Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 32

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best

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


www.hmhb2016.org.uk
Welcome to the 32nd of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

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

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

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

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, and the National Lottery, 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 our various work as volunteers. HMHB really needs seed funding to cover salaries and overheads.

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

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

“The greatest gift you can give someone is your time because when you give your time, you are giving a portion of your life that you will never get back.”

Lockdown has been tough. But Lazza and Rosie decided to audition for Strictly Come Dancing outside our closed down office at Highbury Junction.

It’s a ten from us.
Many of us love a cup of tea, but do you know the benefits of various types? Let’s peek.

**Black Tea:** This is the sort of tea that is used to make a "builder's brew" and is essentially just a fermented green tea with milk.

Black tea contains caffeine to kick-start your brain in the morning, but also stress-relieving chemicals that counter the jitteriness that caffeine can cause.

One chemical in tea - L-theanine - has been found to increase alpha waves (the brain-signalling patterns that are also seen after meditation and yoga). This is one reason the kettle on is as good for a relaxing break as a morning boost.

**Peppermint Tea:** As well as being a refreshing, cooling breath-freshener, peppermint has digestive benefits. It relaxes muscles in the gut, which has the knock on effect of reducing cramping, pain and bloating, making it the ideal after-dinner drink.

The menthol smell in the tea can help to clear your nose when inhaled, and reduce muscle tension and pain to ease a headache.

**Green Tea:** In many people's books, this is the healthiest tea of all. It shares all the benefits of the black tea above, with some very high levels of antioxidants, and it is these molecules, known as Catechins, that are thought to provide most of the health benefits of green tea.

People who drink green tea on a regular basis tend to live longer, healthier lives, and regular green tea consumption has been found to lower incidence of heart disease, improve blood sugar levels and cholesterol, and reduce the risk of dementia. Some people believe this is also down to lifestyle made by green tea drinkers.

**Lemon and Ginger Tea:** This is such a classic combination, and also tastes delicious. This warming home remedy is linked to helping to treat colds and flu.

As well as producing Vitamin C to boost the immune system, ginger is good for digestion, as it helps to relax gut muscles, and is also great for reducing nausea. It soothes inflamed skin in the throat during coughs and colds and is helpful to reduce pain after over-exercising.

**Earl Grey Tea:** Yes, it does feel a little posh to drink this, and it is a desired taste different to normal tea, but that is only because it is just black tea with some added Bergamot. Like other citrus plants, bergamot can help you relax.

A study using aromatherapy with bergamot essential oil found that it reduced heart rate, blood pressure and anxiety in a group.

**Chamomile Tea:** Widely used in family settings to calm restlessness, reduce anxiety and improve sleep, this tea has also been used to ease digestive complaints linked to nervous conditions.

Scientists have found that one cup of chamomile tea at bedtime can help with the quality of sleep and even reduce depression. They also found that people who regularly drank it for more than 30 years had a reduced risk of thyroid disease.
UK Politics
Since 1980 (40 years), eleven people have held the office of Chancellor of the Exchequer.

How many of them can you name?

Film
Which actor played these superhero characters in these movies?

a. Invisible Woman (Fantastic Four) 2005
b. Storm (X-Men) 2000
c. Batman (Batman and Robin) 1997
d. Hulk (Incredible Hulk) 2008
e. Batman (Batman Forever) 1995
f. Batman (Batman v Superman) 2016
g. Nick Fury (Avengers Assemble) 2012
h. Spiderman (The Amazing Spiderman) 2012
i. Rocket Raccoon (Guardians/Galaxy) 2014
j. Black Panther (Black Panther) 2018
k. Professor X (X-Men Apocalypse) 2016
l. Aquaman (Justice League) 2017
m. Hulk (Avengers Endgame) 2019

Music
All these songs were the biggest selling songs in the year shown. But who sang them?

1. Is This The Way To Amarillo: 2005
3. Love Is All Around: 1994
4. (Everything I Do) I Do It For You: 1991
5. The Power Of Love: 1985
7. Save Your Kisses For Me: 1976
10. Shape Of You: 2017
15. Bright Eyes: 1979

Geography
In which US States are the following cities?

1. Santa Monica
2. Bel Air
3. Baltimore
4. Portland
5. Waco
6. Phoenix
7. Tallahassee
8. Salem
9. Cincinnati
10. Philadelphia
11. Fargo
12. Providence
13. Cheyenne
14. Baton Rouge

Sport
From 1980 to 2016 there have been 10 summer Olympic Games.

But which are the ten cities that have hosted the event?

Try and answer all before you look at the answers. Test yourself. Take your time.
MIND-SET:
“Skills” to know and develop

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

In pack 24, we looked at Transferable skills, and concentrated on Team Work, Adaptability, Motivational and Leadership. People seem to associate them, quite rightly, with our work and careers, but all of them are “transferable” as we also use them in our normal lives, regardless of age.

So we have decided to look at a few others that we all need to be able to master. These are skills that we use in our social lives, family lives, personal and with friends. Importantly, we need to believe that we can manage our lives competently. This, like so many things, has a base in confidence and esteem.

There are several types of “skills” that are recognised as such.

Hard Skills
“Hard skills, also called technical skills, are any skills relating to a specific task or situation. It involves both understanding and proficiency in such specific activity that involves methods, processes, procedures, or techniques. These are also skills that can be or have been tested and may entail some professional, technical, or academic qualification”.
Examples include: A degree, foreign language skills, bookkeeping, typing speed or computer skills.

Life Skills
“An ability and capacity acquired through deliberate, systematic, and sustained effort to smoothly and adaptively carryout complex activities or job functions involving ideas (cognitive skills), things (technical skills), and/or people (interpersonal skills).” That’s a cracking definition!!!!
Examples include: Decision making, problem solving, communication, self-awareness, resilience, creative thinking. This also crosses into “social skills”.

People Skills
These can include:
- understanding ourselves and moderating our responses.
- talking effectively and empathising accurately.
- building relationships of trust, respect, and productive interactions.
A British definition is "the ability to communicate effectively with people in a friendly way, especially in business”.

Social Skills
Social skill is any skill facilitating interaction and communication with others. Social rules and relations are created, communicated, and changed in verbal and nonverbal ways. The process of learning such skills is called "socialisation".
Examples include: Empathy, active listening, respect, cooperation and non-verbal communication.
One very useful crossover skill to work on is “planning”. It may sound simple, but like all talents it is something you need to continually develop. HMHB knows all about this subject from experience!!!

There are so many varying opinions on the keys to success and leading a meaningful, happy, and fulfilling life. Working hard, having discipline, and sacrificing are just a few examples. However, we believe that one of the significant factors necessary to be successful at anything is good planning.

If you ask a large group of people what they would like to achieve in their lives, the answers will vary considerably. Some of the more common answers you can expect are:

- I want to be more confident
- I want to be happy
- I want to be healthy
- I want to lose weight
- I want to travel and see the world
- I want to have meaningful and happy relationships
- I want to stop worrying
- I want to be respected
- I want to stop procrastinating

All of these are worthwhile goals to pursue. However, if you were to ask the same group of people if they have developed a specific plan as to how to achieve those targets, it is more than likely that only a small minority would have taken the time to do just that.

In other words, while all of us have desires and dreams, very few of us have actually taken the time to write down a specific plan detailing how to go about achieving them. We are not saying you have to do that, and some people can be very focused on outcomes, but having a plan, even a written to-do list, which is what HMHB does, can help you stay on target.

1. When you sit down and make the time and effort to plan your life, you will identify what is important to you. You will detail exactly what you want out of life, something most people have never done. It will enable you to clearly state your goals without any ambiguity. It will help determine exactly what kind of life you want. Maybe plan for six months ahead, then a year, then three.

2. Lets use an analogy. Planning provides you with a road map to get to your destination. It allows you to not only figure out how you will get there, but also gives you a way to determine how far you have come and how much more you have left to go. It helps keep you from spending time on tasks that won’t bring you closer to your goal. And that can be for any aspect of your life, and any age.

3. Planning your life gives you control. If you create a plan then you get to make choices and decisions, rather than leaving things up to chance, or worse yet, letting others make decisions for you. When you have a plan then you are in charge of where you are going, making it easier for you to get exactly where you want to be.

4. It is easier to identify and focus on your priorities when you create a plan. We all have multiple responsibilities and priorities in our lives. Many if not most of these are placed on us by someone else. By identifying your own priorities as separate from those of others, and then planning on how to pursue them, you will find yourself not getting derailed by something that is more important to someone else than it is to you. You are important. It’s not selfish to try and be the best you can be.
Well, this is something we can all probably improve. I think, I am speaking from personal experience, that most of us are probably not too bad at being organised, but also all know we can do better. We put food in the cupboards, we use wardrobes and drawers for our clothing, place our books and CDs on shelving (I almost typed videos?!), and some of us even have to keep paperwork in files. It means keeping an up to date diary (how many of us use phones for this, and would be lost if we managed to mislaid our mobiles?).

Organised people tend to be more productive, they communicate better, and are better time keepers. They tend to remain calm in a crisis and are definitely more confident about reaching goals and can focus on what they need to do. So can you improve your life-organising skills?

Make Back Ups
It may take a little time, but how about creating an “about me” file. It can sound a little morbid, but a friend of mine had one and when he sadly passed away his executors had no problems sorting his bills and finances. He had a file with copies of his passport, birth certificate, his bank details, his savings details, his bills details, etc. But it is a good reference for you too. You can keep originals there, and you wont need to search for paperwork, it is all in the same file.

Have a place for everything
I have a large shelf in my lounge, and I always put my keys, wallet, mask (during these times) in the same place when I get in. I keep the Wi-Fi password in a certain place. If you think about it, you do it in the kitchen. The plates, mugs, cutlery always go back to the same cupboards. Why not do it with your life?

Keep your surroundings clean
A cluttered room not only makes it harder to find things (and I am sitting in my lounge literally thinking I now need to clean up in here) but also lifts your mood and mental health. I try and put everything away in the kitchen before I go to bed. When I get up, there is nothing to do. If I see dirty plates or mugs it naturally deflates me. The same goes for clothing on the floor, etc. I live in a basement and have been walking in a lot of leaves recently. I must sweep the lounge and hallway (wooden flooring).

Put stuff away immediately
All your hard work creating a dedicated space for your stuff will be wasted if you don’t actually implement it. Things can pile up quickly, sometimes in as little as a few hours if you have kids. Keep the calm and organized ambiance of your home (and life) by putting things away, immediately after you’re done using them. This practice only takes a few minutes but it’ll save you a lot of cleaning time later on. When I cook the recipes, I do the washing up as I go. Simple things like that. If you practice being organised and tidy, it will start to become natural.

Keep a To-Do list, and bucket list.
Keep a list of activities that you both need to do, and want to do, so you can consult this list on boring weekends instead of wasting your time figuring out what to do, or just giving up and watching television at home. Whichever of these tasks you decide to do, remember that you can’t completely organize your life in one go. It’s a long, never-ending process, so be patient. Just decide to get organized now then take baby steps until you see some semblance of order in your life. Soon enough, you will be making a habit out of it all.
MIND-SET: Research and Analytical Skills

So we have covered planning and organising, and we have been learning these since school. We would have to plan for lessons and organise ourselves so we did homework and study and prepared for exams. The crossover between life and work is obvious.

But why do we have to be good at research, and then being able to analyse that?

Let’s pick a life example, which is relevant to me at the moment.

Up to July I was running my weight loss journey in the packs and, a bit ashamed to admit it, I stalled and had a blip. I have had issues with food for a long while. It is a comfort for me (why does everything have to taste so nice!!! Lol).

My example here could correspond with any life issue. It has relevance on many fronts.

I need to research what went wrong and how to put it right and start back on my weight loss journey.

There are various stages I will need to cover:

**What do I want to achieve?**

The first thing, before you can do research, is work out what it is you want to do and achieve. What is the information you are looking for? Why do you want it? Where do you think you need to look for it? How am I going to use that information? It’s a bit like our “planning”. If I just plunge in head first, without sorting what I want, then I will not know where to look, or how to interpret what I find. (I hope that makes sense).

I guess it is a bit like booking a holiday. You need to decide where you are going, what hotel you would like, where to travel from, etc. Then you can book, but you must decide all that before you research.

**Investigate**

This can be the fun bit. We know that from publishing these weekly packs. As you can imagine, there is a huge amount of research and work that happens before we even type the first words. And we have learnt so much ourselves!!!

So with my weight, I will now need to look at sites about that. I think I will probably start a diary, so will work out exactly how to do that properly. I will look at healthier meals. I might hear you say, “but you have been doing these packs for 30 weeks now, and also run HMHB, don’t you know?” Well, yep, I guess we all know what we need to do. Eat healthier, less simple carbs, exercise more, more fruit and veg, stop snacking on things with saturated fats and added sugar. But even I need a little guidance and encouragement too. We all do. That’s life!!!

**Analyse, and put what we find into practice**

So, now it is a process of working out which pieces of information are important and relevant and using them to solve the problem. It is a bit like the murder/mystery we set you in pack 27 (do go and have a look if you missed it). We are swamped with information, and these days maybe “fake news” too. It is up to us to research problems when they arise, and see what we can do to solve them, but looking over all the information we are given. Sometimes we will get it wrong. That is inevitable. But knowing how to research and plan and organise are all fantastic skills we need to continually develop as we grow.

*We all need to develop personal transferable skills as we grow older.*

Planning, organising and researching all contribute to our thinking process.
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.

Right back in Issue Two, we covered Fats. Our second ever issue in April was just 14 pages, and we only had two pages for Fats. This issue, number 32, we have four pages for Nutrition. As Fats are so important, we have decided to cover them again, especially for new readers. So let’s see if we can look at it from a different angle and a new slant. Do take a peek back at Issue Two though.

You have probably heard of the phrase: “The Building Blocks of Life”. In the last 2 weeks we have covered Protein and Carbohydrates, which are both one of these so-called Building Blocks. Well so are Fats (Lipids).

Fatty acids are the building blocks of the fat in our bodies and in the food we eat. During digestion, the body breaks down fats into fatty acids, which can then be absorbed into the blood. Fatty acid molecules are usually joined together in groups of three, forming a molecule called a “Triglyceride”. Triglycerides are also made in our bodies from the carbohydrates that we eat.

Fatty acids have many important functions in the body, including energy storage. If glucose (a type of sugar) isn’t available for energy, the body uses fatty acids to fuel the cells instead.

Fats are one of the three main “Macronutrient” groups in human diet, along with Proteins and Carbohydrates. A Macronutrient is a major substance that the body uses to survive, grow and reproduce.

Fats are the main components of common food products like milk, butter, tallow, lard, bacon and cooking oils. They are a major and dense source of food energy (chemical energy that animals, and that includes humans, derive from food) for many animals and play important structural and metabolic functions, in most living beings, including energy storage, waterproofing, and thermal insulation. The human body can produce the fat that it needs from other food ingredients, except for a few essential fatty acids that must be included in the diet.

Only two fatty acids are known to be essential for humans: “Alpha-Linolenic Acid” (an Omega-3 Fatty Acid) and “Linoleic Acid” (an Omega-6 Fatty Acid). Some other fatty acids are sometimes classified as "conditionally essential", meaning that they can become essential under some developmental or disease conditions; examples include “Docosahexaenoic Acid” (an omega-3 fatty acid) and “Gamma-Linolenic Acid” (an omega-6 fatty acid).

When the two EFAs were discovered in 1923, they were designated "vitamin F", but in 1929 research on rats showed that the two EFAs are better classified as Fats rather than Vitamins.
Unsaturated fats are considered the “healthy fats” and they’re important to include as part of a healthy diet. These fats help reduce the risk of high blood cholesterol levels and have other health benefits when they replace saturated fats in the diet.
The difference between Unsaturated Fats and Saturated Fats are at a chemical level. Unsaturated fats structure contains one or more double bonds in their fatty acid chain. Saturated fats have no double bonds in their chemical structure. They are “saturated” with hydrogen atoms. Because of their chemical structure, they mostly have a solid consistency at room temperature although there are some exceptions.

Sources of saturated fat include:
- fatty cuts of meat
- meat products, including sausages and pies
- butter, ghee, and lard
- cheese, especially hard cheese like cheddar
- cream, soured cream and ice cream
- some savoury snacks, like cheese crackers and some popcorons
- chocolate confectionery
- biscuits, cakes, and pastries
- palm oil
- coconut oil and coconut cream

The debate over whether consumption of saturated fat is bad for heart health has been ongoing for decades. Research studies offer conflicting findings regarding the impact of saturated fat on heart health, making this topic particularly confusing for consumers.

While it’s clear that saturated fats raise blood lipids (fats) including low-density lipoprotein (LDL) cholesterol levels and certain other heart disease risk factors, such as inflammation, it’s unclear whether saturated fats increase the risk for heart disease.

For example, a 2014 review of 32 studies that included 27 randomized control trials involving over 650,000 people found no association between saturated fat intake and heart disease risk.

The review concluded that, “Current evidence does not clearly support cardiovascular guidelines that encourage high consumption of polyunsaturated fatty acids and low consumption of total saturated fats.” However, other studies have shown that saturated fat intake may increase the risk for heart disease.

While research on this subject is ongoing, it’s important to keep in mind that saturated fat is just one piece of your dietary intake. What matters most for maintaining your health and reducing your disease risk is the overall quality of your dietary intake and lifestyle.

A diet high in saturated fat may raise your low density lipoprotein (LDL) cholesterol levels, which will raise your risk for heart disease, stroke and type 2 diabetes.

An early study showed that grass-fed beef may elevate cholesterol less than grain-fed beef. Grass-fed lean beef usually contains less fat.

**A diet rich in saturated fats can drive up total cholesterol, and tip the balance toward more harmful LDL cholesterol, which prompts blockages to form in arteries in the heart and elsewhere in the body. For that reason, most nutrition experts recommend limiting saturated fat to under 10% of calories a day**
NUTRITION:
Trans Fats, and what should you be doing.

The worst type of dietary fat is the kind known as trans fat. It is a by-product of a process called “Hydrogenation” that is used to turn healthy oils into solids and to prevent them from becoming rancid. Trans fats have no known health benefits and that there is no safe level of consumption.

Early in the 20th Century, trans fats were found mainly in solid margarines and vegetable shortening. As food makers learned new ways to use partially hydrogenated vegetable oils, they began appearing in everything from commercial biscuits and pastries to fast-food chips.

Eating foods rich in trans fats increases the amount of harmful LDL cholesterol in the bloodstream and reduces the amount of beneficial HDL cholesterol. Trans fats create inflammation, which is linked to heart disease, stroke, diabetes, and other chronic conditions. They contribute to insulin resistance, which increases the risk of developing type 2 diabetes. Even small amounts of trans fats can harm health: for every 2% of calories from trans fat consumed daily, the risk of heart disease rises by 23%.

Many countries have now banned Trans Fats, including the USA. However, whilst UK food producers have agreed to cut trans fats out of their ingredients, it is thought that a number of foods still contain them, listed as ‘mono and diglycerides of fatty acids’, which can be found in many products including doughnuts, pastries, ice cream and bread. So please be aware. This is yet another reason it is important to check what you are eating.

So what do you need to remember?

1. Fat is a source of essential fatty acids, which the body cannot make itself.
2. Fat helps the body absorb Vitamin A, Vitamin D, Vitamin E, Vitamin K. These vitamins are fat-soluble, which means they can only be absorbed with the help of fats.
3. Any fat that's not used by your body's cells or turned into energy is converted into body fat.
4. Most fats and oils contain both saturated and unsaturated fats in different proportions. As part of a healthy diet, you should try to cut down on foods and drinks that are high in saturated fats and trans fats and replace some of them with unsaturated fats.

RE: Low Fat

- For a product to be labelled lower fat, reduced fat, lite or light, it must contain at least 30% less fat than a similar product. But if the type of food in question is usually high in fat, the lower fat version may still be a high-fat food (17.5g or more of fat per 100g).
- For example, a lower fat mayonnaise may contain 30% less fat than the standard version, but it's still high in fat.
- Also, foods that are lower in fat are not necessarily lower in calories. Sometimes the fat is replaced with sugar and the food may end up having a similar energy content to the regular version. Therefore, sometimes it is better having the higher fat version, as it has less sugar.

We hope you enjoyed our little voyage into Fats
They are one of the three macronutrients that are vital for overall good health.
Why not do your own research, especially into their various foods.
It’s up to you what you eat. You need Fats. Make good decisions!!!!
Nutrition: HMHB look at different Foods
Today: Potato

On this page, we will take a brief look at some worldwide foods. Why we eat them, what they do for us, etc.

Potatoes were introduced to Europe from the Americas in the second half of the 16th century by the Spanish. Today they are a staple food in many parts of the world and an integral part of much of the world’s food supply. In fact, as of 2014, potatoes were the world's fourth-largest food crop after Maize, Wheat, and Rice.

Following millennia of selective breeding, there are now over 5,000 different types of potatoes grown. Over 99% of presently cultivated potatoes worldwide descended from varieties that originated in the lowlands of south-central Chile.

The importance of the potato as a food source and culinary ingredient varies by region and is still changing. It remains an essential crop in Europe, especially Northern and Eastern Europe, where per capita production is still the highest in the world, while the most rapid expansion in production over the past few decades has occurred in southern and eastern Asia, with China and India leading the world in overall production as of 2018.

A raw potato is 79% water, 17% Carbohydrates, (88% is Starch), 2% Protein, and contains negligible Fat. In a 100-gram portion, raw potato provides 322 kilojoules (77 kilocalories) of food energy and is a rich source of Vitamin B6 and Vitamin C (23% and 24% of the daily value, respectively), with no other vitamins or minerals in significant amounts, just traces. The potato is rarely eaten raw because raw potato starch is poorly digested by humans. When a potato is baked, its contents of vitamin B6 and vitamin C decline notably, while there is little significant change in the amount of other nutrients.

1. In 1995, potato plants were taken into space with the space shuttle Columbia. This marked the first time any food was ever grown in space.
2. The world’s largest potato weighed in at 18 pounds, 4 ounces. This is enough for more than 70 portions of medium fries at McDonalds. This gigantic potato was found in England in 1795.
3. The “French fry” was allegedly served in the U.S. for the first time by Thomas Jefferson at a presidential dinner.
4. Potatoes are also used to brew alcoholic beverages such as vodka.

Potatoes are rich in vitamins, minerals and antioxidants, which make them very healthy. Studies have linked potatoes and their nutrients to a variety of impressive health benefits, including improved blood sugar control, reduced heart disease risk and higher immunity.
Lazza is still trying out new recipes
Today - he makes his first ever Loaf Cake and Icing

It is believed that the loaf cake (also “pound” cake) is of northern European origin that dates back to the early 1700s. Over time the ingredients for pound cake changed. “Eliza Leslie” who wrote the 1851 edition of “Direction for Cookery”, used 10 eggs, beat them as lightly as possible, mixed them with a pound of flour, then added the juice of two lemons or three large oranges.

Cake
- 175g/6oz Butter (softened)
- 175g/6oz Caster Sugar
- 175g/6oz Self Raising Flour
- 3 eggs
- Zest and Juice of 2 lemons

Icing
- 200g Caster Sugar (little water to mix)
- 3-4 spoons of lemon curd
- Lemon essence

• Place the butter, sugar, flour and eggs in a bowl and mix together thoroughly. I also added a teaspoon of vanilla essence and one also of lemon essence.
• Pour into a well greased tin (you can also line it).
• Bake at 180C for around 40 to 45 minutes.
• Take out and let it cool.
• For the icing, mix the sugar with a little water to create a paste. I also added the lemon curd here, as well as a further teaspoon of lemon essence.
• Spread over the cake.
• Chill in the fridge.

Seriously easy recipe.
But, oh my word, it does taste nice.
The sponge is lovely and moist.
The flavour is scrummy.
Why I never baked before this lockdown is beyond me.
Why was I so scared?
Do give this one a go!!!

During this pandemic I decided to try a new hobby - cooking. Something I have never really experimented with. And it is going so well. Why not try out some new recipes and foods yourself? This was a great and very tasty cake to prepare. I stun myself every week. If I can do it, so can you. Try something new!!!
HMHB’s Name Game Page – trickier than you think.
Name these women who have topped the album charts.
Answers at bottom of quiz page answers (page 25)
EXERCISE/FITNESS
Using music can get you going (with guest, Karina)

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

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

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

In a previous pack we covered Zumba, which is terrific fun. Prior to this second lockdown, we had been running an outdoor session on Highbury Fields on Sunday mornings. Loved it!!

But you don’t have to be doing Zumba to use music to help you in your exercise workouts.

Music can lead to feelings of pleasure (or displeasure), can change thought processes, and can cause changes in behaviour. This psychological effect can be seen by physical changes in hormone levels. For example, a 2012 study showed that participants who listened to music they deemed “pleasing” had higher levels of Serotonin, known as the “feel-good” hormone. Although difficult to prove the effects, this study suggests that the pleasurable experience of listening to a song can result in an increase in serotonin levels, which can put you in a better mood for your workout.

Studies show that faster-paced music tends to help improve athletic performance when a person engages in low-to-moderate level exercise, either by increasing distance travelled, pace, or repetitions completed. For example, a 2006 study that looked at the effect of music on the selection of treadmill speed found that while listening to fast-paced music, participants increased their pace and distance travelled without becoming more tired (I used to do this myself!!). Other studies drew similar conclusions, suggesting that listening to music with more beats per minute can enhance physical performance during low-to-moderate level exercise.

So with this in mind, I asked Karina (our terrific Zumba teacher) to show us moves that we can all do at home if we are moving to exercise. It does not have to be Zumba, just exercising with music.!!!

Karina runs Zumba sessions online: Email her at yummymummyzumba@gmail.com
It does not matter what age you are, or even you’re ability, we can all dance a little bit.
And this means that we can use music when we exercise.
Most music has an “eight” beat of some kind, especially dance music.
So why not, pump up the volume, and twist to some tunes!!!!

**Straight arm Lift and Punch**
Remember this is to an eight beat with the dance music on.
- You start with one arm behind and one arm in front, with the fist clenched, as shown.
- For first four beats of the eight you bring the arm up to above your head.
- The second four beats you punch upwards with alternate arms to the ceiling/sky.
- Then repeat with the other arm, and continue.

**Backward Knee Bends**
You can decide you own speed on this one, and is a simple move.
- Bring your arms in front, with your hands as shown.
- Then pull them behind you whilst kicking one leg out behind and standing up straight.
- Come back to start position and then do the same on the other leg.
- Keep repeating and continue.

Using music in your exercise routine can make you work harder.
It can even improve your mental health too.
If embarrassed, you can do it on your own and let loose!! Yay!
I wonder if you may be worrying if you might not be able to do the moves shown. You know what, it doesn’t matter. Just do what you can. It’s all about movement and flexibility, not getting anything perfect. You can even invent your own moves. Just do something!!!!

The Dip and Twist Move
Again you can decide your speed, but if possible do each move on one beat, so it is fairly quick.
- Start by placing one leg forward with the same side arm curved in front of you.
- Step back upright, moving that same leg so feet are next to each other, and lift the arm up.
- Then move same leg behind you and reach behind too with same side arm.
- Step back to the middle move and alternate between legs.

Push and Step
Another lovely move you can go at your own pace to the music.
- Side step to one side, and at same time push that same arm out too, to the beat of the music.
- Bring your feet together, and both arms up, bending at elbows, with palms facing away from you.
- Do the same move on the other side with the leg and arm.
- Bring your arms back up, with the palms facing outwards.
- It feels very much like you are dancing.
- Keep continuing as long as you like.
Exercise can sometimes feel a little daunting.
But we all love a bit of music now and then.
You can even exercise to classical music: it does not have to be euphoric dance.
Find something you like and give it a go.

The Downward Smash
This is a cracking energetic move, which is so simple, and you can go your own speed to the music.
- Lift your arms as if holding onto a pretend branch of a tree or a stick.
- Bring a knee up and at the same time quickly bring arms down as if breaking branch over the knee.
- Return to the opening position and repeat using the opposite knee, and continue to the music.

The Karina March  (I’ve been making them all up, and it seemed appropriate!!)
I struggle with this move, maybe because of the multitasking of arms and legs. Who knows!!! Lol
You legs are marching.
Which ever leg is up, that arm is out stretched straight, while the other comes over bent at the elbow.
As per pictures. It looks so easy. And is. But I struggle. So don’t worry if you do too.
Keep going with the music beat.

EXERCISE/FITNESS:
Why not do music moves with a friend?

We just want people to be more active, and offer ways to do that.
One of these is to use music and move to it.
Yes, it can be a Zumba class, but also can just be you at home too.
So put on your favourite tracks and give it a go.
Thanks Karina for showing us some moves. Do check out her classes. See Page 23.
Healthy Minds, Healthy Bods is a mentor led project, promoting a healthy lifestyle, focusing on mind-set, nutrition, exercise and health. We are not professionals, and we do not offer advice. What we do is offer information and knowledge around subjects that have helped us overcome some serious situations in our lives. We offer this from the point of view of a layman, and hopefully encourage people to do their own research around topics. If you do have health issues, clearly seek professional medical help.

We have been fortunate to have been working directly with clients for around four years now. It has been absolutely wonderful, and the feedback is extraordinary. We have met an incredible diverse group of people of all ages, abilities, genders, races, sexualities, etc. All we see are people wanting to change their lives for the better, and if we can be part of that, then that is humbling and rewarding.

Recently, for the first time, we had a couple of people who have ADHD. It is something I have never really come across so has been a learning curve. We are going to touch on the subject here, but if you feel that it is possible you may have this yourself, or know someone, then we urge you to speak with your medical practitioners and see if that is a real diagnosis.

So what is ADHD?
It stands for “Attention Deficit Hyperactivity Disorder” and is a “neurodevelopmental”. This means that it affects the development of the nervous system, leading to abnormal brain function, which can affect emotion, learning ability, self-control, focus, and memory, and these tend to last for the whole of the person’s lifetime.

Some individuals with ADHD also display difficulty regulating emotions or problems around attentional control, cognitive inhibition, working memory (important for reasoning), and cognitive flexibility (which can enable people to work on multiple projects). Skills such as planning and organising, which we covered in the Mind-set section, can also become a problem.

Many of these skills are part of our “Executive Function”, and this is where people with ADHD differ mostly against those without that diagnosis. Even simple tasks around a “normal” daily routine can become difficult to manage.

Most people are diagnosed as children, especially before the age of 12. Symptoms must be present for more than six months, and cause problems in at least two settings (such as school, home, or recreational activities). In children, problems paying attention may result in poor school performance.

Amazingly, despite being the most commonly studied and diagnosed mental disorder in children and adolescents, the precise cause or causes are unknown in the majority of cases.
What Are the Signs of ADHD?
People with ADHD might:
• have trouble listening and paying attention.
• need lots of reminders to do things.
• get distracted easily.
• seem absent-minded.
• be disorganized and lose things.
• not sit still, wait their turn, or be patient.
• rush through homework, or other tasks, or make careless mistakes.
• interrupt a lot, and talk or call out answers in class or work
• do things they shouldn't, even though they know better.
• feel restless, fidgety, frustrated, and bored.

If someone has a lot of these signs, and the problems happen most of the time, it might be ADHD.

How Do Doctors Tell if a Person Has ADHD?
Deciding if someone has ADHD starts with a visit to the doctor. There are no lab tests or blood tests for ADHD. Doctors are trained to know what signs to look for.
If you go to a doctor to get checked out for ADHD, the doctor will ask about what's going on in your life and at school or work. The doctor will ask things like if you have trouble doing homework, sitting still, slowing down, or listening, and how long that's been going on.
The doctor will check to make sure another health or learning issue is not the cause. The doctor will probably ask a child’s parents and teachers to fill out checklists about signs they may have noticed.

How Is ADHD Treated?
If a doctor finds out you have ADHD, you will get treatment to help. This can be a big relief. It can be hard to feel like you're always struggling with things that others seem to have no trouble doing.
To help those with ADHD, doctors might:
Prescribe medicine. Medicine can boost the brain's ability to pay attention, slow down, and be more patient. There are multiple current medications.
Provide therapy. Therapists can help people learn attention skills, cope with feelings, and gain self-control. They can help people with ADHD see the best in themselves and figure out how to use their strengths. It is important not to believe life will be a struggle.
Help parents learn what to do. Parents play a big part in ADHD care. They can help children do things like listen better or be more organised. Parents can also give encouragement, love, and support.
A first hand view of ADHD from one of our users

One of our reasons for covering ADHD in this week’s pack is that we met someone with this diagnosis on our last course, just before lockdown. It had come later in his life and had been a relief and eye opener for him after years of knowing something was wrong. He has become another of our great friends, so I asked him some questions which I could then replicate here. I will use his initial “G”.

Question 1: Hi G. How do you think you act differently to someone who does not have an ADHD diagnosis?
“I keep talking and repeating points that I am trying to make. I talk over people. I interrupt them when I feel I know what they are trying to say. I struggle with small talk. I can come across as rude and inconsiderate. I over commit. I get excited by any new thought or idea, but then fail to follow through on plans. I am spontaneous. I take rejection very badly. I struggle with consistency and building habits. I am highly distractable. I am always late. I struggle to break down tasks into components. I think on auto pilot of hundreds of alternatives to anything, but struggle to decide on anything or follow through on it. I can only see what is in front of me and cannot keep any of the other tasks necessary, accessible on my mind. I have been known to spend hours and hours on things that interest me. I cannot judge how long something will take me, including travel, tasks and projects.

Question 2: What are the things you find you have a problem with because of ADHD?
“Planning, prioritising, staying on task, time keeping, consistency, mind wandering, keeping promises, as I forget.”

Question 3: What should people do to try and help someone who has ADHD?
“Accept that it is nothing personal when they are late, miss deadlines, forget appointments, or let you down. It is not that they do not value the project or you. They hate their behaviour as much as you do, if not more. The public need to know that it is difficult for a neurotypical to imagine how impossible even the simplest tasks can be for someone with ADHD.” (note, a neurotypical is a fairly new term that is used to describe individuals of typical developmental, intellectual, and cognitive abilities).
“People with ADHD are wired differently and can tend to excel in creative thinking. We can be very calm and strong in emergencies. Sometimes it just helps having someone around to help us complete plans and tasks.
People need to accept, as we ourselves do, that it is normal to struggle with modern day demands of organising, timekeeping, paperwork, etc, but there is a higher bar to be diagnosed with ADHD. You need to be showing a life long pattern of severe executive function difficulties, and to an extent that looking back they were the main factors holding you back, with a lack of promotion and bad education results.”

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

We’ve added over ten new entries this week. Please log on to have a read.
Why not try an exercise class!!!

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

Karina is part of our weekly Sobell Fitness sessions.

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

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

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. They are fabulous. Please have a go!!

www.activewithin.com

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

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

Check out their website for more information.

“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

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

PILATES

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

Monday 10-11am: Pilates for strength
Tuesday 6.30-7.30pm: Pilates evening flow
Wednesday 10-11am: Personal Training for over 50's
Friday 9.30-10.30am: Pilates for over 50's

Contact her
hello@emmaahlstrom.com
www.emmaahlstrom.com
Review of Challenges and Targets

Mind-set:
With so much happening around us at the moment, uncertainty, stress, confusion, it is imperative we fall back on our life skills to help us through. And that includes staying confident and upbeat. To do that we need to ensure we plan, organise and research on a constant basis. These skills are not just for work, but also for our lives. And they are skills we are always learning and updating and improving. Think about how you are doing at the moment. Especially with Christmas and New Year approaching.

Nutrition.
We took a walk through another Macronutrient this week, Fats (or lipids). They are vital for our overall health and body functions. But some fats are better than others and we have to be aware of that, and the health implications. It does not mean do not have the so-called “bad” fats, but you should think about moderation. It is a great subject to go out and research. At HMHB we have learnt so much, and we can all improve our diets.

Exercise
Exercise should be fun, and what can be more enjoyable than dancing around to music. So why not incorporate some of your exercise moves into that dance. You do not have to actually do Zumba if you want to use music. You will be surprised at how much you will enjoy the moves, and also how much you actually do. Also, the mental health side is great. It helps to release hormones that make you feel happy, and doing it with others is guaranteed to make you smile.

Health.
I cannot pretend to have a clear understanding of ADHD yet. According to official statistics, they believe the prevalence of ADHD in the adult population is around 3-4%, but the majority of these are undiagnosed, and an actual diagnosis can take a long time. In this issue we spoke to one of our service users who does have that diagnosis, and he even works opposite our Lazza some days at the “office” (Highbury Wetherspoons!! when it is open).

We all need to be aware. Maybe do some research yourself.

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 + Singers from Page 15**

See if you can beat your family and friends

---

### Film
Which actor played these superhero characters in these movies?

<table>
<thead>
<tr>
<th>Character</th>
<th>Actor</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Invisible Woman</td>
<td>Jessica Alba</td>
</tr>
<tr>
<td>b. Storm</td>
<td>Halle Berry</td>
</tr>
<tr>
<td>c. Batman</td>
<td>George Clooney</td>
</tr>
<tr>
<td>d. Hulk</td>
<td>Edward Norton</td>
</tr>
<tr>
<td>e. Batman</td>
<td>Val Kilmer</td>
</tr>
<tr>
<td>f. Batman</td>
<td>Ben Affleck</td>
</tr>
<tr>
<td>g. Nick Fury</td>
<td>Samuel L. Jackson</td>
</tr>
<tr>
<td>h. Spiderman</td>
<td>Andrew Garfield</td>
</tr>
<tr>
<td>i. Rocket Raccoon</td>
<td>Bradley Cooper</td>
</tr>
<tr>
<td>j. Black Panther</td>
<td>Chadwick Boseman</td>
</tr>
<tr>
<td>k. Professor X</td>
<td>James McAvoy</td>
</tr>
<tr>
<td>l. Aquaman</td>
<td>Jason Mamo</td>
</tr>
<tr>
<td>m. Hulk</td>
<td>Mark Ruffalo</td>
</tr>
</tbody>
</table>

### Music
All these songs were the biggest selling songs in a year. But who sang them?

<table>
<thead>
<tr>
<th>Song Code</th>
<th>Song Title</th>
<th>Singer</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. ITTWTA</td>
<td>Tony Christie feat Peter Kay</td>
<td></td>
</tr>
<tr>
<td>b. B</td>
<td>Cher</td>
<td></td>
</tr>
<tr>
<td>c. LIAA</td>
<td>Wet Wet Wet</td>
<td></td>
</tr>
<tr>
<td>d. (EID)IDIFY</td>
<td>Bryan Adams</td>
<td></td>
</tr>
<tr>
<td>e. TPOL</td>
<td>Jennifer Rush</td>
<td></td>
</tr>
<tr>
<td>f. TL</td>
<td>Soft Cell</td>
<td></td>
</tr>
<tr>
<td>g. SYKFM</td>
<td>Brotherhood Of Man</td>
<td></td>
</tr>
<tr>
<td>h. KC</td>
<td>Culture Club</td>
<td></td>
</tr>
<tr>
<td>i. PF</td>
<td>Lady Gaga</td>
<td></td>
</tr>
<tr>
<td>j. SOY</td>
<td>Ed Sheeran</td>
<td></td>
</tr>
<tr>
<td>k. H</td>
<td>Pharrell Williams</td>
<td></td>
</tr>
<tr>
<td>l. HJ</td>
<td>The Beatles</td>
<td></td>
</tr>
<tr>
<td>m. JR</td>
<td>Elvis Presley</td>
<td></td>
</tr>
<tr>
<td>n. BBB</td>
<td>Bay City Rollers</td>
<td></td>
</tr>
<tr>
<td>o. BE</td>
<td>Art Garfunkel</td>
<td></td>
</tr>
<tr>
<td>p. ROT</td>
<td>Black Box</td>
<td></td>
</tr>
</tbody>
</table>

### Geography
In which US States are the following cities?

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>Santa Monica</td>
<td>California</td>
</tr>
<tr>
<td>Bel Air</td>
<td>Maryland</td>
</tr>
<tr>
<td>Baltimore</td>
<td>Kansas</td>
</tr>
<tr>
<td>Portland</td>
<td>Maine</td>
</tr>
<tr>
<td>Waco</td>
<td>Texas</td>
</tr>
<tr>
<td>Phoenix</td>
<td>Arizona</td>
</tr>
<tr>
<td>Tallahassee</td>
<td>Florida</td>
</tr>
<tr>
<td>Salem</td>
<td>Massachusetts</td>
</tr>
<tr>
<td>Cincinnati</td>
<td>Ohio</td>
</tr>
<tr>
<td>Philadelphia</td>
<td>Pennsylvania</td>
</tr>
<tr>
<td>Fargo</td>
<td>North Dakota</td>
</tr>
<tr>
<td>Providence</td>
<td>Rhode Island</td>
</tr>
<tr>
<td>Cheyenne</td>
<td>Wyoming</td>
</tr>
<tr>
<td>Baton Rouge</td>
<td>Louisiana</td>
</tr>
</tbody>
</table>

### UK Politics
11 Chancellors since 1980:
- Rishi Sunak: Sajid Javid: Philip Hammond:
- George Osbourne: Alistair Darling: Gordon Brown:
- Kenneth Clarke: Norman Lamont:
- John Major: Nigel Lawson: Geoffrey Howe

### Sport
Summer Olympic Cities 1980-2016

- Moscow: Los Angeles:
- Seoul: Barcelona:
- Atlanta: Sydney:
- Athens: Beijing:
- London:
- Rio De Janeiro

---

**List of lady singers - from Page 15 (it’s meant to be tricky - so see how many you managed to remember)**

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Lady Gaga</td>
<td>2</td>
<td>Belinda Carlisle</td>
<td>3</td>
<td>Alison Moyet</td>
</tr>
<tr>
<td>4</td>
<td>Kate Bush</td>
<td>5</td>
<td>Emelie Sande</td>
<td>6</td>
<td>Rihanna</td>
</tr>
<tr>
<td>7</td>
<td>Leona Lewis</td>
<td>8</td>
<td>Duffy</td>
<td>9</td>
<td>Vera Lynn</td>
</tr>
<tr>
<td>10</td>
<td>Enya</td>
<td>11</td>
<td>Annie Lennox</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>Dido</td>
<td>13</td>
<td>Jane MacDonald</td>
<td></td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>Natalie Imbruglia</td>
<td>15</td>
<td>Madonna</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

25
We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier regime.

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

You can contact HMHB:

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

**Please follow and like us on Facebook** if you are on it:  www.facebook.co.uk/healthymindshealthybods

**Please follow us on Twitter** if you use it:  @hmhb2016
**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  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 helped to sponsor early packs. With their help, we established the Packs.
We also thank the National Lottery Communities Fund for extra funding, that enables us to continue these packs, reach further and do more.