Healthy Minds, Healthy Bods

Health Pack: Number 22
Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best

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

www.hmhb2016.org.uk
Welcome to the 22nd of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

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

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

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

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

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

Currently, we do all of this as volunteers. HMHB really needs seed funding to cover salaries and overheads. If you are or know a business to help sponsor, or know grants to cover this, please get in touch. If you can, share on social media our fundraiser www.gofundme/hmhb2016

“Luck is what you have left over, once you have given 100%.”
“Exercise or Die: Inactivity causes early death”, says recent study

It is official, couch potatoes (watching their box sets, playing their computer games, and not getting to enjoy the wonders of the outdoors) actually double their risk of dying young, according to a new major study.

Scientists followed more than 23,000 adults for two decades and discovered that those who were more active throughout, gave themselves the best chance of survival. People who were inactive for the entire 20 years (and it is reported that four in ten adults - 40% - fail to do even ten minutes of brisk walking a month) were 99% more likely to die prematurely than those who did two or more hours of exercise a week.

Incredibly, the inactive people were an astonishing 168% more likely of suffering a heart attack or stroke. However, they did note that if people took up exercise after a life-time of inactivity, this cut the risk of dying young by around half. Your body can change - you can make a difference - it just takes time and effort. So never give up. Use today as the first day of change!!!!

The research was performed by the Norwegian University of Science and Technology in Trondheim, and presented at the European Society of Cardiology conference in Paris. The lead researcher, Doctor Trine Moholdt, said: "you can reduce your risk of premature death by taking up physical activity, even if you have not been active before."

HMHB says:
We actively promote the benefits of exercise, movement, and flexibility, as well as guiding people to get outdoors more and experience the world face to face, and not through a screen. Every study performed demonstrates the benefits of physical activity, how it can affect your energy levels, confidence and mental health. Obviously, due to technological advances, our lifestyles have become more sedentary. We need to realise this and push ourselves to take responsibility and be more active. Suffering in later life can be preventable!!!! Live or die? It seems an obvious choice.
Lazza’s Fiendishly Hard Quiz Spectacular!!!
It’s meant to take some time, and make you think.
Answers are on page 21 (no peeking)

Mathematics.
Before you get to 50, there are a total of 15 Prime numbers (a number that is divisible only by itself and the number 1).
Can you suss them all?

Music
Name the composers of these very famous classical music works. Youtube afterwards, and you will definitely recognise them all.

a. Moonlight Sonata
b. The 1812 Overture
c. Eine kleine Nachtmusik
d. O mio babbino caro
e. Toccata and Fugue in D minor
f. The Four Seasons
g. The Blue Danube
h. Also sprach Zarathustra
i. Overture from ‘William Tell’
j. In the Hall of the Mountain King
k. ‘Flower Duet’ from Lakmé

Film:
Name the actress who played the following roles.

1. Dorothy Gale (Wizard of Oz 1939)
2. Maria von Trapp (Sound of Music 1965)
3. Amy Dunne (Gone Girl 2014)
4. Annie Hall (Annie Hall 1977)
5. Clarice Starling (Hannibal 2001)
6. Rey (Star Wars; The Force Awakens 2015)
7. Katniss Everdeen (The Hunger Games 2012)
8. Dana Scully (The X Files 1998)
9. Hermione Granger (Harry Potter Franchise)
10. Nyota Uhura (Star Trek 2009)
11. Natasha Romanova (Black Widow 2020)
12. Diana Prince (Wonder Woman 2017)
13. Pussy Galore (Goldfinger 1964)
14. Eve Moneypenny (Skyfall 2012)
15. Holly Golightly (Breakfast at Tiffany's 1961)

Geography.
What is the Capital City of these countries?

1. Brazil
2. Albania
3. Mexico
4. Sri Lanka
5. Netherlands
6. Nepal
7. Canada
8. Morocco
9. Tunisia
10. Colombia
11. Poland
12. Montenegro
13. China

Literature
Shakespeare wrote 37 recognised plays, 10 of which are generally classified as “tragedies”.

Can you name them all?
A clue: They all have character names in their titles.

NOW LET’S HAVE SOME FUN!

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

“When grief is like an earthquake. The first one hits you and your world falls apart. Even after you put the world together again, there are aftershocks, and you never know when these will come.”

When we talk about a Growth Mind-set mentality, we are promoting a thinking process that can face a challenge head on, analyse it, and try and find a solution. But grief is such a powerful emotion, we can just fall apart, and rational thoughts can fly out the window. This is a difficult subject. HMHB are not professional psychologists or psychiatrists. We are a mentor led project, and we are going to discuss this as such. I hope you will bear with us, and some of what we say can resonate with people. But if you are going through grief, please talk to someone. You are not alone.

There is a common misconception, and I had it too, that grief only occurs when someone dies. But that is far from the truth. Grief is about “loss”. And that can be many things. Yes, it is of course linked to death - family, friends, pets, etc. You can even experience grief for someone you have never met - I think about the recent outpouring for the tragic death of Black Panther actor Chadwick Boseman, who was taken far too early in his life by cancer, and was an incredibly important figure for many around the world. But loss can be objects (a house fire than consumes heirlooms and irreplaceable belongings), a job, a friend you lose for some reason, a relationship. All of which can affect you deeply.

And that is a good point. Grief is a very personal thing. It touches us all in different ways. Some can deal with it almost instantly, others it can take years. I recall listening to a radio phone in on a morning television show a few years ago, where they were talking about grief. A lady was speaking in a lot of tears. During the chat, the host asked her when her husband had died, and it was 28 years before. She still had not managed to deal with it internally. Very sad. In the next couple of pages, we will look at how grief can manifest itself, and also offer a few suggestions as to ways we at HMHB have dealt with it ourselves. You can get through it.

Tea and chat at Clissold House
26th September 2019

We do like to stop off sometimes on our Izzwalkz and enjoy our company.

Hopefully, we will again soon.
MIND-SET:
The stages of Grief

Never ever be embarrassed about grieving for something or someone. It is a natural human emotion and, as we get older, one of which we will experience many times.
But like all emotions and experiences, we need to try and learn from it and find a way to allow our own life journey to continue, however difficult that can be.

Your feelings may happen in phases as you come to terms with your loss. You can’t control the process, but it’s helpful to know the reasons behind your feelings. All people experience grief differently, but there is a common denominator.

Though it is no longer considered the ideal way to think about grief, you may have heard of the stages of grief:

- **Denial:** When you first learn of a loss, it’s normal to think, “This isn’t happening.” You may feel shocked or numb. This is a temporary way to deal with the rush of overwhelming emotion. It’s a defence mechanism, and totally natural.
- **Anger:** As reality sets in, you’re faced with the pain of your loss. You may feel frustrated and helpless. These feelings can later turn into anger. You might direct it towards other people, a higher power, or life in general. To be angry with a loved one who died and left you alone is natural too.
- **Bargaining:** During this stage, you dwell on what you could’ve done to prevent the loss. Common thoughts are “If only…” and “What if…” People also try and do a deal with their God to try and change things.
- **Depression:** Sadness sets in as you begin to understand the loss and its effect on your life. Common signs of this include crying, sleep issues, and a decreased appetite. You may feel overwhelmed, regretful, and lonely. Please seek some help if you find this too overwhelming. This is an awful stage, and can last ages!!
- **Acceptance:** In this final stage of grief, you accept the reality of your loss. It can’t be changed. Although you still feel sad, you’re able to start moving forward with your life. Closure is very very tough (see pack 9).

Every person goes through these phases in his or her own way. You may go back and forth between them, or skip one or more stages altogether. Reminders of your loss, like the anniversary of a death or a familiar song, can trigger the return of grief. Be prepared for this. Life can be truly unfair.

**Crying is natural, and can help:**

1. A 2014 study found that crying may have a direct, self-soothing effect on people. The study explained how “crying activates the parasympathetic nervous system (PNS), which helps people relax”.
2. Research has found that in addition to being self-soothing, shedding emotional tears releases oxytocin and endorphins. These chemicals make people feel good and may also ease both physical and emotional pain. In this way, crying can help reduce pain and promote a sense of well-being.
3. A small study in 2015 found that crying can help babies sleep better. Whether crying has the same sleep-enhancing effect on adults is yet to be researched. However, it follows that the calming, mood-enhancing, and pain-relieving effects of crying above may help a person fall asleep more easily.

Humans are the only animals to cry emotional tears - honestly!!!
Find help with your feelings, and acknowledge them
Research shows that people who do not deal with their negative emotions in a healthy way, have many more physiological problems as well as psychological ones. Feelings like anger, sadness, confusion, being overwhelmed, loneliness, frustration, resentment, shock, disbelief, guilt, regret, emptiness, confusion, fear and many other negative emotions, may come to work their way through you when you are facing a loss. You want to find a safe place to face these. Maybe a trustworthy friend who is a good listener, a counsellor, a support group, reading books on the subject, meditation or any other tool that may help you deal with the emotions. Find what works for you and get to face these feelings and deal with them.
When I had my deep depressions, I did not realise that I was grieving a relationship and friendship lost. Once I knew that, and faced it, I saw an amazing counsellor that changed my thinking. So please talk to someone.

Find a way to fill that void
Look, I know that is hard, especially if you have lost a family member. I am not saying to replace anyone, but you need to live too. You are alive and functioning, and it is important to keep doing that.
When ready, and within a reasonable time frame that you set for yourself, you have to find ways to fill up this gap with something positive that makes you feel good, whether it is another relationship or an activity that generates vitality and gives your life a new meaning. Redefining parts of your life after a loss may be needed to compensate for the empty spot. Getting into a good relationship, doing volunteer work that gives your life a new meaning, joining fun recreational activities, or traveling are just some of the examples of how to bring about something positive. Life is too short to allow circumstances, sometimes tragic, to destroy you.

Find the positives
Cognitive modification is a great tool to be used here. Using statements that focus on looking at the loss as something temporary. For example, "that was a rough period of my life but I will move forward." Or, seeing the event as not being your whole life: "I have so many other things to look forward to in my life." Or, looking at it as a learning lesson: "now I know how to do this", or generalize positively; "so many things are working out great." Sit down and write a list of what is good or great in your life and put it somewhere you can take a look at on a daily base until you're at peace with your loss.
Even with death - think of the person as how good they were, how they helped you grow, and how proud they would be too know you are pushing on with your life, and not allowing their demise to damage you.

Listen, we have only really touched on this very important subject.
It is part of all our lives, and touches us all in different ways.
But we must allow ourselves to keep moving our own lives forward.
Please seek help if you have grief. It can help you so much.
Love to everyone!!!
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.

What is fibre?
Dietary fibre is a term that is used for plant-based carbohydrates that, unlike other carbohydrates (such as sugars and starch), are not digested in the small intestine and so reaches the large intestine or colon.

Soluble and insoluble fibre
You may have heard of the terms ‘soluble fibre’ or ‘insoluble fibre’— these are words that are sometimes used to describe the types of fibre in our diet. Although scientific organisations argue that these terms are no longer really appropriate, you may still see these terms being used, with soluble fibre including Pectins and Beta Glucans (found for example in foods like fruit and oats) and insoluble fibre including cellulose (found for example in wholegrains and nuts).
What is important to remember is that fibre-rich foods typically contain both types of fibre.

Fibre rich foods include:
Wholegrain breakfast cereals, Whole-wheat pasta, wholegrain bread and oats, barley and rye.
Fruit such as berries, pears, melon and oranges.
Vegetables such as broccoli, carrots and sweetcorn.
Peas, beans and pulses.
Nuts and seeds.
Potatoes with skins.
The European Food Safety Authority suggests that including fibre rich foods in a healthy balanced diet can improve weight maintenance. Dietary fibre has been shown to reduce your risk of Cardiovascular disease (heart disease and stroke) and type 2 diabetes. Foods such as oats and barley contain a type of fibre called beta glucan, which may help to reduce cholesterol levels if you consume 3g or more of it daily, as part of a healthy diet.

Colorectal cancer (bowel cancer) We know that dietary fibre may help to protect against bowel cancer. Although the reasons for this are not fully understood, this may be because fibre increases stool size, dilutes content and moves it faster through the gut so the amount of time waste products stay in contact with the bowel is reduced. Some types of fibre may also help gut bacteria produce helpful chemicals that can have beneficial effects on the bowel.

The World Cancer Research Fund (WCRF) estimate that 45% of bowel cancer could be prevented through diet, physical activity and weight.

In 2015 the government published new guidelines, with a recommendation that the population's fibre intake should increase to 30g a day for adults (aged 17 years and over). On average, we consume much less than this - about 18g per day. Children also need to increase their intake of fibre.

<table>
<thead>
<tr>
<th>Age (years)</th>
<th>Recommended intake of fibre</th>
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<tbody>
<tr>
<td>2-5</td>
<td>15g per day</td>
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<tr>
<td>5-11</td>
<td>20g per day</td>
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<tr>
<td>11-16</td>
<td>25g per day</td>
</tr>
<tr>
<td>17 and over</td>
<td>30g per day</td>
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1. Choose a high fibre breakfast cereal e.g. wholegrain cereal like Weetabix cereal, no added sugar muesli, bran flakes or porridge. Why not add some fresh fruit, dried fruit, seeds and/or nuts?
2. Go for wholemeal or seeded wholegrain breads. If your family only typically likes white bread, why not try the versions that combine white and wholemeal flours as a start.
3. Choose wholegrains like whole-wheat pasta, bulgur wheat or brown rice.
4. Potatoes with skins: Baked potato, wedges or boiled new potatoes: eat these hot or use for a salad.
5. For snacks try fruit, vegetable sticks, rye crackers, oatcakes, unsalted nuts or seeds.
6. Include plenty of vegetables with meals, either as a side dish/salad or added to sauces, stews or curries. This is a good way of getting children to eat more vegetables.
7. Keep a supply of frozen vegetables so you are never without.
8. Add pulses like beans, lentils or chickpeas to stews, curries and salads.
9. Have some fresh or fruit canned in natural juice (not syrup) for dessert or a snack.
Starch and Fibre is not the same thing. We sort of covered this a little bit when we chatted about carbohydrates in an earlier pack.

One way to separate carbohydrates into groups is by sorting them into simple and complex carbs. Sugars are simple carbs because they are made up of only one or two molecules combined. Both fibre and starch, on the other hand, are made up of at least three sugar molecules combined, so they are complex carbs. It is better to eat complex carbs than simple carbs, since these take longer for your body to digest and help keep you full for a bit longer.

Even though both starch and fibre are complex carbs, they act very differently in your body. If you are looking for something to give you energy, choose a starchy food. If you want something filling that isn't loaded with calories, opt for something high in fibre. Enzymes in your body can easily break the bonds that form starches, turning them into sugars for energy. You can't make the enzymes to break down fibre, so it isn't digested, although it does have health benefits, including lowering your risk for heart disease, high blood pressure, obesity and digestive problems like constipation.

To recap:

- Starch is a type of carbohydrate.
- Its molecules are made up of large numbers of carbon, hydrogen and oxygen atoms.
- Starch is a white solid at room temperature, and does not dissolve in cold water.
- Most plants, including rice, potatoes and wheat, store their energy as starch. This explains why these foods, and anything made from wheat flour, are high in starch.
- Your body digests starch to make glucose, which is a vital energy source for every cell.
- Food companies use starch to thicken processed foods, and to make sweeteners. Scientists are investigating the effects of these sweeteners on health.

High intake of dietary fibre and starch has been linked to a lower risk of heart disease in a number of large studies that followed people for many years. In a Harvard study of over 40,000 male health professionals, researchers found that a high total dietary fibre intake was linked to a 40 percent lower risk of coronary heart disease. A related Harvard study of female nurses produced quite similar findings.

Higher fibre intake has also been linked to a lower risk of metabolic syndrome, a combination of factors that increases the risk of developing heart disease and diabetes. These factors include high blood pressure, high insulin levels, excess weight (especially around the abdomen), high levels of triglycerides, and low levels of HDL (good) cholesterol. Several studies suggest that higher intake of fibre may offer protective benefits from this syndrome.

At HMHB, we don’t like to tell people what foods to eat. But we do point out that the make up of your nutrition is important. Essential nutrients, like carbohydrates, are “essential for life”. Complex carbohydrates, like Fibre, are better than simple ones. Why not research this to make sure you are getting the right foods?
NUTRITION: Minerals
Sulphur (sometimes known as Sulfur)

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

1. Sulphur is one of the top five most abundant elements in the body. Depending on which sites you read it is third, fourth or fifth (confusing I know!!!).
2. Sulphur is an inorganic element and forms part of several molecules in the body, including amino acids, proteins, enzymes, vitamins, and more.
3. Following calcium and phosphorus, sulphur is the third most abundant mineral in the human body, representing 0.3% of total body mass (hence the comment on number one).
4. Dietary sulphur comes from protein where 2 of the 20 amino acids, methionine, and cysteine, contain sulphur (the sulphur-containing amino acids; SAAs).
5. The amount of SAAs in protein varies according to the source, e.g., dairy is 4% SAAs and egg whites 8% SAAs.

According to HMHB research, it is vital that there is a good supply of sulphur in the diet to maintain synthesis of the SAAs. Methionine, cannot be synthesized in the body and therefore directly relies on an adequate intake of protein. While cysteine is synthesized in the body; the process requires a steady supply of sulphur. It’s assumed that sulphur intake in the diet is adequate. However, this is based on SAAs, not sulphur directly. Further, the requirements for SAAs are based on nitrogen balance and likely under-estimate the dietary need for sulphur. As such, there is increasing evidence that our needs for methionine, specifically, are not being met through diet.

Sulphur’s role, direct and indirect, is significant. Best known is the role of sulphur and its benefits for skin, including appearance (skin structure), acne, wound healing, and overall skin health. Sulphur provides structure and elasticity at a molecular level. In the liver, sulphur plays two critical roles. As a significant component of glutathione, the most prevalent antioxidant in the body, sulphur helps the body react to oxidative stress and maintain homeostasis, which is particularly relevant to exercise and aging. And as part of phase 2 detoxification, sulphur is essential to the metabolism and excretion of harmful substances.

Minerals are just another “essential for life” nutrient you need to get from nutrition. It’s your responsibility to make sure you get enough!!!
Why not research this Mineral even more this week?
Maintaining an adequate sulphur intake is important for your overall health,
Lazza is still trying out new recipes
Today - he cooks toad in the hole for the first ever time

“Dishes like toad in the hole appeared in print as early as 1762, where it was described as a "vulgar" name for a "small piece of beef baked in a large pudding". Toad in the hole was originally created as a way to stretch out meat in poor households. Chefs therefore suggested using the cheapest meats in this dish.”

Not a lot of ingredients again

8oz / 225g Plain Flour
300 ml of Milk
8 Sausages
3 Eggs
Salt and Black Pepper
Little bit of oil

- Preheat the oven to 200C, and in a roasting tin, add the oil and sausages and cook them until they are brown on all sides (turn occasionally). They don’t have to be cooked through.
- For the batter:
  - Add the flour to a large bowl, and add the salt and pepper.
  - Make a well in the middle and add the three eggs and whisk them slowly into the flour.
  - Once combined, add the milk gradually, whisking all the time, so that you have a smooth lump-free mix.
  - Cover the batter and rest in fridge for an hour (I just realised I did not do that - it did not matter)
  - Now add the batter to the browned sausages and return to the oven.
  - Cook for a further 30-35 minutes until the batter is risen and golden brown.
  - Bring out and serve.

I found the mixture stuck a bit to the dish, but when left to soak it washed out fine.
Browning the sausages first was a good idea, as it meant a great taste with the batter.

I had cut mine into four portions (two of which I gave away). It tasted delicious.
As always, I was stunned I had created such a dish!!!

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 tasty dish to prepare.
HMHB’s Name Game Page
Name these birds from their pictures.
Answers at bottom of quiz page answers (page 21)
Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they become slightly breathless or break out into a sweat. It can significantly improve your health; both short-term and long-term.

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

What are Team Games?
According to the Dictionary:
“A game or sport in which teams rather than individuals compete; a sport or style of play prioritizing cooperative teamwork over the skill or effort of any particular individual in a team; (in extended use) an activity which requires cooperative effort.”

There are obvious examples of team sports: Football, Cricket, Rugby, Hockey, etc. And they can also be a fantastic teaching process for all of us:

- Benefit our self-esteem, as we are part of a group all working together, and can get praise for doing well (and if mistakes happen then you can be encouraged).
- Build relationships, as we have to work closely together, and involve all around the team.
- Develop critical thinking skills, as we have to follow the game and be involved with tactics, opponents, and look at strengths and weaknesses.
- Teaches us that life is not always fair, as decisions do not always go your way.
- Teaches that we sometimes have to go through tough times; for example we may get injured.
- Can help teach you how to control emotions.
- Learn that we must accept defeat. We are not going to win everything.
- Participate in social interactions, work together to achieve goals, and build skills such as teamwork and leadership
- Demonstrates that hard work can pay off. You can get better at the sport, and develop as a player.
- Can develop leadership skills, and be given responsibility.
- Also is a great way to learn collaboration skills. However good you might be, a team sport depends on everyone working together.

Our Lazza.
Football, Cricket, and a Gay Football World Cup winner from 2000.
EXERCISE/FITNESS:
How do different countries do it?

Here, in the United Kingdom, we like structure around fitness. Gyms and Personal Trainers are in abundance, but there are more and more outdoor classes starting. We do follow trends, like Zumba, Spin Classes, and others. But do other countries work differently?

Exercising looks different in every country, as do the motivations behind exercising. In some countries, people exercise primarily indoors, while in others, people primarily exercise outdoors. People may exercise for personal enjoyment, health and well-being, social interactions, competition or training, etc. These differences could potentially be attributed to a variety of reasons including geographic location and social tendencies.

In Colombia, for example, citizens value and celebrate the outdoor environments of their country. In many instances, they utilize outdoor activities as social gatherings to enjoy nature and their communities. In Bogotá, Colombia, a 70-mile stretch of road known as the “Ciclovía” is shut down each Sunday for cyclists, runners, roller-bladers, skateboarders and other exercisers to work out and enjoy their surroundings (as per photo).

Similarly to Colombia, citizens of Cambodia tend to exercise socially outside. In this country, public gyms have become quite popular. People will congregate at these outdoor gyms not only to utilize the public facilities, but also to organize aerobics and dance sessions, which are open to the public.

Sweden has also begun developing outdoor gyms, called “utegym”. These gyms are free to the public and are often placed in beautiful, picturesque environments. People will swim in rivers, use boats, and run through forests to stay healthy and enjoy the natural world around them. This works particularly well in Sweden due to its geographical location. (an example of a Utegym in photo)

Exercise in some areas of China, particularly among those who are retired, seems to be socially grounded. In the mornings, dances are held in public parks; these gatherings may include Latin dancing, ballroom dancing, tango, or even the jitterbug. Dancing in public allows people to interact with those with whom they would not normally interact, allowing for both health and social benefits.

These sociocultural variations in physical exercise show how people in different geographic locations and social climates have varying motivations and methods of exercising. Physical exercise can improve health and well-being, as well as enhance community ties and appreciation of natural beauty.

Different solutions around the world, to the same problems.

How do we get people more active?
Working together, in groups, is a fantastic answer.
And giving people a chance to do that is imperative.
EXERCISE/FITNESS:

More Yoga Poses to try at home (see last pack)

“Last week, Lazza demonstrated four yoga moves - see Pack 21. Here, we try out another four for you to have a go at.

Downward Dog Pose

- Lengthens the spine
- Decompresses the spine
- Stretches your hamstrings
- Stretches your arms
- Provides Oxygen to the brain
- Calms your mind

Child Pose

- Relieve Hip, Back and Neck strain
- Helps control your breathing (be calm)
- Alleviates stress and anxiety
- Flexes body’s internal organs
- Recommended if you have dizziness or fatigue
- Elongates the lower back

Warrior 2 Pose

- Stretches your hips, groin and shoulders
- Builds stamina and strength
- Develops balance and stability
- Opens your chest and lungs
- Energises tired limbs
- Improves circulation and respiration

Triangle Pose

- Stretches legs, muscles around the knee, ankle joints, hips, groin, hamstrings, calves, shoulders, chest and spine
- Strengthens legs, knees, ankles, abdominals, obliques and back.
- Relieves stress
- Improves digestion and constipation
- Stimulates function of abdominal organs

Following last week, here are four more yoga poses - quite easy for beginners. Why not try them out, and then research others you can do from home too. Look after your body. It’s your choice.
Skin

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

www.healthymindshealthybods.blogspot.com

- Skin is the human body’s largest organ (an organ is a group of tissues that work together to perform functions in your body, others include your brain, heart and lungs).
- Your skin performs a range of different functions which include physically protecting your bones, muscles and internal organs, protecting your body from outside diseases, allowing you to feel and react to heat and cold and using blood to regulate your body heat.
- The layers of mammal skin include the epidermis, dermis and subcutis.
- The outer layer of your skin is the epidermis, it is found thickest on the palms of your hands and soles of your feet (around 1.5mm thick).
- The subcutis (or hypodermis) is the deepest layer of your skin, as well as storing fat, it also contains blood vessels, hair follicle roots and nerves.
- If skin is severely damaged then it may try to heal by forming scar tissue. Scar tissue is not the same as normal skin tissue, it often appears discoloured and lacks sweat glands and hair.
- The colour of human skin depends on the amount of pigment melanin that the body produces. Small amounts of melanin result in light skin while large amounts result in dark skin.
- Areas that experience repeated friction or pressure can form tough, thick skin known as a callus. Common examples of calluses can be seen on the hands of tennis players and the fingertips of guitarists.
- A large amount of the dust in your home is actually dead skin.
- All mammals have some hair on their skin, even if it isn’t easy for you to see.
- The skin renews itself every 28 days.
- Your skin constantly sheds dead cells, about 30,000 to 40,000 cells every minute! That’s nearly 9 lbs. per year.
- The average person has about 300 million skin cells. A single square inch of skin has about 19 million cells and up to 300 sweat glands.
- Your skin has at least five different types of receptors that respond to pain and touch.
- Changes in your skin can sometimes signal changes in your overall health.

We definitely take our skin for granted.
We wash it, and cleanse it, but do we really look after it?
What else can we be doing to keep it healthy?
Let’s take a look on the next page.
Your skin, like your whole body, needs to be looked after so it stays in peak condition. That involves exercise, nutrition, and cleansing.

Washing
It sounds obvious, but washing your face removes the dirt and oils (and yes, bacteria) that accumulate and make your pores appear larger. Our faces excrete oils at night and even the cleanest pillows still have a little dirt. You should wash your face when you wake up to remove the dirt and oils. Wash your face again before bed to remove makeup and grime from the day. You should also wash your face after you sweat or work out. However, you can over-wash apparently. A skin expert says: “Not only does too much washing lead to dry, irritated skin, but it can actually lead to the skin paradoxically producing too much oil.”

Sleep
Depending on various studies, we need 6 to 9 hours of restful sleep every night. Sleep is essential for our bodies to restore, rejuvenate and repair. “Beauty Sleep” is a real thing. Our skin produces new collagen when we sleep. It’s like visiting the fountain of youth every night. Going to bed and waking up at consistent times helps with restful sleep. I have to add, my own sleeping patterns at the moment are dreadful. So, something for me to work on.

Antioxidants
We covered these in a previous pack. Free radicals cause damage to our skin and bodies. Fried foods, alcohol and pesticides generate free radicals. Antioxidants neutralize free radicals, like natural super heroes. Vitamin C is a popular antioxidant. It’s important to eat foods with antioxidants and use skincare products that include antioxidants. There are many natural ingredients that contain antioxidants: Green Tea, Olive Leaf, and Pomegranate, to name a few. Foods with antioxidants include dark chocolate, blueberries, raspberries, strawberries and pecans.

Exercise
Exercise helps increase blood flow which draws oxygen to the skin and free radicals away from the skin. Exercise also helps decrease stress and improve sleep quality. Make sure to wash your face after sweaty workouts.

Hydrate
Our skin needs water. Drinking water feeds the skin from the inside. Dehydrated skin can look dull, be itchy and dry and make lines more noticeable. It can also enhance dark areas around your eyes and nose. Alcohol and coffee dehydrate skin. Drinking plenty of water keeps skin hydrated and can give your skin a healthy glow. Eating fruits and vegetables, exercising and restful sleep can all help keep skin hydrated too.

Your body is remarkable.
The skin is your biggest organ, and needs care.
I have not even touched on sunscreen and the Sun’s rays.
Research your skin, and how you can look after it.
Here is an amazing opportunity to join in a FREE Zumba class, or two, with a qualified teacher.

Karina is part of our weekly Sobell Fitness sessions.

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

Please contact her. They are fun, but also great for your health.

yummymummyzumba@gmail.com

ACTIVE WITHIN

If anyone would like to join in their free classes, you will need to register on their website and then get in touch with them via phone, email or through social media channels. They will then send you the class links

www.activewithin.com

HMHB is delighted to be part of the “Walk With A Doc” network.

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

“With an aim to make hope and health accessible to all, our doctor-led walking groups are a safe, fun, and FREE place to get some steps, learn about health, and meet new friends”

We are proud to be part of their network. Let’s walk!!!!

www.walkwithadoc.org
Mind-set:
Grief was a tough subject to cover this week, but a necessary one when he are promoting a growth mind-set mentality, as we will all have to deal with grief as we get older. It is something personal to all of us, and covers many subjects, not just death. I think the quote opposite is so apt. It is not good to dwell with grief, but use it in your own journey. But please, if you ever struggle with it, ask for professional help. Hugs to everyone!!

Nutrition.
We touched on it briefly in an earlier pack, when we talked about carbohydrates, but Dietary Fibre and Starch are important for our overall nutrition as well. Complex Carbs are much better than Simple Carbs. We all need carbohydrates in our diets as they are an essential for life nutrient. It is an excellent subject to look into and research, and you will surprise yourself at just how much you may be missing out.

Exercise
I realise that not all of us can take part in team games, such as football etc. But they can be beneficial for our mental health as well as physical health. Walking football is available for older people. But it is also interesting seeing how other countries are getting people together outdoors (HMHB has their Highbury Fields session every morning too.) And finally we give you four more yoga poses. Just do something, whatever it is. Push yourself this week.

Health.
It is the biggest Organ of our bodies, but we also take our skin for granted. It is only when things go wrong we decide we have to look after it. But it is vital for so many purposes. Let’s all try and think about how we keep it healthy. Without it, well we would just be blobs!!! Lol. Our bodies are miraculous, and we try and promote that every week in these packs. Start looking after it properly. It’s the only body you will ever have!!!!

Start thinking about setting weekly goals yourself on these topics. A small difference every week will grow into significant change over time.
Music
The composers of these very famous classical music works. Please do find them and listen to them - you will definitely know them.

a. MS Beethoven
b. T1812O Tchaikovsky
c. EKN Mozart
d. OMBC Puccini
e. T&F J S Bach
f. TFS Vivaldi
g. TBD J Strauss
h. ASZ R Strauss (2001 A Space)
i. OWT Rossini
j. IHMK Grieg
k. FDFL Delibes (British Airways)

Film:
Name the actress who played the following roles.

1. DG Judy Garland
2. MVT Julie Andrews
3. AD Rosamund Pike
4. AH Diane Keaton
5. CS Julianne Moore
6. R Daisy Ridley
7. KE Jennifer Lawrence
8. DS Gillian Anderson
9. HG Emma Watson
10. NU Zoe Saldana
11. NR Scarlett Johansson
12. DP Gil Gadot
13. PG Honor Blackman
14. EM Naomie Harris
15. HG Audrey Hepburn

Geography.
What is the Capital City of these countries?

1. Brazil Brasilia
2. Albania Tirana
3. Mexico Mexico City
4. Sri Lanka Colombo
5. Netherlands Amsterdam
6. Nepal Kathmandu
7. Canada Ottawa
8. Morocco Rabat
9. Tunisia Tunis
10. Colombia Bogota
11. Poland Warsaw
12. Montenegro Podgorica
13. China Beijing

Literature: The 10 Shakespeare Tragedies:
Anthony and Cleopatra: Coriolanus: Hamlet
Julius Caesar: King Lear: Macbeth: Othello
Romeo and Juliet: Timon of Athens
Titus Andronicus:

Well done if you got all of these

Mathematics.
The Prime Numbers before 50 are:

2, 3, 5, 7, 11, 13, 17, 19, 23, 29, 31, 37, 41, 43, 47

Did you get them all?

List of Birds - from Page 13 (this was tricky)
We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier regime.

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

You can text HMHB: 07964 430456
HMHB would prefer you email us: hmhb2016@outlook.com

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Our website is: www.hmhb2016.org.uk you can contact us through the site
We are updating it with new pages at the moment, and plenty of pictures on our gallery page

All copies of our Mental Health Packs can be downloaded from our website. And we can post copies to you. Please get in touch.

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund for helping to sponsor these packs. With their help, we can reach a lot of people. We also thank the National Lottery Communities Fund for extra funding, that enables us to reach further and do more.

Islington Giving Crisis Fund
Cripplegate Foundation
Helping since 1500

Be Safe, Be Active, Be Well