Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 41

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best

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

Prepared by: Lazza, and Dean: Monday 25th January 2021

www.hmhb2016.org.uk
Welcome to the 41st of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

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

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

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

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

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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, 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

“Some people around you will not understand your journey. They don’t need to. It’s not for them.”
Teenagers can catch “moods” from their friends.

“If you live alongside a teenager, or ever were one yourself, the latest findings from the Universities of Birmingham and Oxford may not come as a huge surprise to you, as they discovered that teenagers can ‘catch’ moods from their friends, and that bad ones are more potent than good ones.

In the study, two groups of teenagers aged 15 to 19 years old, recorded their daily moods and social interactions while on a short residential trip, where they noted that the moods of individuals began to reflect those of the people that they were spending time with.

And while bad moods were more easily passed around, the researchers found that when a teenager ‘catches’ a low mood from their friend, it actually has a positive effect, as the friend felt uplifted by the mood exchanged. They also noted how teenagers did not exclude those in low moods. They were not choosing to match themselves only with those who felt the same way as they did themselves.

With a look to the future, researchers Dr Stephanie Burnett Heyes, from the University of Birmingham, and Dr Per Block, from Oxford’s Leverhulme Centre for Demographic Science, highlight how these findings could lead to a better understanding of adolescents’ mental wellbeing.

“We hope it is a step towards understanding why people fall into prolonged low states, the social factors that determine emotional wellbeing in adolescents, and, in the long run, how it may be possible to provide emotional support leading to improved mental health,” says Dr Block.

“This study raises so many outstanding questions, especially in COVID-19 times, such as what do we lose when interaction is not face-to-face, and what is preserved?” Dr Burnett Heyes added.

It’s something that many of us will have already been familiar with anecdotally, but the study also highlights the importance of uplifting others, and of being there to make sure that they feel heard when they are going through a low period. Teens, tweens, or fully-fledged adults, there’s always something to be said for the power of a listening ear and a kind word.”

When you see someone coughing, you reflexively know to steer clear of his or her germs. When you observe someone who is cranky or complaining, it is less obvious what to do. Psychologists call this phenomenon “emotional contagion”, a three-step process through which one person’s feelings transfer to another person. The first stage involves nonconscious mimicry, during which individuals subtly copy one another’s nonverbal cues, including posture, facial expressions and movements. In effect, seeing my frown makes you more likely to frown. People may then experience a feedback stage, because you frowned, you now feel sad. During the final contagion stage, individuals share their experiences until their emotions and behaviours become synchronized. Thus, when you encounter a friend on a bad day, you may unknowingly pick up your pal’s nonverbal behaviours and begin to morph into an unhappy state. Mimicry is not all bad, however; a person can also adopt a friend or colleague’s good mood, which can help enhance their bond.
Lazza’s Fiendishly Hard Quiz Spectacular!!!
It’s meant to take some time, and make you think.
Answers are on page 25 this week (no peeking)

Family
According to the Office for National Statistics, what were the top 15 boys names given to babies born in the UK in 2019. How many of them can you guess?

Sport: Can you name the country where the following sports stars were born?

a. Ayrton Senna (Formula 1)
b. Johan Cruyff (Football)
c. Thomas Bjorn (Golf)
d. Don Bradman (Cricket)
e. Zola Budd (Athletics)
f. Rafael Nadal (Tennis)
g. Mark Spitz (Swimming)
h. Manny Pacquiao (Boxing)
i. Wayne Gretzky (Ice Hockey)
j. Nadia Comaneci (Gymnastics)
k. Jonah Lomu (Rugby Union)
l. Alistair Brownlee (Triathlon)
m. Joey Dunlop (Motorcycling)

History
Name the year these famous battles took place. See how close you get.

1. Siege Of Troy
2. Hastings
3. Agincourt
4. Trafalgar
5. Waterloo
6. Gettysburg
7. Stalingrad
8. Marathon
9. Verdun
10. Marston Moor
11. Iwo Jima
12. Little Bighorn (Custer’s Last Stand)
13. Operation Overlord
14. Gettysburg
15. Stalingrad
16. Marathon
17. Verdun
18. Marston Moor
19. Iwo Jima
20. Little Bighorn (Custer’s Last Stand)
21. Operation Overlord

Literature
Can you say who wrote these famous Science Fiction Novels, and name the year they were first published? It’s tough!!

1. Dune
2. Neuromancer
3. Nineteen Eighty-Four
4. Brave New World
5. The Time Machine
6. Fahrenheit 451
7. Frankenstein
8. The Day Of The Triffids
9. Do Androids Dream Of Electric Sheep
10. The Handmaid’s Tale
11. The Hitchhiker’s Guide To The Galaxy
12. I Robot
13. 20,000 Leagues Under The Sea
14. 2001 A Space Odyssey
15. Jurassic Park
16. Dracula

UK Television
Since 2002, 115 people have hosted “Have I Got News For You.”

But only 13 of them have hosted on five or more occasions. How many of the 13 can you name?

Try and answer all before you look at the answers. Test yourself. Take your time.
MIND-SET:
How can I deal with rejection?

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

Setting up a business you deal with a huge amount of rejection. I lost count of the times we were turned away when we first started out. We were patronised, we were ignored, and HMHB was made to feel very small and insignificant. And it was heart-breaking at times. Really tough. I am not ashamed to say there were some tears on occasions.

But we, as individuals, can get rejected every day. Yes, people associate rejection with relationships, but it could also be to do with employment issues, or even your friends talking to each other and leaving you out. All of these can have a telling effect on our own thoughts and feelings.

Sadly, it is part of life, and something we need to be able to deal with and handle if we are to continue moving forward on our own journey. And our thinking, or mind-set, is fundamental to that process.

Change your perspective
Our ability to see things as “changeable” can have a strong influence on how we deal with rejection.

American researchers did a study recently that concluded that “basic beliefs about personality can contribute to whether people recover from, or remain mired in, the pain of rejection.”

Let us use their example of a relationship break up, and how we perceive things in our own minds.

Their Study revealed that individuals who have “Fixed Mind-sets” and see personality as more set in stone are more likely to blame themselves and their own “toxic personalities” for a breakup. When they experience a rejection, they tend to second guess and criticize themselves and regard future relationships as less hopeful.

On the other hand, individuals who have “Growth Mind-sets” see their personalities as something that can be altered or developed. They’re able to look at the breakup as an opportunity to grow and change. They’re hopeful that their romantic future will improve, and relationships will get better. People with a growth mindset recover emotionally from a break up much more quickly. If we can embrace this idea that life is flexible and that losses offer us opportunity, we can grow more within ourselves and suffer less when we experience a rejection.

Obviously there will be that initial phase where it hurts, but having that Growth Mind-set is clearly advantageous. And that is the same for any rejection type situation.

One of the hardest things to deal with is feeling as if we are rejected. But it is important to move on and not allow negative emotions to grow. Part of being human is that life is sometimes unfair, sadly.
MIND-SET:
You CAN deal with life when it seems unfair

Be aware of your inner voice
Being human, we aren’t only affected by what happens to us but by the filter through which we view what happens to us. Our “critical inner voice” is also part of the way we see the world. It can sometimes be good to use this voice when we are considering options. But, like a mean teacher living inside our heads, this inner critic is designed to critique, undermine, and sabotage us. Just as positive, nurturing experiences help us form a healthy sense of self that’s “on our side” so to speak, our “critical inner voice” often forms out of negative early life experiences that gave us a fundamental feeling of being bad or wrong in some way. Throughout our lives, it represents a sort of “anti-self,” the side of us that is turned against ourselves. How often do we put ourselves down, or think back wishing we had done something better?

The “voice” represents a destructive thought process that frequently hurts us in life and in relationships, often attacking us when we are most vulnerable. When we’re dealing with a rejection, for example, the voice is there to tell us, “See? I told you it wouldn’t work out. No one could ever really like you. You’ll never find what you want.” It also gives us bad advice, “You should never have put yourself out there. You can never trust anyone again. You’ll only get hurt.” Recognise that at all? I know I berate myself on occasions. We are all human and flawed and most likely have real things we want to work on in ourselves, but this voice is seldom a friend to us and is not conducive to real change. It perpetuates a cycle of self-destructive thinking, sometimes followed by self-limiting or self-destructive actions. When we have to deal with a break up, we can feel a lot stronger and a lot better able to move on when we’re on our own side. That means making our inner voices our public enemy number one. We need to be able to separate from them, and challenge them on an action level. Taking this practice seriously can really help us stay in a healthy and realistic mind frame when recovering from a break up, or any rejection type situation.

Remove the rose-tinted glasses
When we experience a rejection, we are often more inclined to build up whatever or whoever is rejecting us. Jobs can start to sound better when we don’t get them. Dates may appear more attractive after they don’t call back. And relationships that were rocky or made us miserable may start to seem blissful once they’ve ended. Dealing with a rejection is a lot harder when we are mourning something that didn’t really exist the rosy way we remember it. I recall a terrible break-up I had back in 2004. It was the start of the first of my two depressions, alongside a couple of other events that did not help. I was shattered emotionally, but looking back it probably was never going to work. But I thought I had found “the one” so when it went wrong I felt like the rest of my life had also been taken from me.

When we feel rejected, even when we feel anger at the other person or the situation, we’re often, on some level more willing to tear ourselves apart, while building up the one who’s rejecting us. We idealise the person or the relationship and long for it, while simultaneously reinforcing the idea that we are less than or unworthy. What we must realize is that this feeling of unworthiness often has much deeper roots inside us, and what’s tormenting us often has less to do with the actual reality of what we lost and more to do with a fundamental negative feeling about ourselves that drives us to believe fantasy over reality. When I lost that relationship, I felt that I was worthless, useless, and if only I had handled matters better it would have been fine. Looking back, that’s just silly.
In a published American study, it was discovered that people who had gotten divorced but had a high level of self-compassion “reported fewer intrusive negative thoughts, fewer bad dreams about the divorce, and less negative rumination.” Their findings led them to conclude, “If you pick all of the variables that predict how people will do after their marriage ends, self-compassion really carries the day.” Again, this correlates with any situation where you may feel rejected.

What is Self-Compassion?

Self-Kindness v Self Judgement: When we notice our critical inner voice creeping in and colouring our outlook, we should aim to practice self-kindness. Basically, we should treat ourselves the way we would a friend. We can be sensitive and empathetic to our own struggle. This isn’t about feeling sorry for ourselves or denying our mistakes, but it is about not being judgmental or cruel toward ourselves. How often would you comfort a friend and offer them advice, but if the same things happen to you, you then fall to pieces?

You are not alone in isolation: Realise that no one is alone in their struggle, even though it can feel like that at times. All human beings suffer, and most have experienced rejection, be that at school, work, or socially. Remembering this connection can help us avoid the feeling that we are somehow different or isolated. Many people have been down a similar path, and we should feel hopeful and connected when it comes to our future.

Think about Mindfulness: Mindfulness is a practice of focusing our awareness on the present moment, learning to sit with a thought or experience without judgment. In addition to having almost countless mental and physical health benefits, mindfulness helps us to avoid over-identifying with painful thoughts and feelings that arise. We can feel our feelings without allowing our negative thoughts to take over. We can avoid boarding a train of “critical inner voices” that catastrophise and distort ourselves and our reality. Mindfulness meditation or breathing exercises can also feel calmer when strong emotions or reactions arise. Self-compassion teaches us that we can be a friend to ourselves when we experience a rejection. We can be honest about ourselves and the situation, while maintaining kindness and understanding.

Feeling pain is natural
While hating ourselves is a waste of time, trying to cut off or brush over our feelings doesn’t usually serve us when we’re experiencing a painful event in our lives. It’s important to allow ourselves to feel the sadness or anger that’s stirred up in us when we feel rejected. Some of these feelings may go deeper, because they trigger old, core emotions. We may be afraid to feel these feelings, because of this, and therefore steer ourselves more toward attacking ourselves or the person who rejected us on a surface level.

We can always choose how we act, and while we shouldn’t allow our feelings to take over how we behave, we shouldn’t try to shut them off entirely. A more adaptive strategy may involve allowing ourselves the freedom to feel our feelings, while remembering that feelings come in waves. If we are ever in a lot of pain or feel overwhelmed by emotion, seeking help is always a strong and wise idea. Often, we feel relieved when we allow ourselves to really feel our sadness. We may feel cleaner about the situation itself as well. I found talking to a counsellor removed much of my own pain.
MIND-SET:
How can I feel better about myself

Rejection really knocks you, so it is important to pick yourself up, tell yourself that you are worth more, and get on with life, which I realise is easier to do than to write it. What can you do to help that process?

Get Outdoors
Firstly, it removes you from a situation where you are sitting down and letting the rejection fester.
Secondly, many studies have shown that getting out into nature, or just the local park, is a fantastic mood buster, and can lift your spirits.
Thirdly, exercise releases hormones that naturally pick you up.

Volunteer
Being able to help people is a natural mood raiser, and builds your self-worth. Especially during this time of pandemic there are many organisations that would welcome another pair of hands. Studies have shown that people who volunteer have higher self-esteem, psychological well-being, and happiness. It can also improve your overall health.

Make sure you eat healthily
Being particular about what you eat can increase your mood and make you feel better about yourself. We repeat this many times in these packs. Eating foods that are filled with nutrients regularly can help you feel more positive and energetic. And, oppositely, foods that are high in saturated fats and sugars (which are most of the ones we seem to turn to when we re depressed) can make your mood crash. Plus, if you're eating healthier, you may find you feel better mentally too, which will allow you to handle everyday stresses with ease. Finally, cooking is fun. :-)

Have some “me” time
There is nothing to feel guilty about if you fancy sitting with a tub of ice cream watching a box set of Doctor Who (yes, I am a nerd), or any other television programme you fancy. According to one study it is suggested that quality “me” time improves your psychological well-being and it can also make you a better employee. It suggests if people take time out to recharge their batteries and experience the time taken out as high quality, this reaps benefits for their own psychological well-being, their family relationships and for their employers as they are more likely to perform better at work. Just do something that you enjoy, and treat yourself.

Stop comparing with others
Rather than comparing yourself to others and feeling down, acknowledge the path you're on is the right one. It’s a natural human trait to compare your life to others and find reasons why ‘they’ got the ‘good life’ and you didn’t. But you can re-wire your inner mammal to be happy about the life you have. You can consciously look for the advantages of where you are. Keep doing it and you will build a new pathway in your brain that looks for the good. If you don’t, your brain will reflexively look for the disadvantages of where you are, no matter how good you have it.

“You are too amazing to not feel good about yourself. You may not be exactly where you want to be in life, but your worth is not determined by your success, your body, or what others think about you. You are worthy because you are you, so hold your head up high, and start loving yourself right now.”
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.

How often do we go to the supermarket and pick up the same fruit and vegetables? It is something we all do. There is some kind of comfort in buying them as we know we like them. We may take a glance at something different, but then we move on quickly as we are not sure if we would like the taste, or may not know how to cook it.

But why not try out some new fruit and vegetables? You never know, you may just find something you love that you have been missing out on. So we will take a look at a few fruits and vegetables that we may not buy too often. If you already use these, we will try and put nutritional information too.

**Aubergine (Eggplant)**
Most commonly purple, the spongy, absorbent fruit is used in various cooking practices. Typically used as a vegetable in cooking, it is actually a berry if you go by botanical definitions. It is related to the tomato, chili pepper, and potato. Like the tomato, its skin and seeds can be eaten, but, like the potato, it is usually eaten cooked. Eggplant is nutritionally low in both macronutrient and micronutrient content (we have covered these in multiple packs), but the capability of the fruit to absorb oils and flavours into its flesh through cooking expands its use in the kitchen.

Due to its texture and bulk it is often used as a meat substitute in vegetarian and vegan dishes.

Aubergine flesh is smooth. Its numerous seeds are small, soft and edible, along with the rest of the fruit, and do not have to be removed. Its thin skin is also edible, and so it does not have to be peeled. However, the green part at the top, called the calyx, does have to be removed when preparing it for cooking.

Aubergine can be steamed, stir-fried, pan fried, deep fried, barbecued, roasted, stewed, curried, or pickled. Many aubergine dishes are sauces made by mashing the cooked fruit. It can be stuffed. It is frequently, but not always, cooked with fat. Why not research some recipes and give it a try?

**Butternut Squash**
Although botanically a fruit like the aubergine, butternut squash is used culinarily as a vegetable that can be roasted, sautéed, toasted, pureed for soups, or mashed to be used in casseroles, breads, muffins, and pie.

Butternut squash will store for two to three months. Some varieties will keep up to six months. They are best kept at 10 °C (50 °F) with 50 percent humidity.

Raw butternut squash is 86% water, 12% carbohydrates, 1% protein, and contains negligible fat. A 100 gram reference amount supplies 45 calories, is a rich source (20% or more of the “daily value” DV) of Vitamin A (67% DV) and Vitamin C (25% DV), and contains moderate amounts of Vitamin B6, Vitamin E, Magnesium, and Manganese, each having content of 10-12% DV.
NUTRITION:
Do you use these fruit and vegetables?

Pumpkin
Pumpkins are part of the squash family and they are usually large, round, and vibrant orange, with a slightly ribbed, tough and smooth outer skin. Inside the pumpkin are the seeds and flesh. When cooked, the whole pumpkin is edible, the skin, pulp and seeds, you just need to remove the stringy bits which hold the seeds in place.

Pumpkin is a great source of potassium and beta-carotene, which is a carotenoid that converts to vitamin A. It also contains some minerals, including Calcium and Magnesium, as well as vitamins E, C, and some B vitamins.

Vitamin C is not naturally made by the body and so it is important we get it from the diet every day, as it plays a part in collagen formation, helps to prevent bruising, as well as wound healing.

As indicated by their bright orange colour, pumpkins contain beta-carotene, which is converted to vitamin A when consumed. Research has demonstrated that vitamin A plays an important role in supporting the immune system, of which around 80% is in the digestive system.

Parsnips
For a lot of people, they will only experience parsnips when they eat their Christmas dinner.

Parsnips are a delicious type of root vegetable that has been cultivated and enjoyed around the world for thousands of years.

Closely related to other vegetables like carrots, parsnips have long, cream-coloured tuberous roots with a sweet, slightly nutty flavour. In addition to bringing a unique taste to your dishes, parsnips are incredibly nutritious and have been associated with many health benefits.

One cup (133 grams) of parsnips provides the following;
100 Calories, 24 gm of Carbohydrates, 6.5gm of Fibre, 1.5gm of Protein, and 0.5gm of Fat.

Plus: 25% of the Reference Daily Intake (RDI) of Vitamin C, 25% RDI of Vitamin K, 22% RDI of Vitamin 9 (Folate), 10% RDI of Vitamin B1 (Thiamine), 7% RDI of Vitamin B6, and 13% RDI of Vitamin E.

Also it includes minerals: 10% RDI of Magnesium, 8% RDI of Phosphorous, 7% RDI of Zinc.

In addition to the nutrients listed above, parsnips contain a small amount of calcium, iron, and riboflavin (also known as Vitamin B2).
**Gooseberry**

I have to admit I am slightly biased here. My mum used to make a wonderful gooseberry pie, and it was probably my favourite. It isn’t so easy buying gooseberries I find though.

Gooseberries are small, nutritious fruits that offer many health benefits. The European and American varieties are the most common types. Both are closely related to black, red, and white currants. Although mostly known as green, they can be found in various colours, and the flavour can be quite tart, which may mean adding more sugar when cooking with them, so be aware.

Low in calories and fats, like most fruits they are high in nutrients. Their vitamins and minerals include copper, manganese and potassium. Copper is important for your heart, blood vessels, immune system, and brain. Meanwhile, manganese supports metabolism, bone formation, reproduction, and immune response, whereas potassium is essential for normal cell function. They are low in calories and high in fibre, which helps protect against obesity, heart disease, type 2 diabetes, and some types of cancer.

**Sharon Fruit (Persimmon)**

Sharon fruit is the trade name for a variety of persimmon whose astringency (a light acidity or bitterness) has been artificially removed, so it can be eaten at all stages of maturity. They have a similar plump shape of a tomato, averaging 5-8 centimetres in diameter, topped with a green or brown calyx. Their thin, waxy, edible skin is pale to reddish-orange in colour when ripe, and the orange flesh is almost always seedless, has no core, and is void of any bitterness. It offers a sweet flavour, even if it is still immature and firm, with a crisp and succulent texture. As the fruit matures, it softens to a custard-like consistency, developing a more complex sweet flavour with hints of brown sugar.

Sharon fruits have high fibre content, containing roughly twice as much fibre as an apple, and they are rich in minerals, such as sodium, magnesium, calcium, and iron. They are widely regarded for their high level of beta-carotene, found in both the skin and flesh, making them a great source of vitamins A and C. They are also high in glucose and protein.

According to one site: “Sharon fruit can be eaten fresh, used in sweet or savoury cooked applications, as well as preserved in both dried and canned form. It can be eaten whole at any stage of ripeness, though as it over-ripenes the flesh may become translucent, but is still edible. Add fresh Sharon fruit to salads, roast and serve with a mascarpone cream, or use in recipes for baked goods. Sharon fruit can be made into sauces, jams, chutneys, marinades, and puddings, where it is often paired with spices like cinnamon, ginger, nutmeg, allspice, and cloves. Sharon fruit complements grilled shellfish and pork, and also pairs well with endive, coriander, squash, figs, pears, olive oil, softer cheeses like taleggio and goat cheese, or aged cheeses such as manchego and parmesan.”
More fruits for you to try

Rhubarb
We probably have all tried rhubarb pie, or maybe a yoghurt, but when was the last time you bought some and cooked it? You can actually eat it raw, but it is not recommended due to its sour, brutally bitter taste. That is why it is nearly always cooked with sugar.

If you ever grow it you have to be very careful. We only eat the pink stalks of the rhubarb plant. The triangular green leaves contain high levels of a poisonous chemical called Oxalic Acid. So, yeah, stick to the red stalks only.

Fun fact, although used as a fruit it is technically a vegetable!!!

Rhubarb can be roasted, sauteed, stewed, or pureed. Stewing rhubarb is one of the easiest and most common ways to cook it, as well as one of the most versatile ways to serve it. Pour stewed rhubarb over ice cream, drizzle it onto pancakes, or even incorporate it into cocktail. My mum also used to make rhubarb pies, delicious with homemade custard!!!

Blackberries
We used to have blackberry bushes at the bottom of our garden, and I recall the joy of picking a large bowl of them and taking them to my mum who, as you probably guessed, would make a terrific blackberry pie (she was good at pies).

When I recently made the trifle for the recipe page, I included blackberries in it. And, I handed out quite a few portions to our walkers (when we were allowed to walk). The main comments (obviously apart from how good it was - lol) was how nice it was having blackberries in the jelly.

Blackberries contain a wide array of important nutrients including potassium, magnesium and calcium, as well as vitamins A, C, E, and most of our B vitamins. They are also a rich source of “Anthocyanins”, powerful antioxidants that give blackberries their deep purple colour.

Around 10 blackberries count towards one of your five-a-day. Not bad!!!

A study published by the “Nutrition & Cancer Journal” found that certain fresh blackberry extracts may help to prevent tumour growth and spread of cancer, although more research is required. An animal study by the “Nutritional Neuroscience Journal” found that including blackberries regularly in the diet improved both motor and cognitive function which could provide benefits in humans with more research. Another study by the “European Journal of Nutrition” found that consuming wild blackberries can provide a protective effect on the brain thanks to their rich polyphenol content.

Blackberries contain the mineral manganese which plays an important role in brain function and deficiencies have been found to increase the risk of conditions such as epilepsy.

These are just a few suggestions for you to try.
Why not research and give a few new fruit and vegetables a go?
Either cooking or raw. Be adventurous.
Essential Nutrition: HMHB look at Vitamin A

In earlier packs we looked at the various vitamins. Here we add more information about these essential nutrients.

Vitamin A is a lipid (fat) soluble vitamin, which means it is absorbed along with fats in the diet and is stored in the body’s fatty tissue and in the liver. It is found in many plant and animal foods and in dietary supplements. It can be found in many fruits, vegetables, eggs, whole milk, butter, fortified spreads, meat, and oily saltwater fish. It can also be made in a laboratory. Carotenoids are a group of yellow or orange chemicals found in plants. Some of these can be converted to vitamin A in the body.

Taking vitamin A supplements by mouth is effective for preventing and treating symptoms of vitamin A deficiency. Vitamin A deficiency can occur in people with protein deficiency, diabetes, over-active thyroid, fever, liver disease, and cystic fibrosis.

It can help with all the following:

- **Breast Cancer:** Premenopausal women with a family history of breast cancer who consume high levels of vitamin A in their diet seem to have lower risk of breast cancer. It is not known if taking vitamin A supplements has the same benefit.
- **Cataracts:** People who consume high amounts of vitamin A in their diet seem to have a lower risk of developing cataracts.
- **Measles:** Taking vitamin A by mouth seems to reduce the risk of measles complications or death in children with measles and vitamin A deficiency.
- **Ability to see in low-light conditions:** Taking vitamin A during pregnancy seems to reduce night blindness by 37% in malnourished women. Vitamin A might work better for this condition when taken with zinc.
- **White patches in the mouth:** Research shows that taking vitamin A can help treat precancerous lesions in the mouth. These are usually caused by smoking (oral leukoplakia).
- **Death from any cause for kids:** Most experts agree that high-dose vitamin A supplementation reduces the risk of death in children 6-59 months of age who are at risk for vitamin A deficiency. Taking vitamin A does not seem to reduce the risk of death in healthy adults.
- **Complications after childbirth:** Taking vitamin A, during, and after pregnancy reduces diarrhoea after giving birth in malnourished women. Taking vitamin A before and during pregnancy also seems to reduce the risk of death by 40% in malnourished women.
- **Eye issues:** Taking vitamin A can slow the progression of an eye disease that causes damage to the retina, creating poor night vision and loss of side vision.
- **An inflammatory bowel disease:** Some research shows that taking vitamin A daily for 2 months can reduce symptoms and help the intestine to heal in adults with ulcerative colitis.

Micronutrients, often referred to as vitamins and minerals, are vital to healthy development, disease prevention, and wellbeing. With the exception of vitamin D, micronutrients are not produced in the body and must be derived from the diet. Though people only need small amounts of micronutrients, consuming the recommended amount is important. Micronutrient deficiencies can have devastating consequences.
NUTRITION: Lazza’s Kitchen

Beef Stroganoff

Lazza is still trying out new recipes
Today - he makes his first ever Beef Stroganoff

The dish is named after one of the members of the influential Stroganov family. A legend attributes its invention to French chefs working for the family, but several researchers point out that the recipe is a refined version of older Russian dishes.

1 onion: 1 or 2 clove garlic pressed: Oil to fry
250g sliced mushrooms
500g of beef steak - sliced or diced
1 tablespoon plain flour
1 tablespoon butter
150g crème fraiche
1 teaspoon English mustard
100 ml beef stock
parsley chopped

In a non stick pan, fry the onion until nice and soft, then add the garlic
Add the butter, and when foaming add the mushrooms until soft (5 mins)
Season well, and then tip onto a waiting plate
In a bowl, put the flour and some black pepper and toss the streak pieces in it
Put the steaks into the pan (adding oil if a little dry) and brown the meat.
Top the onion, garlic, mushroom mix back in.
Mix well and then add the crème fraiche, mustard and beef stock.
Cook on a medium heat for around 5-10 minutes.
Scatter the parsley over the top.
Serve as you wish - maybe rice, pasta, jacket potato, or with a salad.

During this pandemic I decided to try a new hobby - cooking. Something I have never really experimented with. And it is going so well. Why not try out some new recipes and foods yourself? This was a great and very tasty meal to prepare. I stun myself every week. If I can do it, so can you. Try something new!!!

Three weeks on the trot I have managed to produce very tasty meals.
This Beef Stroganoff is alcohol free (apparently some recipes have it). But the mix of onion, mushroom, beef, with the crème fraiche and beef stock, has once again stunned me.
Please give this a go.
HMHB’s Name Game Page – trickier than you think.
Name these edible nuts/legumes from their pictures.
Answers at bottom of quiz page answers (page 25)
Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone.

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

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

We have restarted our Highbury Gym sessions on Tuesdays. Thanks to Mark and his team at Better.

However, we guide our users to do some of their own sessions, either on their own or in a group.

Be active, be safe, and go for it.

Tai Chi is new to me. I have to admit I have never done it before, but we have a couple of ladies who walk with us who take part. So I thought we should take a look, but why not do some research yourself, and maybe find an online class too.

Tai chi, also called “tai chi chuan”, combines deep breathing and relaxation with flowing movements. Originally developed as a martial art in 13th-century China, tai chi is now practised around the world as a health-promoting exercise. It is also practiced for defence training and meditation.

While there’s scope for more rigorous research on tai chi’s health benefits, studies have shown that, although it is good for people of any age, it can particularly help people aged 65 and over to reduce stress, improve posture, balance, and general mobility, and increase muscle strength in the legs. Research even suggests it can help reduce the number of falls that cause issues amongst the older population. There is some evidence that tai chi can improve mobility in the ankles, hips, and knees in people with rheumatoid arthritis. However, it is still not known if tai chi can reduce pain or improve the quality of life for people with rheumatoid arthritis, but it does not have a negative effect.

Studies have looked into the potential benefits of tai chi for people with osteoporosis, but there is currently no convincing evidence that tai chi can prevent or treat the condition. But it is a low-impact exercise that puts only a little pressure on joints and bones, so that is good for any age. Although you do not have to be fit to do it, we always suggest at HMHB that you get advice from your GP before starting any new exercise regime, including tai chi, if you have any health concerns or an existing health condition. You may need to take certain precautions if you're pregnant, have a hernia, back pain, or severe osteoporosis.

Lazza started January on 97.5kg. On Sunday 17th Jan he was 99.5kg.
On Sunday 24th January he was still 99.5kg

“This is tougher than it should be. I have a hernia that ha started to play up, causing me pain, and my torn left knee meniscus is also naughty at the moment. But, I must focus hard this week.”
So what is Tai Chi exactly?

Tai chi is often described as "meditation in motion," but it might well be called "medication in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health.

In this low-impact, slow-motion exercise, you go without pausing through a series of motions named for animal actions. For example, "white crane spreads its wings", or martial arts moves, such as "box both ears." As you move, you breathe deeply and naturally, focusing your attention, as in some kinds of meditation, on your bodily sensations.

Tai chi differs from other types of exercise in several respects. The movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery. So you can do it at home very easily.

A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age. An adjunct therapy is one that's used together with primary medical treatments, either to address a disease itself or its primary symptoms, or, more generally, to improve a patient's functioning and quality of life.

Tai Chi Beliefs

- **Qi:** an energy force thought to flow through the body; tai chi is said to unblock and encourage the proper flow of qi.
- **Yin and Yang:** opposing elements thought to make up the universe that need to be kept in harmony. Tai chi is said to promote this balance.

Although tai chi is slow and gentle and doesn't leave you breathless, it addresses the key components of fitness:

- **Muscle Strength:** Tai chi can improve both lower-body strength and upper-body strength. When practiced regularly, tai chi can be comparable to resistance training and brisk walking. Although you aren't working with weights or resistance bands, the unsupported arm exercise involved in tai chi strengthens your upper body. Tai chi strengthens both the lower and upper extremities and also the core muscles of the back and abdomen.
- **Flexibility:** Tai chi can boost upper-body and lower-body flexibility as well as strength.
- **Balance:** Tai chi improves balance and, according to some studies, reduces falls. Proprioception, the ability to sense the position of one's body in space, declines with age. Tai chi helps train this sense, which is a function of sensory neurons in the inner ear and stretch receptors in the muscles and ligaments. Tai chi also improves muscle strength and flexibility, which makes it easier to recover from a stumble. Fear of falling can make you more likely to fall; some studies have found that tai chi training helps reduce that fear.
- **Aerobic conditioning:** Depending on the speed and size of the movements, tai chi can provide some aerobic benefits. If your doctor advises a more intense cardio workout with a higher heart rate than tai chi can offer, you may need something more aerobic as well.
EXERCISE/FITNESS:
Let’s try some Tai Chi movements

These may feel quite basic, but movement is movement. It is important to realise that exercise does not have to be pushing yourself hard, sweating profusely, and panting as if you cannot breathe any more. Exercise is about movement and flexibility too. You can mix up high intensity with moderate intensity to low intensity. That is a great mix for your body.

Warm Up
An example of a basic Tai Chi warm up is the waist loosening exercise:
1. Stand with your feet flat on the floor – slightly wider than your hip-width distance apart.
2. Relax your arms by your sides.
3. Rotate your hips to the right and to the left while letting your arms hang loosely. With each rotation, your arms should flap against your body as you rotate.
4. Repeat for 1-2 minutes or when you feel like your body has warmed up.
5. You can then include your neck, shoulders, and spine in the rotations, making each movement smooth. This is gentle, easy, and is simply waking your body up, moving various parts of your body, and people of any age and ability can give it a go.

Touch The Sky (part of warm up)
This is a simple exercise perfect for beginners in Tai Chi. This exercise is also a great warm up before proceeding to a more intensive workout as it synchronizes the breathing and movement.
1. Sit up straight in a comfortable chair.
2. Place your hands in your lap with your palms turned upward and your fingertips pointing toward one another.
3. As you inhale slowly and deeply, raise your hands to chest level in front of you, turn your palms outward and lift your hands above your head.
4. Do not reach too far with your arms; keep your elbows relaxed and slightly bent.
5. As you exhale slowly and deeply, relax your arms further and gently lower them to your sides.
6. At the end of the breath, return your hands to the starting position with your palms turned upward.
7. Repeat ten times.

Windmill Exercise
This basic exercise promotes flexibility and it opens up your spine.
1. Stand with your feet flat on the floor and slightly wider than shoulder-width apart.
2. Release tension and relax your shoulders. Let your arms hang loosely by your sides.
3. Bring your hands in front of your body with your fingers pointing down toward the floor.
4. Inhale and raise your arms up towards the centre of your body and bring it over your head, fingers pointing as you go.
5. Stretch toward the ceiling and arch your spine slightly backward.
6. Exhale and slowly bend your back forward to the floor, moving your hands down through the centre of your body.
7. Bend forward from your hip and let your arms to hang loosely in front of you.
8. Inhale and return to your starting position.
EXERCISE/FITNESS:
Some more introductory Tai Chi exercises

Perhaps they feel too easy for you, but do give them a go. It is also about relaxing your body, thinking about your environment, bringing your thoughts to a calmer place.

Hand Exercises
The Tai Chi hand exercises promote flexibility in your shoulders, arms and fingers.
1. Stand with your feet a bit wider than shoulder-width distance apart.
2. Raise your arms straight out in front of you, parallel to the floor, shoulder, wrists and elbows aligned.
3. Flex your hands and feel the stretch, then rotate you wrists to the left and then switch to the right.

Shooting The Bow
This is a simple standing exercise that you can easily do:
1. Stand with your feet spread about shoulder-width apart and your arms hanging loosely at your sides.
2. Round your back and bend your knees slightly, looking straight ahead with a relaxed posture.
3. Ball your fists and place them directly in front of your face with your fingers facing you and the heels of your palms touching the sides.
4. Breathe in slowly and deeply,
5. As you inhale slowly and deeply, rotate the waist to face to your left while extending your left hand directly in front of you.
6. Your left hand should open with your palm facing outward; your left arm should be relaxed and slightly bent.
7. Simultaneously, pull back slightly with your right fist as if shooting a bow and arrow.
8. Exhale slowly and deeply as you return to your starting position.
9. On your next breath, repeat the on the side.
10. Complete up to 10 repetitions.

The Golden Lion shakes its mane
7. Grab a comfortable chair and sit up straight, with hands resting lightly on your thighs.
1. Be comfortable and breathe in and out. As you exhale, feel the stretch in your lower back as you lean forward.
2. As you feel the stretch, twist your shoulders to one side, allowing your head and neck to turn with your shoulders and spine.
3. Inhale slowly as you twist your back facing forward and return to your starting position.
4. Repeat the movement facing the other side.
5. Reverse the movement again as you inhale, returning to the starting position.
6. Complete up to 10 repetitions on each side.

Seniors, even those with limited movement, are capable of Tai Chi. These exercises keep you fit without worrying about injuries that are caused by vigorous exercise.

Relax, rejuvenate, and keep your blood flowing through incorporating Tai Chi in your weekly activities.
This is quite a personal Health pack entry this week. I have been having serious sleep issues for a long time, for various reasons. Three of them I am going to look into here. Acid reflux, Restless Legs, and Snoring.

At the entrance to your stomach is a valve, which is a ring of muscle called the lower oesophageal sphincter (LES). Normally, the LES closes as soon as food passes through it. If the LES doesn't close all the way, or if it opens too often, acid produced by your stomach can move up into your oesophagus. This can cause symptoms such as a burning chest discomfort called “heartburn”. If acid reflux symptoms happen more than twice a week, you may have acid reflux disease, also known as gastroesophageal reflux disease. But get tested at your local medical practice.

One common cause of acid reflux is a stomach abnormality called a “hiatal hernia”. This occurs when the upper part of the stomach and LES move above the diaphragm, a muscle that separates your stomach from your chest. Normally, the diaphragm helps keep acid in our stomach. But if you have this hernia, acid can move up into your oesophagus and cause symptoms of acid reflux disease. This is the problem I have, and I am waiting for an operation this year to correct it.

These are other common risk factors for acid reflux disease:

- Eating large meals or lying down right after a meal
- Being overweight or obese
- Eating a heavy meal and lying on your back or bending over at the waist
- Snacking close to bedtime.
- Eating certain foods, such as citrus, tomato, chocolate, mint, garlic, onions, or spicy or fatty foods
- Drinking certain beverages, such as alcohol, carbonated drinks, coffee, or tea
- Smoking
- Being pregnant.
- Taking aspirin, ibuprofen, certain muscle relaxers, or blood pressure medications.

One of the most effective ways to treat acid reflux disease is to avoid the foods and beverages that trigger symptoms. Here are other steps you can take:

- Eat smaller meals more frequently throughout the day and modify the types of foods you are eating.
- Quit smoking - please!!
- Put blocks under the head of your bed to raise it at least 4 inches to 6 inches.
- Eat at least 2 to 3 hours before lying down.
- Try sleeping in a chair for daytime naps.
- Don’t wear tight clothes or tight belts.
- If you’re overweight or obese, take serious steps to lose weight with exercise and diet changes
- Also, ask your doctor whether any medication could be triggering your heartburn or other symptoms of acid reflux disease.

There are medications available, but if it is persistent, and you have other tests to verify this, surgery is a last resort. I have had the tests, which included a barium swallow and an endoscopy. I am also on a daily medication that means I cannot take antacids like Gaviscon. But clearly, a healthy lifestyle can help!!!!
This is something I have had for as long as I can remember. And is one of the most frustrating things when one is trying to get to sleep. I have also found I can get it in my arms!!! It is not every night, but still a horrible thing to be having when you just want to drop off.

Restless Legs Syndrome (RLS) is a nervous system disorder that causes an overpowering urge to move your legs. It is also known as “Willis-Ekbom Disease”.

Doctors consider it a sleep disorder because it usually happens, or gets worse, while you’re at rest. You might have trouble sleeping or sitting for a long time, such as in a theatre or a car. (I recall one horrendous coach journey from Edinburgh to London where I had it for almost the whole way). It may get worse if you don’t get treatment. Over time, a lack of sleep can cause problems at work or home, so it is a serious complaint.

Restless legs syndrome affects up to 10% of people. Anyone can get it, but it is more common in women, and middle-aged people are more likely to have severe symptoms. Sometimes doctors don’t recognize RLS, especially if symptoms are mild or don’t happen often. But once it’s diagnosed, treatment can often stop it. Maybe I should head to the doctor.

People with restless legs syndrome have unusual feelings in their legs (like itching, crawling, pulling, aching, throbbing, or pins and needles) and a powerful urge to move their legs to make the sensations go away. The condition can also happen in other areas like the arms, chest, or head. The feelings usually happen on both sides of the body. They can also happen on only one side, or they might start on one side and then move to the other. (I can definitely attest to a lot of these symptoms).

RLS symptoms range from mild to unbearable. They might come and go, and the intensity can vary between episodes. They’re generally worse in the evening and at night. Symptoms almost always go away in the early morning, so people who have RLS can often sleep well then. For some people, symptoms may cause severe nightly sleep disruption that can significantly impair their quality of life.

Astonishingly, doctors still do not know what causes RLS. There are thoughts around chronic disease, certain medications, pregnancy, and even our lifestyles, but more research is required.

There’s no cure for restless legs syndrome itself, but treatments can help control it so you can get a good night’s sleep. If another condition is causing your restless legs, such as an iron deficiency, your doctor will treat it. Treatment for RLS itself will target your symptoms.

If your RLS is mild or moderate, some small changes to your everyday life might help: getting regular exercise; following a sleep schedule; and avoiding caffeine, alcohol, and tobacco.

Other ways to treat RLS without drugs include:
- Leg massages
- Hot baths
- Heating pads or ice packs on your legs.
- There are some medications, but they are a last resort.
Now, I know I snore. That is because I was once recorded by a friend who played it back to me (this was not a nice thing to hear!!); and when I had my recent knee surgery at UCH, and I woke up in recovery, the team told me that I had been quite loud!!! Lol.

Snoring is just noisy breathing while you are asleep. It is a common condition that can affect anyone, although it happens more often in men and people who are overweight (I tick both those boxes). Snoring once in a while isn’t usually a serious problem. It’s mostly a nuisance for your bed partner. If you’re a snorer, you not only disrupt the sleep patterns of those close to you, you hurt your own sleep quality. Snoring can itself be a symptom of a health problem like “obstructive sleep apnoea”. If you snore often or very loudly, you might need medical help so you (and your loved ones) can get a good night’s sleep.

Snoring happens when the flow of air through your mouth and nose is blocked. Several things can interfere with air flow, including:

- **Blocked nasal airways**: Some people snore only during allergy season or when they have a sinus infection. Problems in your nose such as a deviated septum (when the wall that separates one nostril from the other is off-centre) or nasal polyps (painful soft growths inside your nose) can also block your airways.
- **Poor muscle tone in your throat and tongue**: Throat and tongue muscles can be too relaxed, which allows them to collapse into your airway.
- **Bulky throat tissue**: Being overweight can cause this. Some children have large tonsils and adenoids that make them snore.
- **Long soft palate and/or uvula**: A long soft palate or a long uvula (the dangling tissue in the back of your mouth) can narrow the opening from your nose to your throat. When you breathe, this causes them to vibrate and bump against one another, and your airway becomes blocked.
- **Substance abuse (drug and alcohol)**: Drinking alcohol, or taking muscle relaxers, can also make your tongue and throat muscles relax too much.
- **Sleep position**: Sleeping on your back can make you snore.
- **Sleep deprivations**: Your throat muscles might relax too much if you’re not getting enough sleep.

Best thing is to make lifestyle choices around weight and diet. Also, there are oral devices you can wear when you sleep that keeps your airways open.

Other suggestions:
- Sleep on your side, not your back.
- Raise the head of your bed a few inches.
- Use elastic strips that stick to the bridge of your nose to widen your nostrils.
- Use decongestants to open your airways, but check with doctor first.
- Stick to a sleep schedule

HMHB has a Health Blog, with entries covering many subjects on mind-set, health, nutrition, and exercise. [www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com)

We try and add entries every week. Please log on to have a read.
Why not try an exercise class!!!

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

Karina is part of our weekly Sobell Fitness sessions.

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

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

ACTIVE WITHIN
If anyone would like to join in their free classes (see timetable), you will need to register on their website and then get in touch with them via phone, email or through social media channels. They will then send you the class links.
They are fabulous. Please have a go!!

www.activewithin.com

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

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

Contact her
hello@emmaahlstrom.com
www.emmaahlstrom.com

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

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

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

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

www.walkwithadoc.org
Mind-set:
Rejection is part of life, sadly. It affects all of us many times during our lives, but it is important to learn some skills so we can handle it when it comes along.
We all need to believe in our own self worth more. We are special and amazing - honestly, you are!!
It may not feel like it sometimes, but you do have more strength than you realise. Rejection is not the end, just a new beginning. Believe in yourself more and life can create more opportunities.

Nutrition.
When it comes to food we are sometimes not as adventurous as we maybe should be.
During this pandemic I have found a new love for food and cooking, so this is also a good opportunity to maybe try a few foods we have not tasted before, or seldom.
With that in mind, we looked at a few readily available fruits and vegetables that we might avoid at the supermarket.
Why not try out a few yourself?

Exercise

This week we took a little glance at Tai Chi, but please do your own research. It is a nice gentle easing into stretching and exercising, and is a great compliment to a mixture of exercise sessions you can be doing.
It is especially good for older people, but is seriously something for all ages.
The moves we have described are all quite easy, so why not give them a go.
It’s your body. Make sure it gets some movement.

Health.
I have been having sleep issues for a long time, as have some of our users and friends. It is a bane for many.
So, I chose three problems that I am going through myself that have all affected my sleep.
Acid Reflux, Restless Legs Syndrome, and Snoring affect many people throughout the country, and I have learnt things myself just from researching this week.
If you have any of these, and they are causing you to get interrupted sleep, why not approach your local medical practice for advice.
Your body will thank you!!!

Start thinking about setting weekly goals yourself on these topics.
A small difference every week will grow into significant change over time.
Sport: These are the countries where these sports stars were born.

a. Aryton Senna - Brazil  
b. Johan Cruyff - Netherlands  
c. Thomas Bjorn - Denmark  
d. Don Bradman - Australia  
e. Zola Budd - South Africa  
f. Rafael Nadal - Spain  
g. Mark Spitz - USA  
h. Manny Pacquiao - Philippines  
i. Wayne Gretzky - Canada  
j. Nadia Comaneci - Romania  
k. Jonah Lomu - New Zealand  
l. Alistair Brownlee - UK  
m. Joey Dunlop - Ireland

History
These are the years that these famous battles took place. How close did you get?

1. Siege Of Troy - 1190BC  
2. Hastings - 1066  
3. Agincourt - 1415  
4. Trafalgar - 1805  
5. Waterloo - 1815  
6. Gettysburg - 1863  
7. Stalingrad - 1942-1943  
8. Marathon - 490BC  
9. Verdun - 1916  
10. Marston Moor - 1644  
11. Iwo Jima - 1945  
12. Little Bighorn - 1871  
13. Operation Overlord - 1944

Literature
These are the authors for the following books and the year they were first published.

1. Dune - Frank Herbert, 1965  
2. Neuromancer - William Gibson, 1984  
3. Nineteen Eighty-Four - George Orwell, 1949  
4. Brave New World - Aldous Huxley, 1932  
5. The Time Machine - H G Wells, 1895  
6. Fahrenheit 451 - Ray Bradbury, 1953  
7. Frankenstein - Mary Shelley, 1823  
8. Day Of The Triffids - John Wyndham, 1951  
10. The Handmaid’s Tale - Margaret Atwood, 1985  
12. I Robot - Isaac Asimov, 1950  
13. 20,000 Leagues - Jules Verne, 1870  
16. Dracula - Bram Stoker, 1897

Family
The top 15 boys names given to UK births in 2019 are:
Oliver, George, Noah, Arthur,  
Harry, Leo, Muhammad, Jack,  
Charlie, Oscar, Jacob, Henry,  
Thomas, Freddie, Alfie

List of Nuts / Legumes - from Page 15
(it’s meant to be tricky - how well did you do?)

1. Almonds  2. Brazil  
3. Cashew  4. Walnut  
5. Peanut  6. Hazelnuts  
7. Macadamia  8. Pistachio  
9. Hickory  10. Pecan  
11. Cacao (chocolate)  12. Kola (original coca cola)  
15. Candlenut

UK Television
The 13 HIGNFY presenters.
Jeremy Clarkson, Martin Clunes,  
Alexander Armstrong, Jack Dee,  
Kirsty Young, Damian Lewis,  
Jo Brand, Lee Mack,  
David Mitchell, Frank Skinner,  
Stephen Mangan,  
Victoria Coren Mitchell,  
David Tennant
We hope you have enjoyed this pack. HMHB is trying to keep people active, motivated and guiding people to a healthier regime.

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

You can contact HMHB:
HMHB would prefer you email us: hmhb2016@outlook.com

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

Please follow us on Twitter if you use it: @hmhb2016
Please follow PT Dean on Twitter if you use it: @zombie_pt

Please follow and like our blogs:
www.hmhb2016.blogspot.com ; this about HMHB as a whole
www.healthymindshealthybods.blogspot.com our health blog

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

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

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund who helped to sponsor early packs. With their help, we established the Packs.
We also thank the National Lottery Communities Fund for extra funding, that enables us to continue these packs, reach further and do more.

Be Safe, Be Active, Be Well