



Healthy Minds, Healthy Bods

Mental Health Pack

Number 6



Prepared by: Lawrence, Luke and Dean: Monday 25th May 2020

www.hmhb2016.org.uk



“THE PESSIMIST SEES DIFFICULTY IN EVERY OPPORTUNITY. THE OPTIMIST SEES OPPORTUNITY IN EVERY DIFFICULTY.” – WINSTON CHURCHILL

Welcome to the 6th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).

If you missed our first five you can go to our website, or ask someone to do that, and download a PDF copy from our MHP page - www.hmhb2016.org.uk

HMHB is a mental health project that is looking to shake up intervention through our own unique fresh approach. Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress and anxiety, and show how a healthy lifestyle is the way forward. We want it to be fun, focusing on responsibility, change, choice and being proactive.



**HMHB
love meeting
our users.**

**Socially, for fitness
sessions, walks, and
our courses.**

Thanks to all.



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.

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 we can do this, for a limited number. So you would need to contact us as soon as possible. Please text the number at the back or get someone to email us. Thanks to everyone who reads these packs.



Lazza's Quiz Spectacular

Answers are on page 17 (no peeking)

We have put our new quiz page towards the front, so you do not go peeking at the answers at the back of the pack.

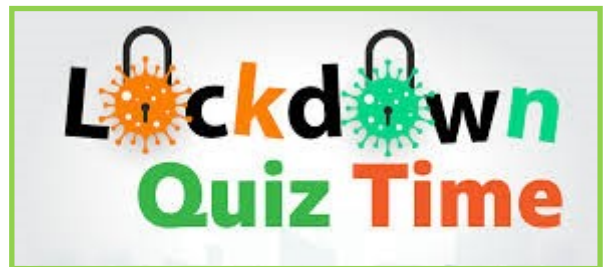
It's tricky, and will make you think. If you are on your own, write all answers down before checking at the back. If you are with others, play together to see who can get the most points.

History.

Put these seven kings in order of when they came to the English throne.

In alphabetical order:

Charles 1; Edward 1; George 1; Henry 1;
James 1; Richard 1; William 1



Geography

Not counting the UK, there are 27 countries in the EU.

However, 8 of them have kept their own currency.

Can you name them?



Entertainment

The following actors all won a Best Actor Oscar. But can you name the films they were in?

2010 - Jeff Bridges
2011 - Colin Firth
2012 - Jean Dujardin
2013 - Daniel Day Lewis
2014 - Matthew McConaughey
2015 - Eddie Redmayne
2016 - Leonardo Di Caprio
2017 - Casey Affleck
2018 - Gary Oldman
2019 - Rami Malek
2020 - Joaquin Phoenix

Sport

As of now, there are 18 first-class UK Cricket Counties competing at top level.

Can you name them all?

For an extra point - can you name the current winners of the County Championship?

Food

I am taking this from Healthline (so no arguments with me please), but can you name the top 20 healthiest fruits according to their site. I have to admit, I had not even heard of one of them. So good luck with this one!!! Lol. I realise other sites may include different fruits!!

MIND-SET:

How can we stay on track?

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.

Do you set new year resolutions? Do you then stop doing them?

- By the second week of February, over 80% of New Year Resolutions have been abandoned.
- 88% of resolutions fail, even though over half of those people were confident they would succeed.
- Over 25% of people give up within seven days.
- 92% of people do not follow through on their targets.

So why do we fail?

1. Your goals are not specific. "I want to be healthier" - is a great goal, but very vague. Your brain is much better at responding to specifics. It is much better to have goals that will accomplish the "healthier" goals. They can be around physical activity, regarding nutrition, or even your daily routine. Create actual targets that your brain can recognise.
2. You lose your focus. You start out with such determination. But most resolutions mean you have to keep going for weeks, months, even years. It is easy to get distracted and allow life to butt its way in. According to research - 23% of people just forget all about their resolutions. Apparently, you are 42% more likely to achieve your goals if you write them down where you will see them regularly. Build the changes you make into your daily routine so they become a habit.
3. How important is it to you? You may decide to lose weight, or give up smoking or drinking, get fitter, or improve your daily routine. All these are fantastic ideas, and we all should be looking at ways we can constantly make small changes. But you will not lose weight if you wont give up snacking on biscuits and cakes, and then not exercise more. The magic pill does not exist. You need to motivate yourself. Identify what you want, and why it is important to you. "I want to lose weight so I stay healthier and live longer for my family". Have an end reason. Focus on that.
4. You want quick results, but it takes time. We live in an age when we hate waiting for things to happen. You send an email, and want a reply. You send a text and are annoyed if you do not get one back within ten minutes. A lot of people underestimate how long things will take and get impatient. Losing weight, for example, needs to be maintained over a period of time. We give up too quickly once we realise the reality of the situation. Maybe create an action plan. Instead of thinking you need to lose one stone for example, see that as fourteen pounds, and set yourself one pound a week. Then each week you succeed. It feels obtainable. And if you don't succeed that week, well the next week is straight away and you can get back on it. Set realistic goals.



Izzwalkers enjoying tea and snacks

We love our social events too

3rd October 2019

Highbury Grange Medical Practice

MIND-SET: ACCOUNTABILITY

At the bottom of this page we are following our Lazza on his weight-loss journey. The main reason he has added it to these packs, and printing his details, is that he is now accountable to all of you. You know his targets, and you can see his progress over time. It motivates him to succeed each week, even though there may be weeks when there is no movement, or it may even increase. Having someone to report to (all of you) can be encouraging. Do this for your own targets.

There are two kinds of accountability.

1. To Yourself
2. To Others

For you it means:

- Being responsible when taking decisions
- Setting yourself realistic targets
- Ensuring you are taking all the right steps to reach your goal
- Having a good circle of friends around you
- Making sacrifices to obtain your goal
- Committing to keep going, even when things are not going so well
- Tracking your journey and adjusting it if you need to
- Give yourself rewards along the way



For others

- Letting people know your targets and asking them to encourage you
- Telling people the truth about your journey, even if it is negative
- Surround yourself with people who will guide you and push you, not hinder you
- Have something visual, maybe a blog, or something on social media, where people can follow your progress
- Maybe partner up with someone who shares your goal - for example you both want to lose weight
- If you do mess up (and it happens) talk to people about it. Don't allow it to break you.



Lazza's weight-loss journey

**Sunday May 3rd, he was 98.5 kg / 15st 7.15 lb.
His target is to lose 1 lb a week
His final goal is 76.2 kg / 12st.**

After 2 weeks; total loss 2.1 kg / 4.63 lb

**Sunday May 24th, he was 95.5kg / 15st 0.54 lb
Losing in week 3; 0.9kg / 1.98lb**

3 weeks: Overall loss: 3.0kg / 6.61 lb

NUTRITION: Wholegrains

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.



Some excellent examples of Wholegrain

- a. Whole Wheat
- b. Whole Oats
- c. Brown Rice
- d. Whole Rye
- e. Buckwheat
- f. Bulgar
- g. Quinoa
- h. Corn
- i. Whole-wheat Couscous

What is wholegrain?

Grains are the seeds of grass-like plants called cereals. Some of the most common varieties are corn, rice, and wheat.

Some seeds of non-grass plants, or pseudo cereals, are also considered whole grains, including buckwheat, quinoa, and amaranth.

Whole-grain kernels have three parts;

- Bran. This is the hard, outer shell. It contains fibre, minerals, and antioxidants.
- Endosperm. The middle layer of the grain is mostly made up of carbs.
- Germ. This inner layer has vitamins, minerals, protein, and plant compounds.

Grains can be rolled, crushed, or cracked. Nonetheless, as long as these three parts are present in their original proportion, they're considered whole grains.

- 1) Studies show that if you want to statistically reduce your risk of death from all causes (in other words, your total mortality rate) by 15% just by making one dietary change? Choose whole grains whenever you can.
- 2) We all know we're supposed to eat more whole grains. We know they're "good" for us (full of fibre, phytochemicals, and vitamins and minerals). So what's stopping us?
- 3) Maybe it's our fear of "brown" food. But you might be surprised how easy it can be to embrace the brown if you set your mind to it. Some of you will have no problems switching to whole-grain bread but will draw the line at whole-wheat pasta. For others, it might be the other way around.
- 4) The bottom line is that switching to whole grains is one of the most important things you can do for your health. So make the switch everywhere you can, and draw the line wherever that may be for you



NUTRITION: White Food v Brown Food

Which is really healthier? A simple glance.

We are constantly told that brown food is better than white (I mean I sort of did on the last page when we looked at wholegrain). But is it always so? Let's have a look.

Demerara sugar v white sugar (keep to minimum)

- * 1 teaspoon of these sugars contains the same amount of calories - 4 grams of sugar contains 15 calories.
- * The difference though is that while white sugar has been refined to remove all of the minerals needed by the body to digest sugars (including: chromium, cobalt, magnesium, manganese and zinc), demerara still contain these minerals, even if in minute quantities.
- * So demerara is a better bet



Brown Rice v White Rice (choose wholegrain!!!)

- * White rice thanks to refining lacks some antioxidants, B vitamins, minerals, fats, fibre, and a small amount of protein that brown rice provides.
- * Brown rice also scores in terms of having a lower glycaemic index or GI (it is digested slower) as compared to white rice
- * It's not as simple as brown rice is the good, clean, healthy choice, and white rice is the bad, dirty, unhealthy choice. The answer lies in between and is down to taste.

Brown Bread v White Bread (choose wholemeal!!!)

- * The bran in whole wheat flour provides fibre and the germ provides protein and vitamin E, B-vitamins, magnesium, manganese, iron, phosphorous, potassium, and zinc.
- * White bread is mostly just empty calories. But speaking of calories - a standard sized slice of brown bread will normally have more calories than a slice of white bread.
- * All commercial prepared breads (whether white or brown) contain additives and preservatives



Brown Eggs and White Eggs

- * White eggs are laid by white-feathered chickens with white or light coloured earlobes while the brown ones are laid by brown-feathered chickens with red earlobes
- * You should select eggs on the diets of the hens that produced them.
- * The hen should be hormone-free and antibiotic-free and the colour of the eggshell does not matter. Better feed plays a major role in the taste and colour of the yolk

NUTRITION: Vitamin K

Vitamin K

“A **vitamin** is an organic molecule (or related set of molecules) that is an essential micronutrient which an organism needs in small quantities for the proper functioning of its metabolism. Essential nutrients cannot be synthesized in the organism, either at all or not in sufficient quantities, and therefore must be obtained through the diet”



1. Vitamin K is a group of structurally similar, fat-soluble vitamins found in foods and in dietary supplements.
2. The human body requires vitamin K for complete synthesis of certain proteins that are needed for blood coagulation or for controlling binding of calcium in bones and other tissues.
3. Vitamin K is a group of compounds divided into two groups: vitamin K1 (phylloquinone) and vitamin K2 (menaquinone).
4. Vitamin K1, the most common form of vitamin K, is mainly found in plant-sourced foods, especially dark, leafy green vegetables. Vitamin K2, on the other hand, is only found in animal-sourced foods and fermented plant foods.
5. The richest sources of vitamin K1 are dark, leafy green vegetables; Kale, Broccoli, Spinach, Sprouts.
6. Vitamin K is abundant in a balanced diet, and the bacteria in your colon can also produce some. Moreover, your body can recycle it many times, but not forever, and so you still need to consume some regularly



Like all Vitamins, this nutrient is “essential for life”. Your body cannot create it so you have to get it through your diet. Why not research this Vitamin this week, and what foods you need to consume? It’s your body, and your choice.

NUTRITION: Lazza's First ever Macaroni Cheese

Following his first crumble, Lazza takes on a savoury dish this time.
This is a great time to try our new recipes and revisit old ones.

250g/8.75oz Macaroni: 50g/1.75oz butter;
50g/1.75oz plain flour; 500ml milk;
150g mature cheddar cheese - grated (I also did a little
red Leicester for the topping)
4 medium tomatoes;
Salt and Pepper



- ◆ Half fill saucepan with water and cook the macaroni (check pack for time).
- ◆ Preheat the oven to 200C/Gas Mark 6.
- ◆ Whilst pasta is cooking, prepare the sauce.
- ◆ Melt the butter in a saucepan, then add the flour and stir and cook for 30 seconds. Gradually add the milk, and bring to a gentle simmer, stirring constantly.
- ◆ Cook for three minutes until the sauce has thickened a bit and is smooth.
- ◆ Add around two thirds of the cheddar cheese, stirring it in, and add salt and pepper to taste.
- ◆ Cook for another two to three minutes, and keep stirring.
- ◆ Take off the heat. Drain the pasta. Return it to its saucepan and pour in all the cheese sauce and stir so it is all covered.
- ◆ Pour the cheesy pasta into a glass oven proof dish (I used a large bowl).
- ◆ Sprinkle on the remaining cheddar cheese.
- ◆ Place the tomatoes on the top.
- ◆ Then cover with the red Leicester cheese.
- ◆ Bake for 20-25 minutes until the tomatoes are softened and the cheese is lightly browned.



Before Baking



After Baking and Tasting Delicious

EXERCISE/FITNESS - Physical Activity is Good

*“Results happen over time, not overnight.
Work hard. Stay Consistent, and be patient.”*

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they become slightly breathless or break out into a sweat. It can significantly improve your health; both short-term and long-term.

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

- Physical activity programs are among the most common interventions for increasing overall self-esteem. A University of Alberta study determined that exercisers had a better image of themselves than non-exercisers.
- Physical activity provides challenges to your body. These are opportunities for feeling successful and capable. Setting and achieving both short-term and long-term goals related to these challenges promotes feelings of competence.
- Self-esteem is a by product of social interaction. Physical activity will therefore influence self-esteem even more when it becomes highly valued at the social and personal levels. At the personal level, its value will increase as individuals experience feelings of ability from the practice of an activity.

“regular physical activity reduces the risk of depression and has positive benefits including reduced anxiety, and enhanced mood and self-esteem”

“physical activity can reduce physiological reactions to stress, improve your sleep patterns, and reduce anxiety.” *(both quotes from the NHS)*



**HMHB Provides
Opportunities
For Group
Fitness for
All ages and
Abilities**



EXERCISE/FITNESS;

Working out with a partner/group

HMHB appreciates that some of our users are going through various health issues at this moment, many of which are serious and people are having to attend on-going treatments. We naturally, send everyone our best wishes.



**HMHB at
Highbury
Pancras
Sobell**

**Thanks to
Better Gym**



During these unprecedented times, finding reasons to exercise can be hard, especially if you are on your own. You know you need to exercise though, and more than just a walk. That's why, if you can, find a buddy, or go online if you can. Maybe a neighbour, friend, family member. Here is why.

1. **Motivation:** Working out with someone helps you get motivated, keep motivated, and stick to it. You have an allotted time, and you have to attend or you let them down. You are more likely to exercise for longer, and you are accountable (we talked about that in mind-set).
2. **Safer for you:** Having someone else around can help you keep good form, and make sure you are not doing an exercise in a way that can hurt you. You can warm up and stretch together - many on their own skip this.
3. **You will push harder:** Working out with someone helps you to achieve your best, especially if you are competitive. But do remember, the only person you are competing against is you. Being with another person will mean you will do more sets, more exercises, and spend a longer time. You want to show others that you can cope and work hard.
4. **Better results:** If you are looking to shed weight, or just get fitter, working out with others can help to speed up that process. Studies have shown that you reach targets quicker if you are alongside others. You do not have to actually be in the same room as these days you can join in online with friends. Also, they may have similar goals to yourself, and ability.



Lazza, Rosie and Dean on Highbury Fields Social Distancing; exercising 9th May

- Most importantly, it boosts your mental health. It is fun, and there is less reason to quit.
- Exercise releases mood enhancing endorphins.
- You laugh more and that can help relationships.
- Your accountability demonstrates to others that you are committed to being healthier and fitter.
- It gets you outdoors too (maybe)

EXERCISE/FITNESS; Making HIIT fun

In the last issue we looked at HIIT sessions - High Intensity Interval Training. This is where you pick some exercises and do them for a period of time, have a short rest, then repeat, and continue. Check out our last Mental Health Pack number 5: pdfs on our website.

But we want to make these sessions fun: HMHB likes our sessions to be a laugh. You get a lot more out of an exercise session if you enjoy it. We laugh and joke, but also sweat and work!!!!

So let's show you how you can make them fun, even if you are on your own:



CARDS- use all the cards, or just some.

You can use a cards "app", or just buy a set of cards (HMHB has large ones)

Use numbers on cards for sets: J=11, Q=12. K=13, A=15. Joker=repeat

There are a number of variations: For this one:

Each suit is a different exercise: e.g., Spade squats: J spade = 11 squats. Clubs

Press ups: 9 clubs = 9 press ups.

To make it harder, HMHB says if you draw a 2,3,4,5 you treble the number: if you draw a 6,7,8,9 you double, and the 10 upwards stay the same.

Try and pick a legs exercise, arm, core and all over body exercise for the four.

PYRAMID - big at the bottom, smaller at the top.

So you choose three/four exercises. Start with 20 of each, then rest. Repeat with 18 of each. Rest. And so on with 16, 14, 12, 10. Then you have reached the top of the pyramid so you need to come down now, where it gets bigger. So after the 10, and rest, you go back up to 12 of each, 14, 16, 18, and finish back with 20 of each.

Naturally you can change the numbers: Maybe 20,15,10,15,20. etc.



TABATA

TABATA: You need a timer and there are specific Tabata timer apps.

There are several variations. You choose how many different exercises you will do, how many times you repeat them in a set, the time spent exercising and the time spent resting.

It sounds complicated, but it is not. Say you choose three exercises: squats, crunches, press ups. You do squats for 30 seconds, repeating five times, resting ten seconds between each set. Then you do the same with crunches, and then same with press ups. You can choose more exercises, and number of times you repeat, and longer periods of exercise and/or rest.

ROULETTE- if you cannot get a wheel, you can write numbers 1-36 on a piece of paper and draw them from a bag or box.

This is a personal favourite as, too our knowledge, this is an HMHB creation.

We managed get hold of a roulette wheel. So you choose the exercises, and make a list. And working from the top down you roll the ball and do the number it falls on. However, if number 1-5 you treble the number of exercises, and 6-9 you double. All others stay the same. Once you reach the bottom of list you start again at the top. Carry on till shattered. Lol.



HEALTH / ROUTINE - Looking after your heart

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

Please check it out.

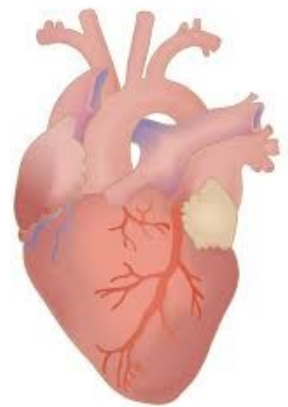
www.healthymindshealthybods.blogspot.com

The heart is a muscular organ in most animals, which pumps blood through the blood vessels of the circulatory system.

The pumped blood carries oxygen and nutrients to the body, while carrying metabolic waste such as carbon dioxide to the lungs.

In humans, the heart is approximately the size of a closed fist and is located between the lungs, in the middle compartment of the chest

Your heart is divided into four chambers: upper left and right atria and lower left and right ventricles.



Right atrium; receives oxygen-poor blood and pumps to right ventricle

Right ventricle; pumps oxygen-poor blood to the lungs

Left atrium; receives oxygen-rich blood from lungs; pumps to left ventricle

Left ventricle; pumps oxygen rich blood to body

Your heart is a muscle. And clearly essential for life. So it is important you look after it. Here are the best tips for doing so, according to the NHS. (oddly, most are around the core of what HMHB is about - a healthy lifestyle. Funny that!!!! It's your choice).

- ◇ **Stop smoking.** Smoking is one of the main causes of Coronary Heart Disease. A year after giving up, your risk of a heart attack falls to about half that of a smoker.
- ◇ **Exercise:** Getting, and staying, active can reduce your risk of developing heart disease. It can also be a great mood booster and stress buster
- ◇ **Watch your weight;** Being overweight can increase your risk of heart disease
- ◇ **Cut down on Saturated Fat:** Eating too many foods that are high in saturated fat can raise the level of cholesterol in your blood. This increases your risk of heart disease.
- ◇ **Have your 5-a-day:** Eat at least 5 portions of a variety of fruit and vegetables a day. They're a good source of fibre, vitamins and minerals
- ◇ **Cut down on salt:** To maintain healthy blood pressure, avoid using salt at the table and try adding less to your cooking. Watch out for high salt levels in ready-made foods. Most of the salt we eat is already in the foods we buy

Izzwalkers stopping for a cup of tea

Clissold House Café

30th May 2019



What is available to you

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

Karina is amazing.

Was part of our weekly Sobell Fitness sessions.

Contact her at the email on her flyer.

Give it a try!!!!



yummymummyzumba@gmail.com



ACTIVE WITHIN

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

www.activewithin.com



Please, if you are struggling at all with your mental health, physical health, or emotional health, or any other issue, do seek help. Do not suffer alone. Never feel embarrassed.

Your local Doctors can help. As can organisations such as Mind, Age UK, Icope, and many more. Local Communities are coming together fantastically.

If you are alone, someone somewhere would love to help you. Good luck everyone. You are not alone. You will get through this.

Remember, we can print and post these packs to you too.

Review of Challenges and Targets

Mind-set:

This week we looked at accountability. Both in thinking and exercise. So, if you want to achieve, and you have your targets, make sure others know what they are, and ask them to support and encourage you onwards.

And if you can find someone to exercise with all the better. I know for some that may be difficult.

If you need to use HMHB to help you, just let us know, and we will see what we can do. Tell yourself, you can do it!!!

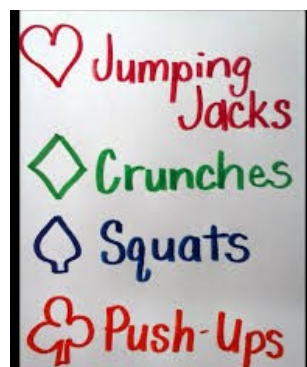


Nutrition:

This week we looked at wholegrains, and how they are healthier. These are not to be confused with “brown” foods, which we also looked at. Also, just because it says wholegrain still check. There are several cereals (and we are looking at breakfasts in a future pack) that proudly proclaim to be wholegrain but have lots of sugar content. So be wary. But maybe look at what you buy each week. Do you buy white bread? Could you try a wholegrain instead? I realise taste does come into things. Try and wholegrain rice and pasta? It’s totally up to you.

Exercise:

Our task this week is to try a variation on High Intensity. You can let your imagination run away from you. There are loads of different exercises that people of all ages and abilities can do. All we ask is that you try and push yourself to do some ones that are not comfortable. You can do chair ones, core ones, arms, legs, etc. If you want any advice please drop us an email and we would be more than happy to give you some pointers.



Health/Routine:

This week we looked at your heart. It is clearly an organ that is pivotal to a healthy life. It benefits from exercise, as does your whole body as a result. Blood is pumped round quicker, as is oxygen, and the nutrients that are key to your metabolism working. So stop smoking if you do, watch your alcohol content, get active, and eat well. It’s only when it goes wrong - think heart attack - that we then wish we had done more to be well. Don’t wait for bad things to happen. Do things now.

Time for our Letter game

See how long this can take - all week we hope!!

We want you to name 10 of all the following. Use a separate bit of paper. But all your answers have to start with the letter: **M**

(pls. note there may not be 10. Don't use the internet and cheat. Come back to this all week; it should keep you occupied for a while - no looking things up!!!)

Name 10:

Countries

Cities

Animals

Birds

Insects

Sports

Actors (surnames)

Actress (surnames)

Singers (surnames)

Authors (surnames)

Jobs

Hobbies

Film Titles

Book Titles

Song Titles

Vegetables

Flowers

Fruits

Trees

Things you find in the Kitchen

Things you find in the Bathroom

Things you find in the Bedroom

Things you find in the Garden

Items of Clothing

Means of Transport

We hope this keeps you busy for a while.

Quiz Answers from Page 3
See if you can beat your family and friends

Let's see how we all did:

History:

William I; 1066
 Henry I; 1100
 Richard I; 1189
 Edward I; 1272
 James I; 1603
 Charles I; 1625
 George I; 1714

Geography

Bulgaria
 Croatia
 Denmark
 Czech Republic
 Hungary
 Poland
 Romania
 Sweden

Sport

Derbyshire
 Durham
 Essex
 Glamorgan
 Gloucestershire
 Hampshire
 Kent
 Lancashire
 Leicestershire
 Middlesex
 Northamptonshire
 Nottinghamshire
 Somerset
 Surrey
 Sussex
 Warwickshire
 Worcestershire

**We
 Hope
 You
 Had
 Fun**

Food - by healthline.com

1) Grapefruit
 2) Pineapple
 3) Avocado
 4) Blueberries
 5) Apples
 6) Pomegranate
 7) Mango
 8) Strawberries
 9) Cranberries
 10) Lemons
 11) Durian
 12) Watermelon
 13) Olives
 14) Blackberries
 15) Oranges
 16) Bananas
 17) Red/Purple Grapes
 18) Guava
 19) Papaya
 20) Cherries

Entertainment

2010 - Crazy Heart
 2011 - The King's Speech
 2012 - The Artist
 2013 - Lincoln
 2014 - Dallas Buyers Club
 2015 - The Theory of Everything
 2016 - The Revenant
 2017 - Manchester By The Sea
 2018 - The Darkest Hour
 2019 - Bohemian Rhapsody
 2020 - Joker

THE LAST PAGE

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

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

You can text Lazza: **07964 430456**

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

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

www.facebook.co.uk/healthymindshealthybods

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

Our website is: **www.hmhb2016.org.uk**

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

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

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



*Cripplegate Foundation
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