Healthy Minds, Healthy Bods

Health Pack: Number 28
Focus on Mind-set, Nutrition, Exercise, Health

*The Original and The Best*

Prepared by: Lazza, Luke and Dean: Monday 26th October 2020

www.hmhb2016.org.uk
Welcome to the 28th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed any of our first twenty-seven (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 pioneering, unique fresh approach. Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling. HMHB looks to prevent people from experiencing depression, stress and anxiety, and show that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

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

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

PRINTED COPIES CAN BE POSTED TO YOU

We are delighted to say we can print and post copies to people who would like a paper copy. Due to Islington Giving Funding, and the National Lottery, we can do this, for a limited number. So you need to speak with us as soon as possible.

Please connect through our website contact page.

Thanks to everyone who reads these packs.

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

“It is only in our darkest hours that we may discover the true strength of the brilliant light within ourselves that can never, ever, be dimmed.”

It’s true: laughter is a strong medicine. It draws people together in ways that trigger healthy physical, and emotional, changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humour lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner. Go on, give it a go!!!

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use. Put a comedy on the telly and let yourself smile!!!

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humour and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness, and even add years to your life.

- **Laughter relaxes the whole body.** A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.
- **Laughter boosts the immune system.** Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- **Laughter triggers the release of endorphins,** the body’s natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.
- **Laughter protects the heart.** Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.
- **Laughter burns calories.** OK, so it’s no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories, which could be enough to lose three or four pounds over the course of a year.
- **Laughter lightens the mood.** Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.
- **Laughter may even help you to live longer.** A study in Norway found that people with a strong sense of humour outlived those who didn’t laugh as much. The difference was particularly notable for those battling cancer.

The ability to laugh, play, and have fun not only makes life more enjoyable but also helps you solve problems, connect with others, and think more creatively. People who incorporate humour and play into their daily lives find that it renews them and all of their relationships.

Life brings challenges that can either get the best of you or become playthings for your imagination. When you “become the problem” and take yourself too seriously, it can be hard to think outside the box and find new solutions. But when you play with the problem, you can often transform it into an opportunity for creative learning. Playing with problems seems to come naturally to children. When they are confused or afraid, they make their problems into a game, giving them a sense of control and an opportunity to experiment with new solutions. Interacting with others in playful ways helps you retain this creative ability. Have a chuckle!!!
Lazza’s Fiendishly Hard Quiz Spectacular!!!
It’s meant to take some time, and make you think.
Answers are on page 23 this week (no peeking)

Geography
Scotland has a total of 7 cities. Can you name them all?
Wales has a total of 6 cities? Can you name all of them too?

Literature
Characters from which books?

a. Mr Brownlow / Mr Bumble
b. Thorin Oakenshield / Smaug
c. Winston Smith / Big Brother
d. Jem Finch / Boo Radley
e. Mock Turtle / White Rabbit
f. Smee / Mary Darling
g. Mina Harker / Jonathan Harker
h. Griphook / Quirinus Quirrel
i. Fiver / Hazel
j. Lisbeth Salander / Mikael Blomkvist
k. Quint / Hooper
l. Grandpa Joe / Violet Beauregarde
m. Zaphod Beeblebrox / Slartibartfast

History
When were these US Presidents first sworn in to office? (not elected)
1. John F Kennedy
2. Donald Trump
3. Theodore Roosevelt
4. Bill Clinton
5. Abraham Lincoln
6. Ulysses S Grant
7. George Washington
8. Richard Nixon
9. Woodrow Wilson
10. Barack Obama
11. Gerald Ford
12. Franklin D Roosevelt
13. Herbert Hoover

Television
All these are famous UK television catchphrases: Tell us the programme from whence they come and who says it?

1. I don’t believe it
2. Don’t panic
3. I have a cunning plan
4. Aha
5. Lovely Jubbly
6. I’m a Laydee!
7. Suits you, Sir
8. The truth is out there
9. No no no no no yes
10. Oooh, I could crush a grape
11. Oooh, you are awful but I like you
12. It’s all done in the best possible taste
13. Cowabunga
14. You dirty old man
15. Say what you see

Film
In the Hobbit, Bilbo Baggins travels with 13 dwarves on his trek to the Lonely Mountain, where they go to reclaim their treasure.

How many of the 13 dwarves can you name?

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.

Last week, in Issue 27, we set you a problem. You had to solve a murder. We gave you the synopsis, the characters and the details. From that you had to say who did it, and how they did it. How did you do? In this issue, we are going to give you the solution. We are also going to link this problem with a growth mind-set. In case you missed it: here is the set up once more. Try and solve the murder before looking at the answer, which is on Page 8. No Peeking!!!!!!

Seating plan for the Prometheus: a 1930s airplane. This is where the murder takes place. Refer back to this as you try and solve the murder from the details in the next pages. This is the rear of the plane: Seats 1 & 2 are right at the back. You are one of the passengers too, and are the detective.

There were only 8 people seated in this part of the plane. You were one of them. You are a policeman (and no, there is no twist where you are the killer - you are solving the crime). Once the flight started, the front car was closed off from the back. Remember this is set in the 1930s.

Seat 2 - Mrs Karen Kardashian - murdered during the flight – age 45
Seat 5 - Dr. Luke Jones (Texas archaeologist) – age 53
Seat 6 - Dr. Oliver Jones (Texas archaeologist) – age 35
Seat 8 - Ms. K J Rawling (British crime author) – age 48
Seat 9 - “this is where you were sitting”
Seat 10 - Dr. Leonard MacCoy (British doctor) – age 58
Seat 12 - Mr. Charlie Honnam (British dentist) – age 29
Seat 16 - Ms Taylor Sweft (US by birth) – age 24

There were 2 stewards on the flight, overseeing the food and drinks and comfort for the passengers. They are exonerated. The killer was one of the passengers.

A blowpipe like the one found on the flight down the back of your seat.
The darts shown in the pic were a lot larger than that found on the floor.
Do note the information about the pipe above:
Synopsis:
Mrs Kardashian was murdered during the flight from France to the UK. The flight took 3 hours.

Note:
- The archaeologists talked to some passengers about their finds, and passed around their pottery and tubes.
- The doctor spent an hour cleaning and polishing his flute.
- All the people used the toilets. According to everyone on board, no passenger was seen near the victim.
- A wasp was seen half way through the flight and was killed by Oliver after annoying a few passengers.
- Most people smoked during the flight, using cigarette holders. From halfway through, many slept.
- It was first thought Mrs Kardashian had been stung by the wasp. There was a small puncture wound on her neck, and this was shown to be where the venom entered her body. But upon closer inspection, what was thought to be a dead wasp, but was actually a small dart from a blowpipe, with yellow and black markings, was found on the floor, under her seat. A quick-working poison was on the dart, and would have killed her instantly.
- A blowpipe was discovered later down the back of your own seat.
- K J Rawling’s last book had someone killed with a blowpipe. She had bought one as research, but cannot now find it. However, a Parisian shopkeeper does recall recently selling a blowpipe to an American, but the darts were red and black, not yellow and black. (it was later proven that the dart used was one of these)
- Only strange thing noticed by stewards, Mrs Kardashian’s saucer for her cup of tea had two teaspoons, but neither would admit to making the error.

In the 1930s you were allowed to smoke on board flights. And many who smoked would use a Cigarette Holder. It was a slender tube, with the ciggy fitted into one end, so you did not have to handle the cigarette. The passengers had the following items in the cabin with them.

Dr. MacCoy

Mr. Honnam.

Luke Jones

Oliver Jones

K J Rawling:

Taylor Sweft;
Pocket of travelling coat; Six postcards of Paris. Two handkerchiefs. Silk Scarf. Tube of aspirin.
So, you now have all the details you need.
You have seen the characters and know all who were aboard the flight and had access to the cabin.
You have seen their faces. You know what they had on them.
Don’t forget, you were also there on the plane at the time of the murder.
So now, you need to determine how Karen Kardashian was killed and by whom.

I did not say it was going to be easy. And if you do not get it, that’s totally cool. But why not give it a go?
If you struggle on your own, get a friend or two involved. Two heads are better than one they say.
We give you the solution on page 8, and go into more depth about how it is your mind-set that can help you
deal with these complex problems. But before turning over, why not try and find the solution first????

(I changed names from originals as I was not sure if I could really use them, so pls don’t contact saying MacCoy on Star Trek
is spelt differently, or that the lady in the picture’s name is really J K Rowling: I know!!!!)

The solution is on the next page. So do not look until you have tried to solve it yourself.
We hope you enjoyed this puzzle. Please give it a go before turning the page.
We are also looking at the Mind-set aspect too.)
MIND-SET:

Did you manage to solve the murder?

Well, that was fun. Let’s take a good look through the evidence, and the solution.

Facts: Karen was killed by a dart in the neck. Fact, that dart was sold with a blowpipe in Paris. How did it get there? She is sitting in seat 2, nearest the side, facing the front of the plane. Among the passenger belongings there are many objects that a dart could be blown through (the pipe itself, the flute, the pottery tubes, the cigarette holders). But it would be such a risky thing to do, and surely someone would have seen someone stand up and aim. Think about where Karen is sitting. So how else could it get into her neck. The obvious thing would be someone pushed it. But no passenger went down the plane, and the stewards are exonerated.

Then, there is the colour of the dart. It is yellow and black, not red and black as when it was sold. And it was confused at first for a dead wasp, as one was seen half way through the flight!!! And that is the first clue. Why only half way through, over an hour in. Where was the wasp before that? And what a coincidence that the dart looks like a wasp. How would the killer know a wasp would be on the flight, to be confused for the dart?

Well, the clear answer is he/she must have brought the wasp on board.

So now we look at the passengers belongings. We know the wasp must have been brought onto the flight alive, but also it must have been released during the flight, so the dart could be confused for it if found. Is there any contraption that would allow that to happen? Only one person has an item like that:

Yep, Charlie Honnam has an empty matchbox - and why does he have that if he has a lighter?

So, now we think we know who the killer is. But how did he do it? He is facing away from Karen in the plane, and would have to go down the plane to push the dart into her neck. Is this possible?

Well, let’s look at another strange clue too. The extra spoon. It may seem trivial, but both stewards swear that they did not do that. So how did it get there? Someone else must have put it there, and that person must have been the killer. Could Charlie have done that?

Yes. He is a dentist. And in his case is a white coat - and from the photos we see the stewards wear white coats. All the passengers used the toilet. Half way through the flight, when most people are dozing or reading, Charlie gets up to use the toilets, taking his case with him. He changes into the white coat and, grabbing a spoon, so if seen he can claim as a joke he is just impersonating a steward as a bet or something, heads through to the rear of the cabin with the matchbox too. He leans in to Karen and pushes the dart into her neck, and the quick working poison kills her, the dart falling to the floor, so he does not accidentally prick himself. He releases the wasp, leaves the spoon, and walks back to the toilet, repacks his white coat, and heads back to his seat, knowing the wasp will annoy people and be commented on. Later, amid the confusion when the murder is discovered, he slips the blowpipe behind your seat, so people believe that is how the dart was used. He is the only person who could have brought on the wasp. And the only person who could impersonate the steward - remember only the stewards were seen at that end of the cabin. You have solved the murder.

So how does that link to Mind-set???

Life is going to throw problems and challenges to us every week of every year. And it is up to us to come up with solutions that work for us. We may be able to do that on our own, or we may have to ask others advice too. And, of course, there are bound to be times when we fail. When the answer eludes us. But from that we learn and move on. It’s about thinking, analysing, not rushing and staying calm.

This challenge was about trying to tell the clues from the red herrings. I deliberately put a lot of items that could be used as blowpipes to try and make you focus on that, and not the dart. The big question was, why was the dart changed from red/black to yellow/black? And how did the killer know there would be a wasp on the flight? Once you worked out those two things as important, as well as why a dentist would need his white coat on a trip, the solution would become apparent. I hope you enjoyed this exercise in thinking.
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.

Condiments were known in Ancient Rome, Ancient India, Ancient Greece, and Ancient China. There is a myth that before food preservation techniques were widespread, pungent spices and condiments were used to make the food more palatable, but this claim is not supported by any evidence or historical record. The Romans made the condiments Garum and Liquamen by crushing the innards of various fish and then ferment it in salt, resulting in a liquid containing glutamic acid, suitable for enhancing the flavour of food. This process would lead to a flourishing condiment industry. “Apicius”, a cookbook based on fourth and fifth century cuisine, contains a section based solely on condiments.

The term “condiment” comes from the Latin condimentum, meaning "spice, seasoning, sauce" and from the Latin condire, meaning "preserve, pickle, season". The term originally described pickled or preserved foods, but its meaning has changed over time.

For modern times, a condiment is a spice, sauce, or preparation that is added to food, typically after cooking, to impart a specific flavour, to enhance the flavour, or to complement the dish.

A table condiment or table sauce is more specifically a condiment that is served separately from the food and is added to taste by the diner.

Condiments are sometimes added prior to serving, for example, in a sandwich made with pickles, mustard or mayonnaise. Some condiments are used during cooking to add flavour or texture: barbecue sauce, teriyaki sauce, Worcestershire sauce, soy sauce, and marmite and sour cream, are all examples.

Many condiments, such as mustard or ketchup, are available in single-serving packets, commonly when supplied with take-out or fast food meals.

Traditionally, when we think of condiments, we think of the obvious choices: tomato ketchup, brown sauce, salad cream, mayonnaise and pickles; they're standard meal and classic sandwich toppers. However, today, the condiment options are much more robust. From flavoured mustards to a plethora of barbecue sauces, the options are plentiful and probably a bit confusing. In addition to toppers, condiments are used in cooking to marinate, tenderize protein, boost flavour, and add an appeal to the palate.

While most condiments don't provide much nutrition to your diet, some do contain healthy ingredients such as herbs, spices, heart-healthy fats, and antioxidants. But, regardless of whether you choose a healthy or not-so-healthy condiment, it's wise not to drown your food in it. Instead, stick to the serving size.

In the next couple of pages let's take a look at a few of these and what nutritional value they have. Relax though, although some are high in sugar, the amounts we eat are minimal.
**Tomato Ketchup**

There are quite a few versions of “ketchup”, which was originally mushroom based in the UK from the 1750s to the 1850s. In the Philippines, you can get Banana Ketchup (dyed red to look like tomato). Curry Ketchup is a common sauce in Germany, Denmark and the Netherlands. But the most popular, with 80% sales in Europe, is Heinz tomato ketchup. Tomatoes, Vinegar, High Fructose Corn Syrup (which we covered when we did Fizzy Drinks in an earlier pack) and spices and flavourings, are in the recipe.

Heinz are quick to say that there are no artificial colours, flavours, preservatives or thickeners.

Ketchup may be a source of added sugar and sodium, but because it is usually not consumed in large quantities, it can be included in a healthy diet.

A typical serving of ketchup provides just 15 calories and has just over 4 grams of carbohydrates. Most of the carbs come from sugar with far less than a gram coming from fibre. If you consume a typical packet of ketchup, you will consume a smaller portion, just 10 grams, so you'll consume fewer calories, carbs, and sugar.

Ketchup is very low in fat, providing just 0.02g per serving.

Ketchup is also low in protein with just 0.16g in each one-tablespoon serving.

Because ketchup is consumed in such small amounts, it is not a good source of micronutrients. The main ingredient, tomatoes, are high in vitamin C and vitamin A and can also be a good source of vitamin K, potassium, and manganese (depending on the amount consumed). But you are not likely to consume enough ketchup to get substantial levels of any of these nutrients.

**Salad Cream**

Salad cream is a creamy, pale yellow condiment based on an emulsion of about 25–50 percent oil in water, emulsified by egg yolk and acidulated by spirit vinegar. It may include other ingredients such as sugar, mustard, salt, thickener, spices, flavouring and colouring. The first ready-made commercial product was introduced in the United Kingdom in 1914, by Heinz, where it is used as a salad dressing and a sandwich spread. Historically, salad cream, often mentioned in Victorian sources, consisted of “hard-boiled eggs puréed with cream, mustard, salt and vinegar”.

Most people love salad cream or mayonnaise, so how do they compare? Salad cream has around half the calories, and a third of the fat compared to mayonnaise. The sugar and salt are increased because of this, but not to the level of some other dressings. So, using a small amount of salad cream instead of mayonnaise could make quite a significant difference. Consider choosing the light version of salad cream to save further calories and fat.

Of course, you could make these yourself at home. Why not look up a recipe and give them a go?
In the UK, pickled onions and pickled eggs are often sold in pubs and fish and chip shops. Pickled beetroot, walnuts, and gherkins, and condiments, such as Branston Pickle and Piccalilli, are typically eaten as an accompaniment to pork pies, and cold meats, sandwiches or a ploughman’s lunch. Other popular pickles in the UK are pickled mussels, cockles, red cabbage, mango chutney, sauerkraut, and olives. Rollmops (pickled herring fillets) are also quite widely available under a range of names from various producers both within and out of the UK.

Pickled Herring, rollmops, and salmon are popular in Scandinavia. Pickled cucumbers and red garden beets are important as condiments of several traditional dishes. Pickled capers are also common in Scandinavian cuisine.

**Branston Pickle**

Branston Pickle is made from a variety of diced vegetables, including swede, carrots, onions and cauliflower pickled in a sauce made from vinegar, tomato, apple and spices. In recent years high fructose corn syrup has replaced sugar in the product sold in the American market. Sugar is still used in the British version.

Branston Pickle is sweet and spicy with a chutney-like consistency, containing chunks of vegetables in a thick brown sticky sauce. It is commonly served as an accompaniment to salads, and is a popular menu item in UK pubs. It is also frequently combined with cheddar cheese in sandwiches, and many sandwich shops in the UK offer cheese and pickle as an option. It is available in the standard 'chunky' version, as well as a 'small chunk' variety, which is easier to spread onto bread.

Sweet pickles such as Branston supply small amounts of vegetables to the diet which is better than having none at all. But they retain very little of their vitamin C, and can't be realistically counted towards the five a day fruit and vegetable target that the Department of Health recommends. Sweet pickle is a good choice in sandwiches or with salads however, as it is virtually fat free, (compared with a fat tally of 75 per cent in mayonnaise).

**Piccalilli**

The word appears in 1769, in Elizabeth Raffald’s “The Experienced English Housekeeper”, as "to make Indian pickle, or Piccalillo". Richard Briggs, in his 1788 “The English Art of Cookery”, similarly calls it "Picca Lillo". The spelling "piccalilli" can be seen in an advertisement in a 1799 edition of "The Times".

British piccalilli contains various vegetables: invariably cauliflower, onion, and gherkin, and seasonings of mustard and turmeric. A more finely chopped variety "sandwich piccalilli" is also available from major British supermarkets. It is used as an accompaniment to foods such as sausages, bacon, eggs, toast, cheese, and tomatoes. It is usually used to accompany a dish on a plate rather than as a bread spread. It is popular as a relish with cold meats such as ham and chicken, and with a ploughman’s lunch.

Apparently, the preserving process in Piccalilli creates beneficial bacteria to aid digestion

*Most of us add some kind of condiment to meals, especially to chips and fast food. But why not create them yourself? This could be fun. But use wisely, not too much, and enjoy the taste they provide.*
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.

- Chlorine is a trace mineral, which your body needs in small amounts.
- Chlorine is an essential mineral, meaning it must be obtained through your diet.
- In its elemental form, it is a poisonous pale-green gas; in the body, it is necessary to support life, but its excess can easily harm it.
- Chlorine is found mostly in the form of “Chloride”, a negatively charged element (anion) which with positively charged elements (cations) forms compounds necessary for fluid and electrolyte balance, acid-alkaline balance, and other important body functions.
- With Sodium it forms salt, and with Hydrogen it forms hydrochloric acid.
- It is necessary for absorption of proteins and metallic minerals, as well as Vitamin B12.
- The Chlorine DRI (Dietary Reference Intakes) the most recent set of dietary recommendations set by the government, for an average healthy adult is 2.3g, and slightly less after the age of 50. Most people get as much or more just from the salt intake. However, deficiencies are possible with low salt intake, as well as due to significant loss of fluid (prolonged heavy sweating, diarrhoea).
- High levels of Calcium, chloride’s antagonist (mutual antagonism), can also suppress body's chloride level.

In adults, chlorine deficiency may result in dehydration and associated symptoms. Children are more at risk, since metabolic consequences of low chlorine can cause impaired physical development.
Excessive chloride levels, on the other side, can result in water retention and the associated elevated blood pressure, as well as increased risk of developing cancer.
Also, excess chloride becomes a free-radical initiator, resulting in damage to the arterial walls, leading to arteriosclerosis.

Chloride is found in table salt or sea salt as sodium chloride. It is also found in many vegetables. Foods with higher amounts of chloride include seaweed, rye, tomatoes, lettuce, celery, and olives. Chloride, combined with potassium, is also found in many foods

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 Chlorine intake is important for your overall health,
Luscious Lemon Cheesecake

The English name “Cheesecake” has been used only since the 15th century, but the cheesecake did not evolve into its modern form until somewhere around the 18th century. Europeans began removing yeast and adding beaten eggs to the cheesecake instead. With the overpowering yeast flavour gone, the result tasted more like a dessert treat.

I'd never bought Mascarpone before but, as anyone who knows me is aware, I am a massive cheesecake fan!!! I am stunned!! It’s delicious.

Creamy, lemony, and yummy!!!

Note: I took the photo before overnight fridge. Biscuit and filling both set overnight!!!

225g digestive biscuits
100g butter, melted
250g tub mascarpone
600g soft cheese
2 eggs, plus 2 yolks
zest 3 lemons, juice of 1
4 tbsp plain flour
175g caster sugar
1/2 pot of double cream (topping)
3 large tablespoon of Lemon Curd (topping)

Heat oven to 180C/fan 160C/gas 4.
Line the bottom of a 23cm springform tin with greaseproof paper.
Crush the biscuits into small breadcrumb like bits. (I added some coconut)
Add to the melted butter and combine.
Press into the tin and chill.
Whisk all the other ingredients in a large bowl until completely combined.
I added a little lemon flavouring too before pouring mixture into the tin.
Bake for 35-40 mins until the cheesecake has a uniform wobble.
Turn off the oven and leave the cake inside until cool.
When it is completely cooled, remove from the tin.
Top with whisked double cream (and I whisked in lemon curd too)
Swirl lemon curd over the top (I decided to leave mine in the cream).
Decorate with whatever you like (fruit, nuts etc.) - my decorating skills need some work!!

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 dessert to prepare.
HMHB’s Name Game Page – trickier than you think.
Can you name these bones found in the human body?
Answers at bottom of quiz page answers (page 23)
Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone.

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

Healthy Minds, Healthy Bods are part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden up to the end of March, and we are looking forward to restarting them all as soon as possible, as well as starting more. However, we want to guide our users, and others, to do some of their own sessions, either at home or in a local green area.

I, personally, have used both Clissold Park and Highbury Fields so far.

As long as you Social Distance you will be fine. Find ways to be active.

“The rectus abdominis (also known as your Abdominal muscle) is a long flat muscle, which extends along the whole length of the front of the abdomen, and is separated from its fellow of the opposite side by the Linea Alba (this is a fibrous structure that runs down the midline of the abdomen in humans and other vertebrates). Tendinous intersections (intersectiones tendineae) further subdivide each rectus abdominis muscle into a series of smaller false muscle bellies. Tensing of the rectus abdominis causes the muscle to expand between each tendinous intersection, resulting in the characteristic six or eight pack observed in individuals with low body fat”. (I just about followed that - I hope it was not too complicated!!!)

- The muscles of your abs stabilize your torso to maintain good posture.
- Strong abs and back muscles are crucial for preventing lower back pain and injury.
- Everything you do; walk, bend, sit, stand, reach, and lift, involves your abs and back. If your torso isn't strong or is imbalanced, you'll quickly become one of the millions of people with chronic lower back pain.
- The Transverse Abdominis (TVA) is often ignored in favour of the more visible muscles of the rectus abdominis (the six-pack) but is extremely important for every day functioning. It actually wraps around your spine, giving maximum stability to the spinal column.

Your core muscles play a huge role in your everyday activities, from getting out of bed, to walking down the street, and bending over to grab your shopping or bag but, most importantly, they literally help you stay upright.

That's because your core muscles are the base of support for your entire body. They completely surround and support your spine and pelvis and connect your upper body and lower body, effectively transferring forces from one to the other.

And when you're talking about your whole core (versus just your abs), there are even more muscles involved: your pelvis floor muscles, the back muscles that stabilize your spine, and your diaphragm (the main muscle involved in breathing).

A strong core helps keep a more upright and erect posture, whether you're being active or just sitting at your desk. Think of it like the tree trunk of your body (albeit a lot more mobile). It has to hold its ground so that your branches (arms and legs) can do their thing any which way.
EXERCISE/FITNESS:
Let’s try some simple Abs exercises.

Dead Bug

1. Lie on the floor, with your arms stretched straight up, and
our knees bent at 90 degrees - *mine slightly lower!!!*
2. Exhaling, slowly lower your left arm behind you and your
opposite right leg to the front.
3. Hold for 2 seconds.
4. Inhaling, come back to the starting position.
5. Repeat on the other side.

It is an effective way to strengthen and stabilize your core,
spine, and back muscles. It also improves your posture, balance
and coordination.

Russian Twists

1. Sit on the floor, leaning back to try and get a 45 degree
angle.
2. You can leave feet on floor or lift them up.
3. Use your abs to twist first to the left and then the right.
4. You can pretend you are holding a ball and need to place
it to the side of you if you prefer.
5. Try and keep your feet off the ground as you do it, but it
is fine to touch the floor if this is too difficult.

Do be careful with this exercise. Don’t do with injuries.

Swimmers

1. Lie on your stomach.
2. Stretch out your arms in front of you and your legs
behind you.
3. First, lift your left arm and your right leg, then lower
them whilst raising the opposite leg and arm.
4. Keep repeating this motion.
5. You can lift both arms and legs at the same time too if
you want.

This is quite a simple exercise, but is really good for your
core, and lower back. Try and keep the motion as slow as
possible, enabling your core to get a good workout.

*Like any exercises, take them steady at first.*
*But try and build in more time and reps as you progress.*
*Let’s try some more on the next page.*
EXERCISE/FITNESS:
Let’s try some more simple Abs exercises.

Side Plank
1. We have covered the normal plank a few times.
2. Lie on your left side, legs extended and stacked from hip to feet. The elbow of your right arm is directly under your shoulder.
3. Engage your abdominal muscles, drawing your navel toward your spine
4. Lift your hips and knees from the floor while exhaling. Your torso is straight in line with no sagging or bending. Hold the position.
5. Inhale and return to the starting position. Try and hold for 60 seconds. Change sides and repeat.

Oblique Crunch
1. To get position. Lie on your back. Hands down your side (never behind the neck). Feet on floor with knees bent. Lower the knees to the floor on one side.
2. Contract or squeeze your abdominal muscles as you slowly lift your shoulder blades off of the ground. Due to the side position of your legs, you will be engaging the oblique muscles on the side of your abdomen. You don't have to raise up very high, just a few inches for each repetition.
3. Do a few reps before switching to the other side.

Hollow Body Hold and Bend
1. Lie on your back.
2. Extend your arms behind you and your legs straight out the front, just off the ground.
3. Keeping all four limbs extended, and keeping your tummy tight, bend in the middle.
4. You should be trying to touch your toes with your hands (you wont, unless your are incredibly flexible)
5. Return to starting position and keep repeating.

It looks so simple, but is deceptively good for your middle, and may hurt. Keep pushing yourself.

There are many different kinds of exercises, and in these packs we cover the spectrum.
Your core is important for posture and stability.
Why not try out some of these Abs exercises at home?
Your body needs to stay strong. It’s your choice!!!!
HEALTH / ROUTINE
Flu / Pneumonia - we look at the science first.

I’m actually booked for my flu jab on the Thursday 22nd October, (typing this on the 18th) so by the time you read this I would have had my injection. I thought it was therefore quite a topical subject to cover for our “health” section this week. Let’s start off with some long-word science. (yummy!!)
Influenza viruses belong to the family “Orthomyxoviridae” (we come back to that below) and have a single-stranded segmented RNA genome. (don’t you love science!!!!)

Most of us have heard of DNA. It stands for “DeoxyriboNucleic Acid”. It is a chemical made up of two long molecules. The molecules are arranged in a spiral, like a twisted ladder. We call this the “double helix” structure. There is DNA in the nucleus of every cell. DNA carries genetic information. It has all the instructions that a living organism needs to grow, reproduce and function. Every human has unique DNA (except for identical twins who share the same DNA, as they both came from the same initial cell). Forensic scientists use the unique nature of DNA to help catch criminals.
But here we are talking about RNA. It stands for “RiboNucleic Acid”. DNA encodes all genetic information, and is the blueprint from which all biological life is created. It is a storage device, a biological flash drive that allows the blueprint of life to be passed between generations. RNA functions as the reader that decodes this flash drive. This reading process is multi-step and there are specialized RNAs for each of these steps. I love all this science, even if I don’t understand every bit!!! (I get the drift though).

Back to Orthomyxoviridae.
There is not just one influenza virus (flu). In fact there are seven recognised strains, three of which we, as humans, can catch. These are all RNA viruses, that has RNA as its genetic material. Covid 19 is also RNA based, as is the common cold. The three human based types are:

- **Alphainfluenzavirus**: Humans, Pigs, Horses, Birds and Bats. This is the most virulent human pathogens among the three influenza types and causes the most severe disease.
- **Betainfluenzavirus**: Humans, Seals. A degree of immunity to influenza B is usually acquired at an early age. However, influenza B mutates enough that lasting immunity is not possible.
- **Gammainfluenzavirus**: Humans, Pigs, Dogs. Less common and usually mild.

Typically, influenza is transmitted from infected mammals through the air by coughs or sneezes, creating aerosols containing the virus, and from infected birds through their droppings. Influenza can also be transmitted by saliva, nasal secretions, faeces, and blood. Infections occur through contact with these bodily fluids or with contaminated surfaces. Out of a host, flu viruses can remain infectious for about one week at human body temperature, over 30 days at 0 °C (32 °F), and indefinitely at very low temperatures. However, they can be killed easily by disinfectants and detergents. Remember they are viruses, not bacteria, and antibiotics will have no affect on them at all.
HEALTH / ROUTINE
Where does Pneumonia come in?

There has been a lot in the papers recently around Covid and Flu/Pneumonia, trying to compare death numbers. It’s very tricky actually, and almost impossible to determine. This is because they talk about the “underlying” cause of death. People with the flu/pneumonia can catch Covid, and Covid is then seen as the underlying cause if they die. So, let’s just agree that they are both serious viruses to avoid!!

So what is the link between Influenza and Pneumonia?

Influenza (flu) is a highly contagious viral infection that is one of the most severe illnesses of the winter season. Influenza is spread easily from person to person, usually when an infected person coughs or sneezes.

Pneumonia is a serious bacterial infection or inflammation of the lungs. The air sacs fill with pus and other liquid, blocking oxygen from reaching the bloodstream. If there is too little oxygen in the blood, the body's cells cannot work properly, which can lead to death.

Influenza is a common cause of pneumonia, especially among younger children, the elderly, pregnant women, or those with certain chronic health conditions or who live in a nursing home. Most cases of flu never lead to pneumonia, but those that do tend to be more severe and deadly.

You can reduce the chances of getting Pneumonia.

• Get a flu shot every year to help prevent seasonal influenza. The flu is a common cause of pneumonia, so preventing the flu is a good way to reduce your risk of pneumonia. In addition, those at risk can get vaccinated against pneumococcal pneumonia.

• Anyone can catch it. While some people are at higher risk than others, anyone can get pneumonia. Symptoms of pneumonia include fever, wheezing, cough, chills, rapid breathing, chest pains, loss of appetite and malaise (an overall feeling of discomfort and lack of well-being), or a general feeling of weakness or ill health.

• Pneumonia has many different causes. Many germs, such as bacteria, viruses and fungi can cause pneumonia. Understanding the cause of pneumonia is important because pneumonia treatment depends on its cause.

• It can be deadly. Pneumonia can be very serious and can cause death. Complications from pneumonia include respiratory failure, sepsis and lung abscess and are more likely to affect older adults, young children, those weakened immune systems and people with other medical problems.

• Good health habits can help fight it. Washing your hands, following a healthy diet, getting adequate rest, regularly exercising, and not smoking are all habits that can help you from getting sick from bacteria, viruses and other causes of respiratory illnesses. Good health habits also promote fast recovery when you do get sick. (in fact, the usual suspects we cover in most issues!!)

Pneumonia is usually treated with antibiotics from a GP.

Severe Pneumonia may need to be treated in hospital.

Remember: Influenza - virus; Pneumonia - bacteria (sometimes virus)
We are living in a world that is dominated by virus protection. Governments everywhere are trying to find an answer. We are not here to do any politics, that is not what HMHB is about. Needless to say though, we all can be doing things to help ourselves lessen the risk on contracting either Covid 19 and the Flu.

1. Avoiding crowds as much as possible during flu season is a legitimate way to keep yourself from getting infected. If you can limit your exposure to large groups of people, then you can reduce your risk of getting the flu, or any virus. The flu spreads fast in confined spaces. Of course, wear masks when told.

2. Though not everyone has this opportunity, if you can work from home, that’s always a good option, especially if you’re already feeling a little under the weather. Even just one day of rest at home can go a long way in helping you get better.

3. A 2006 study published by Cambridge University Press suggests that low levels of vitamin D (super common in the winter) can impact the immune system and increase the chances that you’ll get the flu. That’s why it recommends making sure you get your vitamin D needs through the winter. You can take a supplement, or just eat more fatty fish like salmon, fortified orange juice and milk, as well as egg yolks, and mushrooms.

4. Eating an immune system-friendly diet goes a long way during flu season. Focus your eats on antioxidant-rich fruits and vegetables (like blueberries, tomatoes, and sweet potatoes), which basically strengthen your body’s inner flu shield. Probiotics are good too.

According to the British Lung Foundation:
Each year, around 30,000 people in the UK will die from Pneumonia.
On top of that, 44,000 people die from Sepsis: a deadly condition that can be triggered by Pneumonia. "If the flu virus infects the lung you can get, not only bronchitis, but also viral pneumonia. You can then get a secondary bacterial pneumonia, with the infection often coming from bacteria that’s in your mouth and airways entering your lungs. Because the flu has led to a suppression of your immune system, you then get the secondary infection."

Please, get your flu jab if you can.

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

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

Here is an amazing opportunity to join in a 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.

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

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

Check out their website for more information.

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

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

www.walkwithadoc.org

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
Mind-set:
So, last week we set you a challenge. To solve a murder, finding out who did it and how. We put the set-up in again this week, and I hope you decided to try and solve it before looking up the answer. It’s based on the reality we will have problems to solve all through our lives. We have to decide what are the facts, what we need to disregard, and even if we need to ask for help. And even then, we may not actually get the right solution. But that’s life!!!

Nutrition.
I should think most of us use condiments in our lives, even if it is just vinegar and sauce on our chips, or salad cream on our lettuce, even pickles in our sandwiches. They are a fundamental part of our nutritional lives, and we eat them in such small amounts we should not be too concerned. But what fun to try and make some ourselves? There is a lot of sugar content in some sauces. It is good to be aware of everything you eat and drink.

Exercise
Our abdominal muscles are so important. The abdominal muscles support the trunk, allow movement and hold organs in place by regulating internal abdominal pressure. The deep abdominal muscles, together with muscles in the back, make up your core muscles and help keep your body stable and balanced, and protects your spine. So, finding ways to improve any core strength, and therefore your abs, has to be a good thing.
We have looked at just a few. Notice, we did not cover the crunch. It’s still a good exercise, but other exercises do more. Crunches are a great start, but try and push yourself to be tough.

Health.
We are so busy concentrating on the Covid 19 virus, and rightly so of course, that we seem to have neglected slightly the other deadly virus that is around at this time of year. The Influenza virus, which most people will just deal with through their immune system, can lead to Pneumonia, which can be very nasty. So, if you can book a flu jab, please do it. Get that “sharp scratch” and feel a bit better about things. In our pages we look at various strains and what we can be doing better to lessen the risk. All viruses can affect you in different ways. Be aware, be safe, but live your life.

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 + Bones from Page 14
See if you can beat your family and friends

Literature
Characters from which books?

a. Oliver Twist
b. The Hobbit
c. 1984
d. To Kill A Mocking Bird
e. Alice’s Adventures In Wonderland
f. Peter Pan
g. Dracula
h. Harry Potter and the Philosophers Stone
i. Watership Down
j. The Girl With The Dragon Tattoo
k. Jaws
l. Charlie and the Chocolate Factory
m. The Hitchhikers Guide To The Galaxy

Television
All these are famous UK television catchphrases: Tell us the programme whence they come and who says it?

1. Victor Meldrew: One Foot In The Grave
2. Lance Corporal Jones: Dad’s Army
3. Baldrick: The Blackadder series
4. Alan Partridge: I’m Alan Partridge
5. Del Boy: Only Fools And Horses
6. David Walliams/Matt Lucas: Little Britain
8. Mulder: The X Files
9. Jim Trott: The Vicar Of Dibley
10. Stu Francis: Crackerjack
11. Mandy: The Dick Emery Show
12. Cupid Stunt: The Kenny Everett Show
13. All four turtles: Teenage Mutant Ninja Turtles
14. Harold Steptoe: Steptoe and Son
15. The Presenter: TV quiz Catchphrase

History
When were these US Presidents first sworn into office? (not elected)

1. John F Kennedy Jan 1961
2. Donald Trump Jan 2017
3. Theodore Roosevelt Sep 1901
4. Bill Clinton Jan 1993
5. Abraham Lincoln Mar 1861
6. Ulysses S Grant Mar 1869
7. George Washington Apr 1789
9. Woodrow Wilson Mar 1913
12. Franklin D Roosevelt Mar 1933
13. Herbert Hoover Mar 1929

Geography: Naming cities:
Scotland: Aberdeen: Dundee: Edinburgh: Glasgow:
Inverness: Perth: Stirling:
Wales: Bangor, Cardiff, Newport: St Asaph: St Davids:
Swansea

List of Bones in the Human Body- from Page 14 (it’s meant to be tricky)

1: Scapula: 2: Skull 3: Humerus
4: Metacarpals 5: Sternum 6: Femur
7: Mandible 8: Ulna 9: Patella
10: Metatarsals 11: Coccyx 12: Clavicle
13: Ribs 14: Tibia 15: Hip

How was that? People really should know all of them. How did you do?

Film
The 13 Dwarves in The Hobbit are:

Dwalin, Balin, Kili, Fili, Dori, Nori, Ori, Oin, Gloin, Bifur, Bofur, Bombur and Thorin
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 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.