



Healthy Minds, Healthy Bods

Health Pack: Number 18

Focus on Mind-set, Nutrition, Exercise, Health



Prepared by: Lazza, Luke and Dean: Monday 17th August 2020

www.hmhb2016.org.uk



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

Welcome to the 18th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed our first seventeen (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 of the packs are on there.

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

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



A few faces from our Izzwalkz

19th October 2017

This was our 48th walk.

Dor, Lazza, Win and Phylis.

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

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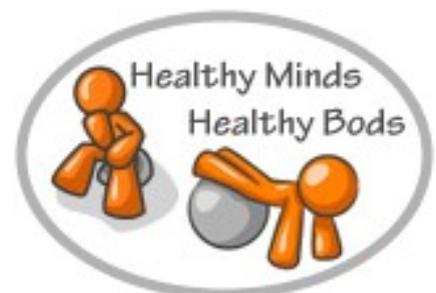
We are delighted to say we can print and post copies to people who would like a paper copy. Due to Islington Giving Funding we can do this, for a limited number. So you need to speak with us as soon as possible. Please connect through our website contact page.

Thanks to everyone who reads these packs.

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

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

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



NEWS PAGE:

How clean are our houses?

It is a time when we are using hand sanitizer, and washing our hands constantly, so that we can avoid the Covid 19 virus and stay healthy. But what about in our flats/houses?

Ironically, before knowing what I was deciding what I should put on this page, I cleaned my laptop before turning it on. But I must confess, this is probably the first time I have done that in many months - and I did it because it was quite dirty.

It led me to thinking - just how dirty does our stuff get? And therefore, how often should we be cleaning it. Bacteria, food, greasy fingers, liquids etc. All can be unhealthy. So I looked online at a few hygiene sites - and boy was I in for a surprise. I have not been doing well.

Pyjamas: Personally, I have not worn pjs since I was around 17. In fact, I find it very difficult sleeping in clothing now, especially socks. I do not know why. But apparently it is recommended that you should wash them twice a week - yep, you read that right. I cannot think of anyone, unless they are rich with loads of clothes, who would do that. We shed dead skin and sweat at night. In fact, the normal amount they say is between 500ml and 750ml. This naturally depends on temperature, bed clothes etc. But all that sweat and skin can lead to a breeding ground for bacteria.

Bags and Wallets: If you think about it, these are definitely items that are brimming with bacteria. Sweaty pockets, always being handled with hands covered in different foods and drinks etc. It is recommended we clean them at least once a week. In fact, I am going to stop typing and go and wipe my one down right now.

Mobile Phone: Just think about how many times you use this during the day, and where your hands have been sometimes, or even the surfaces you may put it down on. They recommend you wipe it over at least once a day. I am back on that when I finish this entry!!!

Bed Sheets: If you look back at the pyjama entry, then naturally this has some of the same reasons. They are full of dead skin, sweat, and even fungi. And we then lie in that night after night. Just thinking about it is making me nauseous. This is a hot wash, once a week.

Tea Towels: This one is a shocker, but obvious when you think about it. We use them to clean up mess, normally involving some kind of food. Then we wipe plates with them, and cups and glasses. If we touch meat or fish then we can transfer some nasties. In fact you have to say there is a large food poisoning risk if they are not kept clean. Replace them daily is the recommendation. How many of us do that?? Like bedsheets, we should do a hot wash.

**It's up to us to clean up around us.
It's not just our hands and mouths that can
hold onto viruses.
Think about objects too.**



MIND-SET:

Three little questions to lead you to success

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.



“My goal in 2020 is to accomplish the goals I set in 2019, which I should have done in 2018, because I made a promise in 2017, which I planned in 2016, to do better than I did in 2015”

I think this is a good time to look into a subject we touched on in an earlier pack. It focuses on three questions we need to ask ourselves on change.

The reason this is a good time is that we have just had around four and a half months of massive change in all of our lives. Can I ask you - do you think you have used that time to the best you can? Have you made changes to your lifestyle? Have you started eating better and exercising more? Both of which we promote heavily in these packs - and in all seriousness, we know is common sense and we all need to do it anyway. Are you happy with everything you have achieved? Can you do more? The answer to that, even if you have been doing well, is “yes, I can do more”. But will you? Also, if you have not done a huge amount, it matters not. You can start from today. There are four and a half months to go till 2021.

First of the three questions.

“Where do you want to be at the start of 2021?”

Naturally, we do not mean physically, as to a location. We mean, where do you want to be mentally, emotionally, and with yourself?

Most people, and I hope that is all of you, we would like to think would say they would like to be “happier”, “healthier”, “fitter”, “stronger”, “more confident”, “more active”, “more relaxed”, “less stressed”, etc. I could go on, but I think you probably get the point.

Even Olympic athletes are constantly striving to improve every day, and that should be you. All of the above is attainable. You can have all of that, even if maybe sometimes it feels that life is passing you by, and you could be struggling with a few issues right now. HMHB does not in anyway belittle or patronise anyone's problems. But you must always be looking to try and change things for the better. So, write down some options that you would like to be at the start of 2021. It's 141 days away (as I type this on 12th August).



One of my favourite all time photos

From our Izzwalkz

Clissold Park Ponds

Terrific friends

19th April 2018

MIND-SET:

Do you give one hundred per cent?

The second of the three questions:

“How badly do you want to reach your targets?”

It seems like a simple question, but is in fact quite a toughie. Because this involves really finding out why you want to reach a specific goal, as well as thinking out a plan to get there.

When it comes to achieving goals, most people are not serious about it. They will tell you all the targets they want to achieve, but their words are always louder than their actions.



They say that people, when they know they are dying, look back with regrets. They may wish they had visited more places around the world, read more books, chatted with their friends and family more, etc. Nobody, that I know of, has wished they had watched more television, played with their phone more, sat indoors more etc.

So you have decided on the previous page, or I hope you have, that you want to be healthier, happier (etc.etc.) But do you? Do you really? How badly?????

What's your motivation? When lockdown came along four and a half months ago, were you motivated to make changes? Many people had great intentions, but then, for some reasons, things went awry. Why is that?

You need to set reasons for your targets?

I will use weight loss as an example - as I have been doing that myself, and I totally understand that it is not easy. Yes, I have a target in mind. That is written down in every pack. I aim to lose a pound a week, and have a goal in mind. But the motivation comes from having a reason for it. I was overweight, and that can affect my overall health. Bigger people are more susceptible to Covid, as well as Cardiovascular disease, high blood pressure, strokes, and certain cancers. I realised that I was heading down that route. Have a reason for being healthier, happier etc. It may be spending more time with family. Be specific. You will work harder.

Do you believe in your targets and that you can achieve them?

I had a friend who always thought life was going to go wrong, and therefore was reluctant to try new things. If you really want your target, you will go for it 100%. But if you doubt, you won't. When you have doubts and you do not believe in yourself, you will never tap into your maximum potential to reach for what you want. Think about it, if you are doubtful that you can perform, do you think you will go all out and push yourself? I have always believed in Healthy Minds, Healthy Bods, even though I have been told many times in the past that I would never get funding for it. Over the last three years we have worked with many service users, and achieved astonishing feedback. Believe in yourself. You can do it!!!

Stop using excuses

Listen, I have done it myself, so it is nothing to be ashamed of. But we all sometimes blame others, or our surroundings, for things not happening. When you give too many excuses, you will eventually buy into them and this will limit and stop you from achieving your targets.

Always remember that successful people work hard and keep moving forward, while unsuccessful people give excuses and blame on anything. Life is a challenge. You need to fight for success.

MIND-SET: Sacrifice

What are you prepared to do to get there?



“Success is no accident
It takes hard work
Perseverance
Learning
Studying
Sacrifice
And most of all
Love of what you are doing.”
Pele

The Third of the three questions (in two parts)

“What are you prepared to give up to get there? What are you prepared to do?”

Probably the hardest question of all. Because this is the one that takes the greatest amount of effort and action. We can sit down and decide what we want to be. We can sit down and plan out a course of action that will take us to that target. But then we actually have to do it. And that normally involves changing parts of your life. And are you prepared to stop doing some things - maybe things you enjoy - to reach your targets? You may have to let go of possessions, or even certain friends who are holding you back.

In four and a half months time, when December 31st changes into the 1st January 2021, will you look back at this moment and smile, or with regrets. Will you look back and think how this was the moment you decided to make significant changes in your life, around exercise, fitness, nutrition and your routine? Will this be the time you said: “life is a challenge and I am going to come out fighting, and I am going to win,” Or will you look back wishing you had done the above. You have one life and one body. It’s your responsibility, nobody else, to give yourself the best opportunity of a fantastic life. What are you prepared to do???

This week we have looked at the three questions, and it is very relevant to my recent weight-loss journey that I am scribing in these packs. I have really struggled in the last few weeks.

And I know that is down to me not doing well enough. I am not angry, or disappointed. But I know I am not giving 100%, and I must do that.

It’s so relevant to this week’s Mind-set topic. We all can achieve. Honestly, you can do it!!!!

Lazza’s weight-loss journey

Sunday May 3rd, he was 98.5 kg / 15st. 7.15 lb.

His target is to lose 1 lb a week

His final goal is 76.2 kg / 12st.

Sunday August 9th, he is 91.6 kg / 14st 5.94 lb

Gaining in week 15; 1.1 kg / 2.42 lb

**15 weeks: Overall loss: 6.9 kg
1st. 1.21 lb**

It was my birthday today (16th). So I did pig out a bit, over eat, and have cake etc. So although it has gone up, that’s cool. It happens!

NUTRITION: Cakes, Biscuits etc. All that lovely tasty stuff

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.

I am determined to keep punishing myself by talking about really tasty things that we can eat, but we should only do in moderation.

In a healthy diet, there is a place for everything. I hate the word “diet” anyway, when it is used as a way of telling people what they should be eating. I think most people are sensible enough to know which foods are better for them, and which ones are more unhealthy. I was looking at the food page in a recent newspaper and they were putting recipes for salads, for us to follow. Isn't the beauty of a salad the fact that we can choose what we put into it??? It's nice to get ideas, but an actual recipe??

I cannot tell you how many photos I have stared at before deciding on the one opposite. I am sure I have put on weight just looking at all those delicious, scrumptious, tasty, yummy, luscious, mouth-watering (editor: “lazza please get back to the script”) morsels. hehehehehe



Listen, a cake is not going to make you fat, just as much as an apple if not going to make you slim. I do have an issue with supermarkets who seem to sell one doughnut for 30p, but will sell five for 60p. That is very unfair.

However, most pastries, cookies, and cakes are unhealthy if eaten in excess. Packaged versions are generally made with refined sugar, refined wheat flour, and added fats. Shortening, which may be high in unhealthy trans fats, is sometimes added. These treats might be tasty, but they have almost no essential nutrients, copious calories, and many preservatives.

It really boils down to just being sensible. Many people turn to sugary foods for comfort, as they taste good, and are meant to be a bit taboo. But it is a quick road to weight gain and ruin. In the next couple of pages, we can have a good rummage around the facts.

**Really enjoying our
Daily Outdoor Fitness
In Highbury Fields**

**Here we are doing
Circuit Training**

**2nd August 2020
Sweating nicely!!**



NUTRITION: What is Cake and why is it important?

The obesity epidemic is creating panic in the community, with all forms of media expressing outrage at our widening waistbands, and lots of studies raising alarms about the health implications of carrying excess weight.

Billboards, designed to shame, tell us to eat right, eat less, eat sensibly, count calories, exercise more, reduce fat, reject junk foods, and forget cakes, pastries and fries. And of course, we at HMHB promote healthy nutrition as part of a lifestyle.

But while we spin in a confusion of knowledge and directives, we may well be losing sight of all those good things that are embodied in a piece of cake. There are many understandings of what constitutes “junk” food. Generally, it is food that lacks nutrients but is high in calories made up of fat and sugar. Or, as one researcher says, it’s food that isn’t represented in the “healthy eating pyramid”.



But cake is so much more than junk food. I’m not talking about the airy confection-infused types with chemical concoctions to preserve, flavour, and colour. I mean cake as a symbol of joy and celebration; the conveyor of history, culture and tradition; as a token of love, belonging and social occasion.

The boundary between cake and bread is blurred: the precursor of cake is probably a hard bread made from oats, barley, salt and water.

The **Romans** added eggs and honey to the mix, beating the eggs to add air; a recipe that is not dissimilar to an old-fashioned sponge cake (three eggs and three ounces each of plain flour and sugar, with a pinch of salt).

The **Ancient Egyptians** are credited for discovering the properties of yeast; the raising agent used until baking powder was invented in the mid-nineteenth century.

The word cake appeared in the English language in the Middle Ages, when they were made of dried fruit, nuts, ginger and suet, and is thought to have derived from the old Norse word “kaka”. By the seventeenth century, the influence of historical traders and invaders is evident in English recipes, that call for Mace, Nutmeg and Cloves from Indonesia, Cinnamon from Sri Lanka, Saffron and Coriander from Greece, Ginger from southern China, Caraway from central Europe, Almonds from Asia, and Rosemary from the Mediterranean. These historical recipes are still used to make Christmas fruit cakes and puddings, and hot cross buns.

Why cake?

Well, why not!! What would a birthday be without a slice of cake after watching someone blow out the candles. One of the main parts of a wedding is the “cutting of the cake”. We even have coffee mornings to raise money for various charities, and that normally involves some kind of sponge cake, oozing with filling and icing. It can be a very social thing!!!

“Never eat more cake than you can lift.”

“Cake is the answer. The question is irrelevant.”

“Have a cake before each meal. It will take the edge off appetite and you will eat less.”

“If at first you don’t succeed, have a little cake.”

“A little too much cake, is just about right.”

NUTRITION: Biscuits

Did you know:

1. The word 'Biscuit' comes from the Latin words 'Bis' meaning twice, and 'Coctus', which means baked, because the sweet snack used to be cooked at least twice. Today, however, they usually just get cooked the once. Biscuits used to be popular with sea explorers as they stayed fresh for so long, forming part of the staple diet for sea voyagers.
2. How do you eat your chocolate digestive? With the chocolate on top? Breaking biscuit news shook the biscuit world earlier this year when fans of the treat found out that they had been happily tucking into their digestives for years, blissfully unaware that... they'd actually been eating them upside down all along! McVities recently dropped the bombshell that Chocolate Digestives have the chocolate at the bottom of the biscuit, not the top. How can I live with myself?
3. Biscuit eating can damage your health. A 2009 study revealed that 25 million people in Britain have been injured in the past by biscuits. A lot of incidents occurred when victims had been fishing for remnants of their biscuits in a scalding cup of tea. The most risky biscuit of all was The Custard Cream, so be careful if you've got a pack lurking in the cupboard. Seriously!!!!!!

Many biscuits are high in sugar, saturated fats, and include other fattening products.

Most of us know that we need to cut down on our free sugar intake. Free sugar includes all sugar which is added to anything we eat or drink, and may appear on the ingredients list as many different names such as: glucose, sucrose, maltose, honey, molasses, maple syrup, glucose syrup, hydrolysed starch, corn syrup, agave nectar, coconut palm sugar, or treacle.

As you can see, they also include honey, syrups and also fruit juice. However, naturally-occurring fructose in fruit, and lactose in milk, are not the types of sugar we need to cut down on, and some biscuits do contain small amounts of dried fruit.

Free sugar is linked to tooth decay, obesity and can lead to an increased risk of Type 2 diabetes.

These biscuits actually meet the low-sugar guidelines:

Malted Milks:	Jacobs Mini Cheddars:	Rich Tea Biscuits
McVites Digestives:	Fruit Shortcake	Nice
Jaffa Cakes	Ginger Nuts	



I know what it is like to open a packet of biscuits with the best intentions of only having a couple, and putting the rest into my Tardis biscuit container for future days. I then decide that a couple is not enough, and within an hour all of them could be gone. I even avoid the biscuit aisle in the supermarket now. But it is a treat, and ultimately is down to your own discipline. I'm off for a Jammy Dodger to dunk in my tea!!!

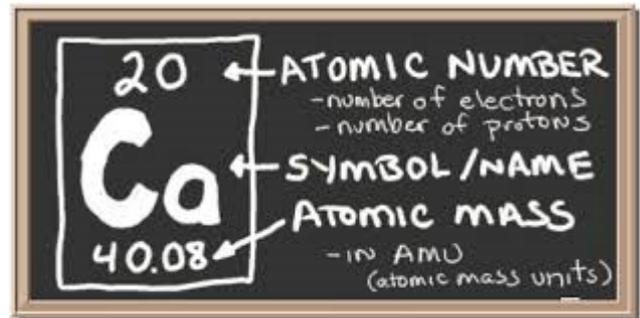
**Your life is your life. You are responsible for your nutrition and diet.
We all love a snack now and then - be that Cakes, Biscuits, or something else.
But think about the calories during the day. Think about the sugar and fat content.
You cannot blame anyone else. Have treats. But look after your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

NUTRITION: Minerals

Calcium

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.



- Bones grow rapidly during adolescence, and teens need enough calcium to build strong bones and fight bone loss later in life. But many don't get the recommended daily amount of calcium.
- In addition, people who smoke or drink fizzy drinks, caffeinated beverages, or alcohol may get even less calcium because those substances interfere with the way the body absorbs and uses calcium.
- Bone calcium begins to decrease in young adulthood and people gradually lose bone density as they age, particularly women. Teens, especially girls, whose diets don't provide the nutrients to build bones to their maximum potential, are at greater risk of developing the bone disease osteoporosis, which increases the risk of fractures from weakened bones.
- Calcium also plays an important role in muscle contraction, transmitting messages through the nerves, and the release of hormones. If people aren't getting enough calcium in their diet, the body takes calcium from the bones to ensure normal cell function, which can lead to weakened bones.
- If you got enough calcium and physical activity when you were a kid, and continue to do so as a teen, you'll enter your adult years with the strongest bones possible.

Great sources of calcium in our diets are:

Dairy Foods (hence we drink milk); Vegetables; Soy Foods; Beans; Canned Fish; Nuts.

There are calcium supplements, and many foods are fortified with it.

Calcium is a mineral that is necessary for life.

**In addition to building bones and keeping them healthy, calcium enables
our blood to clot,
our muscles to contract,
our heart to beat.**

About 99% of the calcium in our bodies is in our bones and teeth

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?

NUTRITION: Lazza's Kitchen

Fruit Pie

Lazza is still trying out new recipes Today - he cooks Blueberry Pie

The source of the word "pie" may be the Magpie.

One 1450 recipe for "grete pyes" contained what Charles Perry called "odds and ends", including: "...beef, beef suet, capons, hens, both mallard and teal ducks, rabbits, woodcocks and large birds such as herons and storks, plus beef marrow, hard-cooked egg yolks, dates, raisins and prunes



This one is a very simple recipe - I chose not to make the pastry.

Packs of Shortcrust pastry for size of dish

Lots of fruit (I chose blueberries)

Caster Sugar - around 3oz

Splash of Cinnamon

Splash of milk

That's all there is. Sometimes, less is more!!!

1. As I did not make the pastry, I just rolled it out, and stretched it into the dish (which was larger than I realised).
2. I then added half the blueberries and covered over with nearly half the sugar.
3. I then added the other half of the fruit, and covered that with nearly all remaining sugar.
4. I sprinkled over a small amount of cinnamon.
5. Then I rolled out the remaining pastry to cover (here is where cooking gets interesting, as I discovered that I did not have enough, so stretched what I had over the top!! (should be fun - it's in the oven as I am typing. It could be a disaster.)
6. Brushed milk onto the top of the pastry, and sprinkled over the remaining sugar.
7. Cooked in oven at 200C for 30-40 minutes (I will keep checking - I took out after 42 mins)



**Simple recipes can be fun.
And I made mistakes here too.
But that's fine.
It's cooking!!!
Going to oven in 15 mins:**

**Oh my word.
May not look perfect.
But tastes Yummylicious!!!!**

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



HMHB's Name Game Page

Can you name the tv comedy from these cast photos?
Answers at bottom of quiz page answers (page 21)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

EXERCISE/FITNESS - How much should you do?

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.

“I have seen salmon swimming upstream to spawn even with their eyes pecked out. Even as they are dying, as their flesh is falling away from their spines, I have seen salmon fighting to protect their nests. I have seen them push up creeks so small that they rammed themselves across the gravel. I have seen them swim upstream with huge chunks bitten out of their bodies by bears. Salmon are incredibly driven to spawn. They will not give up. This gives me hope.”



A question I am often asked is just how much exercise should we do. The official NHS guidelines say:

“Physical activity guidelines for adults aged 19 to 64

Adults should do some type of physical activity every day. Any type of activity is good for you. The more you do the better.

Adults should:

- aim to be physically active every day. Any activity is better than none, and more is better still
- do strengthening activities that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week
- reduce time spent sitting or lying down and break up long periods of not moving with some activity.

You can also achieve your weekly activity target with:

- several short sessions of very vigorous intensity activity
- a mix of moderate, vigorous and very vigorous intensity activity

You can do your weekly target of physical activity on a single day or over 2 or more days. Whatever suits you.”

Let's look at it a bit more.

EXERCISE/FITNESS:

So, what counts as “exercise”.

A walk is great, but not at your normal pace. Because, then it is just that, a walk. A walk for exercise means walking faster than normal - and is called moderate exercise.

What counts as moderate aerobic activity?

Moderate activity will raise your heart rate, and make you breathe faster and feel warmer. One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities:

- Brisk walking
- Water aerobics
- Riding a bike
- Dancing
- Doubles tennis
- Pushing a lawn mower
- Hiking
- Rollerblading



What counts as vigorous activity?

Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath.

In general, 75 minutes of vigorous intensity activity can give similar health benefits to 150 minutes of moderate intensity activity. Most moderate activities can become vigorous if you increase your effort.

Examples of vigorous activities:

- Jogging or Running
- Swimming fast
- Riding a bike fast or on hills
- Walking up the stairs
- Sports, like football, rugby, netball and hockey
- Skipping rope
- Aerobics - Zumba
- Gymnastics
- Martial arts



What counts as very vigorous activity?

Very vigorous activities are exercises performed in short bursts of maximum effort broken up with rest.

This type of exercise is also known as High Intensity Interval Training (HIIT).

Examples of very vigorous activities:

- Lifting heavy weights
- Circuit training
- Sprinting up hills
- Interval running
- Running up stairs
- Spinning classes



EXERCISE/FITNESS:

Something is better than Nothing



NO:

Trying is the first step to failure,
(Homer Simpson)

YES:

Nothing is impossible.
The word itself says "I'm Possible".
(Audrey Hepburn)

Healthy Minds, Healthy Bods have been running daily exercise sessions on Highbury Fields since April, and you can see some pictures on page 8 from one of our circuit training meetings. We are very careful to explain that people can rest at any time, stay hydrated, and stop if they need to, but also promote the thought of pushing outside of our comfort zones.

Rest is important. You can over exercise. Especially if you have not done it for a while. There is a belief that you have to do it for an hour, at extreme intensity, and if you don't you are a failure. That is honestly not so. Your body is incredible, but also needs nurturing. Don't rush it.

When you exercise, you are actually breaking down the muscle fibres in your body. Usually this is a good thing because, when the body repairs and rebuilds them, you are stronger than you were before.. But in order for the repair process to happen you need to have adequate sleep, healthy nutrition supplying essential nutrients, solid rest periods and times for recovery. If you fail to do that, you interfere with your body's ability to get stronger, and it can take it to a place of stress.

Think about it: Too much exercise + not the right fuel (nutrition) + insufficient rest (time for your body to work and recover) = problems!!

But most people will not struggle with that issue - their issue is they are not exercising enough. A 2018 report by the European Commission was astonishing reading. It said:

“Only two in five Europeans (40%) exercise or play sport at least once a week, including just 7% who do so regularly (at least five times per week). Almost half of respondents (46%) said they never exercise or play sport.

This number is 37% in the UK, where 17% of people are a member of a health or fitness centre and just 13% say they exercise 'regularly'.”

HMHB Conclusion;

As we discussed last week, most people should aim to get around 30 minutes of moderate cardiovascular activity at least five days each week. This works out to around 150 minutes or two and a half hours per week.

If you're new to activity, start short and slow. You can build as your fitness level improves. Remember: Something Is Always Better Than Nothing!!!

HEALTH / ROUTINE - Eyes

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

Your eyes are just a freaky miracle. To have adapted from nothing is quite extraordinary. To think we have a receptacle on our face that receives light and then our brains manage to transfer all that information into pictures in a fraction of a second should be beyond our comprehension.

This is also a subject quite close to my own heart. We take them for granted so much.

I had glasses from age 8 (the old National Health chunky brown ones). My elder sister, younger brother, and younger sister had all laughed at me, so I took incredible satisfaction as seeing them all get glasses within two years too.

I had soft contact lenses from age 20. And 13 years ago, I took the decision to have laser eye surgery, paying £1500 per eye. But the money was worth it.

Up to August 2017, I had never had to undergo a surgical operation (apart from the laser surgery). That month I was 51. I counted myself as very lucky.

Since then, I have had five operations on my two eyes, and still have one to go.

In fact, the photograph to the right is one taken of my left eye on the 14th August 2017. I had woken up with half my vision blank.

Not sure what was wrong, I headed to my local Specsavers, where they took that photo. I was then instructed to go straight to Moorfields Eye Hospital at Old Street, and not to move my head too much. Slightly worrying!!!

As you can see from the top of the picture, something had come lose.

In fact, I had woken to 12 tears (which is very unusual), a detached retina, with macula off!! “The macula is the central area of the retina and is of particular interest to retina specialists. It is the sensitive tissue which lines the inside of the eye. The macula is the functional centre of the retina. It gives us the ability to see “20/20” and provides the best colour vision”.

With that detached, it meant the light could not hit the back of the eye properly, therefore the brain could not use that information, and the sight was blocked.

The amazing people at the hospital were fantastic. And the next day I was having surgery to repair the damage. It was brilliant.

However, after these operations it is possible to get a cataract. I did. So the next Spring I was back having that surgery.

Astonishingly, in November 2018, I woke to find I had a 12 tear detached retina in my right eye, and underwent similar surgery, and also similar cataract surgery.

It is then possible to still get a little cloudiness. You have a small operation to fix that, and I have had that in my left eye, and am on the waiting list for my right eye.



HEALTH / ROUTINE - Eye Health

So, I have realised that we all take our health, and our organ health, for granted very much. Our bodies are relying on us to give it all the proper nutrients and compounds to keep it healthy. Hence, our promotion of a healthy lifestyle.

So how can we look after our eyes.

Firstly, the NHS recommends that you should get your eyes tested every 2 years (more often if advised by your ophthalmic practitioner or optometrist). How many of us do this? Having an eye test will not just tell you if you need new glasses or a change of prescription, it's also an important eye health check. An optician can spot many general health problems and early signs of eye conditions before you're aware of any symptoms, many of which can be treated if found early enough.



Some people are more at risk. It's particularly important to have regular eye tests if you're:

- Older than 60
- From a certain ethnic group; people from African-Caribbean communities are at greater risk of developing Glaucoma, and Diabetes, and people from south Asian communities are also at greater risk of developing Diabetes (diabetic retinopathy, where the retina becomes damaged, is a common complication of diabetes)
- Someone with a learning disability
- From a family with a history of eye disease.

You need to:

Give up smoking: Smokers are much more likely to develop age-related macular degeneration, which is the most common cause of sight loss in the UK, and Cataracts than non-smokers. (I hasten to say I have never smoked, so this was not the cause of my eye problems)

Drink within the recommended limits: Heavy alcohol consumption may increase the risk of developing early age-related macular degeneration.

Protect your eyes from the sun

Getting out in the sun is important for your general health, but you need to protect yourself. Never look at the sun directly, even when something exciting such as an eclipse is happening. Doing so can cause irreversible damage to your eyesight and even lead to blindness. Several studies also suggest sunlight exposure is a risk factor for cataracts.

Wearing a wide-brimmed hat or sunglasses can help protect your eyes from UV rays.

The College of Optometrists recommends buying “good-quality dark sunglasses – these needn't be expensive. Look for glasses carrying the CE mark or the British Standard BS EN ISO 12312-1:2013, which ensures they offer a safe level of ultraviolet protection”.

Eat healthy and watch your weight

Eating a diet low in saturated fats but rich in green leafy vegetables such as spinach and broccoli may help delay the progression of Cataracts and age-related macular degeneration. Oranges, kiwis, nuts, seeds and oily fish may also help prevent and slow down some eye conditions. Taking supplements is not a substitute for a healthy diet. It is important to maintain a healthy weight. Obesity can increase the risk of developing diabetes, which in turn can cause sight loss

**Your eyes are just another part of the miracle which is your body.
It is your responsibility to do all you can to look after that body.
If you don't create a healthy lifestyle, your body can get damaged.**

What is available to you

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

Karina is part of our weekly Sobell Fitness sessions.

Karina is currently in Latvia, but still doing online sessions, so email her for times, but do realise you may have to convert slightly depending where in the world you are..



yummymummyzumba@gmail.com



ACTIVE WITHIN

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



www.activewithin.com



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

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



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

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

Review of Challenges and Targets

Mind-set:

This week we looked at the three questions that are crucial to you developing a more positive overview of life. You need to know your targets and why you are wanting to achieve them.

But most importantly, you need to be proactive, and look at what you need to cut out of your life. Sacrificing things we enjoy doing, in order to improve our lives, is tough. I know from trying to lose weight. But you deserve a good life. Have a think about it.



Nutrition.

Oh my word. Yet another gorgeous photograph of yummy cakes to make us salivate. I could finish them all off. And that's the problem.. So many of these snacks, like the cakes and biscuits we mentioned this week, are okay as a treat, but not a habit.

Cake is also thought about for special events, and nobody should be told they cannot have a slice, but be aware of the sugar and fat (trans fat) content of all these delicious snack items. You need to make sure you are giving your body more healthy food.



Exercise



At HMHB we love our exercise and fitness.

We encourage people to think about their bodies, and how physical exercise can make such a difference.

But you don't have to be pushing yourself for ages and ages. In fact, you can actually exercise too hard, which some do when they are stressed to reach targets.

Take rests, go easy on yourself, but also get outside your comfort zone. There is moderate and vigorous exercises, so just make sure you do something every day.

Something is better than nothing!!

Health.

Your eyes are such an important organ. And I apologise if anyone has access to this pack who may have lost their sight.

Keeping your eyes healthy is clearly a very important task.

Vitamins A, C, E, B6, B9, B12, B2, B3, Lutein, Zeaxanthin, Omega 3 Fatty Acids, and B1, all have various uses for your eyesight.

However, eating a balanced diet rich in fruits, vegetables, whole grains, protein and healthy fats will provide you with all the nutrients your eyes, and the rest of your body, need for optimal health.

Think about it this week. Are you doing enough?



**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 + Casts from Page 13

See if you can beat your family and friends

Music

In which year were these composers born? How close did you get?

- | | | |
|----|-------------------------|------|
| a. | Ludwig Van Beethoven | 1770 |
| b. | Johann Sebastian Bach | 1685 |
| c. | Claude Debussy | 1862 |
| d. | Joseph Haydn | 1732 |
| e. | Richard Wagner | 1813 |
| f. | Igor Stravinsky | 1882 |
| g. | Wolfgang Amadeus Mozart | 1756 |
| h. | Benjamin Britten | 1913 |
| i. | Sergei Rachmaninoff | 1873 |
| j. | Henry Purcell | 1659 |

Geography

In which African countries are these places?
If you don't know them, do find pictures.

- | | | |
|----|------|------------------------|
| 1. | TM | South Africa |
| 2. | MK | Tanzania |
| 3. | VF | Zimbabwe |
| 4. | T | Libya (capital city) |
| 5. | GSOG | Egypt |
| 6. | A | Ghana (capital city) |
| 7. | DEFM | Morocco |
| 8. | A | Nigeria (capital city) |
| 9. | KNP | South Africa |

SAHARA: Algeria, Chad, Egypt, Libya, Mali, Mauritania, Morocco, Niger, Sudan, Tunisia, Western Sahara (according to Wiki).

Music:

Who were/are the lead singers of these bands?

- | | | |
|-----|------------------|-------------------------|
| 1. | Culture Club | Boy George |
| 2. | Dire Straits | Mark Knopfler |
| 3. | Pet Shop Boys | Neil Tennant |
| 4. | Queen | Freddie Mercury |
| 5. | Blondie | Debbie Harry |
| 6. | Simply Red | Michael (Mick) Hucknall |
| 7. | Hot Chocolate | Errol Brown |
| 8. | Eurythmics | Annie Lennox |
| 9. | Nirvana | Kurt Cobain |
| 10. | Spandau Ballet | Tony Hadley |
| 11. | Duran Duran | Simon Le Bon |
| 12. | Slade | Noddy Holder |
| 13. | Simple Minds | Jim Kerr |
| 14. | Wham | George Michael |
| 15. | The Human League | Philip Oakey |

Olympics:

The 15 track and road events are:

100m: 200m: 400m: 800m: 1500m: 5000m: 10000m:
3000m Steeplechase: Marathon: 110m/100m hurdles;
400m hurdles; 20km walk: 50km walk;
4 x 100m relay: 4x 400m relay.

QUIZ ANSWERS

List of Comedy TV Shows – from Page 13

- | | | |
|-------------------|----------------------------|-------------------------|
| 1 South Park: | 2 The Good Life: | 3 The Young Ones |
| 4 Red Dwarf: | 5 The Munsters: | 6 The Brady Bunch |
| 7 Vicious: | 8 Father Ted: | 9 3rd Rock from the Sun |
| 10 Police Squad | 11 Everybody Loves Raymond | |
| 12 Will and Grace | 13 Yes Minister | |
| 14 Taxi | 15 Cheers | |

Congrats if you managed to get them all, now get away from the telly!!!

Films:

- | |
|--|
| 1 Lord of the Rings:
The Fellowship of the Ring |
| 2 Lord of the Rings:
The Two Towers |
| 3 Lord of the Rings:
The Return of the King |

THE LAST PAGE

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

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

You can text HMHB: **07964 430456**

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

Please follow and like us on Facebook if you are on it:

www.facebook.co.uk/healthymindshealthybods

Please follow us on Twitter if you use it: **@hmhb2016**

Please follow PT Dean on Twitter if you use it: **@zombie_pt**

Please follow and like our blogs:

www.hmhb2016.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

Our website is: **www.hmhb2016.org.uk** you can contact us through the site

We are updating it with new pages at the moment, and plenty of pictures on our gallery page

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

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund for helping to sponsor these packs. With their help, we can reach a lot of people.



Cripplegate Foundation
Helping since 1500

Be Safe, Be Active, Be Well