



# Healthy Minds, Healthy Bods

## Health Pack: Number 20

Focus on Mind-set, Nutrition, Exercise, Health

*The Original and The Best*



*Prepared by: Lazza, Luke and Dean: Monday 31st August 2020*

[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)



“Do stuff. Be clenched, curious. Not waiting for inspiration’s shove or society’s kiss on your forehead.  
Pay attention. It’s all about paying attention. Attention is vitality.  
It connects you with others. It makes you eager. Stay eager.”

*Welcome to the 20th of Healthy Minds, Healthy Bods’ weekly Mental Health Packs (MHP).*

If you missed our first nineteen (where were you?) pls. go to our website, or ask someone to do that, and download a PDF copy from our MHP page - [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk) - all of the packs are on there.

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

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



**Fitness session at the Sobell  
7th March 2020**

**One of our last Saturday mornings at the Sobell, just before lockdown came along. We are really looking forward to getting back into the Studios with our amazing partners, Better, and our groups.**

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 we can do this, for a limited number. So you need to speak with us as soon as possible. Please connect through our website contact page.**

**Thanks to everyone who reads these packs.**

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

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

**If you can, share on social media our fundraiser  
[www.gofundme/hmhb2016](http://www.gofundme/hmhb2016)**



## NEWS PAGE:

### Are you addicted to your phone?

It is reported that over two million people in the UK have an "unhealthy attachment" to their mobile phone. That is frightening. The average smartphone user now checks their device roughly every 12 minutes of the waking day (though I imagine some do it a lot more).

There is a no-nonsense guide been published, aimed at helping people face up to their smartphone use, and it offers advice on how to break this potential problem.

Here are a few of their questions - why not see how you answer?

1. Do you find yourself spending more time on your phone than you realise?
2. Do you find yourself passing time on a regular basis by staring at your phone?
3. Do you lose track of time when on your phone?
4. Do you find more time texting, tweeting, or emailing as opposed to talking to people in person?
5. Is the time you spend on your mobile increasing?
6. Do you wish you could be a little less involved with your phone?
7. Do you sleep with your mobile (turned on) under your pillow or next to your bed?
8. Do you interrupt what you are doing to view texts, tweets and emails 24/7?
9. Do you use your phone when you are doing activities that should require your attention?
10. Do you feel your phone use decreases your productivity at times?
11. Do you feel reluctant to be without your phone, even for a short time?
12. Do you feel ill at ease if you accidentally forget your phone, get no service, or break your phone?
13. When you eat, do you have the mobile at your side?
14. If your phone beeps, do you feel an intense urge to check for texts, updates, tweets, etc.?
15. Do you keep checking your mobile, even when you know there is likely nothing new to view?



If you're like many people, you may have decided that you want to spend less time staring at your phone. It's a good idea: an increasing body of evidence suggests that the time we spend on our smartphones is interfering with our sleep, self-esteem, relationships, memory, attention spans, creativity, productivity and problem-solving and decision-making skills. But there is another reason for us to rethink our relationships with our devices. By chronically raising levels of cortisol, the body's main stress hormone, our phones may be threatening our health and shortening our lives.

**So, think about your usage. Think about putting it down. Is the phone controlling you???**

**If so, you can adjust your thinking and behaviour.**

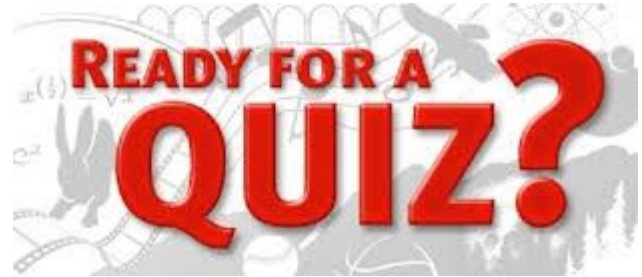
**Phones are fantastic, but your health is more important!!! It's your choice.**

**Lazza's Fiendishly Hard Quiz Spectacular!!!**  
**It's meant to take some time, and make you think.**  
**Answers are on page 21 (no peeking)**

**Sport: Professional Football.**

There have been 21 Football World Cups since 1930. But only 8 National Teams have won the tournament in that time.

Can you name all eight and how many times each has won?



**Music**

Who released these songs? All were Number One Singles in the UK in 1990.

- a. Nothing Compares 2 U
- b. Vogue
- c. Sacrifice
- d. A Little Time
- e. Ice Ice Baby
- f. Saviour's Day
- g. Show Me Heaven
- h. The Joker
- i. The Power
- j. Itsy Bitsy Teeny Weeny Yellow Polka Dot Bikini

**Film:**

Can you put a name to the character played by these stars in these films?

1. Bruce Willis: Die Hard franchise
2. Sigourney Weaver: Alien franchise
3. Leonardo Di Caprio: Titanic
4. Gary Oldman: The Batman franchise
5. Richard Attenborough: Jurassic Park
6. Harrison Ford: Blade Runner
7. Robbie Coltrane: Harry Potter franchise
8. Simon Pegg: Star Trek franchise
9. Tom Cruise: Mission Impossible franchise
10. Jack Nicholson: The Shining
11. Samuel L Jackson: The Avengers franchise
12. Ben Wilshaw: The James Bond franchise
13. Dwayne Johnson: The Jumanji franchise
14. John Boyega: The Star Wars franchise
15. Tim Allen: The Toy Story franchise.

Good luck. It's meant to be tough!!!

**Geography**

Have a guess at how tall these objects are in feet. See how close you can get.

1. Mount Everest
2. The Burj Khalifa - Dubai
3. The Leaning Tower of Pisa
4. Mont Blanc
5. The Shard - London
6. Mount Kilimanjaro
7. Mount Rushmore
8. Sydney Opera House
9. Big Ben - London
10. The White House - Washington
11. Mount Vesuvius
12. Empire State Building



**Science:**

Earth's atmosphere is divided up into six main layers.

Can you name any of them at all? I admit I couldn't, but looking it up was fascinating.

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

## MIND-SET:

**Use your brain to become smarter.**

*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.*



**“If you don't do a lot of stupid things  
when you are young,  
you won't have funny things to talk about  
when you are old.”**

**“Life is either a daring adventure  
Or nothing at all. What is it for you?”**

Neuroscientists have studied the brain for years, and they've discovered a fascinating concept. Your brain is a muscle, just like any other muscle in your body. You have to exercise it the right way to get the most out of it. You are not born smart. You are born ignorant with a clean slate, just like everyone else. “Smart” is and always has been a relative term based on human perception. And it's always changing.

For someone to say “You're not smart” is complete rubbish. That is a general statement with “absolute” language within an absolute frame of time, about a subject that is always changing. It is completely unfair. You are smart about some things because of experience, and not smart about other things because of lack of experience. For anyone to make an absolute statement about a person and say he or she is “smart” or “not smart” is...well, not very smart. Don't get caught up believing in this ridiculous label trap.

At some stage, if you are trying to overcome a difficult challenge and things are not going the way you want, eventually, you are going to say “I am just not smart enough!” or “I am not good enough”, and you may feel like quitting. But quitting would be the worst thing you can do. Scientists have done studies around this, and they estimate that most of us have about 80% negative thoughts in our head at all times. You need to tap into the 20% of your positive thoughts and know that your challenge is just momentary. No promises, but the more you work at it, the more likely you will overcome your challenge and become “smarter”. Then move on to the next challenge. It's your choice!!!!



Luke and Lazza  
At Brickworks Community Centre  
In Crouch Hill.  
Promoting HMHB, Izzwalkz and Ajani.  
With our terrific banners.  
29th August 2018

## MIND-SET:

### Using “yet”. Ask for help, and get smarter.

It happens to us all. At various points of our lives we will come across problems we need to solve, but we may feel we don't have the right qualifications or knowledge, and so we either don't try to solve the problem, or give up.

I recall being the Financial Controller for a Retail group back around 2007, and that involved overseeing accounts in New York, Amsterdam and London. I oversaw the installation of new accounting software in the USA and Europe, that also incorporated sales information and local tax codes. It was something I had never done before, and I vividly recall thinking to myself “Can I do this?”. It was seriously scary. But I formulated a strategy, organised myself, and just got on with it (and it worked - which was a nice shock to be honest!!!).



But, this can happen in any aspect of life, and for many of us we can have a mental block, and possibly we just do not understand how we can overcome a challenge.

So instead of asking questions, we are afraid of looking stupid in front of our friends or family or colleagues and end up not saying anything. We don't like to put ourselves out there and appear “not smart”. This can then develop into stress, anxiety, and all the negative thoughts start to overwhelm us, and we can sink into despair. But, if you want to succeed, and develop that Growth Mind-set mentality, you must bite the bullet and talk to people you trust about the problem (be that a friend or family member). Everyone makes mistakes, or struggles with life sometimes. You are not alone. But being able to explain that you just don't understand how you can get through a problem, and that you are struggling with what you actually need to do next, is a massive strength. You need to follow it up with “It's not like I can't do this. I just can't do it **YET**.” Wow, good revelation there! That's exactly the frame of mind that helps. That “yet” is so important to your thinking.

Friends and colleagues will know exactly what you mean, and they can be a sounding board and help you through figuring out your current struggle. That's the power of “yet”. You can do lots of things. Some things you can do right now because you've had the experience. Other things you may not know how to do right now, **BUT YOU CAN DO IT**, you just can't do it “yet”. Once you get some help and experience from someone you trust, it will make all the difference.

When I struggled with my two massive depressions, I got some incredible help for various organisations, who managed to help me realise my own answers. I just did not have the resources at that time. Now I do, and this is what we are sharing here. You are stronger than you think, and need to find that self-belief inside you.

Get rid of your foolish pride and ego, and just ask for help. If you have some mental health issues, your local medical practice is a great first port of call. They can signpost you to the relevant and appropriate intervention. If it is an issue at home or work, people around you can be supportive too. You would help them if they came to you, so why would it be any different for them helping you? They know you would help them in a heartbeat if they needed it. The energy you spent on being embarrassed could be energy spent on learning something new. We all gain knowledge from each other at one time or another.

## MIND-SET:

**Be smart. Not everything will always go your way.**



**“Human is not a species - human is a promise  
- a promise to never stop growing - a  
promise to never stop learning from our  
mistakes - a promise to acknowledge our  
shortcomings and sharpen our strengths.”**

Don't beat yourself up when things go wrong, or you make a mistake. We have enough external pressures in our lives without dishing it out internally to ourselves.

For example: At the bottom of this page I have been running a weekly look at my weight loss challenge. For the first three months I was going very well. For the last four weeks I have plateaued, or stagnated. I have to admit that when it did not move last week I felt I had “failed”. I was frustrated. I stood on the scales and seriously started to ponder “what is the point?”

But then, I sat myself down, and realised what a foolish thought that is. Last week, we covered the thought process, and we have previously discussed the Growth Mind-set mentality in depth. Life is not a constant. It has variables thrown at you all the time. I have still lost over a stone. Wow!!! That is great. I just need to develop another strategy, re-evaluate my progress, look at making more changes, and keep moving forward.

So, if you have some targets, and they feel like that may be slipping by, do the same. It is never too late to find a new plan or a new direction. But if you give up, or use the “it'll probably go wrong again, so I may as well stop” quote, nothing will happen.

So whether it is a work issue, a family problem, a personal dilemma, or you are just going through a crisis, keep trying, keep encouraging yourself, and keep looking for a solution. You can do it!!!!!!

**So, what have we looked at in the last three pages:**

- **Use your Brain**
- **Don't Give Up**
- **Understand you do not know everything.**
- **Use the word “yet” when it comes to learning.**
- **Things will go wrong**
- **You are amazing**
- **You can find solutions**
- **You are stronger than you think. Be smarter!!!!**

### **Lazza's weight-loss journey**

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

**His target is to lose 1 lb a week**

**His final goal is 76.2 kg / 12st.**

**Sunday August 30th, he is 91.9 kg / 14st 6.60 lb**

**Gain in week 17; 0.3 kg / 0.0 lb**

**17 weeks: Overall loss: 6.6 kg  
1st. 0.55 lb**

**Going to put next box at end of Sept.  
Relieve some pressure. I can do this.**

## NUTRITION: What is a “healthy diet”?

**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.**

Apart from breastmilk as a food for babies, no single food contains all the essential nutrients the body needs to stay healthy and work properly. For this reason, our diets should contain a variety of different foods, to help us get the wide range of nutrients that our bodies need.

A healthy diet should provide us with the right amount of energy (calories or kilojoules), from foods and drinks to maintain energy balance. Energy balance is where the calories taken in from the diet are equal to the calories used by the body. We need these calories to carry out everyday tasks such as walking and moving about, but also for all the functions of the body we may not even think about. Processes like breathing, pumping blood around the body and thinking also require calories.



So, foods and drinks provide the calories we need to go about our daily lives, but consuming more calories than we need over a period of time will cause weight gain. This is because, any extra calories we consume but we don't use, will just be stored as fat.

Over 50% of adults in the UK are estimated to be either overweight or obese. There is also a huge concern about childhood obesity, where 1 in 3 children aged 4-5, and 1 in 5 children aged 10-11, are overweight or obese. Being overweight as a child increases the risk of developing type 2 diabetes, heart disease and some cancers in adulthood. So, maintaining a healthy weight is really important for health.

How much energy you need from foods and drinks depends on many different things, such as how active you are. But, on average, women should be consuming around 2000 calories a day, and men should be consuming around 2500. If you are in calorie deficit, you should lose weight (depending on other health factors). Being in calorie surfeit will mean weight gain (we covered that in a previous pack).

Eating only as many calories as you need will help to maintain a healthy weight. However, the foods and drinks you choose need to be the right ones, and in the right proportions to stay healthy



**Walking on  
Highbury Fields  
with Better Gyms  
on Fridays in 2019.**

**With friends and chatting  
walks can be really good  
for your mental health.**





## NUTRITION: Portion Size is important!!!

Listen, we are all individuals with different needs, but for healthy adults the range of different foods we need is pretty much the same for all of us. However, the amount of food we need, varies from person to person.

The portion sizes we have on our plates are very important if you want to be healthy. They should all be based on a daily calorie allowance of around 2000 calories a day - the amount estimated for an average, healthy weight, adult woman. However, if you're tall or very active you may need more and could have larger portions. (Olympic athletes, and other sportsmen and women, can consume three times that amount or even more). If you're a small person or are trying to lose weight, you may need smaller portions.



If you think about the size of your hand, and use hand measurements for portion sizes, that can be a good idea. Of course, these will vary with the size of your hands and so, generally, bigger people will automatically get bigger portions and smaller people will get smaller ones.

There are lots of different ways to eat a healthy diet and you can use the guidance below to fit in with your preferences and beliefs; from Mediterranean, vegetarian or vegan to a more traditional British diet with meats and dairy. It's about balancing the food groups and finding the portion sizes that are right for you.

According to Nutrition.Org

“From each food group we are suggesting:

- |   |                       |
|---|-----------------------|
| • Fruit and vegetables:                               | 5+ portions per day   |
| • Starchy carbohydrates:                              | 3-4 portions per day  |
| • Beans, pulses, fish, eggs, meat and other proteins: | 2-3 portions per day  |
| • Dairy and alternatives:                             | 2-3 portions per day” |

The Benefits of Portion Size management:

- 1) **Better digestion:** Too large of portion sizes contribute to indigestion and discomfort. Your digestive system functions best when it is not overloaded with food. Managing portions will help to end cramping and bloating after eating.
- 2) **Balanced blood sugar:** Overeating can lead to a blood sugar imbalance by overloading your body with glucose; which can eventually lead to insulin resistance. Smaller meals will help keep your body functioning properly.
- 3) **Improved satiety:** When you eat too quickly, you don't notice your stomach's signs that it is full. Eat slowly and pay attention to hunger cues to improve feelings of satiety and ultimately, consume less food.
- 4) **Weight loss:** Eating smaller portions will help with weight loss. Choose balanced meals with proper serving sizes to help cut calories and shed unwanted pounds.
- 5) **Money savings:** When you eat recommended serving sizes, you don't need to buy as many groceries. Measuring serving sizes will make food last longer, and you will not over buy.

## NUTRITION: Stay hydrated for health

Did you know, water makes up a large proportion of the body - on average 60% of body weight in men and 50-55% in women (because women have a higher percentage of body fat - honestly, that's true, so no comments please!).

Water has many functions in the body including regulating temperature, transporting nutrients and compounds in blood, removing waste products that are passed in the urine and acting as a lubricant and shock absorber in joints. Water is lost in urine and in sweat and is also being lost throughout the day when you breathe, and when small amounts of water evaporate through the skin.

To avoid dehydration, you need to replace this fluid regularly with fluids from food and drinks. 'Fluid' includes not only water from the tap or in a bottle, but also other drinks that provide water such as tea, coffee, milk, fruit juices and soft drinks. You get water from the food you eat as well – on average it's estimated that food provides about 20% of your total fluid intake.

If you don't consume enough fluids, over time the body will become dehydrated. Studies have shown that at about 1% dehydration (equivalent of 1% of body weight water loss) there are negative effects on mental and physical function and these become more severe as dehydration gets worse. Symptoms of mild dehydration include a dry mouth, headaches and poor concentration.

When the body detects that more water is needed, the first thing that happens is that the kidneys reduce the amount of water lost in the urine. This means that the colour of the urine becomes darker and you can use the colour of your urine to tell if you are well hydrated; if you are drinking enough your urine should be a straw or pale yellow colour, and if it's darker then you probably need more fluid. Thirst kicks in when the body is already a little dehydrated, so it is important to drink when you are thirsty.



The amount of fluid you need depends on many things including the weather, and how much physical activity you do and your age, but the NHS suggests 6-8 glasses of fluid per day. If the weather is hot or you are exercising you may need to drink more fluid. You can get water from nearly all fluid that you drink, apart from stronger alcoholic drinks such as wine and spirits. Careful, it is possible, although very rare, to drink so much water the body cannot get rid of the excess quickly enough and sodium levels in the blood become dangerously low. This can have serious health consequences, and is unlikely under normal conditions, but has happened in individuals following a very extreme detox programme.

Physical activity also increases the amount of fluid you need to consume in order to replace the water you lose as sweat, and the amount lost depends on how long you are active, how intense the activity is and whether it's hot and humid. It's a good idea to start any physical activity well hydrated and to drink at intervals during activity. Water is fine for rehydrating after the kind of moderate exercise that most active people choose, and the majority of active people do not need special sports drinks to stay hydrated. However, for some high intensity exercise, drinks that contain some sugars and sodium (salt), such as sports drinks or homemade versions, may be better at replacing the extra fluid lost as sweat.

**Your life is your life. You are responsible for your nutrition and diet.**

**We all know the importance of a "healthy diet".**

**But think about portion size. Nutrients, especially water, are vital.**

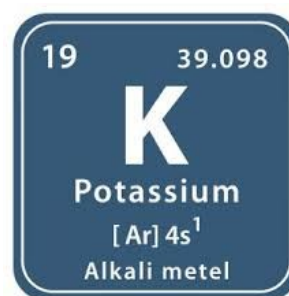
**You cannot blame anyone else. It's up to you to look after your body.**

## NUTRITION: Minerals

### Potassium

#### Minerals:

In the context of nutrition, a mineral is a chemical element required as an “essential for life” nutrient by living organisms to perform functions necessary for life.



1. Potassium is the third most abundant mineral in the body.
2. It helps the body regulate fluid, send nerve signals and regulate muscle contractions.
3. Roughly 98% of the potassium in your body is found in your cells. Of this, 80% is found in your muscle cells, while the other 20% can be found in your bones, liver and red blood cells.
4. Once inside your body, it functions as an electrolyte. When in water, an electrolyte dissolves into positive or negative ions that have the ability to conduct electricity. Potassium ions carry a positive charge. Your body uses this electricity to manage a variety of processes, including fluid balance, nerve signals and muscle contraction.
5. This mineral plays an essential role in activating nerve impulses throughout your nervous system. Nerve impulses help regulate muscle contractions, the heartbeat, reflexes and many other processes.
6. Potassium is found in a variety of fruits, vegetables and fish, like salmon. Most health authorities suggest getting 3,500–4,700 mg of potassium daily.
7. The chemical symbol is “K” as it was first called “Kalium”.

It may:

**Help reduce Blood Pressure:** A potassium-rich diet may reduce blood pressure by helping the body remove excess sodium. High sodium levels can elevate blood pressure, especially for people whose blood pressure is already high.

**Help protect against Strokes:** In an analysis of 33 studies including 128,644 participants, scientists found that people who ate the most potassium had a 24% lower risk of stroke than people who ate the least. Additionally, an analysis of 11 studies with 247,510 participants found that people who ate the most potassium had a 21% lower risk of stroke.

**Protect against Osteoporosis:** Interestingly, studies show that a potassium-rich diet may help prevent osteoporosis by reducing how much calcium the body loses through urine. In another study, with 994 healthy premenopausal women, scientists found that those who ate the most potassium had more bone mass in their lower back and hip bone.

**Minerals are just another “essential for life” nutrient you need to get from nutrition.  
It’s your responsibility to make sure you get enough!!!  
Why not research this Mineral even more this week?  
Maintaining an adequate potassium intake is important for your overall health,**

## NUTRITION: Lazza's Kitchen

### Fairy Cakes

Lazza is still trying out new recipes  
Today - he bakes some fairy cakes for the first ever time

The earliest surviving description of what is now often called a cupcake was in 1796, when a recipe for "a light cake to bake in small cups" was written in "American Cookery" by Amelia Simmons. The earliest surviving documentation of the term *cupcake* itself was in "Seventy-five Receipts for Pastry, Cakes, and Sweetmeats" in 1828 in Eliza Leslie's "Receipts" cookbook



Not a lot of ingredients.  
I decided not to add icing this time.

4oz / 110g Butter  
4oz / 110g Caster Sugar  
4oz / 110g Self-Raising Flour  
2 eggs  
Vanilla Essence

1. Preheat the oven to 180C/350F/Gas 4 and line a 12-hole fairy cake tin with paper cases.
2. Cream the butter and sugar together in a bowl until pale. Beat in the eggs, a little at a time, and stir in the vanilla extract.
3. Fold in the flour using a large metal spoon. Add a very little milk (if needed) until the mixture is a soft dropping consistency and spoon the mixture into the paper cases until they are half full.
4. Bake in the oven for 10-15 minutes, or until golden-brown on top and a skewer inserted into one of the cakes comes out clean (mine weren't golden, but are cooked perfectly!!)
5. Set aside to cool for 10 minutes
6. Remove from the tin and cool on a wire rack

Yes, it is a fairly simple recipe, but do they have to be complicated for us to try them out? I had never made Fairy Cakes, even as a kiddie. And they are in the oven at the moment, smelling terrific.



Once again I amaze myself.  
They turned out lovely.

Tasty, spongy, and actually  
quite light.  
Give it a go!!!

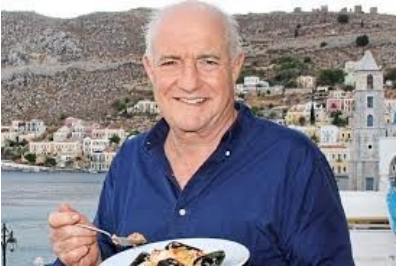
During this pandemic I decided to try a new hobby - cooking.  
Something I have never really experimented with. And it is going so well.  
Why not try out some new recipes and foods yourself?  
This was a great and tasty bake to prepare.



## HMHB's Name Game Page

Name these famous Chefs, mostly from UK television.

Answers at bottom of quiz page answers (page 21)



1



2



3



4



5



6



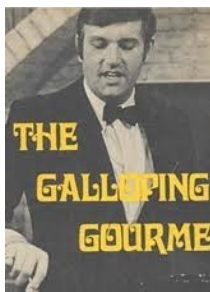
7



8



9



10



11



12



13



14



15

## EXERCISE/FITNESS

### The Importance of Flexibility

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

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

As you age, your muscles naturally lose strength and size and can become less supple and stiffer. This can affect the range of movement around your joints, which may lead to stiffness in the muscles and joints. It is this loss of tissue elasticity that can cause muscles and joints to tighten up. One of the key reasons that muscles lose their natural suppleness and flexibility, and can become prone to tears, aches, and pains, is being inactive. If the situation is not remedied in time, loss of flexibility could lead to permanent changes in posture and normal muscle function. It is therefore imperative to maintain muscle flexibility as an important component of overall fitness.

#### So, what exactly is flexibility?

Flexibility can be termed as the ability of your joints and body parts to execute their full range of motion. Flexibility is required in all your day-to-day activities such as bending, walking, lifting, etc. Being flexible allows your muscles to remain mobile. But, like most things, flexibility decreases with age and it is very important to include flexibility exercises in your daily workout regimen.



- Being flexible helps to reduce soreness of muscles and improve posture.
- Stretching also improves muscular balance and posture by realigning tissue and thereby reducing the effort it takes to maintain good posture throughout the day.
- It helps decrease risk of injury and improve physical performance.
- Flexible joints require less energy to move through a greater range of motion. This decreases your overall risk of injury and increases physical performance as well. Stretching works towards decreasing resistance in muscle tissue during any activity.
- It helps increase blood and nutrients to tissues. By stretching, you increase the temperature of your tissues and this increases transportation of nutrients and overall circulation. This in turn increases the range of motion and reduces degeneration of your joints.
- It helps reduce lower back pain. Stretching helps relax muscles. The more flexible your pelvic muscles, hamstrings, hip flexors, and quadriceps, the less stress to your lower back.
- It helps to enhance enjoyment of other exercise. In addition to decreasing soreness and fatigue of your muscles, stretching also helps relax both mind and body during any activity or exercise.

## EXERCISE/FITNESS:

### Let's try some flexibility exercises.

We will try a few simple exercises that you can do at home.

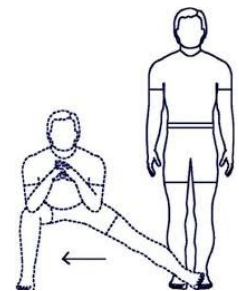


#### The Forward Lunge

1. Stand tall with feet hip-width apart. Engage your core.
2. Take a big step forward with right leg. ...
3. Lower your body; right thigh is parallel to the floor and right shin is vertical
4. Press into right heel to drive back up to starting position.
5. Repeat on the other side and keep going.

#### The Side Lunge

1. Start standing with legs slightly wider than shoulder-distance apart and toes pointed forward.
2. Shift your body weight to one leg bending the knee until it reaches a 90-degree angle and the other leg is straight. Glutes are pressing back behind you.
3. Return to centre and switch sides.

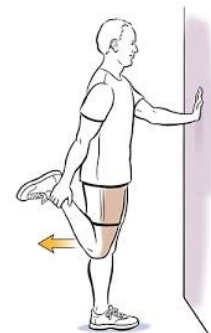


#### Touching Your Toes

1. Start by standing up straight, arms stretched above you.
2. From the waist, breathe out as you lower down to touch toes
3. Come up, breathing in as you stretch with slight arch in your back.
4. Repeat as you go. Always steady moves. Not too fast.

#### The Standing Quad exercise (sometimes called the Flamingo)

1. Stand upright (you can use something to hold on to - as per the pic)
2. Lift your right leg, holding onto the foot (or sock or shin if you struggle)
3. Keep your knees together, and stay upright.
4. Hold for around 10 seconds, then slowly lower foot.
5. Repeat on other side.



#### The Seated Stretch

1. Sit on the floor, legs stretched out in front of you.
2. Keep your feet flexed upwards, and reach down to your toes/shins
3. Lower your chin towards the knees
4. Hold for around 6-10 seconds. Repeat a few times.

**These are a few simple flexibility exercises you can do at home**  
**It is very important to ensure you stretch (we covered in an earlier pack)**  
**Exercise for many of us is about movement and flexibility.**  
**We will look at some chair stretches on the next page.**

## EXERCISE/FITNESS:

### Chair Flexibility Exercises for All

**“Today I will do what others won’t,  
so tomorrow I can accomplish what others can’t”**

Some people we work with have mobility issues, but that should not stop anyone from doing flexibility exercises and stretches. In fact, it is probably more important that you stay active. So try these.



#### **Sitting Chest Stretch - good for posture**

1. Sit upright and away from the back of the chair.
2. Pull your shoulders back and down.
3. Extend your arms out to the side.
4. Gently push your chest forward
5. Feel a stretch across your chest.
6. Hold for 5 to 10 seconds and repeat 10 times

#### **Sitting Upper Body Twist - good for upper back**

1. Sit upright with your feet flat on the floor (just noticed mine were not!!)
2. Cross your arms and reach for your shoulders.
3. Without moving your hips, turn your upper body all the way to the left.
4. Hold for 6-10 seconds
5. Repeat on the right side, and do several repetitions.



#### **Sitting High Knees Marching (left)**

1. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.
2. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.
3. Repeat with the opposite leg.
4. Do 10 lifts with each leg

#### **Sitting High Knees with Elbows Marching (right)**

1. Same as above, but as you lift the knee, bring the opposite elbow to meet it.



**These gentle sitting exercises will help improve your flexibility, and can be done at home. Don't worry if you've not done much for a while, these seated exercises are a good start. Wear loose, comfortable clothing and keep some water handy. Build up slowly and aim to gradually increase the repetitions of each session over time.**

**It's your responsibility to provide your body with exercise, routine, and essential nutrients. Just do what you can. But being flexible can help you stay healthy. It's your choice!!!**



## HEALTH / ROUTINE - Pancreas

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

### What is the Pancreas?

The pancreas is a long flattened gland located deep in the belly (abdomen). Because the pancreas isn't seen or felt in our day to day lives, most people don't know as much about the pancreas as they do about other parts of their bodies. The pancreas is, however, a vital part of the digestive system and a critical controller of blood sugar levels.

### Where is the Pancreas?

The pancreas is located deep in the abdomen. Part of the pancreas is sandwiched between the stomach and the spine. The other part is nestled in the curve of the duodenum (first part of the small intestine). To visualize the position of the pancreas, try this: touch your right thumb and right "pinkie" fingers together, keeping the other three fingers together and straight. Then, place your hand in the centre of your belly just below your lower ribs with your fingers pointing to your left. Your hand will be the approximate shape and at the approximate level of your pancreas.



### Did you know?

- The Pancreas didn't get its name until about 100AD, when a Greek surgeon and anatomist named Ruphos dubbed it the "*pancreas*", meaning "all flesh": we think this is because of its lack of bone or cartilage.
- The pancreas has four main parts: the head, neck, body, and tail. The widest part is the head, which is attached to the first part of the small intestine, known as the duodenum. In cases where a pancreatic tumour is present, the head is usually the part that's affected. However, according to a published study from 2008, people with tumours in the body or tail of the pancreas had lower survival rates than those with cancer in the head of the pancreas.
- The pancreatic duct is a tiny tube that runs the length of the pancreas and carries digestive juices to the duodenum. Although the ancient Greeks knew about the pancreas, its function and anatomy weren't fully understood for centuries. That started to change in 1642, when German anatomist Johann Georg Wirsung discovered the pancreatic duct after performing a dissection on a man who had been hanged for murder. He named it the "duct of Wirsung" after himself, which may have upset some people. Astonishingly, Wirsung was murdered the following year, allegedly over a disagreement as to who had actually discovered the duct. Wow!!
- For reasons that remain a scientific mystery, people with Type 1 Diabetes have immune systems that attack the Insulin producing cells in their pancreas. This prevents the cells from making insulin, and without insulin, other cells can't access the glucose in the bloodstream for energy. Sugar then builds up unhealthily in the bloodstream. People with type 2 diabetes, on the other hand, can still produce some insulin, but it's not enough. Their cells become resistant to insulin (often as a result of obesity), which causes glucose to accumulate in the bloodstream.

## HEALTH / ROUTINE - Pancreas

### What does it do? How can we keep it healthy?

According to some sites, the Pancreas is the 8th biggest Organ of the human body, but most people would not be able to place it on a map. It is also, as are all the organs, vital for life.

The pancreas plays a dual role in your bodily functions:

- **Endocrine system.** The pancreas secretes hormones, including the blood sugar-regulating hormones: insulin and glucagon.
- **Exocrine system.** The pancreas also secretes enzymes into your digestive tract through a duct into your duodenum

### HEALTHY LIFESTYLE



#### Endocrine system

As part of the endocrine system, the pancreas secretes two main hormones that are vital to regulating your glucose (also known as blood sugar) level:

- **Insulin.** The pancreas secretes this hormone to lower blood glucose when levels get too high.
- **Glucagon:** The pancreas secretes this hormone to increase blood glucose when levels get too low.

Balanced blood glucose levels play a significant role in your liver, kidneys, and even your brain. Proper secretion of these hormones is important to many bodily systems, such as your nervous system and cardiovascular system.

#### Exocrine system

As part of your exocrine system, the pancreas secretes enzymes that work in tandem with bile from the liver and gallbladder to help break down substances for proper digestion and absorption.

Enzymes produced by the pancreas for digestion include:

- **Lipase** to digest fats
- **Amylase** to digest carbohydrates
- **Chymotrypsin** and **Trypsin** for digesting proteins

The pancreas is part of a larger digestive process that begins in the stomach:

1. The pancreas produces enzymes as soon as food reaches the stomach.
2. These enzymes travel through a series of ducts until they reach the main pancreatic duct.
3. The main pancreatic duct meets the common bile duct, which carries bile from the gallbladder and liver towards the duodenum. This meeting point is called the ampulla of Vater.
4. Bile from the gallbladder and enzymes from the pancreas are released into the duodenum to help digest fats, carbohydrates, and proteins so they can be absorbed by the digestive system.



**A healthy lifestyle is vital for Pancreatic good health**  
**Maintain a healthy weight and exercise regularly.**  
**Don't smoke, and limit alcohol use.**  
**A diet with plenty of healthy fats is better.**  
**It feels like we just repeat ourselves, but it's your choice!!!**

# What is available to you

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

Karina is part of our weekly Sobell Fitness sessions.

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



[yummymummyzumba@gmail.com](mailto: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](http://www.activewithin.com)



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

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



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

We are proud to be part of their network. Let’s walk!!!!  
[www.walkwithadoc.org](http://www.walkwithadoc.org)

## Review of Challenges and Targets

### Mind-set:

This week we looked at being smarter with our decision making. It is something we all need to constantly be working on. We all make poor choices sometimes, even though we strive to be good. That's the way it goes. But it is understanding that mistakes will happen, and having a process in place that can help prevent us from making too many bad decisions. We can all learn this. It's part of being human!!! Have a think about how you can be smarter.



### Nutrition.

We did a kind of general entry this week, mainly because someone honestly asked me this week, “what is a healthy diet?” and it made me think. Most of it is common sense, and we advocate that people eat what they like, but just consider the make up of those foods (fat, sugar content etc.) Portion size is naturally important too, as is hydration (which we talk about during our fitness sessions sometimes - as it is vital then).



### Exercise



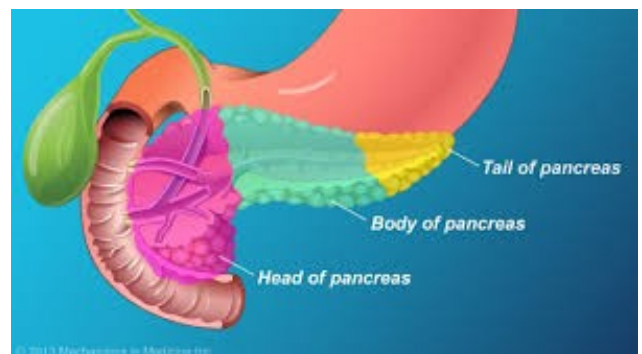
Your age, ability, gender, etc. - none of this matters. Everyone needs to ensure they include movement and flexibility in their lives. It can be stretching, sitting down exercises, standing up and more high intensity. Flexibility can help prevent illnesses, improve balance, prevent falls, and is important in keeping your organs and muscles healthy. We have provided some easy stand up and sit down exercises. Try them out, and maybe then research some more. It's your body!!! Look after it.

### Health.

Your Pancreas is another vital Organ of the body, and once again your lifestyle can affect its health and its function.

It helps, not only with your Insulin production, and therefore controlling your blood sugar levels, but also in your digestive system.

Being overweight, smoking, drinking too much alcohol, not exercising, can all affect it negatively. And you need it working properly. Why not research it yourself and think about how your daily routine can be improved so your Pancreas stays healthy.



**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 + Chefs from Page 13

See if you can beat your family and friends

### Music

Who released these songs? All were Number One Singles in the 1990s.

- |    |          |                       |
|----|----------|-----------------------|
| a. | NC2U     | Sinhead O'Connor      |
| b. | V        | Madonna               |
| c. | S        | Elton John            |
| d. | ALT      | The Beautiful South   |
| e. | IIB      | Vanilla Ice           |
| f. | SD       | Cliff Richard         |
| g. | SMH      | Maria McKee           |
| h. | TJ       | The Steve Miller Bank |
| i. | TP       | Snap                  |
| j. | IBTWYPDB | Bombalurina           |

### Geography

Have a guess at how tall these objects are in feet. See how close you can get.

- |     |       |                            |
|-----|-------|----------------------------|
| 1.  | ME    | 29,029 feet                |
| 2.  | TBK   | 2,722 feet                 |
| 3.  | TLTOP | 186 feet                   |
| 4.  | MB    | 15,771 feet                |
| 5.  | TD    | 1,016 feet                 |
| 6.  | MK    | 19,341 feet                |
| 7.  | MR    | 5,725 feet                 |
| 8.  | SOH   | 213 feet                   |
| 9.  | BB    | 315 feet                   |
| 10. | TWH   | 70 feet                    |
| 11. | MV    | 4,203 feet                 |
| 12. | ESB   | 1,454 feet (incl. antenna) |

### Film:

Can you put a name to the character played by these stars in these films?

- |     |                       |                        |
|-----|-----------------------|------------------------|
| 1.  | Bruce Willis:         | John McClane           |
| 2.  | Sigourney Weaver:     | Ellen Ripley           |
| 3.  | Leonardo Di Caprio:   | Jack Dawson            |
| 4.  | Gary Oldman:          | Commissioner Gordon    |
| 5.  | Richard Attenborough: | John Hammond           |
| 6.  | Harrison Ford:        | Rick Deckard           |
| 7.  | Robbie Coltrane:      | Rubeus Hagrid          |
| 8.  | Simon Pegg:           | Montgomery Scott       |
| 9.  | Tom Cruise:           | Ethan Hunt             |
| 10. | Jack Nicholson:       | Jack Torrance          |
| 11. | Samuel L Jackson:     | Nick Fury              |
| 12. | Ben Wilshaw:          | Q (for Quartermaster)  |
| 13. | Dwayne Johnson:       | Dr. Smolder Bravestone |
| 14. | John Boyega:          | Finn (FN-2187)         |
| 15. | Tim Allen:            | Buzz Lightyear         |

### Sport: Winners of Football World Cup

Brazil (5 times); Germany and Italy (4 times each)  
Argentina, France, Uruguay (2 times each)  
England, Spain (1 time each)

How did you do? Well done if you got them all.

QUIZ ANSWERS

### List of Chefs - from Page 13

1: Rick Stein; 2: Nigella Lawson; 3: Tom Kerridge  
4: Keith Floyd; 5: Ainsley Harriott; 6: Fanny Craddock  
7: Phil Vickery; 8: Heston Blumenthal; 9: Delia Smith  
10: Graham Kerr; 11: Marco Pierre White; 12: James Martin  
13: Gary Rhodes; 14: Gino D'Acampo; 15: The Hairy Bikers (also known as David Myers and Si King)

### Science:

The six layers of the atmosphere:

Troposphere  
Stratosphere  
Mesosphere  
Thermosphere  
Ionosphere  
Exosphere

# THE LAST PAGE

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

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

You can text HMHB: **07964 430456**

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

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

**[www.facebook.co.uk/healthymindshealthybods](http://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**

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**[www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com)** our health blog

Our website is: **[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)** you can contact us through the site

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

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

**We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund for helping to sponsor these packs. With their help, we can reach a lot of people. We also thank the National Lottery Communities Fund for extra funding, that enables us to reach further and do more.**



*Cripplegate Foundation*  
*Helping since 1500*

**Be Safe, Be Active, Be Well**