



Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Health Pack: Number 34

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



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

Prepared by: Lazza, Luke and Dean: Monday 7th December 2020

www.hmhb2016.org.uk



**“However bad life may seem, there is always something you can do and succeed at.
Where there’s life, there’s hope.”
Stephen Hawking**

Welcome to the 34th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

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



Lazza was completing his Kilimanjaro walking challenge in November. Every morning we would be doing three laps of Highbury Fields. Afterwards, coffees at the junction at Highbury Islington station. Here, the lads, safely distance and chat. Thanks guys!!!

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



NEWS PAGE:

Weekly physical activity may help prevent Dementia

Exercising more than once per week is associated with a lower risk of developing Alzheimer's disease in patients with mild cognitive impairment, research published in the open access journal "Alzheimer's Research and Therapy" suggests. Mild cognitive impairment is a condition that causes people to have more problems with memory and thinking than is normal for someone their age. People with mild cognitive impairment have a ten-fold higher risk of developing Alzheimer's disease than the general population

A team of researchers from Yonsei University College of Medicine, Republic of Korea, found that compared with people with mild cognitive impairment who did not exercise, those who carried out vigorous or moderate physical activity, for at least ten minutes more than once per week, had an 18% lower risk of developing Alzheimer's disease. Among those who exercised more than once per week, people with mild cognitive impairment who exercised three to five times per week had a 15% lower risk of developing Alzheimer's disease than those who exercised less than three to five times per week .



Those with mild cognitive impairment who started exercising after their diagnosis had an 11% lower risk of developing Alzheimer's disease than people who did not exercise at all. Stopping exercise after being diagnosed with mild cognitive impairment was associated with the same risk of developing Alzheimer's disease as not exercising before or after diagnosis.

Hanna Cho, the corresponding author said: "Our findings indicate that regular physical activity may protect against the conversion of mild cognitive impairment to Alzheimer's disease. We suggest that regular exercise should be recommended to patients with mild cognitive impairment. Even if a person with mild cognitive impairment did not exercise regularly before their diagnosis, our results suggest that starting to exercise regularly after diagnosis could significantly lower their risk of developing Alzheimer's disease.

The authors suggest that regular exercise may increase the production of molecules that support the growth and survival of neurons or increase blood flow to the brain, which could prevent a reduction in brain volume that is often associated with dementia



Lazza's weightloss challenge

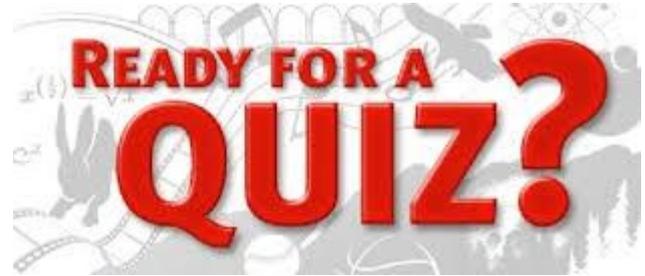
On Monday 30th November, Lazza was 95.5kg - 15 stone 0.55 lbs. His target is 78kg.

In the next lots of packs I will continue to put my journey. I think I let myself down this year, but have all the focus and determination. Reaching targets can be tough. If you are struggling with an issue or a goal, please keep going. Use me as an example that you must not give up. Even if it feels like you cannot make it.

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 25 this week (no peeking)

Geography

Where the US is split into States, and the UK into Counties, Canada is broken down into Provinces. Ten of them. How many of these ten Canadian provinces can you name?



Music

For which bands are/were the following people the lead singers?

- a. Steven Tyler
- b. Dave Gahan
- c. Martin Fry
- d. Chris Martin
- e. Robert Plant
- f. Alex Turner
- g. Damon Albarn
- h. Debbie Harry
- i. Jarvis Cocker
- j. Tony Hadley
- k. Michael Stipe
- l. Robert Smith
- m. Ozzy Osbourne

Film

Which actress was nominated, but did not win, a Best Actress Oscar for these films?

1. The Shape Of Water; 2017
2. Gravity: 2013
3. Moulin Rouge: 2001
4. Educating Rita: 1983
5. Love Story: 1970
6. The King And I: 1956
7. Pride And Prejudice: 2005
8. The Theory Of Everything: 2014
9. The Help: 2011
10. The Bridges Of Madison County: 1995
11. The Client: 1994
12. The Color Purple: 1985
13. Brief Encounter: 1946
14. Sunset Boulevard: 1950
15. The English Patient: 1996
16. Notes On A Scandal: 2006

Literature

Who wrote these Children's books?

1. The Very Hungry Caterpillar
2. Where The Wild Things Are
3. Charlotte's Web
4. The Tale of Peter Rabbit
5. The Lion, The Witch, The Wardrobe
6. Green Eggs And Ham
7. The Wind In The Willows
8. The Secret Garden
9. The Tiger Who Came To Tea
10. Five On A Treasure Island
11. Artemis Fowl
12. Swallows And Amazons
13. Charlie And The Chocolate Factory
14. Stormbreaker



Chemistry

Most of us should have heard of the Periodic Table of Elements.

Can you name the first fifteen elements in the table?
Numbers 1 to 15.

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

MIND-SET:

We all make mistakes. It's how we react that matters.

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.

There's nothing worse than that feeling of utter defeat and despair that comes along with making major mistakes in life and failing. It's like having a dagger driven straight through your heart. Usually, we're so blindsided by the error, that it takes months, if not years just to recover.

I know. Because I've been there. And more times than I would like to remember or even admit. And each time I went through one of life's monumental mistakes, I wondered how I would forgive myself for it.

If you're thinking to yourself that maybe these were minor slip ups and failures, then maybe you would be right. But for me, each one decimated me to the core. And each time, I felt like I didn't have the strength to move forward. Not emotionally. Not spiritually. Not mentally. And definitely not physically. It was overwhelming. But, somehow, one way or another, I found a way to go forward. I picked up the broken pieces and I moved on. It wasn't easy. In fact, it was probably one of the hardest things I've had to do in my life. And each time I would promise myself that I would not make errors any more. (fat chance!!!)

I recovered from failures and gaffes in my actions, my marriage (yep, despite my sexuality I was married and have two children), my places of employment, my friends, and just about everything in between. There were dark times. I had two crushing depressions, that I never thought I could recover from. And I didn't think I could forgive myself for the blunders I made. In fact, I couldn't even look myself in the mirror, as I had started using food to comfort me, and even that made me angry.

Yet, things somehow got better. Over time, things changed and they improved. It didn't happen overnight. There was definitely a process involved. And, looking back on those slips now, there was also some serious soul-searching that went along with it.

By no means was it easy. It was painful. But I did it. I forgave myself actions that went wrong. You can too. If you're facing a serious setback in your life right now, then my heart goes out to you. I know the feeling of being completely decimated right down to the bone. I know how it feels to not have the will to go on for another day. In fact, I often didn't have the energy to get from the lounge to the bedroom, and slept on the floor. But it does get better. It just takes time.

Whatever doesn't kill you, really does make you stronger. But it's not about physical strength. It's about mental toughness, emotional fortitude, and a spiritual awakening that can only be realized through an enormity of pain. That pathway of pain leads to understanding, growth, maturity, and of course, forgiveness.

EVERYONE MAKES
MISTAKES IN LIFE, BUT
THAT DOESN'T MEAN THEY
HAVE TO PAY FOR THEM THE
REST OF THEIR LIFE.
SOMETIMES GOOD
PEOPLE MAKE BAD
CHOICES. IT DOESN'T MEAN
THEY'RE BAD... IT MEANS
THEY'RE HUMAN!

We all make mistakes

MIND-SET:

What can you learn if you make mistakes?

Good often comes from mistakes

While it isn't easy to always find the silver-lining at the time, there almost always is one. Through failure, pain, and making mistakes, we learn. We grow, mature, and become more understanding of life, love, and the people around us. So, when you fail or make a big mistake that potentially costs you time, money, or relationships, think about the silver-lining.

Mistakes offer a fork in the road. They're a chance to choose one path or another. If I hadn't made some of the mistakes that I made in my life, I wouldn't have benefited in the enormous way that I did over time. And I wouldn't be where I am today. I just hadn't realized it back then. HMHB would not exist. These packs would not have happened.

You see, life is a list of errors and successes. We go from one to the next, learning, shaping, and moulding us along the way. But, when we're suffering through the pain of our failures, it's hard to see the forest through the trees, so to speak. But, looking back, it's far easier to discover the silver-lining.

You can reassess your goals

What lessons did you take away from setbacks or failures? How can you use those lessons to redefine what you want in life? We can use experience from past failures to help guide us in the right direction towards our goals. Even if what we thought we once wanted didn't pan out, we can help to reshape our goals to improve them and move us in a positive direction.

When we fail in life and make huge mistakes, it's hard to forgive ourselves. It's hard to move past the hurt and the pain. Any difficult situation is made to help us grow and become better people. It happens to everyone. There's no shame in it. But, what doesn't happen to everyone is the understanding to use information gleaned from mistakes for their benefit.

Write out your goals for the future. Actually, physically write them out. And use your past mistakes as leverage. What are you looking to achieve and why? How will you use the lessons learned from your past mistakes to help push and motivate you to do more?

This isn't about making more money or buying more things; this is about achieving something that's meaningful to you. If your goals don't have meaning, then you'll do far less to achieve them.

Shift your priorities

Sometimes, when we're living life on autopilot, it's easy to lose sight of our priorities. Either we're sacrificing our time or values for someone else in our lives or we're living life in overdrive that we forget to take care of ourselves. When that happens, the build-up of stress and anxiety can become so overbearing, that the weight on our shoulders can cause us to implode and collapse.

We have to take care of ourselves. We need to shift our priorities and ensure that we're ticking the boxes off for our health and wellness. While it's okay to do things for other people, and even to sacrifice much of yourself, it's not okay to do it entirely at your own expense. So shift your priorities.



MIND-SET:

What if others let you down instead?

As some know, back in 2013 someone who I thought was a good friend of mine went and conned me out of my life savings. I have to admit, he did it very well. I almost admire him in some ways. I am normally very careful around money, but he caught me at a vulnerable time and I fell for it hook, line and sinker.

He then continued to cause me trouble as I had to take him to court (I am getting the money direct from his employer as he then refused to make the payments ordered by the court). He told the benefit people I was working (untrue). He told my housing association I was subletting (untrue). He told the benefit people I had £60,000 hidden away (as if), and they suspended all my money for three months while they investigated (to find it untrue). And this is not the worst thing I have had an ex-friend do to me. There is worse!!! I had to learn to forgive him, and the others. It was not easy.

Talk to friends or someone who can help

If you've been seriously disappointed, support from someone like a close friend, colleague, or even a medical counsellor, might be a critical element in helping you cope.

During a very dark period in my life, I knew I was struggling. Sometimes I just cried, sometimes I needed practical help, and often, I just needed to talk through my feelings and consider how to move on after such a crushing blow. I found an incredible counsellor who helped me, and I also had friends around me who genuinely cared. Don't suffer in silence. Ask for help and be open about your feelings, even if they don't always seem very positive.



Learning to forgive

It can take time to work through the process of forgiveness. When old hurts and memories raise their head unexpectedly, I sometimes find myself angry and resentful all over again, even if I think I've forgiven that person long since. I'm learning that forgiveness can be a journey, and sometimes I need to forgive the same incident over and over. Something will trigger a memory, and into my mind it pops once more.

We're only human, and it's natural to feel angry, hurt, and betrayed when we're let down. But I know I need to respond positively and avoid rushing to judgment when I feel let down. By working at this, I'm hoping to retain relationships with others and live free of resentment and bitterness. It's an ongoing journey, and I'm only taking small steps, but it's a positive start.

So:

- **Allow your feelings.** Don't let emotions overtake your life. Let go of that anger and frustration.
- **Acknowledge your needs:** Realise what is important for you and where you are going in life.
- **Take care of yourself:** It is not selfish to put yourself first. Your health and happiness is important.
- **Decide if you need to speak up:** Do you need to confront people? You may want to get in their face and shout, or even fantasise about hurting them. That is not the answer. Sometimes, walking away is strength. But do find someone to talk to, who will listen impartially, and be there for you.
- **Examine your expectations:** What is it you really want to happen? What do you want in life?

Life's too short

MIND-SET:

Moving forward after things go wrong

Disappointment can be many things - it could be a result of your actions, or those of another. It could come from natural disaster, or an accident. But your actions afterwards are the most important thing of all. Revenge or blame (to yourself or others) is not the answer. It's about finding a way forward.

Practice Mindfulness

A depressed mind tends to mull over all that is wrong and worries unnecessarily about all the negative possibilities that may emerge in the future. This negative thought cycle reinforces misery and is not helpful in managing to overcome depression. Mindfulness involves focusing on the present moment and is a skill that needs to be practiced. You don't have to attend any classes, you can do it on your own. More often than not, our brains are full of thoughts, and focusing on the present moment seems unnatural for our minds. Practice on engaging your senses in the moment. Focus on touch, taste, sight, sound and smell. Engaging the senses leaves less time for worry. Go outdoors and feel nature around you.

Touch therapy can help

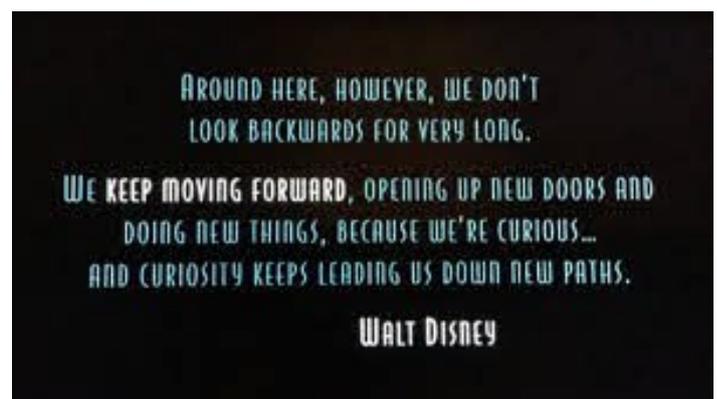
Science shows that touch therapies can help some people overcome depression, lower the stress hormone cortisol, and increase the feel-good hormone oxytocin. Therapies to consider include acupuncture, acupressure, massage, reiki and reflexology. Check with your doctor first though.

Remove the negative chatter

If you make mistakes, or if you have been let down, that naturally can lead to depression. Depressed people tend to see the world in a negative way. When things go wrong they blame themselves and when they go right, they put it down to luck. Depression reinforces self doubt and feelings of worthlessness. Monitor your inner negative talk and make allowances for this type of thinking by reminding yourself that your thinking is that of a depressed person, not a healthy functioning person. Don't take your thoughts seriously when you are feeling low. Acknowledge the thoughts but this doesn't mean you have to believe them. Keep perspective. You are amazing. Believe it!!!

Write things down

A journal can work in two ways. Use it to write down fears and worries. Sometimes, having an outlet in this way can be soothing and ease your mind. Another good way to use a journal (I prefer this way) is to write at least five things down every day that you are grateful for. This forces us to think more positively and can help to remind us that things are never that bad. In a gratitude journal, you can write about anything that happened in the day that made you feel appreciative. A stranger smiling at you, the sun shining; anything positive will do. By looking at good things, the bad things can diminish.



Be With Friends

This can be one of the hardest things to do when feeling depressed but it is one of the most rewarding activities. Force yourself to go out. Isolating oneself from others may seem a good idea but put a limit on it and then get out there again. This can have a huge positive effect on your mood and overall mental health.

Reacting to situations is your choice. Choose wisely.

NUTRITION:

How can food help with Stress?

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.

There are many ways to manage and even reduce stress levels when you're feeling tense. Food can be one of your biggest allies, or enemies. It can make your stress levels go down or up, so it's critical to pay attention to what you're eating when you're feeling frazzled. Not to mention, just being stressed can increase your need for certain nutrients, such as Vitamin C, Vitamin B, Selenium, and Magnesium.

An article in the journal “Stress” suggested that the amount and quality of nutrients you take in over time can impact the body's neural circuits that control emotion, motivation, and mood. Other research, such as a study published in the journal “Psychosomatic Medicine: Journal of Behavioural Medicine”, has pointed to gut microbiota (microorganisms in the intestine comprised of good and bad bacteria) as an essential link to the relationship between what you eat and drink, and feelings.



Herbal Teas

Sometimes it's the feeling that food or drinks induce, not their nutrients, that helps reduce stress. Drinking a warm cup of tea has been shown to be one way to help make yourself feel calmer. Research says, holding and sipping a warm beverage increases feelings of interpersonal “warmth” and friendliness. There's a soothing effect of sipping a warm drink, regardless of the flavour, but certain herbs, like Lavender and Chamomile, have been shown to have a relaxing effect on their own.

Herbal tea is great for winding down, but green tea is perfectly fine when you need a small jolt of caffeine because it's full of flavonoids, which studies show support brain health. They can help protect neurons against injury induced by neurotoxins, suppress neuroinflammation, and promote memory, learning, and cognitive function.

Dark Chocolate

Dark chocolate in the diet can reduce stress in two ways; via its chemical impact and its emotional impact. Chocolate feels like such an indulgence that it can be a real treat to simply savour a piece of it, and that feeling alone can help to reduce stress.

Dark chocolate, which is rich in antioxidants, may also help reduce stress by lowering levels of stress hormones in the body. But be sure to enjoy dark chocolate in moderation (which I know is not easy!!!). Studies say that means you should aim to eat only one-fourth of a small dark chocolate bar. Also, make sure the bar doesn't contain an unnecessary surplus of added sugar. Look on the label for two or three ingredients only, such as cacao beans, cane sugar, and cocoa butter.

Go Wholegrain

Carbohydrates can temporarily increase levels of Serotonin, a hormone that boosts mood and reduces stress. Once serotonin levels are increased, people under stress have better concentration and focus. Just make sure to choose healthy, complex carbohydrates, like whole grains, for better nutrition, and limit simple carbs, such as cookies, cake, and “white” foods, including white pasta and white bread. Complex Carbs contain vitamins and minerals as well as Fibre, and so take longer to digest and have less of an immediate impact on blood sugar

NUTRITION: More foods to help with Stress

Get some Omega 3

Avocados are not only delicious mashed into guacamole, or sliced and added to a salad, they also offer omega-3 fatty acids. These healthy essential acids are known to reduce stress and anxiety, boost concentration, and improve mood. We need to stress the importance of getting the right amount of omega-3 fatty acids in your diet for overall health, in addition to the benefit of helping reduce stress, which the guidelines define as 1.6 g of ALA (alpha-linolenic acid, a form of omega-3 fats) for adult men and 1.1 g of ALA for adult women.

The possible superpower of avocados goes beyond their omega-3 fatty acids. They also consist of phytochemicals, fibre, and essential nutrients. A survey published in the “Nutrition” journal suggested that avocados have been linked to better diet quality and nutrient intake as well as a lower risk of metabolic syndrome, which is a group of conditions that include high blood pressure and obesity.



Other foods high in Omega 3 include cold water fish (salmon, mackerel, tuna, sardines etc.), nuts and plant oils.

Get some seafood in your diet

Fight stress and help prevent heart disease by adding seafood to your plate. Fatty fish, in particular, are a great option because they are heart-healthy and, as we said above, their omega-3s may help ease depression because the nutrients easily interact with mood-related brain molecules. Fatty fish include tuna, halibut, salmon, herring, mackerel, sardines, and lake trout, amongst others.

Not a fish fan? There are other whole-food options, like seaweed, chia seeds, flaxseeds, walnuts, and fortified food, such as certain brands of eggs, milk, soy milk, and nut milk. You can also try omega-3 supplements in the form of fish-oil, which can be found at your local supermarket or pharmacy, and they are tied to a lower risk for heart disease and stroke.

Fish oil is fine if you're not eating a balanced diet that is rich in omega-3s and includes eating fish at least twice a week. But, with any supplements, it's important to check with a doctor or nutritionist before beginning a supplement routine, so you can figure out the best brand and dosage for your health goals.

A glass of hot milk before bed

Calcium rich foods are an essential part of a healthy diet for bone health, but this nutrient may also help reduce depression. Milk and other dairy foods with Calcium and added Vitamin D can help muscles relax and stabilize mood.

One study, published in the journal “Obstetrics and Gynaecology” even found that it can also ease symptoms of premenstrual syndrome.

**How often do we actually think about the make up of our food?
We know we need the nutrients to help our bodies function properly.
But it is clear that they also can help with our mental health.
Another reason to make good decisions around your nutrition.**

NUTRITION:

Even more foods to help with Stress

Have some nuts

Nuts are full of nutrients, including B Vitamins, along with healthy fatty acids. B vitamins are an important part of a healthy diet and can help reduce stress. Almonds, Pistachios, and Walnuts may even help lower blood pressure levels. According to studies, pistachios in particular can have a role in reducing stress levels. But remember to limit servings to just a handful a day to avoid excess calories. Nuts and seeds are also high in magnesium, and that's a plus, because magnesium has been linked to better anxiety management.



A Dutch study found a link between daily nut consumption and a reduced chance of dying from a number of chronic diseases, including cancer and heart disease. The study assessed the dietary and lifestyle habits of middle-aged to elderly adults from the Netherlands and followed them up over the next 10 years. Overall, researchers found people who ate nuts had a decreased risk of death from any cause as well as various specific causes, such as cardiovascular diseases and cancer, compared with those who didn't eat any nuts. The most reduced risk was found with the consumption of 5-10g of nuts a day.

Use Probiotics

Microbes in the lower intestinal tract help us digest food, fight harmful bacteria, and regulate the immune system. But sometimes an imbalance of microbes occurs, leading to diarrhoea and other health problems.

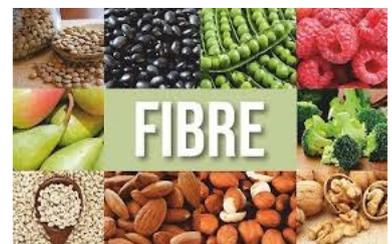
When the gut becomes unbalanced with unhealthy levels of certain bacteria, probiotics can help restore the balance. They've been shown to secrete protective substances, which may turn on the immune system and prevent pathogens from taking hold and creating major disease. But scientists are still learning to understand how probiotics may promote health. Some studies that suggest if you take a probiotic while taking antibiotics, you're less likely to get diarrhoea caused by the antibiotic. Probiotics taken as a supplement may also reduce the number of colds you'll have in a year.

So, probiotics can help boost the immune system, protect against harmful bacteria, and improve digestion and absorption of nutrients. However, an article in "University Health News" cited several studies that found gut health has a direct correlation to improving anxiety, depression, and mood. One way is that gut bacteria can produce molecules with neuroactive functions, including Serotonin and Gamma-Aminobutyric Acid (GABA), which positively influence mood.

Have Fibre

Fibre-rich foods are gut-friendly and can play a role in lowering stress. According to a review in the journal "Nutritional Neuroscience", a high-fibre diet may be linked with reduced anxiety, depression, and stress. A preliminary study suggested that fibre may help fight oxidative stress and inflammation. These are two effects that previous research tied to cancer, along with other health conditions.

Foods that are rich in Fibre balance your blood sugar and prevent spikes in your insulin levels. A blood sugar crash can induce fatigue, anxiety, shaking, irritability, and trouble concentrating



NUTRITION: Which foods can help you reenergise?

So, if you are stressed, it is clear food can help you to relax. But another way is to reenergise yourself to help beat the blues. Let's look at a few suggestions, some also helped with stress, but try your own research too.

Bananas

Bananas may be one of the best foods for energy. They're an excellent source of complex carbs, potassium, and vitamin B6, all of which can help boost your energy levels.

Salmon

As we previously mentioned, Omega-3 fatty acids have been shown to reduce inflammation, which is a common cause of fatigue. In fact, some studies determined that taking omega-3 supplements could decrease fatigue, especially in cancer patients and those recovering from cancer.

Furthermore, Salmon is high in vitamin B12. It works with folic acid to produce red blood cells and help iron work better in your body.

Optimal levels of red blood cells and iron can reduce fatigue and increase energy.



Wholegrain Rice (not white rice)

Wholegrain rice is a very nutritious food. Compared to white rice, it is less processed and retains more nutritional value in the form of fibre, vitamins, and minerals.

One-half cup (50 grams) of brown rice contains 2 grams of fibre and provides a large portion of your recommended daily intake of manganese, a mineral that helps enzymes break down carbs and proteins to generate energy. Additionally, thanks to its fibre content, brown rice has a low Glycaemic index. Therefore, it could help regulate blood sugar levels and promote steady energy levels throughout the day.

Coffee

Coffee might be the first food you'd think to consume when you're looking for an energy boost. It's rich in caffeine, which can quickly pass from your bloodstream into your brain and inhibit the activity of adenosine, a neurotransmitter that quiets the central nervous system. As a result, you get the production of epinephrine, a hormone that stimulates the body and brain.

Even though coffee only provides two calories per cup, its stimulatory effects can make you feel alert and focused. However, it's not recommended to consume over 400 mg of caffeine, or about 4 cups of coffee, per day.



Eggs

Eggs are not only a tremendously satisfying food but also full of energy that can help fuel your day. They're packed with protein, which can give you a steady and sustained source of energy. Additionally, leucine is the most abundant amino acid in eggs, and it's known to stimulate energy production in several ways.

Leucine can help cells take in more blood sugar, stimulate the production of energy in the cells, and increase the breakdown of fat to produce energy. Moreover, eggs are rich in B vitamins. These vitamins help enzymes perform their roles in the process of breaking down food for energy.

Nutrition: HMHB look at different Foods

Today: Oils and Spreads

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

The Government's "Eatwell Guide" advises that we should choose small amounts of unsaturated oils (plant, vegetable oils, like rapeseed, olive, and nut oils, and spreads made from them). It is essential that we include some fats in our diets.

- A small amount of dietary fat is an essential part of the diet. It provides us with essential fatty acids (those the body cannot make itself) and helps us to absorb the fat soluble vitamins A, D, E and K.
- Most of us need to cut down on saturated fat, as it can raise our blood cholesterol levels and increases risk of heart disease and stroke.
- Swapping saturated fats with unsaturated fats has been found to lower the levels of cholesterol in the blood and lower the risk of heart disease and stroke.
- All fat is high in energy (calories) and therefore should be limited in the diet, to avoid consuming more calories than you need.



Did you know

1. Oils are sensitive to heat, light, and oxygen, so store them in a cupboard.
2. High temperatures can impact oil's structure and flavour, so do not regularly reuse.
3. Virgin oils are produced by physical and mechanical means only.
4. A health claim has been approved for polyphenols in virgin olive oils, as these can protect against some oxidative damage.
5. All types of fat have 9kcal/g so should be used sparingly.
6. Most of the "vegetable" oil in supermarkets is rapeseed oil.

Oils for Cooking

Oils with higher smoke points (e.g. sunflower, standard rapeseed or olive, or peanut oils) are better for roasting and frying.

Oils for Dressing

Oils with lower smoke points (e.g. virgin oils, walnut, and hemp seed oils) are better kept for salad dressings and drizzling.

Limit Saturated Fats

Oils and fats with a greater proportion of "saturated fats", such as coconut oil, goose fat, ghee and butter, can be used for flavour, but in limited amounts and only occasionally.

Palm Oil is used commercially for functionality but is also high in saturated fat.

**Your choice of oil can have an impact on your health.
Choose wisely. It's your body!!!**

NUTRITION: Lazza's Kitchen

Homemade Tiramisu

**Lazza is still trying out new recipes
Today - he makes his first ever Tiramisu**



600ml Double Cream
250g tub Mascarpone
5 tablespoon of Golden Caster Sugar
Sponge Fingers (I used Madeira Sponge)
Dark Chocolate
Cocoa Powder
Very strong coffee
75 ml Marsala (if you want. I didn't)

“Tiramisu appears to have been invented in the 1960s or 1970s, but where and when exactly is unclear. Some accounts of the origin of tiramisu date its invention to the 1960s in the region of Veneto, Italy, at the restaurant "Le Beccherie" in Treviso.

Specifically, the dish is claimed to have first been created by a confectioner named Roberto Linguanotto.”

- Mix the double cream, mascarpone and sugar together (you can also add some vanilla essence). If you are using alcohol (Marsala) also add that too. Try and get mixture fairly thick.
- Make the coffee, nice and strong, and pour this into a shallow dish.
- I used madeira cake fingers, but you can use the shop fingers if you want.
- Soak the fingers in the coffee, enough to soak in coffee, but not long enough to start disintegrating, then lay them in a large tin.
- Using half the cream mixture, pour this onto the sponges.
- Grate half the chocolate and then add this layer.
- Repeat another layer with sponge, mixture and chocolate.
- Sprinkle on the cocoa powder.
- Put in the fridge to set, preferably leaving overnight. It should keep for two days.
- Slice up, distribute, and enjoy. :-)



*Wow!! Homemade Tiramisu
I found some cake fingers, which really soaked up the coffee nicely.
I didn't want alcohol, but did add a little rum essence, plus vanilla.
Grating chocolate is really hard!!!
This Tiramisu is full of calories.
But tastes absolutely divine!!! Yay!*

**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 dessert to prepare.
I stun myself every week. If I can do it, so can you. Try something new!!!**



HMHB's Name Game Page - trickier than you think.

Can you name these Cheeses from their pictures?

Answers at bottom of quiz page answers (page 25)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

EXERCISE/FITNESS

Stretches to help with pain (but good for you anyway)

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.

We currently organise a daily walk around Highbury Fields at 9:30am.

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

It can be a vicious circle. If you have pain, for example in your back, knee, shoulder, etc, it is natural to have less movement. This can lead to your muscle joints becoming stiff, and that to even more pain. So you do even less movement, and your muscles become weaker as they are not being used as much. Less movement leads to sedentary lifestyle, and possibly then eating more, leading to weight gain. This puts extra strain on your joints, and even more pain. (I think I recognise myself here, hence my need to lose weight).

However, using stretching and exercise can help prevent that circle. Once you start moving, even starting slowly at first, you feel stronger and in more control. You become less scared of moving and that leads to more endurance and confidence. You regain more movement, and hopefully less pain (obviously following advice from a medical professional too). If you are in pain, do check with doctors or physio regarding any exercises, so that you do not make anything worse.

Stretching:

- Increases your flexibility
- Increases your range of motion
- Increases your performance when performing physical activities
- Increases blood flow to the muscles
- Improves your posture
- Can help to combat pain (which we will cover in the next three pages)
- Is great for stress relief and your mental health
- Can calm your mind



We are going to look at mainly Static stretches, which involve holding a stretch in a comfortable position for a period of time, typically between 10 and 30 seconds. This form of stretching is most beneficial after you exercise, but you can obviously also do it before too. Or even just on its own.



You Can Do It

EXERCISE/FITNESS:

Exercise and Stretches to help with Lower Back Pain

Do them even if your back is fine

Child's Pose

This traditional yoga pose works your “Gluteus Maximus”, Hamstrings, and Spinal Extensors. It helps to relieve pain and tension all along your Spine, Lower back, and Shoulder

- Get onto all fours (see pic)
- Sink back, and rest on your heels.
- Walk your fingers out to stretch.
- Focus on breathing deeply
- Relax any areas of tension or tightness.
- Hold for minimum of 30 seconds



Knee to Chest Stretch

This stretch relaxes your Hips, Thighs, and Glutes while promoting overall relaxation.

- Lie on the floor with one leg straight out in front of you, and the other bent (see pic)
- Holding the bent knee, draw the knee into your chest
- Lengthen your spine, and avoid lifting your hips
- Breathe Deeply
- Release any tension
- Hold the pose for several seconds each time



Sphinx Stretch

This backbend stretches and strengthens your Spine, Buttocks, and chest.

- Lie facedown with hands underneath your shoulders, palms down, (as per the pic)
- Gently engage your lower back, buttocks, and thighs as you lift your head and chest
- Breathe deeply as you press your pelvis into the floor.
- Gaze straight ahead and close your eyes
- Hold the pose for 30 seconds to 1 minute.



According to the “National Institute of Neurological Disorders and Stroke”, lower back pain is the most common cause of job-related disability, and around 80% of adults will experience it at some point in their lifetimes. Therefore, back health is undeniably important in ensuring wellbeing in both personal and work capacities.

**You use your lower back for a lot of things,
from walking and running to simply getting out of bed in the morning.**

EXERCISE/FITNESS:

Exercise and Stretches to help with Upper Back Pain

Do them even if your back is fine

Chair Rotation (you can also sit on the ground)

Good for Upper, Mid, and Lower Back

- Ideally sit sideways on a chair (see pic opposite), but you can sit normally if this is impossible.
- Keeping your legs stationary, rotate your body to one side, moving your arms round too.
- Hold your body there, and use arms to enhance the stretch going round.
- Hold for 10 to 20 seconds. And repeat on both sides for some repetitions.



Wall Angels (who comes up with these names??)

Good for Neck, Shoulders and Upper Back

- Stand so your back is flat against a wall (you may need to step out a bit to make sure)
- Extend your arms straight above your head. (see pic)
- Bend your elbows so they create a 90 degree angle.
- Slowly, move your arms up and down as if doing a snow angel movement.
- Ensure your arms are flat against the wall the whole time. Just keep going.



Thoracic extensions (sounds exciting!!)

Good for Upper and Mid back.

- Sit back in the chair so your back is as straight as you are able to get it. (see pic)
- Allow your upper body to fall back over the chair.
- Spread your arms backwards as you move so they flail out behind you.
- Breathe Deeply
- Hold for 10 seconds as you reach your full stretch. Don't move too fast.



Poor posture can put you at increased risk of back problems by putting extra strain on your back.

This can affect your muscles, ligaments, tendons and vertebrae, and in the long term, can cause painful problems such as muscle, joint and disc damage, and constricted vessels and nerves.

Just being aware of how you are sitting and standing can greatly improve your posture.

You should stand upright with your head facing forward and your back straight. And when sitting, make sure you are upright, with your knees and hips level and your feet flat on the floor or on a footstool.

Don't hunch your shoulders or slump in your chair. When sitting down for long periods of time, be sure to keep your back well supported using the back of your chair.

EXERCISE/FITNESS: Exercise and Stretches to help with Hip Pain

Double Hip Rotation

- Lie flat on the back. Bend the knees and bring them toward the body until the feet are flat on the floor.
- Gently rotate the knees to the left, lowering them toward the floor. Rotate the head to face the right while keeping the shoulders against the floor.
- Hold this position for 20–30 seconds.
- Slowly return both the head and knees to the starting position.
- Repeat on the opposite side



Hip Extension

- Stand upright with the legs straight and the feet shoulder-width apart.
- Extend both arms out in front and hold on to a chair, table, or wall for support. (or free like me)
- Keeping the right leg straight, lift the left leg backward without bending the knee (hard to balance)
- Lift the leg as far as possible without causing discomfort, then clench the buttock tightly and hold the position for 5 seconds



Mini Squats (squats are a fantastic exercise)

- Stand upright with the feet shoulder-width apart.
- If necessary, hold on to a chair, table, or wall for support.
- Keeping the back straight, gently lower the body by bending the knees until they are above the toes. The feet should remain flat on the ground.
- Hold this position for a few seconds, then slowly straighten the legs to return to the starting position
- Repeat them for several repetitions



Hips and knees are load-bearing joints. The heavier you are, the more load they have to bear and the faster they'll wear out. Your hips and your knees may even hurt when walking if you carry excess weight.

**If you are in pain, please check with your doctor before doing exercises.
However, as you can see, several exercises can provide benefit.
There are many more, so why not research some yourself.
It's your body, and your health!!! Stay active, stay healthy!!!**

HEALTH / ROUTINE

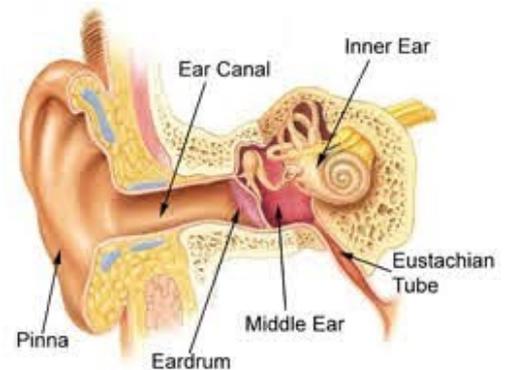
Ears

The Outer Ear: Collecting Sounds

The outer ear is made up of the “Pinna”, also called the “Auricle”, and the ear canal. The pinna is the part of the ear you see on the side of your head. It's made of tough cartilage covered by skin. Its main job is to gather sounds and funnel them to the ear canal, which is the pathway that leads to the middle ear. Glands in the skin lining the ear canal make earwax, which protects the canal by cleaning out dirt and helping to prevent infections.

The Middle Ear: Good Vibrations

The middle ear is an air-filled cavity that turns sound waves into vibrations and delivers them to the inner ear. The middle ear is separated from the outer ear by the “Eardrum”, or “Tympanic” membrane, a thin piece of tissue stretched tight across the ear canal. Sounds hit the eardrum, making it move. This movement leads to vibrations of three very small bones in the middle ear known as the “Ossicles”.



The ossicles are:

- the Malleus ("hammer"), which is attached to the eardrum
- the Incus ("anvil"), which is attached to the malleus
- the Stapes ("stirrup"), which is attached to the incus and is the smallest bone in the body

To hear properly, the pressure on both sides of your eardrum must be equal. When you go up or down in elevation, the air pressure changes and you may feel a popping sensation as your ears adjust. This is very noticeable when you take off in a plane, or come in to land. It also happens when you dive under the sea. They adjust thanks to the narrow Eustachian tube that connects the middle ear to the back of the nose and acts as a sort of pressure valve, so the pressure stays balanced on both sides of the eardrum.

The Inner Ear: Nerve Signals Start Here

The vibrations from the middle ear change into nerve signals in the inner ear. The inner ear includes the “Cochlea” and the semi-circular canals. The snail-shaped cochlea changes the vibrations from the middle ear into nerve signals. These signals travel to the brain along the cochlear nerve, also known as the auditory nerve.

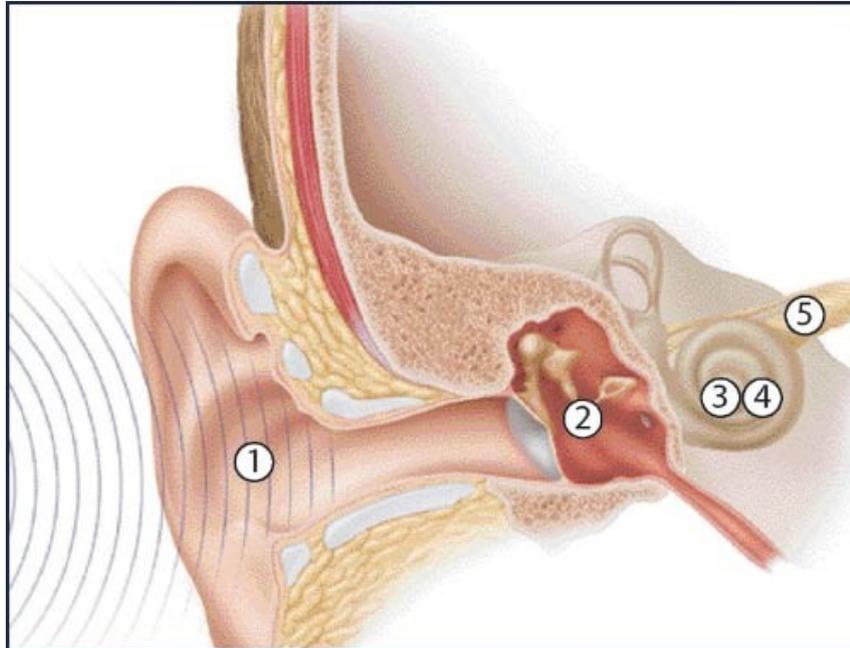
The semi-circular canals look like three tiny connected tubes. It's their job to help you balance. The canals are filled with fluid and lined with tiny hairs. When your head moves, the fluid in the canals sloshes around, moving the hairs. The hairs send this position information as signals through the “Vestibular” nerve to your brain. The brain interprets these signals and sends messages to the muscles that help keep you balanced. (*wow, this was clever stuff!!!*)

When you spin around and stop, the reason you feel dizzy is because the fluid in your semi-circular canals continues to slosh around for awhile, giving your brain the idea that you're still spinning even when you aren't. When the fluid stops moving, the dizziness goes away.

The cochlear nerve, which is attached to the cochlea and sends sound information to the brain, and the vestibular nerve, which carries balance information from the semi-circular canals to the brain, together make up the “Vestibulocochlear” nerve.

HEALTH / ROUTINE

How do the ears work?



1. **Sound is transmitted as sound waves from the environment. The sound waves are gathered by the outer ear and sent down the ear canal to the eardrum.**
2. **The sound waves cause the eardrum to vibrate, which sets the three tiny bones in the middle ear into motion.**
3. **The motion of the bones causes the fluid in the inner ear or cochlea to move.**
4. **The movement of the inner ear fluid causes the hair cells in the cochlea to bend. The hair cells change the movement into electrical pluses.**
5. **These electrical impulses are transmitted to the hearing (auditory) nerve and up to the brain, where they are interpreted as sound.**

Neuroscientists have understood for some time that when we hear sounds of understandable language our brains react differently than they do when we hear non-speech sounds or people talking in languages we do not know. When we hear someone talking in a familiar language, our brain quickly shifts to pay attention, process the speech sounds by turning them into words, and understand what is being said.

According to Professor Jonathan Z. Simon, who is part of the University of Maryland's Departments of Biology and Electrical and Computer Engineering; "When we listen to someone talking, the change in our brain's processing from not caring what kind of sound it is to recognizing it as a word happens surprisingly early. In fact, this happens pretty much as soon as the linguistic information becomes available".

The brain quickly recognizes the phonetic sounds that make up syllables, and transitions from processing merely acoustic to linguistic information in a highly specialized and automated way. The brain has to keep up with people speaking at a rate of about three words a second. It achieves this, in part, by distinguishing speech from other kinds of sound in about a tenth of a second after the sound enters the ears.

"We usually think that what the brain processes this early must be only at the level of sound, without regard for language," Simon notes. "But if the brain can take knowledge of language into account right away, it would actually process sound more accurately."

HEALTH / ROUTINE

How can keep our ears healthy?

Use ear plugs around loud noises

Noise induced hearing loss can be common. Clubs, concerts, lawnmowers, chainsaws, and any other noises that force you to shout so the person next to you can hear your voice, all create dangerous levels of sound. Earplugs are convenient and easy to obtain. You can even have a pair custom fitted for your ears by a healthcare provider. Musicians' earplugs are custom earplugs with filters that allow a person to hear conversations and music but still reduce harmful sound levels while maintaining the quality of the original sound as closely as possible.

Turn the volume down

I do not know of anyone who does not like some kind of music and, especially with so many of us wearing headphones, it is important to keep that level down.

According to the World Health Organization, 1.1 billion teenagers and young adults worldwide are at risk for noise-induced hearing loss from unsafe use of audio devices. If you like to enjoy music through headphones or earbuds, you can protect your ears by following the 60/60 rule. The suggestion is to listen with headphones at no more than 60% volume for no more than 60 minutes a day.

Earbuds are especially dangerous, as they fit directly next to the eardrum. If possible, opt for over-the-ear headphones. Don't forget that any loud music, not just music played through headphones, presents a risk for noise-induced hearing loss.

Never use cotton buds in your ears: NEVER

They are NOT ear buds, they are "Cotton Swabs". It's common for people to use cotton swabs to clean wax out of their ear canal, but this is definitely not advisable. A little bit of wax in your ears is not only normal, but it's also important. The ears are self-cleaning organs, and wax stops dust and other harmful particles from entering the canal. Plus, inserting anything inside your ear canals risks damaging sensitive organs like your ear drum. So, please never use the cotton buds in your ears again.

If you have excess wax, you can clean around the canal with a damp towel. You could also use ear wax removal solution over the course of a few nights. This softens the wax so that it will eventually flow out on its own. The best solution is always to seek a professional opinion and care when possible.

Do some exercise (it's the answer for so many things)

Did you know that exercise is good for your ears? It's true. Cardio exercises like walking, running, or cycling gets the blood pumping to all parts of your body, including the ears. This helps the ears' internal parts stay healthy and working to their maximum potential.

Also, the NHS says; "Make sure to stay safe! When cycling, always wear a helmet. If you fall and hit your head, a concussion can harm your hearing."



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 great Zumba class, or two, with a qualified teacher.

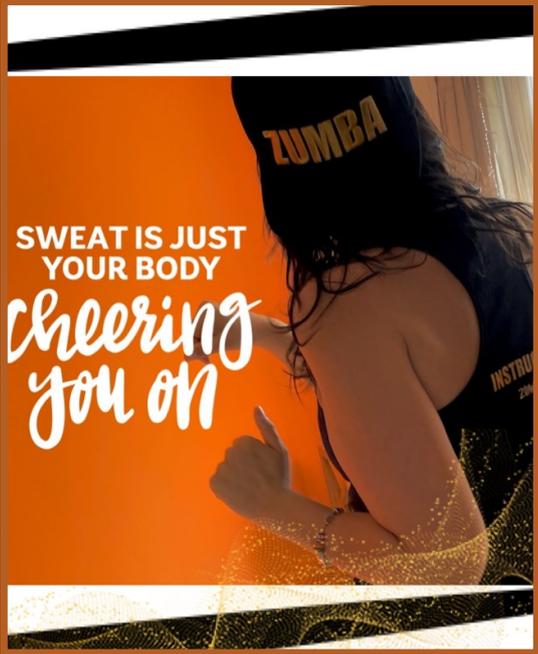
Karina is part of our weekly Sobell Fitness sessions.

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!!



ZUMBA



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.

They are fabulous. Please have a go!!

www.activewithin.com

TIME TABLE

MON/18.30/YOGA
TUES/11.00/YOGA
TUES/18.30/BOOTCAMP
WEDS/18.30/YOGA
SAT/10.00/YOGA
SUN/10.00/ABT

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

Review of Challenges and Targets

Mind-set:

Life is always testing us. Sometimes we make the errors, and others times it is others that let us down, either accidentally or, on occasions, with deliberate intent. Mistakes can be crushing, if we allow them to be. Yes, every action has consequences. And maybe they will also hurt us. Getting back up and carrying on is not easy. We may have to forgive, move on to new adventures, and not allow it to affect us negatively. Life is a continual learning process. Try and stay positive. It's your choice how you react to these situations.



Nutrition.

This week we decided to look at how our diets can help us when we are feeling stressed. I suppose this is very relevant during this pandemic. I know from personal experience how I have used food to comfort me when things have gone wrong, and that normally entails the wrong types of food (well, quantities of them for sure).

Do some of your own research. It's about less added sugar, more healthy fats, good vegetables, and eating healthy. You decide what you eat and drink, and it is about making sensible choices.



Exercise



Exercise has countless benefits, many of which we have covered in these packs.

I have personally had a lot of pain over the last 19 months with my knees (two torn meniscus - hence recent operation on my right knee).

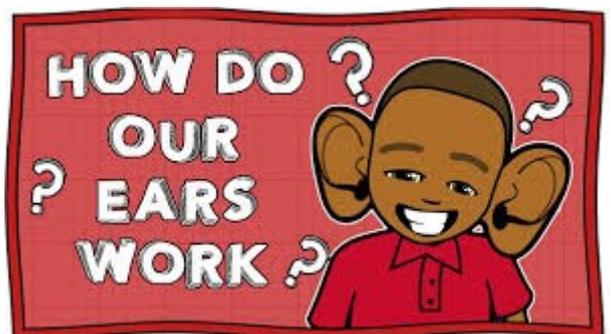
Exercise can be part of your daily routine even with pain (although do check with your doctor). But you can still do all the exercises anyway, as they help strengthen your muscles and joints. Your body is a walking miracle, and anything you can do to keep it functioning is a good thing.

Health.

Can I say, I learn things every week while we research these packs. And that is definitely true of this week when we looked at our ears. They are a miracle of engineering. The fact that we can hear is astonishing.

But like most of our bodies, we take them for granted. I go to the cinema with a deaf friend of mine, so I can see how it can affect people. Can you imagine not hearing music, laughter, or being able to simply talk to someone?

Look after your ears (don't put cotton buds in them).



**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 + Cheeses from Page 15

See if you can beat your family and friends

Music

These are the bands where the following people are/were the lead singers.

- | | | |
|----|---------------|----------------|
| a. | Steven Tyler | Aerosmith |
| b. | Dave Gahan | Depeche Mode |
| c. | Martin Fry | ABC |
| d. | Chris Martin | Coldplay |
| e. | Robert Plant | Led Zeppelin |
| f. | Alex Turner | Arctic Monkeys |
| g. | Damon Albarn | Blur |
| h. | Debbie Harry | Blondie |
| i. | Jarvis Cocker | Pulp |
| j. | Tony Hadley | Spandau Ballet |
| k. | Michael Stipe | R.E.M. |
| l. | Robert Smith | The Cure |
| m. | Ozzy Osbourne | Black Sabbath |

Literature

The children's books authors.

- | | | |
|-----|--------|------------------|
| 1. | TVHC | Eric Carle |
| 2. | WTWTA | Maurice Sendak |
| 3. | CW | E B White |
| 4. | TTOPR | Beatrix Potter |
| 5. | TLTWTW | C S Lewis |
| 6. | GEAH | Dr. Seuss |
| 7. | TWITW | Kenneth Grahame |
| 8. | TSG | Frances Burnett |
| 9. | TTWCTT | Judith Kerr |
| 10. | FOATI | Enid Blyton |
| 11. | AF | Eoin Colfer |
| 12. | SAA | Arthur Ransome |
| 13. | CATCF | Roald Dahl |
| 14. | S | Anthony Horowitz |

Film

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

- | | | |
|-----|-------|----------------------|
| 1. | TSOW | Sally Watkins |
| 2. | G | Sandra Bullock |
| 3. | MR | Nicole Kidman |
| 4. | ER | Julie Walters |
| 5. | LS | Ali McGraw |
| 6. | TKAI | Deborah Kerr |
| 7. | PAP | Keira Knightley |
| 8. | TTOE | Felicity Jones |
| 9. | TH | Viola Davis |
| 10. | TBOMC | Meryl Streep |
| 11. | TC | Susan Sarandon |
| 12. | TCP | Whoopi Goldberg |
| 13. | BE | Celia Johnson |
| 14. | SB | Gloria Swanson |
| 15. | TEP | Kristin Scott Thomas |
| 16. | NOAC | Judi Dench |

Geography

The Ten Canadian Provinces are:

Alberta: British Columbia: Manitoba: New Brunswick:
Newfoundland and Labrador: Nova Scotia: Ontario:
Prince Edward Island: Quebec: Saskatchewan:

QUIZ ANSWERS

List of Cheeses - from Page 15 (it's meant to be tricky - so see how many you managed to remember)

- | | | | | | |
|----|------------|----|------------|----|------------|
| 1 | Feta | 2 | Ricotta | 3 | Parmesan |
| 4 | Gouda | 5 | Edam | 6 | Emmenthal |
| 7 | Stilton | 8 | Brie | 9 | Camembert |
| 10 | Mozzarella | 11 | Gorgonzola | 12 | Mascarpone |
| 13 | Cheddar | 14 | Gruyere | 15 | Roquefort |

Chemistry

The first 15 elements:

Hydrogen, Helium,
Lithium, Beryllium,
Boron, Carbon,
Nitrogen, Oxygen,
Fluorine, Neon,
Sodium, Magnesium,
Aluminium, Silicon,
Phosphorous:

THE LAST PAGE

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

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

You can 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](https://twitter.com/hmhb2016)

Please follow PT Dean on Twitter if you use it: [@zombie_pt](https://twitter.com/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.



Cripplegate Foundation
Helping since 1500

Be Safe, Be Active, Be Well