

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 09

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

Tuesday 1st November 2022



www.hmhb2016.org.uk



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Our monthly health packs contain a massive 36 pages. To help you get through it, here is a list of contents for you. Something for everyone.

We want to encourage you, inspire you, and motivate you. :-)



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“Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too.” — Mark Twain

Welcome to Issue 8 of Healthy Minds, Healthy Bods’ Revamped Monthly Health Packs.

From April 2020 to March 2021, through the Pandemic, HMHB was providing weekly health packs, all 50 of which can be found in PDF form on our website, with content details: www.hmhb2016.org.uk.

We then went monthly.

This is our new venture for 2022.

A revamped Monthly Health Pack for everyone.

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.

For these packs to happen, there are so many people to thank. That includes Islington Council who printed copies to post to those who have no internet, as well as our local councillors, Caroline Russell, Benali Hamdache, and Ernestas Jegorovas Armstrong, as well as Sue Lukes and Osh Gantly who have been HMHB supporters since inception.

We also like to thank Islington Giving, the Cripplegate Foundation, and the National Lottery, all of whom have funded our health packs in the past, and continue to do so.

Lastly, we thank you, our readers, who have given us such incredible feedback. Yay!!!



Various photos from our Thursday walks, all with Islington Mayors. Celebrating the 1st, 2nd, 3rd, 4th Anniversaries.

Our fifth year was sadly affected by Covid, but our Sixth Anniversary is coming up in November 2022. Thanks to all who have walked with us over time.

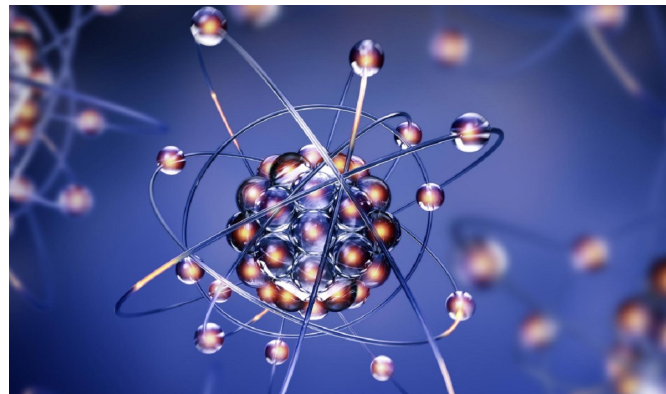
HEALTH NEWS AND RESEARCH PAGE

“Secret Ingredient for Life” found.

A team of researchers from Purdue University has announced that they've discovered what they claim to be the “secret ingredient for building life”. Purdue University is a public land-grant research university in West Lafayette, Indiana, USA, and the flagship campus of the Purdue University system. The university was founded in 1869 after Lafayette businessman John Purdue donated land and money to establish a college of science, technology, and agriculture in his name.

A new paper published in the scientific journal “Proceedings of the National Academy of Sciences” details a discovery made by researchers from Purdue University. The researchers behind the study describe the discovery as "dramatic" as they believe that the "secret ingredient for building life" has been found.

According to Graham Cooks, a chemistry professor at Purdue University and lead author on the newly published paper, the discovery is "essentially the chemistry behind the origin of life" and that this is the first demonstration of "primordial molecules, simple amino acids, spontaneously form peptides, the building blocks of life, in droplets of pure water".



Notably, it isn't just the researchers behind the study that are championing the discovery as Alan Doucette, an associate professor at Dalhousie University in Nova Scotia, Canada, who wasn't involved in the research, said: "To me, the evidence seems to be growing that there is something really quite unique and extraordinary about the chemistry at or within small water droplet surfaces" and that the discovery is "truly fascinating".

The new research builds on the already established theory that life began in oceans, and upon inspecting water droplets with highly advanced spectrometers which examine chemical reactions, the scientists discovered that "extremely quick reactions can take place" where water droplets interact with Earth's atmosphere. These quick chemical reactions taking place where droplets meet the atmosphere supports the proposition of life thriving where water meets land mass.

However, the scientists behind the study explain that these identified building blocks for life don't necessarily need catalysts such as land and can just spontaneously happen in the water itself.

"The rates of reactions in droplets are anywhere from a hundred to a million times faster than the same chemicals reacting in bulk solution," said Cooks.

Cooks and the team behind the paper hope that their discovery will lead to more knowledge being developed in how life came to be as it is today, and the processes behind its formation. Developing more knowledge in this area will enable researchers such as Cooks to understand how Earth supports and grows life, which has lasting impacts on how humans search for life on other planets, along with identifying planets that have the right chemical mixtures to create life.



HEALTH NEWS AND RESEARCH PAGE: Babies react to taste and smell in the womb.

Scientists have recorded the first direct evidence that babies react differently to various smells and tastes while in the womb by looking at their facial expressions.

A study, published in journal "Psychological Science", led by Durham University's Foetal and Neonatal Research Lab, UK, took 4D ultrasound scans of 100 pregnant women to see how their unborn babies responded after being exposed to flavours from foods eaten by their mothers. Researchers looked at how the foetuses reacted to either carrot or kale flavours just a short time after the flavours had been ingested by the mothers.



Foetuses exposed to carrot showed more "laughter-face" responses while those exposed to kale showed more "cry-face" responses. Their findings could further our understanding of the development of human taste and smell receptors.

The researchers also believe that what pregnant women eat might influence babies' taste preferences after birth and potentially have implications for establishing healthy eating habits. Humans experience flavour through a combination of taste and smell. In foetuses it is thought that this might happen through inhaling and swallowing the amniotic fluid in the womb.

Lead researcher Beyza Ustun, a postgraduate researcher in the Foetal and Neonatal Research Lab, Department of Psychology, Durham University, said:

"A number of studies have suggested that babies can taste and smell in the womb, but they are based on post-birth outcomes while our study is the first to see these reactions prior to birth. As a result, we think that this repeated exposure to flavours before birth could help to establish food preferences post-birth, which could be important when thinking about messaging around healthy eating and the potential for avoiding 'food-fussiness' when weaning. It was really amazing to see unborn babies' reaction to kale or carrot flavours during the scans and share those moments with their parents."

Co-author Professor Nadja Reissland, head of the Foetal and Neonatal Research Lab, Department of Psychology, Durham University, supervised Beyza Ustun's research. She said:

"Previous research conducted in my lab has suggested that 4D ultrasound scans are a way of monitoring foetal reactions to understand how they respond to maternal health behaviours such as smoking, and their mental health including stress, depression, and anxiety. This latest study could have important implications for understanding the earliest evidence for foetal abilities to sense and discriminate different flavours and smells from the foods ingested by their mothers."

Co-author Professor Benoist Schaal, of the National Centre for Scientific Research-University of Burgundy, France, said:

"Looking at foetuses' facial reactions we can assume that a range of chemical stimuli pass through maternal diet into the foetal environment. This could have important implications for our understanding of the development of our taste and smell receptors, and related perception and memory."

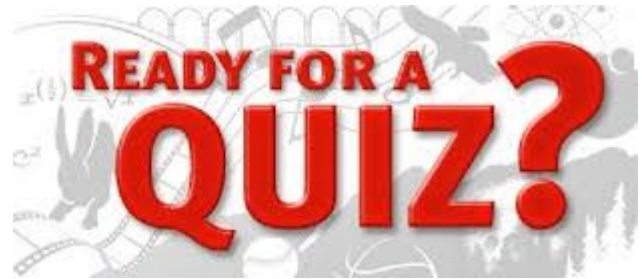
Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 35 this week (no peeking)

US Geography

Of the 50 USA States, sixteen of them start with the letters "M" or "N".

How many of them can you name?

It's not all about the UK!!! :-)



Sport: Can you name the Sports for these UK Olympic Gold Medal Winners?

1. 1980: Steve Ovett
2. 1976: John Curry
3. 2008: Ben Ainslie
4. 2020: Max Whitlock
5. 2014: Lizzy Yarnold
6. 1984: Sebastian Coe
7. 2004: Kelly Holmes
8. 2012: Nicola Adams
9. 2012: Katherine Grainger
10. 1992: Linford Christie
11. 2000: Jonathan Edwards
12. 2020: Matty Lee
13. 1980: Daley Thompson

Films: Can you name the film these quotes come from, as well as the year it was released?

1. Now I Know I've Got A Heart, Cos It's Breaking
2. What Do You Think You Are Doing, Dave?
3. I'm Gonna Make Him An Offer He Cant Refuse
4. You Had Me At "Hello"
5. Alright Mr De Mille. I'm Ready For My Close Up
6. Here's Looking At You, Kid
7. I Love The Smell Of Napalm In The Morning
8. Here's Johnny
9. Hasta La Vista, Baby
10. You Can't Handle The Truth
11. I Am Serious. And Don't Call Me Shirley.
12. You're Gonna Need A Bigger Boat
13. I See Dead People
14. I Feel The Need. The Need For Speed
15. Nobody Puts Baby In The Corner
16. I'm The King Of The World
17. Houston. We Have A Problem

Pop Music: Who sang these songs with animals in the title? Plus original year released?

1. What's New Pussycat?
2. How Much Is That Doggie In The Window
3. Bat Out Of Hell
4. Union Of The Snake
5. Eye Of The Tiger
6. Crocodile Rock
7. Wild Horses
8. When Doves Cry
9. Karma Chameleon
10. Cool For Cats
11. Rise Like A Phoenix (Eurovision)
12. Three Lions
13. I Am The Walrus
14. Hound Dog



Film:

Can you name the actors who have played the main "baddie" in the last 12 James Bond Films?

Obviously you will have to try and remember which films they were too.

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

HMHB Activity: News



At the start of October we enjoyed a fabulous visit to the National Gallery, which is, of course, right on Trafalgar Square.

It was great having Roz around as she knew where certain paintings were and her knowledge enhanced the visit very much.

It was fantastic to see so many famous paintings, but also the huge number and variety from many artists that we had never heard of.

Thanks to all those who came. :-)

Thanks to Lazza getting FREE tickets, four of us enjoyed a very funny comedy night at the Pleasance Theatre in North Road.

The show, with lots of comedians doing 5-10 minute slots, was being filmed for television, to be shown on the Comedy Central channel.

Georg, Ollie, Lazza, and Jazz, laughed along for the two hours, and HMHB will certainly look out for more events in the future.

Terrific entertainment.



Our group enjoyed a fabulous trip to the South Bank and the wonderful Tate Modern (I had never actually been there before!!!).

Fifteen of us marvelled at the huge diversity of art, from sculpture to paintings, from modern art to classics.

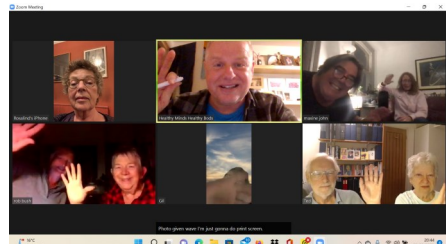
Here we are gathered together for a well-earned cup of coffee and tea, with some of Lazza's homemade cake, the recipe is in this issue.

These outings are a great way for the group to come together and enjoy each other's company.

HMHB continue to provide the most unique and interesting quiz night around every Thursday. Very little actual knowledge is required, so it is designed that anyone can win on the night.

It is actually more like learning with the debonair and sophisticated Professor Lazza (Ed, really????) as he leads the teams through various rounds that are there to work on their imagination more than to test just how clever they are. Naturally they are all clever, of course!!

If never joined before, it's on zoom.



MIND-SET: Why is our Mind-set so important?

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 is hard, and takes effort.

HMHB is a mentor led organisation. We are not trained or qualified psychiatrists, psychologists, or health workers. However, we have experienced tough times, overcome depression or addiction, and just want to help people deal with whatever life throws at us. If you feel you need any help with your physical or mental health, please speak to your local medical practice professionals.

What are mindsets?

We have talked about this several times throughout the history of these health packs.

A mindset is a series of self-perceptions or beliefs people hold about themselves. These determine behaviour, outlook and mental attitude. For example, believing you are either 'intelligent' or 'unintelligent'.

Thinking about them came to the fore when two mindsets were publicly identified by Carol Dweck, (Professor of Psychology at Stanford University). A fixed mindset and a growth mindset. It was published in "Mindset: The new psychology of success." People can have both types of mindsets, a growth mindset in some situations (for example, towards maths) and a fixed mindset in others (for example towards sport).

What is a growth mindset?

This mindset is where a person's self-belief is centred around the notion that, (using a quote directly from Carol Dweck) "...their most basic abilities can be developed through dedication and hard work. Brains and talent are just the starting point."

What is a fixed mindset?

A Fixed Mindset is where people believe traits such as intelligence or talent are seen as fixed traits, set at birth.

A person with a fixed mindset lets failure or success define them. Through this fixed mindset, a lot of time is spent by the person documenting their talents and less time working on developing them.

Those with a fixed mindset will describe themselves as either "dumb" or "smart" with no way to change this, shying away from challenges. When faced with failure or a different challenge, they will tell themselves and others, 'they can't do it' or will make excuses to rationalise the failure (E.g. 'I didn't pass the test as I was too busy doing my homework for another subject').



Why is a growth mindset important for people to develop?

A growth mindset allows people to embrace failure and learn from it.

A growth mindset is critical to adopting learning-oriented behaviour.

Beliefs held by people about learning and failure have a strong influence on their achievement over time.

People who believe that effort matters respond with more positive, sophisticated strategies to tasks and increasing their learning as time goes on.

Learning from failure causes substantial changes in the brain throughout life and is vital for resilience

MIND-SET: How do I Change my Mindset?

Identify your counter-mindsets

Mindsets are formed through prior experiences and emotional milestones, and the mindsets that aren't producing the results you want are called "counter-mindsets". Some examples of these are self-doubt, limiting beliefs, and any other negative thoughts that get in the way of your fulfilment.

Around 65,000 thoughts go through our minds each day. Unfortunately, in the case of most people, most of them are negative. These "Automatic Negative Thoughts" (ANTs) occur so often that you're probably not even aware of them. I would say that most of us aren't.

For example: You know that little voice that points out irresponsible spending choices when you're looking at your monthly budget? Or makes disparaging comments when you look in the mirror? Or tells us there is no point in trying something as we are bound to fail. We all know that voice. It makes you hesitate before approaching someone you'd like to meet. It makes you think twice before starting a business or considering a career change. It can stop you trying to achieve your goals.



All of us have different ANTs, and without knowing it, we're habitually allowing them to destroy our dreams. It's hard to remain positive when that little voice is constantly spouting off and saying things like: "I can't talk to that person, they will probably find me boring," or "I'm not smart enough to do that" or "I'm too fat," or "I'm not qualified, so why bother doing that" ... and so on, and so on.

The way to start exterminating the ANTs in your head is to begin paying attention to them. Notice when you hear that disparaging voice and recognise how frequently it happens. More than likely, you'll find that your limiting thoughts can be narrowed down to a few key themes. Taking note of this is a major step because we can't change what we haven't acknowledged.

Flip the switch

Once you've identified your top negative thoughts, you need a way to stop them from holding you back. A good technique for this is something called "flip the switch," which moves thoughts from negative to positive.

For many people, every time they look in the mirror, all they see are flaws. Finally, why not start to practice the exact opposite reaction: "flipping the switch". When you look in the mirror force yourself to say, "You look good!" It can take some time to get used to it, but the reality is that positive thoughts and negative thoughts can't occupy the same space, so you are giving those ANTs an eviction notice.

Another effective technique is called the "if/then" approach. Once you identify when your ANTs typically show up, apply a thought process that allows you to essentially think yourself past them. Here's an example: You plan to go for a walk after dinner to get more exercise, but when dinner is over, your ANT shows up. If you start to hear the voice in your head that says you're too tired, too full, or you'll never lose the weight anyway, quickly walk to the hallway and put on your trainers. Often, just taking one positive step in the right direction is enough to shut those ANTs up.

NUTRITION: Lazza's Kitchen Adventure

Peach Melba Streusel Cake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his ever version of Streusel Cake from scratch

Streuselkucken is known in English-speaking countries as "Crumb Cake". The main ingredients for the Streusel are sugar, butter, and flour.

The recipe allegedly originated in the region of Silesia (a historical region of Central Europe, that lies mostly within Poland), and is popular in German, Polish, and Askenazi Jewish cuisines.

Ingredients

Streusel Topping: 25g Self-Raising Flour:
25g Caster Sugar: 25 g Butter: 40g Flaked Almonds

Cake: 175g Butter: 175g Caster Sugar
175g Self-Raising Flour: 3 Eggs
1 teasp Baking Powder: 50g Ground Almonds
Almond Essence
Peaches cut up into slices:
Raspberries

To make the Streusel Topping - put the flour and sugar into a bowl and mix it in together.
Add the butter and rub in with your fingertips until you get breadcrumb shapes.
Stir in the flaked almonds and put to one side.

To make the Cake: Beat the butter and sugar together in a bowl.
Gradually mix in alternate spoonfuls of beaten egg and flour, until all is added.
Add the baking powder, ground almonds, and almond essence.
Mix well into a lovely gloopy mix.

Spoon this mixture into your prepared cake tin and spread the surface level.
Arrange the peaches on top and then pour over the raspberries too.
Sprinkle the streusel topping over the whole top.
Bake at 180C (350F) in preheated oven for about an hour, until a skewer comes out clean.
Leave to cool in the tin before tipping out to cool properly.
Dust top with icing sugar before serving. Can do hot with custard if you want, or just slices of cake.



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great, and very tasty, bake to prepare.**

EXERCISE/FITNESS: STRETCHING

Stretches on the Floor

In simple terms, “stretching” is when we deliberately flex or stretch a specific muscle in order to improve the muscle’s elasticity. The result is a feeling of increased muscle control, flexibility, and range of motion.

It is also used to improve function in daily activities by increasing range of motion.

When we stretch it helps work out any stiffness or tightness in our muscles and joints caused by spending an extended amount of time in a single position. In the long term, this helps maintain a wide range of mobility and flexibility. Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight.

Then, when you call on the muscles for activity, they are weak and unable to extend all the way.

That puts you at risk of joint pain, strains, and muscle damage.

Let’s just do a few stretches to warm yourself up. Daily stretching is really good for you, as detailed above.

It is not just about warming up before an exercise session, or warming down after completing one.

Stretches are something we all need to do every day to stay supple, flexible, and healthy.

Check out our other monthly packs for other stretches. Some stretches we show are repeats. But that’s cool.

Pretzel Stretch

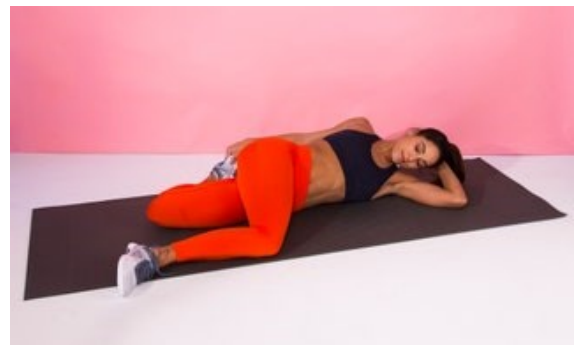
Lie on your left side with your head resting on your arm.

Bend your right knee and hip up toward your chest as far as you can, and let it drop to the floor.

Bend your left knee and grab your left foot (use a strap if you can’t reach it) with your right hand.

Make sure your leg and torso remain in a straight line as you gently bring your top shoulder blade toward the floor.

For more of a spinal twist, turn your head to look over your right shoulder.



When you stretch or move frequently throughout the day, you decrease strain on your muscles and skeletal system. In the long run, that can decrease the likelihood you'll develop chronic low back and shoulder pain, knee discomfort, headaches, and more.

Extended Puppy Pose

Start on all fours.

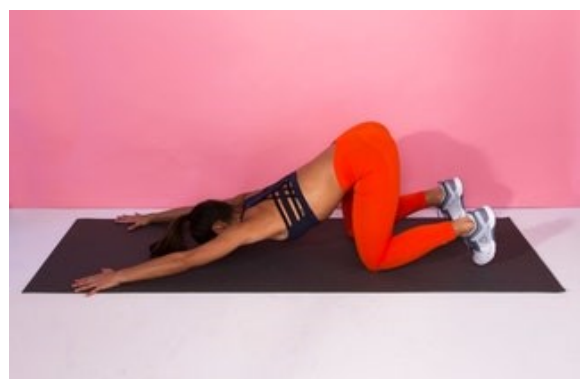
Walk your arms forward a few inches and curl your toes under.

Push your hips up and back halfway toward your heels.

Push through the palms of your hands to keep your arms straight and engaged.

Hold for 30 seconds to 2 minutes.

This helps to stretch your shoulders, glutes, and your shoulders, and is a mix of the normal puppy pose and baby pose.



If you have any personal health concerns re stretching, always check with a medical professional before starting.

EXERCISE/FITNESS: More Stretches on a Mat

Sphinx Pose

Lie on your stomach, legs straight out behind you. Place your elbows under your shoulders and your forearms on the floor as you lift your chest up off the floor. Press your hips and thighs into the floor, and think about lengthening your spine while keeping your shoulders relaxed. Sit up just enough to feel a nice stretch in your lower back. Don't hyperextend, and stop immediately if you start to feel any discomfort or pain.



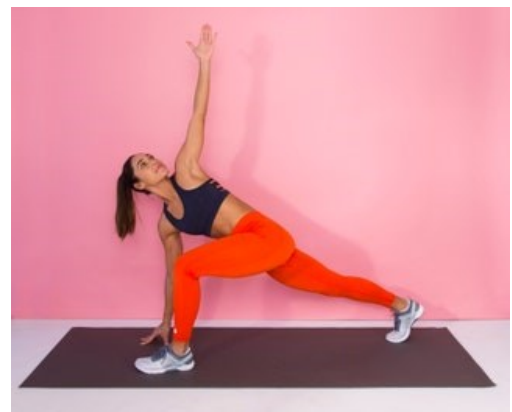
Frog Stretch

Start on all fours. Slide your knees wider than shoulder-width apart. Turn your toes out and rest the inner edges of your feet flat on the floor. Shift your hips back toward your heels. Move from your hands to your forearms to get a deeper stretch, if possible. Hold for 30 seconds to 2 minutes. This stretch directly target tight spots in the hips/groin and is especially useful for runners.



Lunge with Spinal Twist

Start by standing with your feet together. Take a big step forward with your left foot, so that you are in a staggered stance. Bend your left knee and drop into a lunge, keeping your right leg straight behind you with your toes on the ground, so you feel a stretch at the front of your right thigh. Place your right hand on the floor and twist your upper body to the left as you extend your left arm toward the ceiling. Hold for 30 seconds to 2 minutes. Repeat on the other side.



Note, if you're experiencing joint pain or discomfort, or are looking for specific exercises for pain relief or stretches for lower-back pain, you may want to chat with your physical therapist before starting a stretching routine.

They can let you know which specific moves might be best for your individual needs. Check with your local medical practice for more details.

MIND-SET:

Make sure you treat yourself.

Unlike a reward, which should be earned or justified, a "treat" is a small pleasure or indulgence that we give to ourselves just because we want it. We don't have to be "good" to get it, we don't earn it or justify it.

"Treats" may sound like a self-indulgent, frivolous strategy, but they're not. Because forming good habits can be draining, treats can play an important role. When we give ourselves treats, we feel energised, cared for and contented, which boosts our self-esteem, confidence, and happiness, and self-esteem helps us maintain our healthy habits.

Studies show that people who got a little treat, in the form of receiving a gift or watching a film at the cinema, gained in self-control.

It's a Secret of Adulthood: If I give more to myself, I can ask more from myself. Self-regard isn't selfish.



By contrast, when we don't get any treats, we feel depleted, resentful, and angry, and justified in self-indulgence. We start to crave comfort, and we'll grab that comfort wherever we can, even if it means breaking good habits.

I know some people may say that they do not have the finance to treat themselves, but you do not have to pay out money. A treat could be going out for a walk in the forest, a trip to a museum, calling a friend to pop round for a coffee. It is something for you to do and enjoy. Yes, it might be nice to go and eat at a restaurant, see a show at the theatre, or have a weekend away, but if your current financial stasis does not cover that it does not mean you cannot have some fun.

One of my favourite treats is going out on a Saturday morning (after the HMHB exercise session), buying the paper, heading to the "office" (White Swan Wetherspoons Highbury), and spending a good couple of hours with a coffee - that is after chatting with some of the group over a coffee ourselves. The newspaper part is me, spending time on my own, away from project, just welcoming in the weekend. But I do love the chatting with the exercisers before.

As many know, and I know I have talked about it before, I was very very lucky to be awarded some compensation last year that has enabled me to have an incredible 16 to 18 months. I was able to have some holidays and enjoy some wonderful theatre shows. Those were treats. And the best thing is I was able to get two tickets on many occasions to take some of my closest friends along with me. I introduced Shakespeare to Georg, and enjoyed being "cultured" with Jazz, and climbed to the top of the highest theatre with Jane.

A treat is something that puts a smile on your face and warmth into your heart. I love reading. For me, it has to be a real book, even though I do see the benefit of the Kindle. I like to pop into book shops and see if any of my many favourite authors (I am a crime fiction genre man) have got a paperback out, and love the excitement of purchasing the book so I can leap into the pages. I will put a classical music CD on in the background and immerse myself into the story.

This links into the last issue where I said we all need to find time to look after ourselves. Our mental and emotional health fluctuates, and what we do heavily influences that. So treat yourself this week!!!

MIND-SET:

Get Outdoors. You'll thank yourself.

Especially after the pandemic, we all have found an appreciation for being able to just get out of the house or flat and interact with people. Just make sure it is the right people, of course.

While we all feel comfortable in our homes, it's not particularly healthy to remain indoors all the time. Your mind and body need to be outside to encounter certain nutrients the outdoors provides. Countless benefits of the outdoors can improve your mental state. It is very clear that many adults struggle with a mental illness each year and, it is reported, one in 25 experiences serious mental illness. Spending some quality time outdoors can help relieve their mental illness symptoms.



The world is full of stress, no matter where you go. While there are plenty of healthy stressors in the world, like the ones that keep you out of danger, there are also a host of bad ones. Many different factors can lead to increased levels of stress, and this stress can impact both your physical and mental health.

However, spending just 20-30 minutes outside has proven to reduce stress levels. Even gardening has been shown to improve your symptoms of stress. It all improves your Mind-set.

In one of the weekly health packs we reported on a Japanese study that focused on the effects of “Shinrin-Yoku” (taking in the forest atmosphere or forest bathing). It found that just a short period outdoors can reduce cortisol levels, the natural chemical found in your body that causes stress. Being outside relieves muscle tension and helps reduce stress.

There are elements of the outdoors that you cannot find nor replicate inside. Direct sunlight and fresh air are two things you cannot find while indoors, and both offer numerous benefits for your mind and body. Natural sunlight exposure can improve your mood and overall self-esteem. Studies have shown that people's brains have higher levels of serotonin on bright and sunny days, regardless if it was warm or cold out. Serotonin is your body's natural mood stabiliser, and it helps reduce symptoms of depression and anxiety while boosting your mood. More studies suggest that UV light encourages melanocytes, the cell that produces dark skin pigment, to release endorphins, the body's feel-good chemical.

HMHB has spoken time and time again about the impact exercising has on your mental health. Much of spending time outdoors does involve some form of exercise, whether it involves gardening, going for a walk, or hiking. Exercise helps reduce your blood pressure, which is a common symptom of stress. It also releases endorphins, which boosts your mood. If you have a routine that you do from home, take it outside and see how much of a difference that makes. Outdoor exercises often leave individuals feeling rejuvenated, both mentally and physically. A friend of mine embraced the “Work From Home” when it first started, but has since said how much enjoys getting back to the office, as it involves leaving his house, meeting people, and getting outdoors. Anything that can lift your Mind-set has to be a good thing.

**“If you seek creative ideas go walking.
Angels whisper to you when you go for a walk.”**

**HMHB's funny quiz page:
It's mostly guessing, but play with friends.**

Since summer 2021, HMHB has been hosting an online quiz on Thursday evenings.
We started it as a way of bringing people together, having a laugh, and not taking things seriously.
It is important that anyone can win, so we make it funny, but no knowledge is required.

All Answers are at the base of Page 31 - don't look till you have done the whole page!!

ROUND ONE: Odd Two Out

Only two of the choices are correct: which two are they?

- | | | |
|-----------------------|-----------------------|--------------------------------|
| 1 Varieties of Orchid | 2 Toothpaste Flavours | 3 Won Oscar Best Animated Film |
| Flying Duck | Birthday Cake | Kung Fu Panda |
| Monkey Face | Tomato Ketchup | Toy Story 4 |
| Tortoise Shell | Curry | Moana |
| Elephant Trunk | Amaretto | Ratatouille |

ROUND TWO: Give Me a Number

Every answer to the question is a number. Can you get close?

1. Not including territories, how many countries are in South America?
2. As at 1 Jan 2022, what was the population of Iceland?
3. According to 007Museum.Com, how many people has James Bond killed in the 25 films?
4. How many people have walked on the Moon (as at 19/10/22)?
5. How old was Beethoven when he wrote his first symphony?

ROUND THREE: When Did That Happen

You have to guess the year all the events below occurred:

- What year did the first man run under 10 seconds for the 100m?
What year was the first James Bond book published?
In what year was the 7th planet Uranus discovered?
When did Richard the Lionheart return from the crusades?
When did the first manmade object reach the surface of Mars?



ROUND FOUR: What specifically links these Six countries below? Make something up and see if right. For this game, it is more fun to come up with absurd silly answers that are funny.

France, Ireland, Luxembourg, Netherlands, Sweden, United Kingdom

ROUND FIVE: True or False. Can you decide correctly on these statements about Celebrities?

1. Helen Mirren once worked at the Savoy Hotel.
2. Barack Obama sang in his school choir.
3. Peter Jackson, director of Lord of the Rings, was actually born in New Zealand where it was filmed.
4. Jennifer Lopez insured her bum for several million dollars.
5. Elvis Presley, like our Lazza, was a natural blond.

**ROUND SIX: Sequence. Can you name the missing three letters that come in this sequence?
This one is quite hard!!**

E F F N ? ? ? T T T

NUTRITION:

Using nutrition to look after your skin.

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.

HMHB are not qualified nutritionists or dieticians. We just pass on information for a healthy lifestyle. If you have any concerns around your diet, do speak to a recognised medical professional who will be delighted to assist.

You might be surprised to find out your biggest organ is your skin. No matter how you think of it, your skin is very important. It covers and protects everything inside your body. Without skin, people's muscles, bones, and organs would be hanging out all over the place.

Skin holds everything together. It also:

- protects our bodies
- helps keep our bodies at just the right temperature
- allows us to have the sense of touch



The layer on the outside, the one you can see, is called the “Epidermis.” At the bottom of the epidermis, new skin cells are forming. When the cells are ready, they start moving toward the top of your epidermis. This trip takes about 2 weeks to a month. As newer cells continue to move up, older cells near the top die and rise to the surface of your skin. What you see on your hands (and everywhere else on your body) are really dead skin cells. These old cells are tough and strong, just right for covering your body and protecting it. But they only stick around for a little while. Soon, they'll flake off. Though you can't see it happening, every minute of the day we lose about 30,000 to 40,000 dead skin cells off the surface of our skin.

So just in the time it took you to read this far, you've probably lost about 40,000 cells. That's almost 9 pounds (4 kilograms) of cells every year! But don't think your skin might wear out someday. Your epidermis is always making new skin cells that rise to the top to replace the old ones. Most of the cells in your epidermis (95%) work to make new skin cells.

What about the other 5%? They make a substance called “Melanin”, and it is that that gives skin its colour. The darker your skin is, the more melanin you have. When you go out into the sun, these cells make extra melanin to protect you from getting burned by the sun's ultraviolet, or UV, rays.

Your diet can help you look after your skin. Let's take a look at how that works.

It's easy to see how a poor diet can lead to obesity, diabetes, and heart disease, but most people never make the connection between nutrition and skin health. The truth is that a poor diet can alter the structure of your skin and compromise its ability to protect you and heal itself.

Although a balanced diet is best for your overall health, each body part has specific requirements, including your skin. To maintain healthy skin, you need a wide variety of nutrients, including glucose, carbohydrates, proteins, lipids, vitamins, and minerals.

NUTRITION:

Foods to help you look after your Skin.

Fish

Fatty fish, such as salmon, mackerel, tuna, sardines, and herring, are excellent foods for healthy skin. They're rich sources of "Omega-3 fatty acids, which are important for maintaining skin health.

Omega-3 fatty acids are necessary to help keep skin thick, supple, and moisturised. In fact, an omega-3 fatty acid deficiency can cause dry skin. The omega-3 fats in fish reduce inflammation, which can cause redness and acne. They can even make your skin less sensitive to the sun's harmful UV rays.

Some studies show that fish oil supplements may help fight inflammatory and autoimmune conditions affecting your skin, such as psoriasis and lupus.



Fatty Fish is also a source of vitamin E, one of the most important antioxidants for your skin. Getting enough vitamin E is essential for helping protect your skin against damage from free radicals and inflammation.

This type of seafood is also a source of high quality protein, which is needed for maintaining the strength and integrity of your skin.

Lastly, fish provides zinc, a mineral vital for regulating the following:

- inflammation
- overall skin health
- the production of new skin cell.

Zinc deficiency can lead to skin inflammation, lesions, and delayed wound healing.

Avocados

Avocados are high in healthy fats. These fats benefit many functions in your body, including the health of your skin. Getting enough of these fats is essential to help keep skin flexible and moisturised.

One study involving over 700 women found that a high intake of total fat, specifically the types of healthy fats found in avocados, was associated with more supple, springy skin. Preliminary evidence also shows that avocados contain compounds that may help protect your skin from sun damage. UV damage to your skin can cause wrinkles and other signs of aging.



Avocados are also a good source of Vitamin E, also known as "Tocopherol", which is an important antioxidant that helps protect your skin from oxidative damage. Many people don't get enough vitamin E through their diet. Interestingly, vitamin E seems to be more effective when combined with vitamin C. Vitamin C is also essential for healthy skin. Your skin needs it to create collagen, which is the main structural protein that keeps your skin strong and healthy.

NUTRITION:

More foods to look after your Skin

Sweet Potatoes

"Beta-Carotene" is a nutrient found in plants. It functions as provitamin A, which means it can be converted into vitamin A in your body.

Beta carotene is found in oranges and vegetables such as carrots, spinach, and sweet potatoes. Sweet Potatoes are an excellent source — one 1/2-cup (100-gram) serving of baked sweet potato contains enough beta carotene to provide more than six times the daily value of vitamin A.



Carotenoids like beta carotene help keep your skin healthy by acting as a natural sunblock. When consumed, this antioxidant is incorporated into your skin and helps protect your skin cells from sun exposure. This may help prevent sunburn, cell death, and dry, wrinkled skin.

Interestingly, high amounts of beta carotene may also add a warm, orange colour to your skin, contributing to, what some people consider to be, an overall healthier appearance.

Broccoli

Broccoli is full of many vitamins and minerals important for skin health, including zinc, vitamin A, and vitamin C. It also contains "Lutein", a carotenoid that works like beta carotene. Lutein helps protect your skin from oxidative damage, which can cause your skin to become dry and wrinkled.



But broccoli florets also pack a special compound called "Sulforaphane", which boasts some impressive potential benefits. It may even have anti-cancer effects, including on some types of skin cancer.

Sulforaphane is likewise a powerful protective agent against sun damage. It works in two ways: neutralising harmful free radicals and switching on other protective systems in your body. In laboratory tests, sulforaphane reduced the number of skin cells UV light killed by as much as 29%, with protection lasting up to 48 hours. Evidence suggests sulforaphane may also help maintain collagen levels in your skin.

Dark Chocolate

The effects of cocoa on your skin are pretty phenomenal. After 6–12 weeks of consuming a cocoa powder high in antioxidants each day, participants in one study experienced thicker, more hydrated skin. Their skin was also less rough and scaly, less sensitive to sunburn, and had better blood flow, which brings more nutrients to your skin.

Another study found that eating 20 grams of high-antioxidant dark chocolate per day could allow your skin to withstand over twice as much UV radiation before burning, compared with eating low-antioxidant chocolate.

Make sure to choose dark chocolate with at least 70% cocoa to maximize the benefits and keep added sugar to a minimum.

Nutrition: HMHB looks at Vitamins

Today: Vitamin B3

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

“A vitamin is an organic molecule that is an essential micronutrient which a human needs in small quantities for the proper functioning of our metabolism. Essential nutrients cannot be synthesised in human beings, either at all or not in sufficient quantities, and therefore must be obtained through the diet.”

Vitamin B3 (also known as Niacin) is a water-soluble vitamin. Water-soluble vitamins are those that are dissolved in water and readily absorbed into tissues for immediate use. Because they are not stored in the body, they need to be replenished regularly in the diet. Any excess of water-soluble vitamins is quickly excreted in urine and will rarely accumulate to toxic levels.

Having enough Niacin in the body is important for good health. As a treatment, higher amounts of Niacin can improve cholesterol levels.

As a cholesterol treatment, there are good studies showing that niacin can boost levels of good HDL Cholesterol and lower Triglycerides. Niacin also modestly lowers bad LDL Cholesterol. It is sometimes prescribed in combination with Statins for cholesterol control, such as Rosuvastatin, Simvastatin, Fluvastatin, Atorvastatin, and Pravastatin.

However, niacin is only effective as a cholesterol treatment at fairly high doses. These doses could pose risks, such as liver damage, gastrointestinal problems, or glucose intolerance. So don't treat yourself with over-the-counter niacin supplements. Instead, get advice from your local medical practice.

Most people can get the amount of niacin they need by eating a healthy diet. Niacin occurs naturally in many foods, including greens, meat, poultry, fish, and eggs, although in eggs just a fraction of the dose shown to achieve changes in cholesterol. Many products are also fortified with niacin during manufacturing.



If you take any medicines or supplements regularly, talk to your doctor before you start using niacin supplements. They could interact with medicines like diabetes pills, blood thinners, anticonvulsants, blood pressure medicines, thyroid hormones, and antibiotics, as well as supplements like ginkgo biloba and antioxidants.

Alcohol might increase the risk of liver problems. Though niacin is often used along with statins for high cholesterol, this combination may increase the risk for side effects. Always take advice from your healthcare provider.

Like all Vitamins, this micronutrient is “essential for life”.

Your body cannot create it so you have to get it through your diet.

Why not research this Vitamin this month, and what foods you need to consume?

It's your body, and your choice.





HMHB's Name Game Page: a little easier this month

Can you name the company for these Logos.

I have removed any helpful wording.

Answers at bottom of quiz page answers (page 35)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Chicken Alfredo

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Chicken Alfredo from scratch**

**Modern *fettuccine Alfredo* was invented by Alfredo Di Lelio in Rome.
In 1907 or 1908 in an effort to entice his wife, Ines, to eat after giving birth to their first child Armando, Alfredo added extra butter or "triplo burro" to the fettuccine when mixing it together for her.
The fame of Alfredo's fettuccine spread, first in Rome and then to other countries.**

Ingredients

Olive Oil
3 Chicken Breasts: can use 4 boneless thighs
300g Fettuccine or Tagliatelle
1 tbs Butter: 200ml Double Cream
Grated Nutmeg
100g Parmesan (I don't like that so I used Cheddar): Chopped Parsley.
Peppers chopped into pieces.
Plum Tomatoes halved.

Heat the olive oil in a non-stick frying pan over a medium high heat.
Add the chicken breasts (chopped into small blocks) and fry for around 10 mins, turning half way, until they are golden brown and cooked through.
Set aside to cool a little.
Bring a pan of salted water to the boil and add the pasta, cook for 1 minute less than package instructions.
Whilst the pasta is cooking, add the butter to the frying pan over a medium heat, scraping the bottom a little to get any of the browned bits. Tip in the cream along with the nutmeg and bring to a simmer. Add the chicken back to the pan, along with the peppers and tomatoes. (I added the peppers and tomatoes to put in colour).
Once the pasta is cooked, use tongs to transfer the pasta straight from the water into the frying pan with the cream mixture.
Sprinkle most of the cheese over and use the tongs to toss it all together, adding a splash of the pasta water if it looks a little stiff. Season well, then tip into bowls.
Top with the remaining cheese, a scattering of parsley, and black pepper.



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty meal to prepare.**

EXERCISE/FITNESS

How do I transform?

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 run health walks in Islington, and have been since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden prior to the 2020 lockdown.

We now have our regular Highbury Gym sessions with Dean on Tuesdays, thanks to the team at Better, We organise a fantastic outdoor Zumba session on Sundays with our fabulous Karina.

We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza.

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

Be active, be safe, and go for it.

Once again, I am going to use myself as someone who keeps letting himself down when it comes to losing weight and feeling good about my body. I see myself in photographs and know I need to lose a couple of stone. I have had several health scares over the last year and I do not understand why I cannot sort myself out.

So I have gone back to really looking at what could be stopping me, and maybe thinking about why I need to transform and how.

Awareness

Before I start on me, we all need to be aware of our bodies and that exercise is part of the process that keeps us fit and healthy. Our bodies need to keep moving, stay flexible, not just for our manoeuvrability, but also to keep our organs and insides healthy too. You do not need to have any issues to push yourself harder.

HMHB say it many times: you have one body and one life, so look after it.

However, there are times you become aware that there's a problem. It's eye opening and oftentimes we subconsciously avoid becoming aware because it's painful. But you have to SEE what's wrong, in order to create positive CHANGE. Which is why without first being willing to move through this awareness phase, nothing happens.

As I said, using myself as an example, I have had several health issues this year that have made me realise I have to do better. But something seems to be stopping me. A lack of energy, my hernia, and sleep are three things that I use as an excuse. I must put them aside and do more.

Acknowledge and be honest

This is probably harder than the actual effort that is to come. Knowing you have problems is one thing, but actually being honest to yourself that you have to make changes and take action, maybe over a long period of time, is tough. We are born procrastinators, looking for an easier life, and always finding reasons why we should not complete a task.

We want to blame other people, circumstances, and life instead of looking at our own behaviour. But how many of us can truly say we exercise enough, get outdoors enough, interact with others enough. The pandemic made many of us more sedentary. It's time to make changes. Just typing this is inspiring me to do exactly that. I have to do more over the next fourteen months. I acknowledge that. But will I????



EXERCISE/FITNESS:
Let's all do better with exercise.

Take Action.

So, after not just realising there is a problem, and then being strong enough to acknowledge the changes you must make, the next stage is, of course, to take action.

I remember around seven years ago, a year before I launched HMHB, I needed to lose around two and a half stone. I flung myself headlong into it and actually succeeded in four months. I stunned myself. But it was because I took decisive action.

I did not sit around and think about it, I just went out and did it. I am older now, and have a few different health issues that I am dealing with, but I think part of my problem is that I then put the weight back on and more. I currently need to lose over three stone. So I know I can lose it, but maybe psychologically that is holding me back.

Action is many things. Walking, join an exercise group, do it regularly, combine it with a healthier lifestyle too. Turn off the telly and mobile and actually live life!!! Just do something.

Anything really. Because at this point, the smallest change will create a massive result and in this phase you just need to build some momentum. It's that initial week or two of motivation that will then inspire you on.

That is what I need to find at the moment. I just need to start off again. I do the HMHB sessions, but I know I need to do more, and just find lots of reasons not to do that. That is my change I need to make. We all go through these times.

Consistency

So now you have taken action. And for the first week or two you feel great. Then something might happen that knocks you back. Many then give up. Consistency is the key. It is the same with nutrition, thinking, social life, etc. You have to try and maintain the healthier lifestyle changes. There will be blips, hurdles, problems. There will be bad days. But if you do a lot more of the good eventually results will happen. Just keep going.

I meet some people and I feel they are almost waiting for things to go wrong so they can complain and say how tough their lives are. And possibly they do have tough lives, don't most of us? It's how we face those problems that show what sort of people we are. And you can change and improve. You can become more positive and confident. That is ultimately down to you.

Maybe I have typed all that up for me. Maybe nobody else will bother to read that. Maybe people will disagree. I think, for me, I needed to write it down so I can make the changes I need to. I have said it many times over the last few years, and I can imagine my friends will just think I will give up once more, but I am determined to change my shape, my health, and my life expectancy. The way I am going I will have a heart attack or stroke or something bad. I need to push harder before it is too late.

Why not use me as a reason for you to make changes to your exercise. Walk more, find a group like HMHB to exercise with, look more into the world than your television and mobile. **YOU CAN DO IT!!!!!!**

**IT'S CALLED A
WORKOUT
BECAUSE IT REQUIRES
EFFORT!
WITHOUT THE WORK,
IT'S SIMPLY AN
EASY OUT.**

EXERCISE/FITNESS:

Exercises to help you Transform



Skipping

You can actually pretend you are using a rope if you do not have one, but why not purchase a rope?

Skipping, sometimes called “Jumping rope” is one of the most effective exercises around. Most people don't know that (which is why it has been called the best-kept secret in fitness)

Research has shown that you can burn over 1000 calories per hour jumping rope. Compared to other activities, it is one of the most effective cardio workouts.

Skipping also helps you improve your endurance and athleticism. agility, coordination, strength, foot speed, and much more.

Walking

We have covered this multiple times in these health packs, but one of the best things you can do is get up off the sofa, put that mobile away, meet up with a friend and go for a walk outdoors.

The health benefits connected with walking are numerous and proven. From burning calories to protecting your heart, you cannot go wrong.

Walking can help your mental health. Studies clearly show it can help reduce anxiety, depression, and a negative mood. It can also boost self-esteem and reduce symptoms of social withdrawal.

And if you are looking to transform it is a great start.



Sit-Ups

Lie on your back with bent knees and your feet anchored. Tuck your chin into your chest to lengthen the back of your neck.

Place your hands at the side of your head (never behind the neck!!!), cross your arms with your hands on opposite shoulders, or place your palms down alongside your body. Exhale as you lift your upper body up toward your thighs. Inhale as you slowly lower yourself back down to the floor. Sit-ups are useful in building and maintaining a strong core that benefits all types of movement. They are a great addition to a total-body workout routine that includes aerobic activity and strength training.



Your body will thank you for working it hard.

EXERCISE/FITNESS:

More Exercises to help you Transform

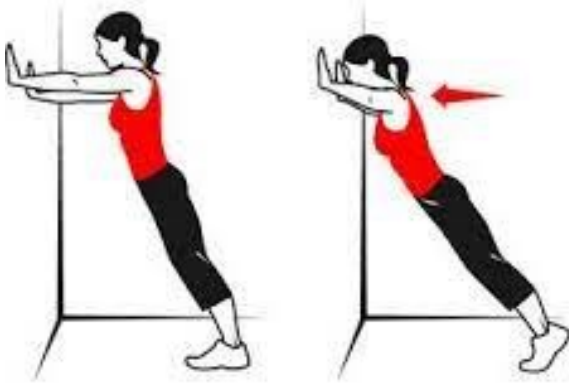
Wall Press Ups

Stand around an arm's length from the wall with your feet hip-width apart.

Place both palms on the wall at around shoulder-level height and shoulder-width apart, with your fingers pointed toward the ceiling. If you feel like you're reaching too far, move your feet closer to the wall.

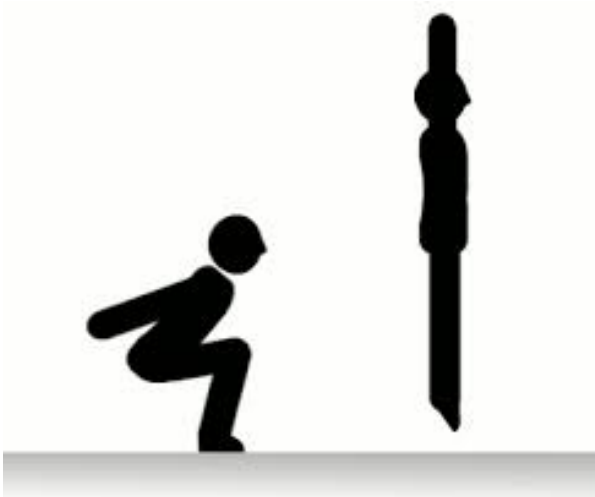
Slowly bend your elbows and begin to lean your body toward the wall until your nose almost touches it. Keep your back straight and elbows bending at around a 45-degree angle (instead of straight to the sides).

Slowly push back to the starting position. Focus on slow, controlled movements instead of rushing. This will help you establish proper form for the most effective workout



Jump Squats

Stand with your feet just outside shoulder-width apart, toes turned slightly out. Squat down with your weight in your heels, proud chest, knees tracking over toes, and a neutral spine. When you hit the bottom of your squat, squeeze your butt tight and drive hard through your legs and heels as you launch straight up, pelvis forward, pushing off your toes at the last moment of contact with the floor. Land softly, then use the momentum from landing to go right into your next squat. That's one rep. The jump squat targets the glutes, quads, hips, and hamstrings while also increasing your heart rate. It's important to have healthy knees, hips, and ankles if you want to try this move



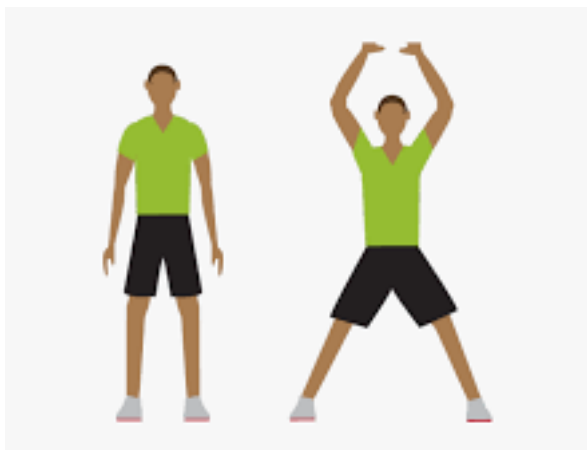
Jumping Jacks

Stand in a straight position with your feet together, arms fully extended, hands by your sides, and toes pointed forward. This athletic position is the starting step.

Next, slightly bend your knee in a rapid movement, jump your feet to your body's sides, swing your arms out to either side and raise them above your head. Make sure to do all of these things simultaneously.

After landing on the ground, reverse the pattern and return to your starting position with arms by your side and feet together. Jumping jacks work your whole body.

This includes shoulders, hearts, lungs, core, hip flexors, and glutes.



It's your workout. Your time. Your body. Own it!!

Lazza's Page of Fascinating Facts

Some knowledge to amaze your friends.

As part of our Thursday quiz, I try to find some fascinating facts that people can say "oh, I did not know that" - and maybe even take away to share with others.

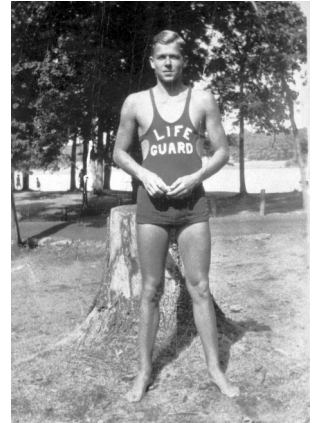
Here are some fascinating facts for you to share.

Ronald Reagan was a very good lifeguard.

The man who would become the 40th President of the United States was 15 years old when he became a lifeguard at Lowell Park in Dixon, Illinois.

His days as a lifeguard on the Rock River were happy ones. "The intensely-shy young man found new self-confidence in his role as guardian of Lowell Park. He not only excelled in rescuing swimmers who found themselves in peril, but he learned valuable lessons about leadership."

As his seventh summer as a lifeguard came to an end, he saved his 77th person from the Rock River and put a final notch in the wooden log he used to record the saves.



The first major air raid on Berlin in WW2 killed an elephant.

More bombs fell on Berlin in the Second World War than on any other German city. Fifty thousand people died, and hundreds of thousands became homeless over the course of the war.

But before any of that happened, the first large-scale British bombing effort had an unexpected casualty. The first major air raid on the German capital killed an elephant in the Berlin Zoo. Many articles and blogs falsely claim that the British bomb killed the only elephant in the zoo. This falsity has made so many rounds on the Internet that it has become an urban legend. No matter how sad, it's a shame that it is not true, because what actually happened is even worse. The Berlin Zoo had nine elephants at the beginning of WWII. The Indian elephant bull called Siam was the only pachyderm to survive the Allied bombing raids. The first one was killed in 1940, and then the bombs that fell in 1944 killed seven more.



Tutankhamen's family were inter-related.

One of my earliest memories is lining up to see the Tutankhamun exhibition at the British Museum in the early 1970s, standing on tiptoe to see that famous facemask.

Little did I know just how close he was to his family.

His father is believed to be the pharaoh "Akhenaten", identified as the mummy found in the tomb KV55. His mother is his father's sister, identified through DNA testing as an unknown mummy referred to as "The Younger Lady"..

Tutankhamun took the throne at eight or nine years of age under the unprecedented viziership of his eventual successor "Ay" to whom he may have been related. He married his paternal half-sister "Ankhesenamun". During their marriage they lost two daughters, one at 5-6 months of pregnancy and the other shortly after birth at full-term. Scientists believe this is because of the inter-family marriages.



HEALTH / ROUTINE

What is Acne?

Your skin has tiny holes called pores that can become blocked by oil, bacteria, dead skin cells, and dirt. When this occurs, you may develop a pimple, sometimes also called a zit or blemish. If you get pimples often, especially several at once repeatedly, you may have “Acne”. In other words, acne is the skin condition that causes pimples.

Acne is very common, especially if going through adolescence and teenage years, so if you do have it, you are not alone. In fact, research estimates that just under 10% of people worldwide have acne. While acne doesn't pose a serious risk to your overall health, it can still be painful, particularly if you have severe acne. Over time, acne might also cause scarring.

There's no denying that acne can contribute to emotional distress and mental health issues.

Acne and acne scars on your face and other visible body locations can affect self-esteem and self-confidence, and they can even contribute to feelings of anxiety and depression. If you live with acne, know that it's a common condition.

Keep in mind, too, that acne is very treatable. A number of effective treatments exist, so you have options for reducing the number of pimples you get and minimising your chances of scarring.

Each pore of your skin opens to a follicle. The follicle is made up of a hair and a sebaceous (oil) gland. The oil gland releases “Sebum” (oil), which travels up the hair, out of the pore, and onto your skin. Sebum helps keep your skin lubricated and soft.

Acne might occur, for example, when:

- your follicles produce too much oil
- dead skin cells accumulate in your pores
- bacteria build up in your pores

It's not always possible to completely prevent acne, but you can take certain steps at home to help lower your chances of getting pimples or acne breakouts.

- Wash your face daily with an oil-free cleanser.
- Try an over the counter acne cleanser to help remove excess oil.
- Use water-based makeup or products labelled “noncomedogenic”: they're less likely to clog your pores.
- Avoid skin care and makeup products that contain oil.
- Always remove makeup and cleanse your skin thoroughly before bed.
- Shower or wash your face after exercising.
- Tie back long hair to keep it out of your face.
- Avoid tight-fitting hats, headbands, and clothing that covers breakout-prone areas.
- Eat a balanced diet, and stay hydrated.
- Take steps to reduce stress.



HEALTH / ROUTINE

Let's talk about Sunburn

I vividly recall as a fair-skinned child, running around the garden in the summer, my skin getting redder and redder, and returning to find my mother ready with cotton wool and camomile lotion (very pink lotion) to rub over the burn, cooling it down, and making me feel better.

Sunburn is an inflammatory response of your skin when there's too much exposure to ultraviolet radiation (UVR). It doesn't matter if it's from direct sunlight or tanning beds, this is how your body reacts to excessive ultraviolet radiation.

According to a National Health Interview Survey, 35.3% of adults reported being sunburned during that year.

Many sunburns may cause your skin to peel or blister but some can even be more severe and painful, forcing you to stay in bed all day from the discomfort. These unfortunate symptoms of a sunburn are just one reason why it's so important to put on sunscreen before spending extended time out in the sun. It's also important to protect your skin from damaging UVA and UVB rays that can cause skin cancer in the future. And although your health is more important than your looks, no one wants to walk around bright red like a lobster.



First-Degree Burn

The least harmful burn is the first-degree burn, also called superficial skin burn. This burn makes your skin red, dry, and painful when you touch it. This is the most common type of sunburn and can heal within 3 to 6 days.

Second-Degree Burn

The second-degree type of burn, also called superficial partial-thickness burn, effects the top two layers of your skin. It will hurt if the temperature changes or if you touch it. You may see blisters appear on your burn, which hold leak fluid. This type of sunburn will heal in 7 to 21 days and the colour of the original skin may be lighter or darker. You might develop a scar with this type of burn.

Third-Degree Burn

The third-degree burn, also called deep partial-thickness burn, is deeper than the second-degree burn and is more severe. This burn will most definitely give you blisters and takes even longer to heal. This burn will give you a scar if it doesn't heal by the 21st day.

Fourth-Degree Burn

The last type of burn is very serious and to be avoided at all costs. This is the fourth-degree burn, also called full-thickness burn, and it would be treated like a surgery. It affects all the layers of skin and possibly the fat and muscle underneath as well. This burn makes the skin turn a different colour, normally white, grey, or black! You could end up in the hospital for days taking medications. To say this would put a damper on your holiday would be an understatement. This type of burn can cause severe long term damage to your skin.

HEALTH / ROUTINE

What is Eczema?

Eczema is a very common skin condition that causes itchy, red, dry, and irritated skin. The condition is also called “Atopic Dermatitis”. It typically starts during infancy or early childhood and can persist into adulthood. However, eczema can occur in people of any age.

There are a few different types of eczema. The type of eczema you have can determine what type of rash you develop and where on your body it occurs.

The cause of eczema isn't completely understood. However, researchers think that it's triggered by an overactive immune system. Eczema tends to flare when your skin is exposed to external irritants, which cause your immune system to overreact. Additionally, researchers have found that some people with eczema don't make enough of a protein called filaggrin (filament aggregating protein). This protein is responsible for helping your skin stay moisturized and healthy.

The main symptom of eczema is itchy, dry, rough, flaky, inflamed, and irritated skin. It can flare up, subside, and then flare up again. Eczema can occur anywhere but usually affects the arms, inner elbows, backs of the knees, cheeks, and scalp. It's not contagious and sometimes becomes less severe with age. Sometimes, mild eczema can be managed at home by avoiding triggers and keeping skin moisturized. However, it's best to see a doctor when symptoms are hard to manage or are getting worse.

You can take steps to prevent eczema flare-ups. You and your doctor can discuss some of the changes that might work best for you. Common steps include:

- reducing stress
- avoiding known triggers
- keeping skin clean
- reducing shower or bath times to 10 minutes or less
- avoiding very hot shower or bath water
- keeping skin moisturized
- using dye and scent-free laundry, bath, and makeup products
- taking any prescriptions as directed
- avoiding itching skin

Stress can trigger symptoms or make them worse. Ways to reduce stress include:

- doing deep breathing exercises
- practicing yoga
- meditating
- listening to relaxing music
- prioritising a good night's sleep

A cold compress can help alleviate itching, as can soaking for 15 to 20 minutes in a warm or lukewarm bath. Talk with a doctor if you're having trouble managing eczema or if your symptoms have been getting worse. They can help you find a treatment plan that works for you and reduces your flare-ups.



eczema

HEALTH / ROUTINE

How do I look after my skin?

We already looked on the nutrition pages at things you can be doing in your diet that help with skin. As always there, it boils down to getting the right amount of various nutrients into your diet.

But what else can we be doing?

Wash

Washing your face removes dirt, oils and bacteria that accumulate and make your pores appear larger. You should wash your face when you wake up to remove dirt and oils, and again before bed to remove makeup and grime from the day. You should also wash your face after you sweat or work out.

Sleep

“Beauty Sleep” is a real thing. Our bodies need 7 to 9 hours of restful sleep every night to restore, rejuvenate and repair.

It's like visiting the fountain of youth every night, as our skin produces new collagen when we sleep. To maintain strong sleep hygiene, experts recommend a consistent sleep schedule and a cool, dark environment. Try and build thirty minutes into your schedule to wind down before bed. Personally, sleep is one of my problems. I struggle like many.

Perhaps a subject for the next health pack.



Antioxidants

Free radicals cause damage to our skin and bodies. They are generated by fried foods, alcohol and pesticides. However, antioxidants can neutralise free radicals, like natural superheroes. It's important to eat foods with antioxidants such as dark chocolate, blueberries, raspberries, strawberries and pecans. It is just as important to use skincare products that include antioxidants, such as Vitamin C, Green Tea, Olive Leaf, Liquorice Root, and Pomegranate.

Exercise

Anything that promotes healthy circulation also helps keep your skin healthy and vibrant. By increasing blood flow, exercise helps nourish skin cells and keep them vital. Blood carries oxygen and nutrients to working cells throughout the body, including the skin. In addition to providing oxygen, blood flow also helps carry away waste products, including free radicals, from working cells.

Contrary to some claims, exercise doesn't detoxify the skin. The job of neutralising toxins belongs mostly to the Liver. But by increasing blood flow, a bout of exercise helps flush cellular debris out of the system. You can think of it as cleansing your skin from the inside.

Exercise has also been shown to ease stress. By decreasing stress, some conditions that can be exacerbated by stress can show some improvement. Conditions that can improve when stress is reduced include acne and eczema (both of which we look at earlier). Although researchers are still investigating the link between stress and skin, studies show that the sebaceous glands, which produce oil in the skin, are influenced by stress hormones.

**"Your skin has a memory.
In ten, twenty, thirty years from now,
your skin will show the results of how it was treated today.
So treat it kindly and with respect."**

LET'S PLAY A GAME

Plus quiz answers from Page 15

In our early weekly health packs we introduced this word game, designed to keep you busy and great to play with friends.

We want you to name 10 of all the following. Use a separate bit of paper.

All your answers have to start with the letter: **W**

(please note, there may not be 10. Don't use the internet to come up with answers. 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	
Television Shows	

“Solving a problem for which you know there’s an answer is like climbing a mountain with a guide, along a trail someone else has laid.

In mathematics, the truth is somewhere out there in a place no one knows, beyond all the beaten paths. And it’s not always at the top of the mountain. It might be in a crack on the smoothest cliff or somewhere deep in the valley.”

“Fun from games arises out of mastery.

It arises out of comprehension.

It is the act of solving puzzles that makes games fun.

In other words, with games, learning is the drug.”

HOW'D WE DO?

Answers to Fun Quiz from Page 15 - don't look till you have done all the quiz

Round One: 1 F Duck, M Face. 2 B Cake, T Ketchup. 3 Toy Story 4, Ratatouille
 Round Two: 1, 12: 2, 376,248: 3, 366: 4, 12: 5, 29.
 Round Three: 1, 1968: 2, 1953: 3, 1781: 4, 1194: 5, 1971.
 Round Four: Link: They have all won the Eurovision Contest five times or more
 Round Five: 1 False: 2 True: 3 True: 4 False: 5 True:
 Round Six: O S S (it is the numbers one to ten in alphabetical order - sorry, that was a tough one)

NUTRITION: Lazza's Kitchen Adventure

Honey Mustard Pork and Potatoes

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Honey Mustard Pork and Potatoes from scratch**

The pairing of honey and mustard has been around since Ancient Egypt.. Historians believe that the honey was first used to soften mustard's intensity. Honey and mustard together were popular in Ancient Rome as well. Written in the 4th or 5th century, the Roman cookbook De re Coquinaria included a recipe for a mustard sauce that included both mustard seeds and honey along with other spices and herbs such as black pepper and dill.

Ingredients

4 pork medallions
1 lb (450g) baby yellow potatoes, quartered and rinsed
2 tablespoons butter: 2 tablespoons oil
1 tablespoon lemon juice: ¼ cup Honey
1/3 cup whole grain mustard
1 teaspoon smoked paprika
Salt and fresh cracked pepper
Chopped fresh parsley

To make the pork chops and potatoes: Par-cook quartered potatoes in boiling salted water for 8 minutes. Drain and set aside. In the meantime, pat dry and season pork chops with salt and pepper on both sides.

In a small bowl, combine mustard, honey, paprika, lemon juice and mix until smooth.

In a large pan, melt 1 tablespoon butter with 1 tablespoon oil over medium heat and cook potatoes until golden with a nice crust, tossing regularly. When potatoes are done, remove to a plate. Discard oil and butter if it's too brown.

In the same pan, melt remaining butter with oil, cook pork medallions (you can use chops) 3 – 4 minutes on all sides until cooked through. Remove to another plate.

Still with the same pan, lower the heat and pour in the honey mustard sauce. Let the sauce reduce for one minute then stir in potatoes and toss to coat well. Move potatoes on the side and add pork chops back into the skillet. Coat pork chops with the honey mustard sauce. Garnish with fresh chopped parsley and serve the pork chops and potatoes immediately. Enjoy!



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty meal to prepare.**

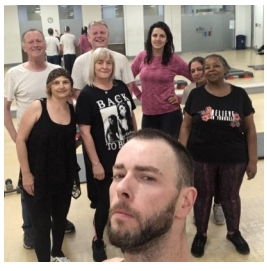
Why not try an exercise class!!!

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

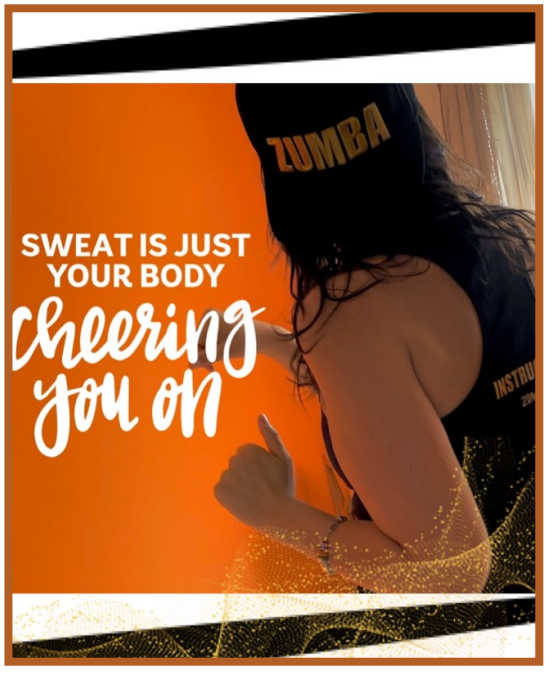
HMHB has been very lucky to meet the amazing Karina, a fully qualified Zumba teacher.

We were doing outdoor sessions on Highbury Fields, which were fab. We are looking for a venue to do it indoors over the winter months.

yummymummyzumba@gmail.com



ZUMBA



ACTIVE WITHIN

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

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”

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

www.walkwithadoc.org



HEALTHY GENERATIONS PILATES

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

Monday 10-11am:
Intermediate Pilates

Tuesday 10-11am:
Intermediate Pilates

Tuesday 2-3pm:
Beginners Pilates

Thursday 10-11am:
Gentle Pilates

Saturday 9.30-10.30am:
Beginners Pilates

hello@emmaahlstrom.com
www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

We have a wonderful user in our group and I was chatting to her recently about just how important it is to look after yourself. Give yourself a treat now and then. We all need them, regardless of how life is going. And a lot of treats mean getting outdoors, away from the house/flat, and into the big wide world. To treat yourself you have to be more positive and you can change that way of thinking if you want to. Much of this all boils down to your attitude. You can do it.



Nutrition.

Our nutrition helps with many issues, and the nutrients look after our whole bodies, and that includes the Skin.

Your skin, especially, is affected by the food and drink you consume, affecting the look and appearance of it negatively or positively. On the whole, foods rich in antioxidants and healthy fats result in glowing, hydrated skin, while sugary foods and empty calories hurt your complexion.

So why not do your own research on how to keep your skin healthy with other foods.



Exercise.



Quite a personal entry in this issue as, once again, I am having to look at my weight. It is something I have struggled with over the last few years. I admit I hate how I look in photos, and know I have to make a change. So this month we looked at how we need to all maybe transform ourselves. We need to make ourselves aware of where we need to improve, but then actually take action. Exercise can be a very personal thing, but also terrific within a group environment.

Just get outdoors and do some more. You can!!

Health.

Our skin is the largest organ on our bodies, and one that we take for granted a huge amount.

But it is there for many reasons, renews itself on a daily basis, and we need to ensure we can maintain it and keep it healthy.

Your skin is the primary barrier between the outside world and your vital organs. As such, it blocks germs, illness, and other harmful elements from penetrating into your body and doing damage.

Healthy skin is better able to defend you from elements that otherwise would make you sick.

You have one body, and one life, let's make it fantastic!!



**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 6 + Company Logos from Page 20

See if you can beat your family and friends

Sport: Here are the Sports for those UK Olympic Gold Medal Winners?

1. S Overt 800m
2. J Curry Figure Skating
3. B Ainslie Sailing
4. M Whitlock Pommel Horse (Gym)
5. L Yarnold Skeleton
6. S Coe 1500m
7. K Holmes 800m & 1500m
8. N Adams Boxing
9. K Grainger Double Sculls (Rowing)
10. L Christie 100m
11. J Edwards Triple Jump
12. M Lee Synchronised Diving
13. D Thompson Decathlon

Films: Can you name the film these quotes come from, as well as the year it was released?

1. 1939: The Wizard Of Oz
2. 1968: 2001, A Space Odyssey
3. 1972: The Godfather
4. 1996: Jerry Maguire
5. 1950: Sunset Boulevard
6. 1942: Casablanca
7. 1979: Apocalypse Now
8. 1980: The Shining
9. 1991: Terminator 2: Judgement Day
10. 1992: A Few Good Men
11. 1980: Airplane
12. 1975: Jaws
13. 1999: The Sixth Sense
14. 1986: Top Gun
15. 1987: Dirty Dancing
16. 1997: Titanic
17. 1995: Apollo 13

Pop Music: The singers for songs with animals in the title? Plus original year released?

1. 1965: Tom Jones
2. 1953: Patti Page
3. 1979: Meatloaf
4. 1983: Duran Duran
5. 1982: Survivor
6. 1972: Elton John
7. 1971: The Rolling Stones
8. 1984: Prince
9. 1983: Culture Club
10. 1979: Squeeze
11. 2014: Conchita Wurst
12. 1996: The Lightning Seeds
13. 1967: The Beatles
14. 1952: Ella Mae Thornton (56, Elvis)

US Geography

Sixteen US States starting with the letters "M" or "N".
Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, North Dakota

QUIZ ANSWERS
IONS

Company Logos - from Page 20

(slightly easier this week? - how well did you do?)

- | | |
|------------------|-------------------|
| 1 Walkers | 2 Toyota |
| 3 Sony Ericsson | 4 Mastercard |
| 5 Amazon | 6 DreamWorks |
| 7 Mitsubishi | 8 Pepsi |
| 9 LG | 10 Domino's Pizza |
| 11 Starbucks | 12 Monster Energy |
| 13 McDonald's | 14 Mercedes Benz |
| 15 Barclays Bank | |

Film: Last 12 Bond Baddies:

Rami Malek (NTTD),
Christoph Waltz (S),
Javier Bardem (S),
Mathieu Amalric (QOS)
Mads Mikkelsen (CR)
Toby Stephens (DAD),
Robert Carlyle/Sophie Marceau (TWINE),
Jonathan Pryce (TND)
Sean Bean (G),
Robert Davi (LTK)
Joe Don Baker/Jeroen Krabbe (TLD)
Christopher Walken/Grace Jones (AVTAK)

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

Check out our GoFundMe: www.gofundme/hmhb2016

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 us on Instagram: [healthymindshealthybods2016](https://www.instagram.com/healthymindshealthybods2016)

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.

We thank the wonderful Cripplegate & Islington Council Islington Giving Covid 19 Fund who helped sponsor early packs, and recently helped fund these monthly ones.

We also thank the National Lottery Communities Fund for extra funding, that enables us to continue with this wonderful intervention.



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well