Work out your meals in advance so when you shop you know what to buy.**
- **Avoid some aisles in the supermarket. If you don’t go in, you can’t buy.**
- **A “treat” is just that. Something occasional. If it is every day, it is a “habit”.**
- **Drink water if you feel like snacking. It can make you feel fuller.**
- **If you do have a binge, it happens. Don’t knock yourself. Get back on being healthy the next day. Looking after your nutrition is a lifetime job.**
- **If you find you are eating for comfort, please ask your doctor for help. It may be a symptom of depression or anxiety, or even a disorder. You have control!!!**

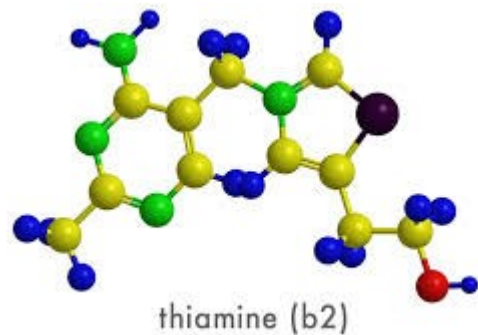


**HMHB walked with
Haringey Recovery Service
25th September 2018**

NUTRITION: Vitamin B1

Vitamins

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



1. Vitamin B1 is also known as Thiamine
2. Food sources of thiamine include whole grains, legumes, and some meats and fish
3. Thiamine is an essential micronutrient, which cannot be made in the body. There it must be ingested through our diet. You need it to stay alive.
4. It is water soluble, which means the body removes it quickly, so you need to replenish it daily.
5. Thiamine is required for metabolism, including that of glucose, amino acids, and lipids
6. Thiamine was discovered in 1897, was the first vitamin to be isolated in 1926, and was first made in 1936

A Thiamine deficiency can affect many different parts of the body, which include:

- Nervous system
- Heart
- Brain

Thankfully, Thiamine deficiency is uncommon in the developed world. It is more common in people with specific medical conditions. These include:

- Alcoholism
- Crohn's Disease
- Anorexia



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

NUTRITION: Lazza's First ever Egg and Cheese Flan

**Lazza really is getting to grips in the kitchen now.
This week he returns to savoury mode with an egg/cheese flan.**

My mum was an amazing cook. Honestly, her recipes were fabulous. Ironically, as I got older she became a school cook, and would bring home delicacies left over at lunchtime. I loved school dinners, especially puddings!!! School custard was the best, was it not?

She made the most fantastic egg and cheese flan. I have never come across one that tasted as nice anywhere. Sadly the recipe passed with her. If mine comes out even half as good I will be very happy. I have just put mine in the oven, so am typing this with great anticipation.



This is a very simple recipe (thankfully)
100g / 3 and a half oz. of mature cheddar;
1 pie crust (obviously you can make your own
pastry, or roll out shop bought):
3 eggs: 1 cup milk: some filling (if you want)
1 tomato for garnish: 1/2 teasp mixed herbs

1. Obviously, if you are making pastry, or rolling out, this is first stage. As you can see, my bravery only lasted to buying a shop prepared savoury pastry case - I will get braver and prepare pastry in a future pack
2. Preheat oven to 190C/375F/Gas 5.
3. Lay out the cheese evenly at the base of the pastry.
4. On top of that, lay filling if you want some. I have gone for some chopped up ham, but really the world is your oyster. That's the beauty of cooking!!
5. Into a bowl, break the eggs and whisk up, before adding the milk and continuing to whisk together. Then add the herbs too.
6. Being careful, pour into the pie (I had a little left over). Garnish with sliced tomatoes.
7. Place in centre of oven and cook for around 30-40 minutes; have a peek around 30 to see. The centre should jiggle slightly, and a knife in the middle should come out clean.
8. Let it stand for a few minutes before enjoying!!!



Going into oven

**No
More
Shop
Bought
Quiche
For me
🍴
Honestly,
It's delicious**



All cooked

EXERCISE/FITNESS - Balance

*“My favourite exercise is a cross between a Lunge and a Crunch
I call it Lunch”*

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

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

BALANCE

- * Balancing is a fundamental aspect of any movement we perform. Indeed when standing on two feet, we're maintaining balance, even if we're not consciously aware of it. Watch a child learn to stand, and you'll realize that the act of balancing itself is the challenge, not the lack of leg or core strength.
- * When balancing, we're not only working the often-neglected stabiliser muscles; we're also improving our joint stability
- * Balance is also one critical skill we tend to lose as we age, so maintaining it is crucial.
- * Balancing is a complex skill that involves the brain, muscles, and parts of the inner ear. If you don't practice and maintain balance, the coordination between these three systems can deteriorate over time, making it harder for you to stay upright and maintain proper posture.
- * Improving balance is excellent for posture. It teaches you the static and dynamic positions that are natural to your human form. Outstanding balance requires good posture



HMHB Provides
Opportunities
For Group
Fitness for
All ages and
Abilities

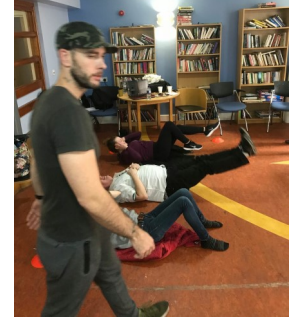


EXERCISE/FITNESS; A Balance test for everyone

HMHB appreciates that some of our users are going through various health issues at this moment, many of which are serious and people are having to attend on-going treatments. We naturally, send everyone our best wishes.



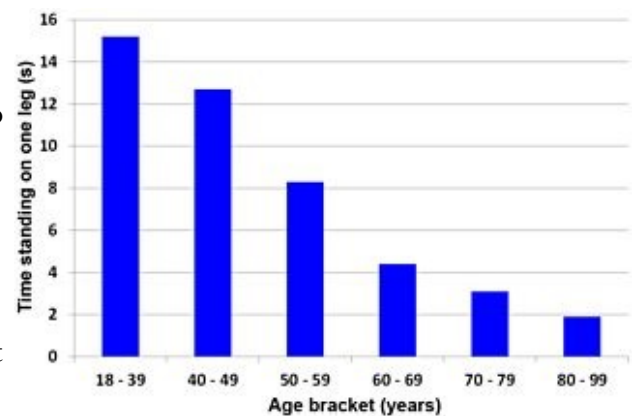
Fitness
For All
With HMHB



Doctors use “standing on one leg” as an exercise to see a person’s ability and health. On the next page, Lazza will demonstrate a few balance exercises. But let’s try standing on one leg for now. Normally keep your eyes open, and if you think you may fall over do it next to something to make sure you are okay (a chair, wall, or tree if outside). But the big test is doing it with your eyes closed. This is what I want you to try. Find your centre of balance, then bend one knee and lift the foot. If you’re right-handed, stand on your left leg and lift the right foot; you don’t need to lift it high; about 6 inches off the floor. How long can you stand?

The chart opposite shows how long you should be able to stand up in seconds for your age. If you are struggling you need to do some work.

Our balance is primarily controlled by something called our vestibular system: a complex series of tubes and chambers in our inner ear. These are filled with fluid that sloshes around, affecting nerve endings which detect the position and movement of the head.



But studies have shown that the number of nerve cells in the vestibular system decreases from about age 55, and blood flow to the inner ear also decreases with age. This might help explain why falls are one of the biggest health worries for people over 60. According to the NHS, 1 in 3 adults over 65 will fall at least once every year, which can lead to significant injuries such as hip fractures and is the leading cause of injury-related deaths in people over 75.

But the good news is that it’s never too late to improve your sense of balance. Balancing exercises also help improve your core, which acts as your body’s inner stabiliser, and when you do that you improve your posture and coordination and that helps avoid injury and can improve your performance at sports

EXERCISE/FITNESS;

Lazza looks at more balance exercises to try

If you feel you may be at a risk of falling, do these somewhere that you can help you balance.



Heel to Toe walking

Strengthens the leg and foot muscles and is therefore good for flat feet and fallen arches

1. Bring your arms to the side so they're parallel to the floor.
2. You can use chalk or a string to make a line to follow if you fancy.
3. Walk in a straight line, placing the back of your heel against the toes of your opposite foot.
4. Move slowly and with control.
5. Continue for 5 to 20 steps.
6. It can help to focus on something in the distance. The trick is to try and not look down at your feet.

Flamingo Stance

Strengthens legs and core, and works on your hip joint and glutes too.



1. Variation of the single leg stand. Stand on your left leg with your right leg lifted in front.
2. Raise your knee up and down whilst maintaining balance.
3. Once you have done that a few times, pause, and kick your leg forward instead a few times.
4. Concentrate on keeping still throughout
5. Repeat on other foot.



Four O'clock



Ten Past Eight

Clock Face

Picture you as a clock face.
Your arms are the big hand.
Your legs the minute hand.
Left leg down: numbers 12-6
Right leg down: numbers 6-12.
Hold different times as shown.

HEALTH / ROUTINE - Oral Health

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

Please check it out.

www.healthymindshealthybods.blogspot.com



**“They sure are handy when you smile,
So keep your teeth around a while.”**

Dr Seuss.

Good oral and dental hygiene can help prevent bad breath, tooth decay and gum disease, and can help you keep your teeth as you get older. Researchers are also discovering new reasons to brush and floss. A healthy mouth may help you ward off medical disorders.

- Diseased, crooked or missing teeth or a misshapen jaw can interfere with your speech; make chewing your food properly difficult and painful; and lead to expensive corrective procedures.
 - Cavities are painful places on your teeth where decay has eaten through the enamel and exposed a tooth's root. Hot or cold food or liquids can send a painful signal that something is wrong
 - Another complication of poor oral health is gum disease, which can be mild in the initial stages, but lead to much more severe problems if untreated. Gum disease or periodontal disease may cause loss of teeth, infections and other complications. Research has linked periodontal disease to other health problems including heart complications, strokes, diabetes complications and respiratory issues. So it isn't just your mouth you are looking after, but your body too.
1. Brush at least twice a day. Dentists recommend after meals, and with a soft bristle brush.
 2. Use fluoridated toothpaste. Fluoride helps to harden tooth enamel and reduces your risk of decay.
 3. Brush thoroughly: recommendation is for two to three minutes.
 4. Limit acidic drinks like soft drinks, cordials and fruit juices. Food acids damage tooth material.
 5. Avoid using your teeth for anything other than chewing food. If you use them to crack nuts, remove bottle tops or rip open packaging, you risk chipping or even breaking your teeth.
 6. See a dentist for regular check ups.



What is available to you

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

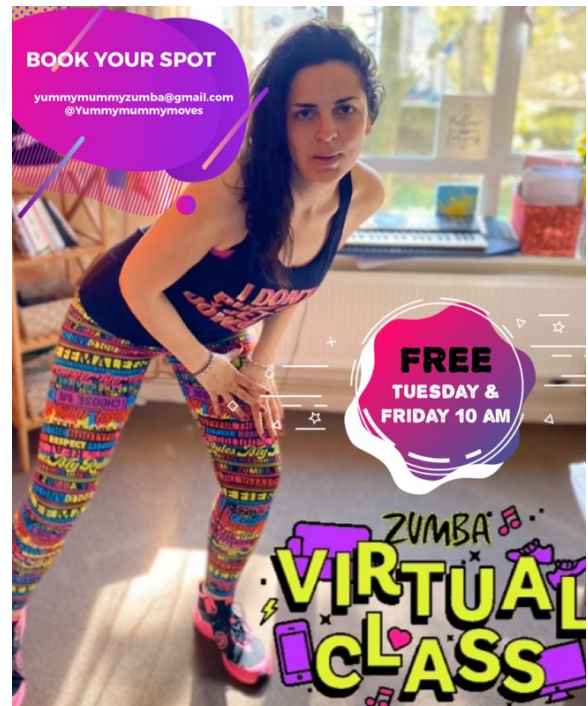
Karina is amazing.

Was part of our weekly Sobell Fitness sessions.

Contact her at the email on her flyer.

Give it a try!!!!

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 thought about the “all or nothing” thinking. It’s something we all do sometimes. We need to think about how we look at situations, and events that affect us. The use of “never”, “always” etc. Is this happening to you at the moment, or lately? How can you see that situation in a positive light instead? You may be surprised at the outcome.



Nutrition:

This week we thought about intake of hot-drinks. We know we need to keep hydrated, as that can quickly kill us. A human can go without food for about three weeks but would typically only last three to four days without water. But we want to make our liquid intake more tasty. Hot drinks can do a lot more for us. But are we maybe drinking too much coffee/tea? Is the caffeine affecting your routine? It may be good to review just how we all ingest our fluids.

Exercise:

This week we thought about balance. It is something we take for granted and rarely think about, until something goes wrong. But it is vital, especially as we get older, to ensure we can stay upright properly. Have a go at some of the exercises, You may be shocked how much you wobble. Think about your centre of gravity. Do you put more emphasis on one leg when you stand? That can cause issues in the future.



Health/Routine:

Did you know? Toothpastes that advertise for whitening often contain abrasives or other additives that work to remove surface stain from the enamel layer of a tooth; excessive use of these toothpastes can sometimes cause sensitivity due to wearing down the enamel layer. In sensitivity toothpaste, potassium nitrate is the main ingredient in sensitivity toothpaste and works to calm the nerve of the tooth. "Anti-cavity" or fluoride toothpaste can contain levels of fluoride in their paste that is higher than a normal toothpaste; there are also prescriptions you can get from your dentist for toothpaste that contains even higher amounts of fluoride than you can get over the counter to help prevent or fight cavities. Most toothpastes will work fine. Maybe chat to a pharmacist or even your dentist if you have concerns. But, most importantly, if you don't already, create a solid daily routine around your oral health.

Time for our Letter game

See how long this can take - all week we hope!!

We want you to name 10 of all the following. Use a separate bit of paper. But all your answers have to start with the letter: **N**

(pls. note there may not be 10. Don't use the internet and cheat. Come back to this all week; it should keep you occupied for a while - no looking things up!!!)

Name 10:

Countries

Cities

Animals

Birds

Insects

Sports

Actors (surnames)

Actress (surnames)

Singers (surnames)

Authors (surnames)

Jobs

Hobbies

Film Titles

Book Titles

Song Titles

Vegetables

Flowers

Fruits

Trees

Things you find in the Kitchen

Things you find in the Bathroom

Things you find in the Bedroom

Things you find in the Garden

Items of Clothing

Means of Transport

I have been running this game since the first pack - only missing out with Pack 4. So this is the seventh letter I have chosen: following S, T, R, A, M and C.

What you did not know is that this has been a Mind-set game too. But I wanted it to run for a few weeks before explaining. I will also run for two more before changing.

Let me ask you: have you played this? Did you do it one go, or come back to it during the week? But most importantly, have you ever looked up the answers? And if so, why?

In fact, mind-set wise, there are two questions. As this is just a game, and we don't supply any answers, as some are numerous, and others would not amount to ten, and you are the only person (or household) to see the answers, why if you cannot find ten answers do you look them up? And flip side of that, if you cannot find ten, why didn't you look them up?

For example, last week was letter C. If you could not think of 10 films, did anyone Google? Why? Does it matter? It's just a game. It would not affect your life in any way. But some of us have to know. We have to complete that task, even if it is completely useless. Conversely, others may think of 8 film titles and just leave it. Because we realise it is not important.

How many of us are constantly looking for answers that don't matter, and will have no affect on our lives? This is just a fun game. Keeping you thinking. Life is obviously more important. Some problems may not have an answer. We need to realise that, and move on. That is very hard to do.

Please play the game this week though!! Yay!!

Quiz Answers from Page 4

See if you can beat your family and friends

Biology.

Arm: Bum/Bot: Ear
Eye: Gum; Gut; Hip
Jaw; Leg; Lid; Lip;
Rib; Toe; Tum; Zit
We may have cheated!!

Geography

the capital city of those countries

- A. Canberra
- B. Cairo
- C. Islamabad
- D. Reykjavik
- E. Abuja
- F. Ottawa
- G. Helsinki
- H. Tokyo
- I. Lima
- J. Wellington

Sport:

The Olympic athletes:

- a. HG - Ethiopia - 10000 metres
- b. IT - Australia - swimming
- c. RF - USA - High Jump
- d. DT - GB - Decathlon
- e. GL - USA - Diving
- f. EZ - Czechoslovakia - only man to win 5000, 10000 and marathon at one games
- g. NC - Romania - Gymnastics (first person to get a perfect 10.0 score)
- h. MS - USA - swimming
- i. UB - Jamaica - 100m, 200m, 100m relay
- j. JO - USA - 100m, 200, long jump 100m relay

Entertainment:

the actors who played those roles.

- 1. Honor Blackman
- 2. Sigourney Weaver
- 3. Audrey Hepburn
- 4. Christopher Lloyd
- 5. Anthony Daniels
- 6. Tom Felton
- 7. Robert Shaw
- 8. Leonard Nimoy
- 9. Alan Rickman
- 10. Emma Watson
- 11. Christopher Lee
- 12. Elijah Wood
- 13. Carrie Anne Moss
- 14. Adam West
- 15. Matt Damon

How did you do?

Film:

Harry Potter and:

- 1. The Philosopher's/Sorcerer's Stone
- 2. The Chamber of Secrets
- 3. The Prisoner of Azkaban
- 4. The Goblet of Fire
- 5. The Order of the Phoenix
- 6. The Half-Blood Prince
- 7. The Deathly Hallows - Part One
- 8. The Deathly Hallows - Part Two

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 Lazza: **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

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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
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Be Safe, Be Active, Be Well