Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 35

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best

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

Prepared by: Lazza, Luke and Dean: Monday 14th December 2020

www.hmhb2016.org.uk
Welcome to the 35th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed any of our first thirty-four (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.

Our group at the Sobell Leisure Centre
11th January 2020.

Feels so strange that we have not been able to work in the gyms a lot this year.
But we are back at Highbury Leisure, and will be back at Pancras Leisure.
Just Sobell to organise!!!

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
You'll be invited for a free NHS Health Check every 5 years if you're between 40 and 74 years of age and do not already have a pre-existing condition. If you're registered with a GP surgery that offers the NHS Health Check, you should automatically get an invitation. Do not worry if you have not been invited yet, as you will be over the next 5 years. Alternatively, your local authority will send you an appointment letter explaining where you have to go for your NHS Health Check.

If you're not sure if you're eligible for an NHS Health Check and would like one, or if you are eligible but have not had an NHS Health Check in the last 5 years, ask at a GP surgery for an appointment.

An NHS Health Check takes about 20 to 30 minutes. The health professional, often a nurse or healthcare assistant, will ask you some questions about your lifestyle and family history, measure your height and weight, and take your blood pressure and do a blood test. The blood test will be done either before the check with a blood sample from your arm, or at the check. Your blood test results can show your chances of getting heart disease, stroke, kidney disease and diabetes.

If you're over 65, you will also be told the signs and symptoms of dementia to look out for. You will then receive personalised advice to improve your risk. This could include talking about:

- how to improve your diet and the amount of physical activity you do.
- taking medicines to lower your blood pressure or cholesterol.
- how to lose weight or stop smoking.

The health conditions picked up by the NHS Health Check are, when added together, the biggest cause of preventable deaths in the UK, with around 7 million people affected by them. In its first 5 years, the NHS Health Check is estimated to have prevented 2,500 heart attacks or strokes. This is the result of people receiving treatment after their Health Check.

The latest research suggests that:

- for every 30 to 40 people having an NHS Health Check, 1 person is diagnosed with high blood pressure.
- for every 80 to 200 people having a Health Check, 1 person is diagnosed with type 2 diabetes.
- for every 6 to 10 people having an NHS Health Check, 1 person is identified as being at high risk of cardiovascular disease.

Lazza's weightloss challenge

On Sunday 6th December, Lazza was 96.5kg - 15 stone 2.75 lbs. My target is 78kg.
On Sunday 13th December, Lazza was 96.0kg - losing 0.5kg this week.

In the next lots of packs I will continue to put my journey. I know I let myself down this year, but have all the focus and determination. Reaching targets can be tough. If you are struggling with an issue or a goal, please keep going. Use me as an example that you must not give up. Even if it feels like you cannot make it.
Lazza’s Fiendishly Hard Quiz Spectacular!!!
It’s meant to take some time, and make you think.
Answers are on page 25 this week (no peeking)

**Movies**
Since 2000, Christopher Nolan has been involved with 17 films, but only Directed 11 of them. How many of these 11 films can you name? (I have seen 10 of them, and loved them all)

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<thead>
<tr>
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**History**
In which year of the 19th Century (1800s) did these events occur? See how close you get.

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<thead>
<tr>
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<tr>
<td>In which year of the 19th Century (1800s) did these events occur? See how close you get.</td>
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<tr>
<td>a. “Frankenstein” is published</td>
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<td>b. C Darwin left England on the Beagle</td>
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<tr>
<td>c. Neanderthal man was first identified</td>
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<td>d. London Underground first section opens</td>
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<td>e. First successful rabies vaccine</td>
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<td>f. Basketball invented</td>
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<td>g. Nobel invents dynamite</td>
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<td>h. Moby Dick published</td>
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<td>i. Beethoven dies</td>
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<td>j. World Population is one billion</td>
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<td>k. Cadbury established in Birmingham</td>
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<td>l. Big Ben is completed</td>
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**Geography**
In which English County are these places?

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<thead>
<tr>
<th>Geography</th>
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<tbody>
<tr>
<td>In which English County are these places?</td>
<td></td>
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<tr>
<td>1. Ascot</td>
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<td>2. Stonehenge</td>
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<td>3. Leeds Castle</td>
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<td>4. Scafell Pike (our highest mountain)</td>
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<td>5. Blackpool Tower</td>
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<td>6. Blenheim Palace</td>
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<td>7. Cerne Abbas Giant Chalk Man</td>
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<td>8. Roman Baths</td>
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<td>9. Eden Project</td>
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<td>10. Spinnaker Tower</td>
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<td>11. Iron Bridge (first ever in the world)</td>
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<td>12. The Angel of the North</td>
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<td>13. Sherwood Forest</td>
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**Film**
In which Musical would you find the following songs.

<table>
<thead>
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<tr>
<td>In which Musical would you find the following songs.</td>
<td></td>
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<tr>
<td>1. El Tango de Roxanne</td>
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<tr>
<td>2. I Can Hear The Bells</td>
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<td>3. A Million Dreams</td>
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<td>4. The Jellicle Ball</td>
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<td>5. The Morning Report</td>
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<td>6. Defying Gravity</td>
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<td>7. Master Of The House</td>
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<tr>
<td>8. Now That I’ve Seen Her</td>
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<tr>
<td>9. Let’s Go Fly A Kite</td>
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<tr>
<td>10. Beauty School Dropout</td>
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<tr>
<td>11. Trust In Me</td>
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<td>12. Speechless</td>
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<td>13. Fixer Upper</td>
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<td>14. The Lonely Goatherd</td>
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<tr>
<td>15. Kiss The Girl</td>
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<td>16. Food, Glorious Food</td>
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**Literature**
According to all the experts, Shakespeare wrote 14 plays that are described as “Comedies”.

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How many of these fourteen can you name?

Try and answer all before you look at the answers. Test yourself. Take your time.
MIND-SET:
How can I be Happier?
_A few suggestions: Research some more yourself._

*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.*

Isn’t that a question?? How can I be happier?
I guess if we knew that secret the world might be a better place, and we might get along without wars and friction.

There are some recognised tricks we can all do though, that might make a difference. But a lot comes down to you actually believing you can be happier. It’s a good start.

One of the basic skills is to start treating yourself better. I know this sounds a bit corny, but we are always knocking our skills. If we do something well, we say we got lucky. If we find life starts to tick along nicely, we say we are waiting for it to blow up. Having self-care, gives you some self-love, and that will have a knock on effect into your life.

To be happier:
**Do something nice for yourself every day.**
Have a target to treat yourself. It could be something big, or small. It can be something around nutrition, exercise, or health. But do something nice. Make yourself smile. Enjoy that moment. It could be on your own or involve others. Whatever it is, make sure it is something you are going to enjoy.

**Be more positive in your inner voice.**
I saw something the other day where someone claimed to have no inner voice. Is that possible? I am always chatting away in my head. But how often are those chats based on negativity? We often criticise our actions or words, and that can impact on our overall mental health too. So, when that starts to happen, recognise it, and shut it out. Look, life is not always smooth, and you don’t have to keep reminding yourself when it goes wrong. Be more positive (I know it is not easy!!).

**Forgive yourself (we spoke about this in the last pack)**
It's hard, because most of us have been getting angry at ourselves for all the things we do wrong all our lives. People get into trouble because they try so hard to be perfect and then they beat themselves up when they're not. Loving yourself means accepting that you're stuck inside your own imperfect skin. Look back and smile. Do not have regrets. They will just drag you back.

**Remove the toxic people in your life**
This may be easier said than done, but avoid tying yourself to colleagues and friends who make you unhappy, or who are taking you away from the path in life you want to take. It's obviously harder to take the same approach with family members, but there's no reason to put up with people saying or doing things that are unkind. Make sure people know your targets and goals and if they are not going to help you get there you need to decide where they stand.
This also is an issue around destructive activities. If people around you are using substances or criminal behaviour, that can only have a negative impact on you. Be strong!! It’s your life. Make sensible choices.
Life at the moment is full of stress, but we must not allow it to control our emotions and actions. So, we need to find ways to take a breath, take a moment, and relax. Here are a few things that may help.

**Massage**
One small study looking at the effect of back massages on Japanese students preparing for exams found that people who got them had less muscle stiffness and lower levels of cortisol, a hormone associated with stress. Some caveats though: the study was small, and it didn't have a control group. In other words, there's no way to know if they'd sent another group of people into a quiet room and not given them massages that they wouldn't have seen similar results. But pampering has to be a good thing?

**Use Meditation.**
Meditation is often seen as a great way to relax, and many studies back up that idea. In a meta-analysis looking at several studies of relaxation training in people with anxiety, the observed effects of meditation were greater than those observed for other intentional relaxation techniques, such as autogenic training (a process that involves making your body feel heavy and warm) and applied relaxation. Other studies have also outlined its effect as an anti-anxiety and antidepressant method. Mindfulness is part of this.

**Exercise**
One way to relax the body is by exercising. It may sound counterintuitive, but working out can help the body release mood elevating hormones, like endorphins, and reduce levels of stress hormones, like adrenaline and cortisol. So get yourself more active.

**Have a hot bath**
If you've had a super stressful day at work, try relaxing with a warm bath. According to the National Institute of Health, a warm bath can help increase blood flow, thereby reducing stiffness and pain in your joints. And less pain can mean a more relaxed body and mind.

**Take deep breaths**
Deep breathing is what the American Institute of Stress calls a "super stress buster." When we're anxious and stressed, it can cause you to take shorter breaths, so by deliberately taking a series of deep ones, you can help increase the supply of oxygen to your brain. This, in turn, stimulates the parasympathetic nervous system, sometimes referred to as the "rest and digest system," because it's the part of the nervous system that slows heart rate, increases intestinal activity, and relaxes certain stomach muscles.

**Picture yourself on holiday**
Zoning out can be a great way to relax, and it's especially fun if your mind drifts off to a sunny location that's stress-free. Oh, I am trying it at this very moment. I am loving it!!
Some psychologists advise spending about 15 minutes a day daydreaming: not only could it help you focus, they say, but as a meditation technique it could also help reduce stress.
I think this is one of the most uncertain times of my life, and I am in my 50s. I cannot recall a time where people are so unsure of what is happening. Right now, we don’t know if we will get Covid, and if so if we will get sick, if we will have minor symptoms, or if we will be in the hospital struggling for our lives. We don’t know if we will lose our jobs, or if unemployed if we will find work, or if our basic needs will be met.

Stress is not particularly harmful in the short term, since our bodies are built to handle short-term flight-or-fight situations. But, when the stress keeps going on for an extended period, like what we are going through right now, that’s when you start to see psychological, behavioural and physiological damage happening.

We overeat, we smoke, we drink heavily. Then, to make matters worse, we cannot engage in our good coping habits, which include going to the gym and socializing with friends. Convincing people that smoking and drinking can be harmful is not difficult, but few people know the harms of isolation and loneliness.

Make plans, and remove expectations
When you form expectations, you’re setting yourself up for disappointment. You can guide your tomorrow, but you can’t control the exact outcome. If you expect the worst, you’ll probably feel too negative and closed-minded to notice and seize opportunities. If you expect the best, you’ll create a vision that’s hard to live up to. So, instead of expecting the future to give you something specific, focus on what you’ll do to create what you want to experience. Write things down.

Recognise the bad feelings
If you start to worry, you can get carried away with it. With us being told to isolate, you may start saying to yourself: “I might be lonely”. This then leads to “How will I meet people?” Before you know it, you are telling yourself: “What if I become a recluse, start overeating, and develop restless leg syndrome from sitting too much on my couch?”
That may seem extreme, but you know what I mean. Your own feelings have allowed what was a simple worry to expand into major stress. You can’t possibly predict the future, but you can help create it by fostering positive feelings about the possibilities. Remove those negative thoughts.

Build your adapting and coping skills
This isn’t the same as “expect the worst.” It’s more about assuring yourself that you can handle any difficulty that might come. Being prepared, as the scouts would say. It has been described as “defensive pessimism”. You can envisage what may happen, and already have plans in place for if it does occur. This can lessen stress levels. It also allows you to focus on what you can control. You cannot predict if you will get Covid, for example, but you can wear a mask, follow guidelines around distancing, and avoid crowds. You are using your coping skills.
MIND-SET:
So why do I need that growth mindset mentality?

Being happier. Being able to relax. Dealing with uncertainty. It really all boils down to allowing a growth mind-set mentality to make your decisions. It is the basis of all those issues.

Having a “growth mindset” has never been more important than now. The world is changing at an incredibly fast pace, and there are new challenges we must face every day. Our way of life is different, “norms” are changing, and we must keep up and adjust to all of these changes. This is why having a growth mindset is so necessary.

Having a growth mindset is important because it can help you overcome obstacles you may face when learning something new or developing a new skill. Growth mindsets understand the importance of persistence and determination. By changing the way you think, you can change the way you learn. Knowing that your talents and intelligence can be developed allows you to explore, experience, and achieve more in life.

People with growth mindsets are also more likely to reach or maximize their potential. They tend to learn from their mistakes, be responsive to criticism, and face challenges head-on, while people with fixed mindsets try to ignore criticism or avoid making mistakes completely.

Developing a growth mindset isn’t an easy task but is definitely worth the time and effort. Developing a growth mindset is not only a better way to learn but also a better way to life live.

In order to develop a growth mindset, you must change your perspective and cultivate self-acceptance, as approval from others and fear of embarrassment can prevent a growth mindset.

This happens while learning something new, viewing challenges as opportunities to grow, and seeing errors or mistakes as lessons learned. Try to redefine what failure means to you, and remember that patience is key.

Believe in yourself.
You are strong.
You have control.
Challenge yourself.
Try new skills.
NUTRITION:

Salads

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.

We follow a gentleman in the US, Jordan Syatt (I recommend his motivational videos online), and he is always saying that he has a big salad every day.

Salad has to be one of the easiest meals to make, as well as one with the most variety. You can include whatever leaves and vegetables you want, and mix it with meats, fruits, nuts, sauces, fish, etc. Very versatile. But, scientifically, why should we all be eating more salad, and why are we not?

It is a terrific source of Fibre.

Leafy greens and raw veggies are a superb source of natural fibre, and consuming enough fibre each day has several health advantages:

- Fibre helps to reduce LDL or “bad” cholesterol.
- It helps to control blood sugar.
- Adequate fibre intake helps with weight loss and healthy weight maintenance.
- It normalises bowel movements, and aids in the prevention of bowel disease.
- Proper fibre intake has been shown to reduce the recurrence and prevention of a number of cancers including colorectal, breast, mouth, throat and oesophagus.

Full of Nutritional benefits

The idea that fresh vegetables and fruits are essential to our good health and well-being isn’t anything we haven’t heard before, but it’s good to be reminded of it every so often. A diet rich in vegetables and fruits can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar which can help keep appetite in check.

It’s important to eat a variety of fresh fruits and vegetables, in as many different colours as possible. Combining them in a salad is both easy and delicious! Loaded with vitamins and minerals, eating a salad a day will also increase the level of powerful antioxidants in your blood.

The basis of any salad, leafy greens, offer a huge nutritional benefit. Among the best of the super greens group are: kale, spinach, beet greens, watercress and Romaine lettuce.

Brightly coloured fruits and vegetables in the “red” family are of particular nutrition benefit. This includes produce with orange, purple, red and burgundy flesh. Some examples are tomatoes, red and orange peppers, carrots, strawberries, nectarines, peaches, plums, blueberries, blackberries, cranberries, and pomegranates.

Carotenoids are a class of compounds synthesized from the yellow, orange and red pigments of plants. This includes vitamin A and all its varied compound forms: beta-carotene, lycopene, lutein and zeaxanthin. All of these have substantiated positive effects, plus antioxidant and anti-inflammatory benefits within the body.
NUTRITION: Health Benefits of Salads

Weight Control
Having a large salad will help you consume fewer calories, but also make you feel full up. In fact the more raw vegetables you can cram in the better. Weight control is about eating proper foods and lowering the total amount of calories you consume. If you are in calorie deficit, you should be losing weight. If you are in calorie surfeit your weight will inevitably go up.

Don’t forget your Protein
If your salad is the main course for your meal, don’t forget the protein. Protein provides amino acids, the building blocks for your body's bones, muscles and cartilage. It's also vital for the synthesis of enzymes and hormones. Skinless chicken or turkey breast, chunk light tuna (in brine, not oil) or salmon are excellent choices. If you're a vegetarian, stick with beans, legumes or egg whites to add a punch of protein.

Provide Healthy Fats
A little bit of healthy fat helps your body absorb the nutrients in your salad. Of course, that doesn’t mean you should soak your salad with creamy, fat-laden dressings. Instead, choose a drizzle of olive oil and a handful of olives, sunflower seeds, almonds or walnuts. For a creamier dressing, mash an avocado with a bit of olive oil. In addition to helping you absorb the veggies' nutrients, healthy fats also provide vitamin E and selenium, help lower blood pressure and reduce the risk of cardiovascular disease. We are not saying don’t use Salad Cream or Mayonnaise, but do be aware of their fat content.

Can Improve digestion
Fibre’s importance begins with the way it can aid strong digestion. For this reason, the best time to eat salad is at the beginning of a meal, to lay a healthy groundwork for fattier and more acidic courses later. That said, larger than usual amounts of fibre can lead to a grumbling stomach, so while you can eat salad at night, it’s probably better to keep salad to a minimum with your evening meal, so the body’s digestive efforts doesn’t keep you awake. In that sense, the best time to eat salad is with lunch!

You can live longer (honestly, so science says)
According to research, eating salad will generally help you live longer, and it’s not even in dispute. Additional benefits of fibre is that it can lower blood pressure and reduce bad cholesterol levels. Then there are all the other nutrients found in salad produce: the vitamins, antioxidants, and minerals, for example. By adding brightly coloured vegetables such as bell peppers, carrots, and sweet potatoes, you’ll consume valuable phytochemicals that will reduce free radicals, which have been shown to lower cancer risk!

Let’s take a look at various staple ingredients of salads in the next pages.

How often do we actually think about the make up of our food?
We know we need the nutrients from salads to help our bodies function properly.
But it is clear that they also can help with our mental health.
Another reason to make good decisions around your nutrition.
Cucumber
According to botanical science, technically a cucumber is a fruit!!! That is something I have learnt this week too. They are members of the gourd family.
A cucumber is 95% water. One 11-ounce (300-gram) unpeeled, raw cucumber contains the following:
- Calories: 45
- Total fat: 0 grams
- Carbs: 11 grams
- Protein: 2 grams
- Fibre: 2 grams
- Vitamin C: 14% of the RDI
- Vitamin K: 62% of the RDI
- Magnesium: 10% of the RDI
- Potassium: 13% of the RDI
- Manganese: 12% of the RDI

Carrots
Grated carrots are commonly found as a salad ingredient. It is a root vegetable, usually orange in colour, though purple, black, red, white, and yellow versions exist. Raw carrots are 88% water, 9% carbohydrates, 0.9% protein, 2.8% dietary fibre, 1% ash (trace minerals) and 0.2% fat. It’s main benefit is Vitamin A, created from B-Carotene.

Lettuce
Lettuce is a leafy vegetable, famous for giving salads their base. There are multiple types of lettuce, and they all share the scientific name, “Lactuca Sativa”. The health benefits of lettuce come primarily from its vitamin content and vary depending on the type of lettuce a person eats. All lettuces fall into one of four varieties:

1. Head lettuce (capitata): Head lettuce gets its name from its round shape. This variety includes iceberg and butterhead lettuces, both of which are commonly sold in supermarkets.
2. Leaf lettuce (crispa): Leaf lettuces don’t form a head, and are instead connected to a stem. Some of these lettuces are darker in colour or have reddish leaves.
3. Romaine lettuce (longifolia): Romaine lettuce is another lettuce type commonly sold in supermarkets. It’s also known as the main ingredient in Caesar salad.
4. Celtuce lettuce (augustana): Celtuce lettuce, also called asparagus lettuce or stem lettuce, has a distinctive, large stem. This lettuce variety is common in China, but less common in the Western world.

The health benefits of lettuce vary across varieties of lettuce, based on their nutritional contents. Iceberg lettuce is generally the lettuce type with the lowest amount of nutrients. Lettuce is a source of vitamin K, which helps strengthen bones. Consuming adequate amounts of vitamin K can also reduce your risk of bone fracture. Water makes up over 95% of raw lettuce. As a result, eating lettuce hydrates the body. Although drinking liquids is necessary, water in foods can also significantly contribute to hydration. Lettuce is a source of vitamin A, which plays a role in eye health. Vitamin A can reduce a person's risk of cataracts. Vitamin A also helps prevent macular degeneration. Extracts of multiple lettuce types have also been shown to promote sleep. Until further research is conducted, it’s unknown if lettuce in its natural form can produce a similar effect.
NUTRITION:
How can I make a salad exciting?

As we have said before, the beauty of a salad is that you can add whatever you like. But how can you make a salad interesting? Remember, it is your own choices, I am just making some suggestions.

Make an effort to include bright colours, like a mix of seasonal fruits, vegetables, and a vibrant protein like salmon to make it look more “visually appealing”. Plus, by adding a wider variety of fresh ingredients, your salad will have more interesting flavours.

Why not try some different cheeses? I have to admit I normally buy the usual yellow Cheddar or a nice Red Leicester. But there are a multitude of cheeses to experiment and taste. Fresh Mozzarella is lovely, or even a strong blue cheese.

Apologies for vegetarians, but why not include some meat to add extra flavour and make it a meal that actually leaves you satisfied. Plus, you’ll get a nice dose of protein so you can feel energized for the rest of the day; bonus points for mixing it with superfoods like blueberries and avocado. Of course you can add seeds, beans, etc.

Aim to include as many “filling” ingredients as you can, it doesn’t have to be just your protein. We’re talking hard boiled eggs, different kinds of nuts, avocado, or even several cheeses. Your belly will be so much happier than when your salad was mainly lettuce, cucumber, nuts etc.

Incorporate different temperatures to make it feel like a heartier meal. A bit of warm salmon mixed with Greek salad ingredients and chilled avocado will be a comforting midday treat that leaves you happy.

Why not make your own salad dressing? It will mean you can explore new recipes without having to spend money on trial-and-error store-bought dressing. Not to mention, this’ll help you get more adventurous, and you know exactly what is in the recipe.

Squeeze some lemon over your salad at the end for a refreshing kick, or mix it with some olive oil for a zesty dressing. Just this one cheap ingredient can make a world of difference for flavour.

Go large. Load it up. Don’t be shy when it comes to adding A LOT of ingredients. It’ll make your salad so much more satisfying and flavourful! Try to stick with a theme if you’re worried about flavours clashing.

Salads are a fantastic healthy option.
You can literally pile your plate high with confidence.
Why not experiment with some new flavours and ingredients?
It’s your body. It’s your choice!!
Nutrition: HMHB look at different Foods
Today: Tomato

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

I could have added this into the “salad” nutrition pages, but I wanted to look at it the wonderful Tomato all on its own. Several chefs say that it is one of a few ingredients they cannot live without.

The tomato (*Solanum lycopersicum*) is a fruit from the nightshade family native to South America. Usually red when mature, tomatoes can also come in a variety of colours, including yellow, orange, green, and purple. What’s more, many subspecies of tomatoes exist with different shapes and flavour.

Here are the nutrients in a small (100-gram) raw tomato.

- Calories: 18
- Water: 95%
- Protein: 0.9 grams
- Carbs: 3.9 grams
- Sugar: 2.6 grams
- Fibre: 1.2 grams
- Fat: 0.2 grams

Tomatoes are a good source of several vitamins and minerals:

- **Vitamin C**: This vitamin is an essential nutrient and antioxidant. One medium-sized tomato can provide about 28% of the Reference Daily Intake (RDI).
- **Potassium**: An essential mineral, potassium is beneficial for blood pressure control and heart disease prevention.
- **Vitamin K1**: Also known as phylloquinone, vitamin K is important for blood clotting and bone health.
- **Vitamin B1**: One of the B vitamins, also known as Folate. It is important for normal tissue growth and cell function. It’s particularly important for pregnant women.

The main plant compounds in tomatoes are:

**Lycopene**: A red pigment and antioxidant, lycopene has been extensively studied for its beneficial health effects.

**Beta Carotene**: An antioxidant that often gives foods a yellow or orange hue, beta carotene is converted into vitamin A in your body.

**Naringenin**: Found in tomato skin, this flavonoid has been shown to decrease inflammation and protect against various diseases in mice.

**Chlorogenic Acid**: A powerful antioxidant compound, chlorogenic acid may lower blood pressure in people with elevated levels.

Chlorophylls and carotenoids like lycopene are responsible for the rich colour of tomatoes. When the ripening process starts, the chlorophyll (green) is degraded and carotenoids (red) are synthesized.

Tomatoes are juicy and sweet, full of antioxidants and may help fight several diseases. They are especially high in lycopene, a plant compound linked to improved heart health, cancer prevention, and protection against sunburns. Tomatoes can be a valuable part of a healthy diet.
Lazza is still trying out new recipes
Today - he makes his first ever Curry

Chicken Breasts (you can make veg version)
Onion and Garlic
Wholegrain Rice
Tin Tomatoes
Tin Coconut Milk
Spices: Turmeric, Mixed Herbs, Coriander:
Garam Masala: Ground Ginger: Paprika: Cumin:
Chili Powder (to taste)

Curry was introduced to English cuisine starting with Anglo-Indian cooking in the 17th century as spicy sauces were added to plain boiled and cooked meats. The 1758 edition of Hannah-Glasse’s “The Art of Cookery” contains a recipe "To make a Currey the India Way"

I had the fantastic help of my colleague Luke, who pointed me in the right direction. Thanks matey!!!

- Cook the chopped onion and garlic on a low heat
- Add the tin of chopped tomatoes and just up the heat to get it bubbling
- Add your spices - this is to your own taste. The chilli will give it heat, the rest are for taste. I added around half a teaspoon of all except chilli (as I am a mild curry person). I did add slightly extra garam masala and turmeric. It’s your curry too - so get inventive. There are other spices you can use.
- Then add the coconut milk.
- Fry your chicken till just cooked through, then add to the sauce.
- Cook for 40 minutes to reduce sauce and make thicker.
- Cook your rice as per instructions (I had a little oil in pan).
- Service up when all is ready and enjoy.

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 dish 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. Can you name the disguised actor and the film? Answers at bottom of quiz page answers (page 25)
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 prior to the March lockdown.

We have restarted our Highbury Gym sessions on Tuesdays. Thanks to Mark and his team at Better. However, we guide our users to do some of their own sessions, either on their own or in a group.

Be active, be safe, and go for it.

Back in Issue 26, do take a peek, we looked at some variations on some of the basic exercises. It is good to try new things, and push yourself to experiment. So we are going to do that again in the following three pages; more variations on the squat, crunch, and the plank.

But first let’s look at exercise as a whole.

What does exercise do?

There have been countless studies and research on the subject. Many of the benefits of exercise have been known for quite a long time. Exercise reduces weight, lowers blood pressure, prevents diabetes, improves cholesterol, increases muscle strength, improves sleep quality, improves mood, and even sharpens the mind. These are all just the signs, if you will, of the multisystemic benefits of exercise (relating to multiple parts of the body). However, these studies still don’t know exactly how exercise is able to bring about all these wonderful benefits. For example, a Finnish study confirmed that exercise reduces weight and improves cholesterol, and suggests that exercise is associated with lower levels of inflammation, but they could not explain why.

How much exercise is enough?

Most experts say a person should get in 30 minutes of moderate intensity exercise nearly every day of the week. We admit that this can sound very daunting to a lot of people. Maybe it is good to start with something realistic. Yes, more is more, but less is better than nothing.

How hard should you work out? Not so hard that it stops being fun. Consistent moderate activity is better than occasional strenuous activity. In other words, it’s better to take a brisk walk every day than to do a hundred-yard dash once a week.

Some surprises

As scientists explore exactly what it is that exercise does, they’re finding a surprising list of physical effects that go far beyond weight loss and muscle building. These include:

• increased insulin sensitivity (meaning a lower risk of type 2 diabetes),
• lower cholesterol levels,
• a better ratio of saturated to unsaturated fats,
• biochemical markers of lowered cardiovascular risk.

People who exercise regularly also have blood amino-acid profiles linked to good heart health.
EXERCISE/FITNESS:
Let’s try some variations on the Squat

FROG Squat
- Stand upright with feet wider than shoulder-width apart. Hold hands in front of your body at arm's length. (see pic opposite)
- Pushing hips back while bending at the knees, go into a squat.
- Squat down until your thighs are parallel to the ground and your fingers can touch the floor, inhale while doing so.
- Exhale as you stand back up

PISTOL Squat (this is a tough one, be careful)
- Stand on your right leg and hold your left foot 6-12 inches off the ground.
- Hold your hands as you like to keep balance.
- Bend your right knee and lower your butt down towards your heal.
- Keep your left leg as straight as you can the whole time and off the ground.
- Stand back up only using your right leg.
If you need, have something to hold on to on one side!

PLIÉ Squats (also called Ballet Squats)
- Stand upright with feet wider than shoulder-width apart
- Bend at the knees and push your knees out to the side, not out in front of you. Be sure to keep your weight on your heels area to target your glutes and outer thighs.
- Squat down until your butt and thighs are parallel to the floor. Return back to the starting position with your hips being brought forward at the top of the movement

Benefits of a Squat:
Strengthen the muscles in your lower body.
Boosts athletic ability and strength.
Targets your: Glutes (bum), Quadriceps (thigh front), Hamstrings (thigh back)
Adductor (groin), Hip Flexors, Calves.
The squat also targets your core muscles. These muscles include the Rectus Abdominis, Obliques, Transverse Abdominis, and Erector Spinae.
EXERCISE/FITNESS:
Let’s try some variations on the Crunch

Butterfly Crunch
- Lie faceup on the floor with your knees bent and the soles of your feet facing each other.
- Do not put your hands behind your neck.
- Raise your head and shoulders, and crunch your rib cage toward your pelvis with arms extended in front of you. Exhale when you sit up.
- Look straight up, don’t bring your chin to your chest.
- Pause, then slowly return to the starting position.
- Inhale as you return to start.

Cross Crunch
- Lie faceup on the floor, positioned in a straight line, with knees bent, and cross one leg onto the other (foot on knee: see pic opposite).
- Inhale, then as you exhale, tighten your abs, lift shoulders off floor, twist your body and bring your opposite elbow towards the knee (see pic).
- Don’t put hands behind your neck. (mine at side)
- Inhale as you lower and repeat ten times before switching legs.

Bicycle Crunch (knee to elbow crunch)
- Lie Flat on floor, legs straight and off the floor, hands at side of head (never behind your neck).
- Alternatively bring knees up as if in a pedalling motion, and at the same time bring the opposite elbow to the opposite knee.
- Remember to keep pushing each leg out straight as you complete the movements, and rotating your body slightly with the arms.
- Do as many reps as you feel you can.

Benefits of a Crunch
As a core-training exercise, crunches help improve your balance by strengthening your abdominal muscles.
Strong core muscles improve your posture, which helps you function efficiently in everyday life and in sporting events.
A healthy posture also helps prevent lower back pain and muscle injury.
Benefits of a Plank exercise
The plank strengthens your spine, your rhomboids and trapezius, and your abdominal muscles, which naturally result in a strong posture as they grow in strength. Developing your posture can improve on a number of ailments, and prevent the onset of other ones. Good posture means you're keeping your bones aligned
The blood circulatory system (cardiovascular system) delivers nutrients and oxygen to all cells in the body. It consists of the heart and the blood vessels running through the entire body. The arteries carry blood away from the heart; the veins carry it back to the heart. The system of blood vessels resembles a tree: The “trunk”, the main artery (aorta), branches into large arteries, which lead to smaller and smaller vessels. The smallest arteries end in a network of tiny vessels known as the capillary network.

There isn’t only one blood circulatory system in the human body, but two, which are connected: The “Systemic Circulation” provides organs, tissues, and cells with blood so that they get oxygen and other vital substances. The “Pulmonary Circulation” is where the fresh oxygen we breathe in enters the blood. At the same time, carbon dioxide is released from the blood.

The heart is a pump, usually beating about 60 to 100 times per minute. With each heartbeat, the heart sends blood throughout our bodies, carrying oxygen to every cell. After delivering the oxygen, the blood returns to the heart. The heart then sends the blood to the lungs to pick up more oxygen. This cycle repeats over and over again.

The circulatory system carries oxygen, nutrients, and hormones to cells, and removes waste products, like carbon dioxide. These roadways travel in one direction only, to keep things going where they should.

The heart has four chambers.
- The two bottom chambers are the “right ventricle” and the “left ventricle”. These pump blood out of the heart. A wall called the “Interventricular Septum” is between the two ventricles.
- The two top chambers are the “right atrium” and the “left atrium”. They receive the blood entering the heart. A wall called the “Interaltrial Septum” is between the atria.

The atria are separated from the ventricles by the “Atrioventricular Valves”
- The “Tricuspid Valve” separates the right atrium from the right ventricle.
- The “Mitral Valve” separates the left atrium from the left ventricle.

Two valves also separate the ventricles from the large blood vessels that carry blood leaving the heart:
- The “Pulmonic Valve” is between the right ventricle and the pulmonary artery, which carries blood to the lungs.
- The “Aortic Valve” is between the left ventricle and the aorta, which carries blood to the body.

Your heart is made up of three layers of tissue:
- Pericardium: a thin outer lining that protects and surrounds your heart.
- Myocardium: a thick muscular middle layer that contracts and squeezes blood out of your heart.
- Endocardium: a thin inner lining. Inside the heart there are four chambers – two on the left and two on the right.
What are heart and circulatory diseases?

Heart and circulatory diseases (also called cardiovascular diseases) are problems with your heart and circulation system. There is a lot of research around these conditions and their risk factors. Some common cardiovascular diseases are:

- Coronary Heart Disease: (heart attack and angina)
- Congenital Heart Disease
- Inherited Heart Conditions
- Stroke
- Vascular-Dementia
- Diabetes

What causes your heart and circulatory system to go wrong?

Problems with your heart and circulatory system, including heart-attack, angina and stroke, can occur when your arteries become narrowed. This is caused by a gradual build-up of fatty material (called atheroma) within the blood vessel walls. In time, your arteries may become so blocked that they cannot deliver enough blood to your heart or brain, which can lead to a heart attack, stroke and vascular dementia.

What puts me at risk of heart and circulatory disease?

Many heart and circulatory diseases share the same risk factors including:

- poorly managed diabetes
- high blood pressure
- high cholesterol
- being overweight or obese
- smoking
- drinking too much alcohol.

How Can I Help Keep My Heart Healthy?

To help keep your heart healthy:
Get plenty of exercise.
Eat a nutritious diet.
Reach and keep a healthy weight.
If you smoke, quit.
Go for regular medical check-ups.
Tell the doctor about any family history of heart problems.
Let the doctor know if you have any chest pain, trouble breathing, or dizzy or fainting spells; or if you feel like your heart sometimes goes really fast or skips a beat.
Being Optimistic may help you live longer
Can seeing the glass half full help you live longer? Amazing as it may sound, studies have found that there is a correlation between increasing levels of optimism with decreasing levels of death from cancer, disease, infection and stroke. This is particularly true for cases of cardiovascular disease. Those who had the highest levels of optimism had an almost 40% lower risk of heart disease.

Bananas can help with your mental health
A banana has approximately 30% of your daily recommended intake of vitamin B6. Vitamin B6 helps the brain produce serotonin, which is considered a mood stabilizer. Serotonin impacts your motor skills and emotions. It is also the chemical that helps you sleep and digest food. Eating a banana can help relieve depression and anxiety by stimulating the serotonin levels in your body.

Cold temperatures are good for your health
Can you imagine living in a cold country like parts of Russia, Iceland, Canada etc. It is not somewhere many would choose. But did you know that colder temperatures may help reduce allergies and inflammation and research has shown that it can help you think more clearly and perform daily tasks better. The cold can also help lower the risk of disease; for example, mosquitoes that carry diseases such as Zika, West Nile virus and malaria are not around during the winter season.

Exercise helps if you are tired
If you are physically tired, the best thing to do is exercise as it will give you more energy than sitting. Various studies have found that the blood and oxygen flow through the body will give you more energy and improve your mood. The increase in endorphin levels can contribute to a feeling of well-being. Stretching and strengthening exercises are as important a part of a chronic fatigue patient’s workout program as they are for anyone else. Low-impact, low-key exercises, such as yoga, tai chi, and pilates are all great for a person who has chronic fatigue syndrome: even biking and walking.

Sweat is mostly water
Our sweat is composed mostly of water. In fact about 99 percent! How much we sweat is unique to each individual; factors like gender and/or age can contribute to a person sweating more or less.

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 five 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 (see timetable), 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

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

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”

HMHB are proud to be part of their network.

Let’s walk!!!!

www.walkwithadoc.org
Mind-set:
Dealing with life at the moment seems to be a full time job. So much uncertainty surrounds us, and it is important we handle this. So think about trying to be happier and being able to relax is vital, and so much of that boils down to maintaining that growth mind-set mentality we talk about. Life will continually throw things at us, and we have to develop our skills and knowledge to deal with whatever occurs. How are you doing? Think about what you can do to improve.

Nutrition.
I am sure everyone understands the health benefits of Salad, but we decided to cover the subject this week. It is simple to make, and you can put any number of ingredients into it. Low in calories, but high in nutrients, it is a cracking meal. Make sure you have protein in there too. Why not experiment with some tastes you have not included before such as seeds, nuts, fruits, etc. Meals are meant to be fun as well. See what you can do.

Exercise
We have done this before, but why not change some of the basic exercises you do. You will work other muscles and it stops things becoming monotonous. Squats, Crunches and Plank are all fabulous exercises in their own right. Working multiple muscles and giving you significant benefits. But all have many variations you can try.
We have only offered you a few suggestions, but why not do your own research and try some others out. It’s your body, and your responsibility to look after it.

Health.
We continue to say it, but your body is a walking miracle. How on earth it all works is astonishing. Your circulatory system, for example, is a piece of masterful engineering. Honestly, it’s extraordinary. And you have to look after it, otherwise you will die. It’s that simple. But, like most parts of the body, we just take it for granted. I learn something new every week, and I am continually amazed at what our body’s do. 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 + Actors from Page 15
See if you can beat your family and friends

History
These are the years of the 19th Century (1800s) when these events occurred?

<table>
<thead>
<tr>
<th>Event</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Frankenstein”</td>
<td>1818</td>
</tr>
<tr>
<td>C Darwin</td>
<td>1831</td>
</tr>
<tr>
<td>Neanderthal man</td>
<td>1856</td>
</tr>
<tr>
<td>London Underground</td>
<td>1863</td>
</tr>
<tr>
<td>Rabies vaccine</td>
<td>1885</td>
</tr>
<tr>
<td>Basketball invented</td>
<td>1892</td>
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<tr>
<td>Nobel dynamite</td>
<td>1867</td>
</tr>
<tr>
<td>Moby Dick</td>
<td>1851</td>
</tr>
<tr>
<td>Beethoven dies</td>
<td>1827</td>
</tr>
<tr>
<td>World Population</td>
<td>1804</td>
</tr>
<tr>
<td>Cadbury</td>
<td>1824</td>
</tr>
<tr>
<td>Big Ben</td>
<td>1858</td>
</tr>
</tbody>
</table>

Film
These actresses were nominated, but did not win, a Best Actress Oscar for these films.

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>1818</td>
<td>Sally Watkins</td>
</tr>
<tr>
<td>1831</td>
<td>Sandra Bullock</td>
</tr>
<tr>
<td>1856</td>
<td>Nicole Kidman</td>
</tr>
<tr>
<td>1863</td>
<td>Julie Walters</td>
</tr>
<tr>
<td>1885</td>
<td>Ali McGraw</td>
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<tr>
<td>1892</td>
<td>Deborah Kerr</td>
</tr>
<tr>
<td>1867</td>
<td>Keira Knightley</td>
</tr>
<tr>
<td>1851</td>
<td>Felicity Jones</td>
</tr>
<tr>
<td>1827</td>
<td>Viola Davis</td>
</tr>
<tr>
<td>1804</td>
<td>Meryl Streep</td>
</tr>
<tr>
<td>1824</td>
<td>Susan Sarandon</td>
</tr>
<tr>
<td>1827</td>
<td>Celia Johnson</td>
</tr>
<tr>
<td>1851</td>
<td>Gloria Swanson</td>
</tr>
<tr>
<td>1885</td>
<td>Kristin Scott Thomas</td>
</tr>
<tr>
<td>1867</td>
<td>Judi Dench</td>
</tr>
</tbody>
</table>

Geography
The English County for these places?

<table>
<thead>
<tr>
<th>Place</th>
<th>County</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ascot</td>
<td>Berkshire</td>
</tr>
<tr>
<td>Stonehenge</td>
<td>Wiltshire</td>
</tr>
<tr>
<td>Leeds Castle</td>
<td>Kent</td>
</tr>
<tr>
<td>Scafell Pike</td>
<td>Cumbria</td>
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<tr>
<td>Blackpool T</td>
<td>Lancashire</td>
</tr>
<tr>
<td>Blenheim P</td>
<td>Oxfordshire</td>
</tr>
<tr>
<td>Giant Man</td>
<td>Dorset</td>
</tr>
<tr>
<td>Roman Baths</td>
<td>Somerset</td>
</tr>
<tr>
<td>Eden Project</td>
<td>Cornwall</td>
</tr>
<tr>
<td>Spinnaker</td>
<td>Hampshire</td>
</tr>
<tr>
<td>Iron Bridge</td>
<td>Shropshire</td>
</tr>
<tr>
<td>The Angel</td>
<td>Northumberland</td>
</tr>
<tr>
<td>Sherwood</td>
<td>Nottinghamshire</td>
</tr>
</tbody>
</table>

Movies
The 11 films that Christopher Nolan has directed.
Memento, Insomnia, Batman Begins, The Prestige, The Dark Knight, Inception, The Dark Knight Rises, Interstellar, Quay, (I had not heard of this one) Dunkirk, Tenet.

Literature 14 Shakespeare Comedies


List of actors and films - from Page 15
(it’s meant to be tricky - how well did you do?)

1: Tom Cruise: Tropic Thunder  2: Eddie Redmayne: The Danish Girl
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 ; 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 who 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.