

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 28

Focus on:

**Mind-set, Nutrition, Exercise, Health**

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*1st August 2024*



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





**Our monthly health packs now contain a massive 40 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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**"It's your outlook on life that counts. If you take yourself lightly and don't take yourself too seriously, pretty soon you can find the humour in our everyday lives. And sometimes it can be a lifesaver."**

***Welcome to Issue 28 of Healthy Minds, Healthy Bods' New 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](http://www.hmhb2016.org.uk).

We then went monthly for 7 issues.

This is our new venture for 2022/2023.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering, 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 print some copies to post to those who have no internet, our local councillors, Caroline Russell, Benali Hamdache, and Ernestas Jegorovas Armstrong, as well as Sue Lukes and Osh Gantly, all of whom 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!!!



**Some fun pictures from our boating trip in Finsbury Park in July.**

**A wonderful afternoon of chat and laughter.**

**We have delivered across Islington and beyond.**

**HMHB get referrals to us from the NHS and other projects.**

**Lots of outings, social events, terrific exercise sessions, new walks and, of course, our courses. HMHB delivers to all.**



## HEALTH NEWS AND RESEARCH PAGE

### Compound in Olives found to lower Blood Sugar levels.

From News Medical Website:

Findings from a new mouse study suggest that “Elenolic acid”, a natural compound found in olives, can lower blood sugar levels and promote weight loss. The research could pave the way to the development of safe and inexpensive natural products for managing obesity and type 2 diabetes in people.

The researchers found that after just one week, obese mice with diabetes that were given oral elenolic acid weighed significantly less and showed better blood sugar (glucose) regulation than before treatment and compared to control obese mice not receiving elenolic acid. The glucose-lowering effect was comparable with that of the injectable diabetic medication “Liraglutide” and better than “Metformin”, one of the most common oral medicines for type 2 diabetes.



The research team focused on discovering bioactive compounds from natural products for diabetes management. Previously, they looked for specific molecular targets for natural compounds in parts of the body that actively help regulate metabolism, such as the pancreas, muscle, fat tissues and liver. However, since natural products typically have poor bioavailability, they decided to see if they could instead target metabolic hormone secretion in the gut to indirectly regulate metabolic function.

For the new work, the researchers began by identifying natural compounds that act on L-cells, which contain two metabolic hormones released during a meal. These hormones, called GLP-1 and PYY, work together to promote satiety and prevent overeating while also controlling blood sugar levels and metabolism. The screening process revealed that elenolic acid, which is found in mature olives and extra virgin olive oil, can induce the release of these hormones in the gut. They were able to make elenolic acid by breaking down its precursor oleuropein, which is less expensive than extracting it directly from olives.

Tests of the compound in obese mice with diabetes revealed that mice that received oral elenolic acid experienced significant improvements in their metabolic health compared to obese control mice. After four to five weeks of treatment, the mice showed a 10.7% reduction in obesity as well as blood sugar levels and insulin sensitivity that were comparable to those of healthy lean mice.

The elenolic acid also significantly reduced food intake and promoted weight loss, which are associated with improved circulating levels of PYY and GLP-1 and the downregulation of agouti-related peptide in the hypothalamus. Agouti-related peptide is known to increase eating and weight gain when overexpressed.

Overall, the study showed that elenolic acid from olives has promising effects on hormone release and metabolic health, particularly in obese and diabetic conditions. The compound seems to mimic the physiological conditions of eating to directly promote gut metabolic hormone secretion, which helps regulate energy balance and metabolic health.

The research team is now working to understand how this compound creates metabolic benefits by analysing its journey through the body to find out how it is absorbed, distributed, metabolized and excreted. This will also reveal insights into its safety for future clinical trials.

## HEALTH NEWS AND RESEARCH PAGE:

### Is Intermittent Fasting Good For You?

Intermittent fasting has become an increasingly popular way to lose weight without counting calories. And a large body of research has shown it's safe. Still, several myths about fasting have gained traction among clinicians, journalists and the general public: that fasting can lead to a poor diet or loss of lean muscle mass, cause eating disorders, or decrease sex hormones.

In a new commentary in "*Nature Reviews Endocrinology*", UIC researchers debunk each of these. They base their conclusions on clinical studies, some of which they conducted and some done by others. "I've been studying intermittent fasting for 20 years, and I'm constantly asked if the diets are safe," said lead author Krista Varady, professor of kinesiology and nutrition at UIC. "There is a lot of misinformation out there. However, those ideas are not based on science; they're just based on personal opinion."



There are two main types of intermittent fasting. With alternate-day eating, people alternate between days of eating a very small number of calories and days of eating what they want. With time-restricted eating, people eat what they want during a four- to 10-hour window each day, then don't eat during the rest of the day. The researchers conclude both types are safe despite the popular myths.

#### **Intermittent fasting does not lead to a poor diet:**

The researchers point to studies showing the intake of sugar, saturated fat, cholesterol, fibre, sodium and caffeine do not change during fasting compared with before a fast. And the percentage of energy consumed in carbohydrates, protein and fat doesn't change, either.

#### **Intermittent fasting does not cause eating disorders:**

None of the studies show that fasting caused participants to develop an eating disorder. However, all the studies screened out participants who had a history of eating disorders, and the researchers say that those with a history of eating disorders should not try intermittent fasting. They also urge paediatricians to be cautious when monitoring obese adolescents if they start fasting, because this group has a high risk of developing eating disorders.

#### **Intermittent fasting does not cause excessive loss of lean muscle mass:**

The studies show that people lose the same amount of lean muscle mass whether they're losing weight by fasting or with a different diet. In both cases, resistance training and increased protein intake can counteract the loss of lean muscle.

#### **Intermittent fasting does not affect sex hormones:**

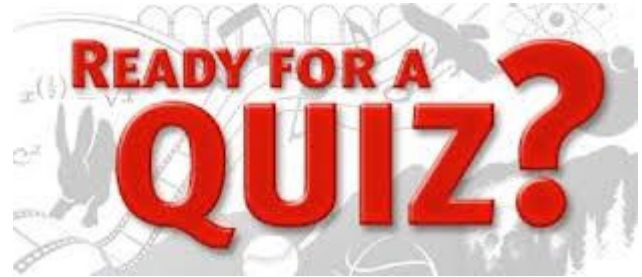
Despite concerns about fertility and libido, neither oestrogen, testosterone nor other related hormones are affected by fasting, the researchers said. The other authors of the article are Vanessa Oddo and Sofia Cienfuegos at UIC and Shuhao Lin, formerly at UIC and now at the Mayo Clinic.

**Lazza's Fiendishly Hard Quiz Spectacular!!!**  
**It's meant to take some time, and make you think.**  
**Answers are on page 39 this week (no peeking)**

**Geography:**

Can you name the largest 20 UK Cities by size of population? Try and get the top five in the right order too.

It's one to think about.



**Fiction:** From which country are these fictional characters?

1. Tintin
2. Kurt Wallander
3. Father Ted
4. Dame Edna Everage
5. Peter Parker (Spiderman)
6. Asterix
7. Vito Corleone
8. The Little Match Girl
9. Wolverine
10. Tarzan
11. Dr. Zhivago
12. Apu Nahasapeemapetilon, Jr
13. Hans Gruber

**Film:** Who originally played these "Baddie" characters, and name the year the original film was released.

1. Grand Moff Tarkin: Star Wars IV: A New Hope
2. Lord Farquaad: Shrek
3. Bill Sikes: Oliver!
4. Khan: Star Trek Into Darkness
5. Norman Bates: Psycho
6. Agent Smith: The Matrix
7. Michael Corleone: The Godfather Part 2
8. Amon Göth: Schindler's List
9. Howard Payne: Speed
10. Scar: The Lion King
11. Freddy Krueger: The Nightmare On Elm Street
12. The T-1000: Terminator 2: Judgement Day
13. Jack Torrance: The Shining
14. Anton Chigurh: No Country For Old Men
15. Dr. Hannibal Lector: The Silence Of The Lambs
16. Penguin/Oswald Cobblepott: Batman Returns
17. Le Chiffre: Casino Royale (with D Craig as Bond)

**Pop:** Who originally sang these songs with the word "Like" in the title plus year of release.

1. That's The Way (I Like It)
2. You Make Me Feel Like Dancing
3. Like A Virgin
4. Walk Like An Egyptian
5. Moves Like Jagger
6. Someone Like You
7. Smells Like Teen Spirit
8. Man! I Feel Like A Woman
9. Hungry Like The Wolf
10. Dude (Looks Like A Lady)
11. Like A Prayer
12. A Moment Like This
13. I Don't Like Mondays
14. I'd Like To Teach The World To Sing



**Food:**

In 2022, a Poll was done in the UK to find out the nation's favourite vegetables.

What do you think were the top 20 named?

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



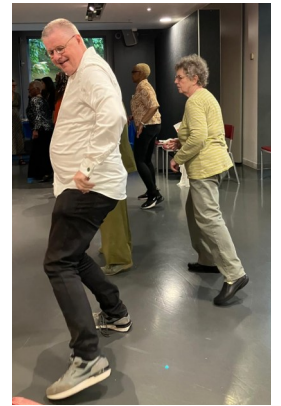
## HMHB Activity: Photos and Events from July 2024



That's myself standing outside the wonderful Clock Tower in Caledonian Park. We have been doing various courses around Islington, and this was part of our collaboration with AGE UK Islington, and it went swimmingly. Glorious weather meant we were able to make use of the park to complete the exercise section. But we covered a smorgasbord of subjects, making it fun and interactive, and I was very happy.

We were invited along to the Friday Culture Club to take part in some Cuban dancing and a party. Five of us were lucky to get the tickets and we had a wonderful time (check our Salsa by Lazza and Ros).

The FCC is part of Sadlers Wells Community Programme, allowing access to local projects to their premises and even some of the personnel. We are looking forward to more events in the future.



We had to thank our wonderful friends Dor and Ted for allowing us the use of their house to have a social event one Saturday.

The weather was not kind that day, but we still managed to get a lot of people around - the photo was just a few - and we ate, drank, and laughed.

We even celebrated a birthday for Ros, and tucked into birthday cake.

It brought people together from our walks, exercise, outings, and our course.

We saw an astonishing bonkers production of The Taming Of The Shrew at the always fantastic Globe Theatre, Bankside.

It rained throughout, but our enthusiasm was never dampened. The costumes were zany - there was puppetry - a trampoline - and audience participation (honestly!!)

We love our Shakespeare trips, with two more coming up over the summer to enjoy.

### Your tickets.



**The Taming of The Shrew**  
Globe Theatre  
[Monday 08 July - 7.30 PM](#)



## HMHB Activity: Photos and Events from June 2024



We had a return visit to the National Gallery.

Here are a few of us in front of a painting.

There is something about seeing glorious paintings, that are so beautiful, that puts a smile on your face. The skill of the artists, and the sheer size of many of the paintings, is extraordinary.

It is always sensible to book online for these visits, something I did not do, but the queue thankfully moved very quickly. Do go along for a visit.

Although eight pictured, twelve of us ventured to Finsbury Park - on a suggestion from Rob made last February - to go boating on the lake.

Several of us took turns (there are pics on page 3) and we had a grand old time.

We had ducks, geese, coots, and even some swans swim up to us and check us out. Rowing wasn't hard - but keeping in the right direction did not always happen.

Thanks to the guys who came along.



I confess I am using an older photo as I just realised (30th July) that I did not take any exercise pics this month. Oops.

But we still have our two sessions:

One on Tuesday mornings at Highbury Leisure Centre from 9:25am.

One on Saturday mornings at Sobell Centre from 8:45am.

Love to have you join us. The sessions are accessible to all, and will inspire you.

Our three walks are growing - and that is probably a bit down to the lovely weather we have been waiting for all year.

Here are some of our walkers outside the Second Chance Café on our regular Thursday walk. Lazza was away on holiday, but that did not stop the gang from heading out.

Thanks to Justin for such a fabulous photo. Great to see everyone enjoying themselves.

Join us - we have three a week. :-)





## HMHB Activity: Photos and Events from June 2024

Two cracking photos from our trip to Kew Gardens on the 27th July. We were so fortunate to get a wonderfully sunny day - blue skies and few clouds.

Our group of 18 had a super day. We started off in the Palm House, managing to get into the high walkway which threatened a temperature of 35 degrees.

Some astonishing foliage and plants. We then headed into the Lily House, and saw some huge lily pads (I would not like to meet the frogs that sit on them).

We then visited the Princess of Wales Building (named after a Princess from the 1700s).

More tropical plants and ferns. We headed to the Orangery to sit together and have some lunch (hence the photo opposite).

Then a trip to the Treetop Walkway before entering the Temperate House.

We loved the sculptures that adorned various parts of the Gardens, and will be returning around Christmas time for another visit under the lights.



Here are Lazza, Marie, and Paul with Elina and Natasha, from the Community Section of Sadlers Wells Theatre, at a lovely social event held at St Hilda's Community Centre in East London.

We had a glorious time watching some dancing before joining in with the DJ playing some cracking dance songs.

There are a couple more of these events coming up in August and September, so I will try and make sure I get some tickets for our group.



### **Lazza's weight loss Corner**

**1 January 2024:** I was 110kg.  
I was really tempted to remove this box this month, so as not to admit a 2kg rise in weight: various reasons: But things happen. I'm back on it.  
Please continue to support. :-)  
I am currently 105kg.

### **Coming Up For August 2024**

HMHB are arranging some courses with the DWP, and are arranging to meet with government too. We have a trip to Sadlers Wells to see A Chorus Line, and a trip to London Zoo too.  
Plus a walk up the Regents Canal, and Lazza will be hosting a party at his flat. We are also seeing Anthony and Cleopatra at the Globe.

**NUTRITION: Lazza's Kitchen Adventure**  
**Bobotie**

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

Bobotie appears to be a variant of “*Patinam ex lacte*”, a dish documented by the ancient Roman writer Apicius, consisting of layers of cooked meat, pine nuts, and seasoned with pepper, celery seeds and asafoetida. These were cooked until the flavours had blended, when a top layer of egg and milk was added. When the latter had set, the dish was ready to be served. C Louis Leipoldt, a South African writer and gourmet, wrote that the recipe was known in Europe in the seventeenth century.

## Ingredients

2 slices bread: 150ml milk  
2 Onions - chopped and diced  
Crushed Garlic:  
750g Minced Beef  
1 teasp: Ginger, Turmeric, Paprika,  
Curry Powder: Plus Basil, Salt, Pepper  
2 tablespoon: Brown Sugar  
Tin Chopped Tomatoes: Tomato Puree  
2 Large Eggs  
200ml Milk

Soak the bread in the milk for about 10 minutes, then strain, reserving the milk, and fluff the bread up with a fork.

Heat the oil in a frying pan, add the onions and sauté until soft.

Add the garlic, ginger, curry powder, paprika and turmeric and mix quickly to coat the onions in the spice.

Add the beef and continue to stir over a medium heat until browned.

Now add the Chopped Tomatoes and the Tomato Puree.

Give a good stir, and cook for a few minutes.

Add the sugar, mashed bread, to the mixture in the pan and season with salt and pepper. Add the Basil - to taste.

Heat the oven to 170C (Gas Mark 3).

Spoon the mixture into a casserole dish and bake in the oven for 35 minutes.

For the topping, mix the eggs and the reserved milk together.

Remove the casserole from the oven and pour the egg custard on top of the meat.

Bake for a further 15-20 minutes.



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](http://www.hmhb2016.org.uk)  
This was a great, and very tasty, dish to prepare.

## **MIND-SET:**

### **I'm feeling mentally exhausted.**

It's kind of like physical tiredness, except it's your mind instead of your muscles. It tends to show up when you focus on a mentally tough task for a while. You might also feel this kind of brain drain if you're always on alert or stressed out. I admit I have felt it many times over the last few years working on this project. But it could be around family, career, friends, or other things.

Mental fatigue can put you in a bad mood. You may be short-tempered or irritated, snapping at people more often. It's harder to control your emotions when you're mentally tapped out.

Everyone's productivity goes up and down. But mental exhaustion can make it really hard to concentrate. It also saps your motivation. You might get distracted easily or start to miss deadlines at school or at work. Even small tasks may seem overwhelming - especially at home.



It is very easy to zone out. This can look like mind wandering or drowsiness. It makes it hard to pay close attention to what you're doing, and you may not react to things very fast. That can be dangerous in certain situations, such as driving. Mental fatigue is linked to a lot of car crashes.

It can really affect your sleep. You might think it'd be easier to snooze when your brain is tired. But that's not always the case. Research shows people who have lives with a high "cognitive workload" report more symptoms of insomnia than those who don't have mentally exhausting lives. A lack of good sleep can make mental fatigue worse. Tell your doctor if you can't sleep or get really tired during the day. Treatment can help.

If you are mentally tired it can greatly affect how you treat your health. You may start to drink or use drugs more than normal. Mental fatigue can take an even harder toll on those who already have a substance use disorder. Experts think that's because drug addiction changes parts of the brain that help you manage stress and control impulsive behaviour.

It could also be a sign of depression. You may not have any energy or feel like you're moving in slow motion. Some people say they feel numb. That can make it hard to finish things at work or do daily activities. Tell your doctor if you have really low feelings or a sense of hopelessness for longer than two weeks. That can be a sign your depression is more serious.

Did you know, mental fatigue triggers your sympathetic nervous system. That's your "fight or flight" mode. Anxiety is an alarm that tells you something is wrong. If you're always mentally exhausted, you might start to feel panicked or worried all the time. That often happens alongside symptoms of depression.

It can also affect your diet. Mental fatigue can affect your appetite in different ways. You may snack more than normal and not pay attention to what you eat. Stress can also make you crave sugary, salty, or fatty foods. Or you may not be hungry at all.



## MIND-SET: How can I overcome Mental Exhaustion? Take a Break.

### Take a Break

When you hear “mental health break” you may picture jetting off on vacation for a week. But mental breaks can take many shapes, and don't require extensive time away.

At their core, mental health breaks are about creating a space, both physical and emotional, that allows you to step back from your regular routines, commitments, and responsibilities to focus on restoring your mental wellbeing.

One size doesn't fit all when it comes to taking a mental health break. For some, a 10-minute meditation session can work wonders. For others, it might require a day off to delve into a good book, a trip to the cinema or theatre, a walk into nature, or simply relax in front of the television. The duration and activities vary from person to person and from one season to another.

The crucial point is to customize your mental health break according to your needs and circumstances. It's not merely time off, it's “time for you”, which is an essential self-care practice. Taking a mental health break can sometimes be seen as a luxury in a society that values productivity over wellbeing. However, the reality is far from it. Mental health breaks are essential to a balanced life and have many benefits beyond immediate relief. While it might feel selfish and indulgent to take time for you, it's essential for your wellbeing.

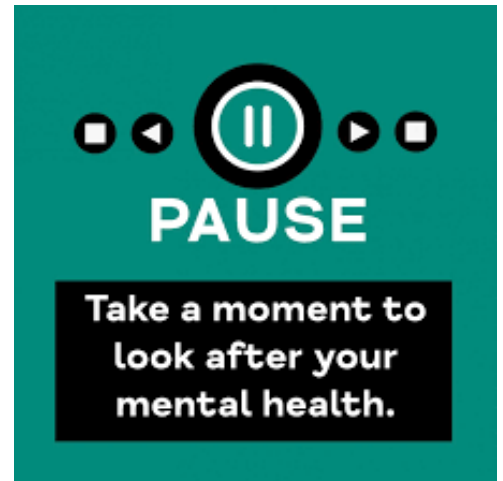
A mental break can offer much-needed respite from stress, anxiety, and emotional turmoil. It gives your mind the space to pause, reflect, and essentially 'reset.' This short period can be incredibly beneficial for your emotional and psychological wellbeing, offering you a fresh perspective on challenges and situations that might have seemed overwhelming.

A healthy break can prevent “Burnout”. Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged stress. It doesn't occur overnight but gradually seeps in, making you less efficient and more cynical about your tasks or life in general. Sometimes, you need a circuit-breaker to recover from burnout.

Irritability, impatience, and negativity may creep into your interactions with family and friends. Taking time to recharge can improve your mood and make you more present in your relationships. Taking breaks to focus on mental wellbeing can also have a ripple effect on your physical health.

***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.***



## EXERCISE/FITNESS: STRETCHING

### A Few Stretches for the Morning - 1

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. 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.

#### SEATED HAMSTRING STRETCH

Sit at the edge of your seat. Sit up tall and root your sit bones into your seat. Place your right foot firmly on the ground connecting with all points of contact. Extend your left leg out stretch driving your heel into the ground engaging the hamstring (muscles at the back of your leg). Slowly fold forward from your hips on an exhale reaching your chest or sternum towards your upper thigh. Allow your head to relax. Hold for a few breaths before switching to the opposite leg.



**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.**

#### SEATED FIGURE 4 STRETCH - PIRIFORMIS

Sit at the edge of your seat and root your sit bones into the seat. Bring you ankle up to your opposite thigh creating a “figure 4” Hinging from your hips bring your sternum or chest closer to your legs. You can rotate your torso from side to side to change the intensity of the stretch. You should feel this stretch in your piriformis and glutes which is the area near your back pocket of your pants. The piriformis is a small muscle located deep in the buttock, behind the gluteus maximus. It runs diagonally from the lower spine to the upper surface of the femur, with the sciatic nerve running underneath or through the muscle.



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

## EXERCISE/FITNESS:

### A Few Stretches for the Morning - 2

#### THORACIC SPINE ROTATION

Sit with your feet together closer than hip width apart. Bend from your waist placing one hand on your opposite ankle near the floor, or knee (as shown). Rotate slowly through your mid back opening up your chest and reach your hand towards the ceiling. Maintain a plumb line through both arms and follow your gaze toward your upper hand. Make sure your hips and sits bones stay rooted to your chair as you rotate. Perform on the opposite side.



#### STANDING LOWER BACK EXTENSIONS

Try to get up every forty minutes to an hour and stretch your lower back into extension. Standing upright with your feet firmly grounded at hip width apart. Place your hands on your hips and gently push your hips forward. You should feel a stretch in your lower back and hips. Once your reach end range return to a normal standing position. Repeat 3-5 times before returning to your seat. Stretching elongates muscles, helps relieve stiffness and improves range of motion.



#### STANDING HOVER STRETCH

This pose mimics sitting but should activate your core, leg muscles as well as your upper back muscles waking them up and stretching them through engagement. Hover above your chair reaching your hands overhead and sinking your hips back anchoring your weight through your heels. Squeeze your glutes together and stand up into a half squat. Maintain a neutral spine and raise your hands overhead. Engage your core and draw your scapula or shoulder blades down and back.



**As long as you're not overdoing it,  
the more regularly you stretch, the better it is for your body.  
It's better to stretch for a short time every day or almost every day  
instead of stretching for a longer time a few times per week.  
Being flexible and having full joint mobility can have several beneficial implications on  
quality of life, including reducing day-to-day pain and increasing vascular health.**



## MIND-SET:

### Increase your Mental Energy

Mental energy allows individuals to sustain attention, stay focused, and perform cognitive tasks. As we put earlier, many may struggle with low mental energy and exhaustion for several reasons, such as juggling multiple responsibilities, making frequent decisions, and feeling overwhelmed. Regardless of the cause, practicing meditation, engaging in mentally stimulating games, journaling, and seeking therapy can help boost mental clarity and focus.

There are many ways to increase your mental energy, including focusing on something different, taking a mental break, or taking good care of yourself physically. If you feel foggy, unable to concentrate on mental work, or your mind energy is lagging, think of this as a message from your mind letting you know that it needs to recharge.

#### Affirmations

Affirmations are positive sayings, usually said daily, that can shift negative self-talk. Our internal self-talk is important, and speaking to ourselves negatively can impact how we function daily. Affirmations are used to increase positive self-talk and can also encourage you to discover areas that may need additional healing or attention.



Avoid using negative affirmations or words like “should” or “could”, as these aren’t in the present tense and sound more like guilt beating. Don’t put affirmations over your negative core beliefs. If you truly feel you aren’t worthy of love or success, you won’t be able to use an affirmation to change that.

The next time your mental focus is low and you are struggling with self-doubt, try repeating a positive affirmation, such as, “I am focused and competent,” or, “I am well-prepared and have what it takes to succeed”. Alright, that may sound a little silly, but find a way to tell yourself that you are special and deserve nice things.

#### Positive Thinking

Positive thinking means approaching life's challenges with a positive outlook. It doesn't mean seeing the world through rose-coloured lenses by ignoring or glossing over the negative aspects of life. Positive thinking does not necessarily mean avoiding difficult situations. Instead, positive thinking means making the most of potential obstacles, trying to see the best in other people, and viewing you and your abilities in a positive light.

Positive thinking is linked to a wide range of health benefits, including:

- Better stress management and coping skills
- Enhanced psychological health
- Greater resistance to the common cold
- Increased physical well-being
- Longer life span
- Lower rates of depression.
- Reduced risk of cardiovascular disease-related death



## **MIND-SET:**

### **Increase your Mental Energy**

#### **Move Your Body**

As you know, Healthy Minds, Healthy Bods promotes exercise in every issue. But it is not just for physical health reasons. Research shows that people who exercise regularly have better mental health and emotional wellbeing, and lower rates of mental illness.

Taking up exercise seems to reduce the risk of developing mental illness. It also seems to help in treating some mental health conditions, like depression and anxiety. For example, for mild-moderate depression, research suggests physical activity can be as effective as antidepressants or psychological treatments like cognitive behavioural therapy.

#### **Get Outdoors**

Research shows that people who are more connected with nature are usually happier in life and more likely to report feeling their lives are worthwhile. Nature can generate many positive emotions, such as calmness and joy, and creativity and can facilitate concentration.

Nature connectedness is also associated with lower levels of poor mental health, particularly lower depression and anxiety. In fact, medical professionals refer to Nature sometimes as “Vitamin N”.



Did you know, Pennsylvania researchers found that patients in rooms with tree views had shorter stays in hospital, less need for pain medications, and fewer negative comments in the nurses notes, compared to patients with views of brick.

Also, Researchers in Sweden have found that joggers who exercise in a natural green setting feel more restored and less anxious, angry, or depressed than people who burn the same amount of calories jogging in a built urban setting.

#### **Solve some Puzzles**

A study found that doing crossword puzzles could reduce the onset of dementia by two and a half years. This suggests that mentally stimulating activities may help delay the onset of symptoms, but on their own, they cannot prevent dementia. Brain puzzles may however be considered as part of a more comprehensive dementia prevention programme that also involves exercise and healthy eating.



Working on a puzzle reinforces connections between brain cells, improves mental speed and is an effective way to improve short-term memory.

Puzzles increase the production of dopamine, a chemical that regulates mood, memory, and concentration. Dopamine is released with every success as we solve the puzzle.

Also, puzzles are intended to exercise your brain. Crossword puzzles, riddles, word searches and logic problems can all activate different parts of your brain, helping you to hone your critical and analytical thinking skills.

## NUTRITION: Lazza's Kitchen Adventure

### Berry Bakewell Pudding

**A Brand NEW Recipe from Lazza's Kitchen.**  
**Lazza made his ever version of Berry Bakewell Pudding from scratch**

#### Ingredients

Blackberries - as many as you would like  
Blueberries - as many as you would like  
175g Unsalted softened butter  
75g Caster Sugar  
3 Large Eggs  
175g Ground Almonds  
50g Plain Flour  
50g Icing Sugar: Lemon Juice  
Flaked Almonds to spread

Nuts are low in carbs but high in healthy fats, protein, and fibre. This makes them a perfect choice for people with diabetes. Another boon of almonds is their remarkably high amount of magnesium. Magnesium is a mineral involved in more than 300 bodily processes, including blood sugar management. The daily value for magnesium is 420 milligrams (mg). And 2 oz of almonds provides almost half that amount: 153 mg of this important mineral.

Into a baking dish, pour the fruit, spreading around, and sprinkle some lemon juice over the top.

In a glass bowl, mix the butter and caster sugar until pale and fluffy.  
Add the three eggs (I used golden yolk ones to enhance the colour).  
Beat them in so fully mixed.  
Now gently mix in the ground almonds and the flour.  
You can add a little vanilla essence if you wish.

Spoon this mixture over the fruit and smooth the surface.  
Sprinkle over the flaked almonds to cover the top.  
Now bake this for around 40-45 minutes at 180C, making sure sponge is cooked.  
Let it cool. Mix the icing sugar with the lemon juice, and just make white lines over the top of the cake.  
This would taste delicious hot with some custard, or cool with some cream.  
Honestly, this tasted so so nice!!!



**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](http://www.hmhb2016.org.uk)**  
**This was a great, and very tasty, bake to prepare.**



## HMHB's funny quiz page:

### It's mostly guessing, but play with friends: **Answers Page 37**

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 37 - don't look till you have done the whole page!!**

#### ROUND ONE: Multiple Choice

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

|                     |                          |                                 |
|---------------------|--------------------------|---------------------------------|
| Genuine Ant Species | American Vice Presidents | Appeared on The Big Bang Theory |
| Easter Hyde         | Daniel Tompkins          | Harrison Ford                   |
| Raspberry Crazy     | Herbert Roberts          | Sandra Bullock                  |
| Red Long Legged     | Charles Curtis           | Buzz Aldrin                     |
| African Carpet      | William Harper           | Stephen Hawking                 |

#### ROUND TWO: Give Me a Number

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

- How many Calories in a two-finger Kit Kat?
- How tall is Tom Cruise in inches?
- In 2023/2024, how many teams competed for the FA Cup?
- As at 31 Dec 2023, what was the population of Monaco?
- Over how many fences do the horses jump in the Grand National?



#### ROUND THREE: When Did That Happen

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

- The first commercially available toilet roll was sold in packs of 500 sheets.
- As a double act, when was the first Laurel and Hardy film?
- The first Routemaster bus entered service with London Transport.
- The year Alice's Adventures in Wonderland was first published.
- The first official climb to the top of Mount Kilimanjaro.

#### ROUND FOUR: What specifically links these people?

Judy Garland: Nicholas Cage: Dolce and Gabbana: Wesley Snipes: Sophia Loren: Chuck Berry

#### ROUND FIVE: Which is it: Which of the answers is correct?

- |                              |                                            |
|------------------------------|--------------------------------------------|
| 1. Biggest Selling Album     | Born In The USA: Hotel California: Rumours |
| 2. Bond Book Published First | Goldfinger: Live And Let Die: Moonraker    |
| 3. Most Populated US City    | Philadelphia: San Francisco: Washington    |
| 4. Opened First              | Fortnum & Mason: Hamleys: Selfridges       |

#### ROUND SIX: Which colour is in the middle of these flags?

1. Belgium:
2. Lithuania:
3. Estonia:
4. Slovenia:
5. Latvia:



## NUTRITION:

### Vitamins: How did we find out about them?

**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.**

The value of eating certain foods to maintain health was recognised long before vitamins were identified. The Ancient Egyptians knew that feeding liver to a person may help with night blindness, an illness that is now known to be caused by a Vitamin A deficiency. The advance of ocean voyages during the “Age of Discovery”, a period from approximately the late 15th century to the 17th century, during which seafarers from a number of European countries explored, colonised, and conquered regions across the globe, resulted in prolonged periods without access to fresh fruits and vegetables, and made illnesses from vitamin deficiency common among ships' crews - we think a lot of “scurvy”.



In 1747, the Scottish surgeon James Lind discovered that citrus foods helped prevent scurvy, a particularly deadly disease in which “Collagen” is not properly formed, causing poor wound healing, bleeding of the gums, severe pain, and death. (Obviously they did not know about the Vitamin C at this time). In 1753, Lind published his “*Treatise on the Scurvy*”, which recommended using lemons and limes to avoid scurvy, which was adopted by the British Royal Navy. This led to the nickname “Limey” for British sailors. However, during the 19th century, limes grown in the West Indies were substituted for lemons (these were later found to be much lower in vitamin C). As a result, Arctic expeditions continued to be plagued by scurvy and other deficiency diseases. In the early 20th century, when Scott made his two expeditions to the Antarctic, the prevailing medical theory was that scurvy was caused by “tainted” canned food.

In East Asia, where “White Rice” was the common staple food of the middle class, “Beriberi”, later found to be resulting from lack of vitamin B<sub>1</sub>, was endemic. In 1884, Takaki Kanehiro, a British-trained medical doctor of the Imperial Japanese Navy, observed that beriberi was endemic among low-ranking crew who often ate nothing but rice, but not among officers who consumed a Western-style diet. With the support of the Japanese navy, he experimented using crews of two battleships; one crew was fed only white rice, while the other was fed a diet of meat, fish, barley, rice, and beans. The group that ate only white rice documented 161 crew members with beriberi and 25 deaths, while the latter group had only 14 cases of beriberi and no deaths. This convinced Takaki and the Japanese Navy that diet was the cause of beriberi, but they mistakenly believed that sufficient amounts of protein prevented it. That diseases could result from some dietary deficiencies was further investigated by “Christian Eijkman” (a Dutch Physician), who in 1897 discovered that feeding unpolished rice instead of the polished variety to chickens helped to prevent a kind of “Polyneuritis” (damage to nerves), that was the equivalent of beriberi. The following year, “Frederick Hopkins”, an English Biochemist, claimed that some foods contained “accessory factors” — in addition to proteins, carbohydrates, fats — that are necessary for the functions of the human body.

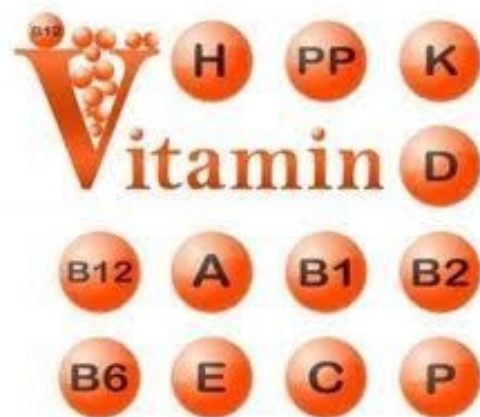
## NUTRITION:

### The Discovery of Vitamins

In 1910, the first vitamin complex was isolated by Japanese scientist “Umetaro Suzuki”, who succeeded in extracting a water-soluble complex of micronutrients from rice bran and named it “Aberic Acid” (later to be called “Orizantin”). He published this discovery in a Japanese scientific journal. When the article was translated into German, the translation failed to state that it was a newly discovered nutrient, a claim made in the original Japanese article, and hence his discovery failed to gain publicity.

In 1912 Polish-born biochemist “Casimir Funk”, working in London, isolated the same complex of micronutrients and proposed the complex be named “Vitamine”. This was a mixture of two words: “Vit”, from the Latin word Vita, which means “life”: and “Amine” as it was thought to contain amino acids - which the body takes from protein.

Funk’s discovery was later to be known as vitamin B<sub>3</sub> (niacin), though he described it as "anti-beri-beri-factor" (which would today be called thiamine or vitamin B<sub>1</sub>). Funk proposed the hypothesis that other diseases, such as rickets, pellagra, coeliac disease, and scurvy could also be cured by vitamins. It was “Max Nierenstein, a friend and Reader of Biochemistry at Bristol University, whop continued to use the "vitamine" name, and the name soon became synonymous with Frederick Hopkins' "accessory factors", and, by the time it was shown that not all vitamins are amines (they are not protein based), the word was already commonly used. In 1920, “Jack Cecil Drummond”, another Biochemist, proposed that the final "e" be dropped to deemphasize the "amine" reference, hence "vitamin", after researchers began to suspect that not all "vitamines" (in particular, vitamin A) have an amine component.



Vitamins are organic compounds that are essential for like - in other words your body either does not make it, or does not make enough of it, and therefore you have to get through your diet. This can actually change: for example if a woman is pregnant, or someone is maybe fighting a disease like cancer, you may need extra vitamins.

| Discovered: | Vitamin:              | Some Food Sources - but do research as many more |
|-------------|-----------------------|--------------------------------------------------|
| 1913        | A - Retinol           | Liver, Fish, Eggs, Dairy: Cod Liver Oil          |
| 1910        | B1 - Thiamine         | Black Beans, Citrus Fruit, Brown Rice, Pecans    |
| 1920        | C - Ascorbic Acid     | Fruits, Broccoli, Green Vegetable, Potatoes      |
| 1920        | D - Calciferol        | Oily Fish, Red Meat, Egg Yolks                   |
| 1920        | B2 - Riboflavin       | Meat, Dairy, Nuts, Green Vegetables              |
| 1922        | E - Tocopherol        | Nuts, Seeds, Avocado, Fish                       |
| 1929        | K - Phylloquinone     | Vegetables, Fruits, Dairy                        |
| 1931        | B5 - Pantothenic Acid | Meats, Eggs, Milk, Whole Grains                  |
| 1934        | B6 - Pyridoxine       | Pork, Poultry, Peanuts, Oats                     |
| 1936        | B7 - Biotin           | Organ Meats, Eggs, Fish, Sweet Potatoes          |
| 1936        | B3 - Niacin           | Fish, Beef, Poultry, Legumes, Nuts, Seeds        |
| 1941        | B9 - Folic Acid       | Broccoli, Brussels, Fruits, Brown Rice           |
| 1948        | B12 - Cobalamins      | Fish Red Meat, Poultry, Eggs                     |



## NUTRITION:

### What do Vitamins do?

Every day, your body produces skin, muscle, and bone. It churns out rich red blood that carries nutrients and oxygen to remote outposts, and it sends nerve signals skipping along thousands of miles of brain and body pathways. It also formulates chemical messengers that shuttle from one organ to another, issuing the instructions that help sustain your life. But to do all this, your body requires some raw materials. These include vitamins, minerals, and dietary components that your body needs but cannot manufacture on its own in sufficient amounts. And, as we have discovered here, that is 13 Vitamins.

Vitamins and minerals are considered essential nutrients—because acting in concert, they perform hundreds of roles in the body. They help shore up bones, heal wounds, and bolster your immune system. They also convert food into energy, and repair cellular damage.



But trying to keep track of what all these vitamins and minerals do can be confusing. Read enough articles on the topic, and your eyes may swim with the alphabet-soup references to these nutrients, which are known mainly by their initials (such as vitamins A, B, C, D, E, and K—to name just a few).

Many micronutrients interact. Vitamin D enables your body to remove calcium from food sources passing through your digestive tract rather than harvesting it from your bones. Vitamin C helps you absorb iron.

The interplay of micronutrients isn't always cooperative, however. For example, vitamin C blocks your body's ability to assimilate the essential mineral copper. And even a minor overload of the mineral manganese can worsen iron deficiency. It's clear you not only need these elements, but in the right amounts.

Although water-soluble vitamins (the eight B Vitamins, and Vitamin C) have many tasks in the body, one of the most important is helping to free the energy found in the food you eat. Others help keep tissues healthy. Here are some examples of how different water-soluble vitamins help you maintain health:

- **Release energy:** Several B vitamins are key components of certain coenzymes (molecules that aid enzymes) that help release energy from food.
- **Produce energy:** Thiamine, riboflavin, niacin, pantothenic acid, and biotin engage in energy production.
- **Build proteins and cells:** Vitamins B6, B12, and folic acid metabolise amino acids (the building blocks of proteins) and help cells multiply.
- **Make collagen:** One of many roles played by vitamin C is to help make collagen, which knits together wounds, supports blood vessel walls, and forms a base for teeth and bones.

The fat soluble vitamins (A, D, E, K) help keep your eyes, skin, lungs, gastrointestinal tract, and nervous system in good repair. Here are some of the other essential roles these vitamins play:

- **Build bones.** Bone formation would be impossible without vitamins A, D, and K.
- **Protect vision.** Vitamin A also helps keep cells healthy and protects your vision.
- **Interact favourably.** Without vitamin E, your body would have difficulty absorbing and storing vitamin A.
- **Protect the body.** Vitamin E also acts as an antioxidant (a compound that helps protect the body against damage from unstable molecules).

## Nutrition: HMHB looks at Minerals

### Today: Molybdenum

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

In the context of nutrition, a mineral is a chemical element required as an essential nutrient by organisms to perform functions necessary for life. Nutrient minerals, being elements, cannot be synthesised biochemically by living organisms. Plants get minerals from soil. Most of the minerals in a human diet come from eating plants and animals or from drinking water.

The four major structural elements in the human body by weight (“Oxygen”, “Carbon”, “Hydrogen”, “Nitrogen”) are usually not included in lists of major nutrient minerals (Nitrogen is considered a “mineral” for plants, as it often is included in fertilisers). These four elements compose about 96% of the weight of the human body, and major minerals (“Macrominerals”) and minor minerals (also called “Trace Elements”) compose the remainder.

Molybdenum is a Micromineral. Microminerals are essential and indispensable trace minerals in the human body. However, only in a very small amount to participate in the body's operation.

Molybdenum is vital for many processes in your body. Once you eat it, it is passively absorbed into your blood from your intestinal tract, then carried to your liver, kidneys and other areas. Some of this mineral is stored in the liver and kidneys, but most of it is converted into a molybdenum cofactor. Any excess molybdenum is then passed in urine.



The molybdenum cofactor activates four essential enzymes, which are biological molecules that drive chemical reactions in the body. Below are the four enzymes:

1. **Sulphite oxidase:** Converts sulphite to sulphate, preventing the dangerous buildup of sulphites in the body.
2. **Aldehyde oxidase:** Breaks down aldehydes, which can be toxic to the body. Also, it helps the liver break down alcohol and some drugs, such as those used in cancer therapy.
3. **Xanthine oxidase:** Converts xanthine to uric acid. This reaction helps break down nucleotides, the building blocks of DNA, when they're no longer needed. They can then be excreted in the urine.
4. **Mitochondrial amidoxime reducing component (mARC):** This enzyme's function isn't fully understood, but it's thought to remove toxic byproducts of metabolism.

Molybdenum's role in breaking down sulphites is especially important. Sulphites are found naturally in foods and also sometimes added as a preservative. If they build up in the body, they can trigger an allergic reaction

**Like all Minerals, these are Elements that are “essential for life”.**

**Your body can't create them (they are inorganic). You have to get them through your diet.**

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

**It's your body, and your choice.**

**Make sure your choices are the best ones you can make.**

## LAZZA'S PAGE

### Recommendations, News, Life!!!

**I thought I would launch a new page in 2023. I just wanted to talk a little more about who I am and the people behind HMHB, and maybe talk about what gets me through life.**

That's an interesting clipart pic.

You may have guessed, but it is meant to indicate someone doing water aerobics with some floats. Yes, I have started a class. I am always trying to find fun ways to improve my fitness, and the wonderful Healthy Generations have started one of these, and I have been lucky to get along (the times I have remembered my trunks that is!!!). Great fun, but you work hard. I definitely feel it the next day. Go and find fun ways for you to exercise.



I hasten to write, that is not a picture of my room. It is random - but put to show a lot of clothing.

I have actually decided to have a clear out. By the end of July I am hoping to have removed at least 50/60% of the clothing in my wardrobes. I have a load of shirts that I will never wear again, and maybe it's time to freshen up my underwear too. One of our group helps at a charity shop so I will pass a lot on (shirts not underwear).

I don't know about you, but I am finding I am using my mobile phone more and more, especially when with company.

And I do not like it!!!

So I am going to make August a month where I put the mobile down a lot, and start focusing more on the world around me. I do use it a lot for work, but I have a couple of games I like, and definitely spend too long on them, but also just mindless searching when I am around people. Why not join me? Put it away!!!



Last Year - 2023 - Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures:

HMHB delivered over 10 courses -working with over 120 people in attendance.

HMHB produced and delivered 10 forty-page Health Packs.

HMHB delivered 101 weekly health walks

HMHB delivered 84 weekly exercise sessions

HMHB delivered 30 weekly Zumba sessions outdoors

HMHB delivered or joined in with 58 social outings/events (many of which were FREE)

HMHB delivered 40 online zoom quizzes – unique delivery and fun.

HMHB made many home visits to our older more isolated users.

Islington Voluntary Community Sector turned us down for funding for a “poor quality” application form.

**Please help us: [www.justgiving.com/crowdfunding/hmhb2016](http://www.justgiving.com/crowdfunding/hmhb2016)**





## HMHB's Name Game Page:

Can you name these Animated Characters from their photos?  
Some are easier than others. I've tried to be a little obscure.

Answers at bottom of quiz page answers (page 39)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

## NUTRITION: Lazza's Kitchen Adventure

### Mango and Soured Cream Muffins

**A Brand NEW Recipe from Lazza's Kitchen.**

**Lazza made his first ever version of Mango and Soured Cream Muffins from scratch**

**Sour cream (sometimes known as a "soured cream" in British English) is a dairy product obtained by fermenting regular cream with certain kinds of Lactic Acid Bacteria.**

**The bacterial culture which is introduced either deliberately or naturally, sours and thickens the cream. Its name comes from the production of lactic acid by bacterial fermentation which is called "Souring".**

**Crème Fraîche is one type of sour cream with a high fat content and less sour taste.**

#### **Ingredients**

120g Softened Unsalted Butter  
180g Caster Sugar  
2 Eggs: Vanilla Extract  
240ml Soured Cream  
250g Plain Flour  
1 teasp Baking Powder: ½ teasp Bicarb Soda  
Lots of Mango (I bought pre-cut)  
Topping:  
3 tblsp Brown Sugar: Cinnamon  
Soured Cream (2 tablespoon)

Beat the butter with the sugar and a pinch of salt until pale and fluffy.

Beat in the eggs, soured cream and vanilla.

Mix the dry ingredients together.

Then fold into the butter mixture.

Fold in the chopped mango.

I also placed a blackberry at the base of every muffin case just to be a bit different.

Spoon the mixture in the cases (mine on top of the blackberry).

Mix the topping and put a small dollop on the top of each muffin.

You can even put a small slice of mango on top too if you want.

Bake for around 20 minutes at 180C.

Check them before taking out.

Allow to cool and 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](http://www.hmhb2016.org.uk)**

**This was a great and very tasty bake to prepare.**

## EXERCISE/FITNESS

### Why is working your Core important?

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, Hackney, and Haringey, 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.

Because of the confusion about what the core is, many people think that core strengthening means just doing ab workouts. Yes, of course, it does equal some abdominal training. But it also equals training your hips, training your back, and learning how to stabilise the core musculature.

Having a strong core offers numerous benefits for athletes, desk workers, people who work on their feet, children, and older adults. Core strength is not just for those involved in sports and recreation.



**Abdominals:** The rectus abdominis is the muscle most people associate with a six-pack. It helps stabilise the internal organs. Known as the corset muscle because of its horizontal positioning, the transversus abdominis is another important abdominal muscle involved in movement and spine stabilisation.

**Obliques:** Located along the sides of the body, the internal and external obliques play a role in spinal protection and rotation.

**Back:** The quadratus lumborum is a deep abdominal muscle located in the lower back. It extends from the lowest rib to the top of the pelvis. It's commonly associated with back pain, posture, and mobility issues.

**Pelvic floor:** The pelvic floor houses organs such as the urethra, bladder, intestines, rectum, uterus, cervix, and vagina. It also includes connective tissues such as hamstrings, hip flexors, and abductors. Together, the pelvic floor muscles and tissues help with sexual health, hip stabilisation, urination, bowel movements, and more.

**Spine:** The erector spinae and multifidus muscles are technically back muscles, but they're both connected to basic movement via the spine.

**Glutes:** The glutes are a group of three muscles in your backside that influence hip rotation and extension.

**Diaphragm:** This is a muscle typically associated with breathing, as it contracts and flattens during inhalation and exhalation. Located at the base of the chest, the diaphragm has openings that are also involved in digestive function and blood transportation to the heart.



## EXERCISE/FITNESS:

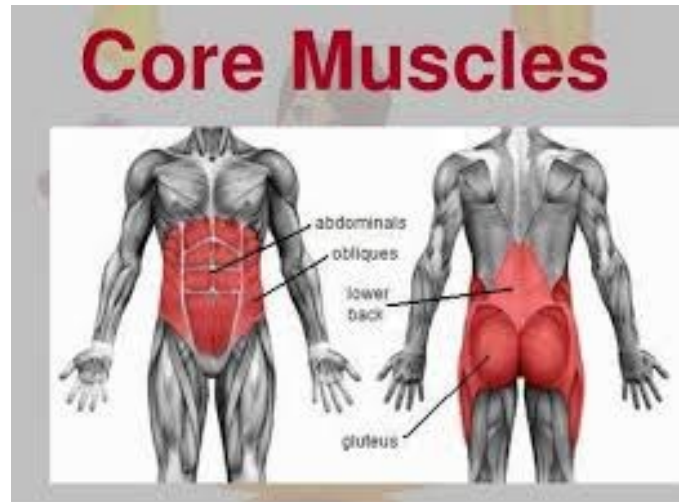
### What do we need to exercise our Core?

Core stability refers to the way our core muscles help keep our spine straight and stable as we do everyday tasks. These muscles allow us to sit, stand, walk, and do things like gardening and sports without pain.

For those who are physically active, core stability also helps prevent injuries due to overuse of muscles. A strong core can make movements smoother and more effective, thereby reducing the likelihood of injury and improving your performance and skill.

Core strength affects more than just posture, though. Your core includes your pelvis, and these muscles can help prevent incontinence.

Weakness in the core can lead to pain and issues all over your body such as the back, neck, and joints, like the knees. Your core muscles naturally weaken as you age, but sitting for long periods of time can cause core weakness as well. Luckily, there are many exercises you can try to help strengthen your core muscles.



Be careful not to progress your core exercises too quickly and focus more on your stabilising muscles than your moving muscles (those abs). Often people start with crunches or sit-ups during a core program when really, they should focus on more deep muscle groups first to stabilise their spine before they move. This is particularly important for those who are prone to injuries in their back and legs. There is nothing wrong with sit-ups and crunches and people can still do them, but it is important when performing core exercises to first engage your deeper core muscles first before movement.” An example of how to do this properly is to gently draw your belly button in toward your spine and try not to let your stomach protrude when performing core exercises.

Planks tend to be the safest and most effective exercise for most people and there are many different varieties that can work different parts of the body and at varying skill levels. You can start out on your knees and then work your way up to your toes. Just remember to start slow and to ask a personal trainer or qualified person for help if you are unsure what to do.

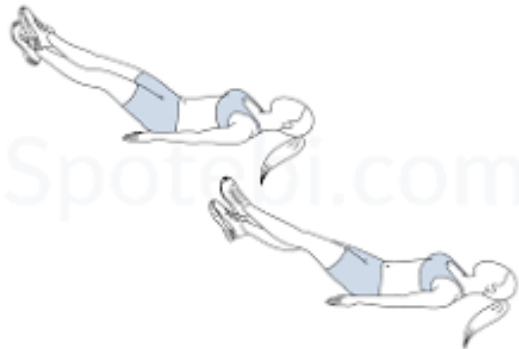
As with any new exercise routine, before engaging in any core strengthening programs it's important to talk to your health care provider or a rehabilitation professional first. This is particularly important for those who have underlying spine or back issues or who may have had a C-Section or other abdominal surgery. They can help answer any questions or concerns and guide you on how to safely strengthen your core.

Remember, there is no singular “most effective” core exercise. Planks, crunches, and bridges all help engage and strengthen the core muscles in different ways. The best core exercise for you will depend on your mobility, exercise proficiency, and current muscular deficiencies.

Regular exercise, adequate rest, and a healthy, nutritious diet will all support core muscle development. Consistency and exercising safely are more important than seeking quick fixes.

## EXERCISE/FITNESS:

### Core Exercises to do at home or with friends - 1



#### SEATED SCISSOR KICKS EXERCISE

Sit on the floor with your legs extended in front of you and your hands on the floor, beside your hips.

Lean your torso back about 45 degrees and lift both feet off the floor. Use your hands to support your balance.

Breathing naturally and keeping your knees almost fully extended, kick your legs up and down while alternately crossing them over each other (so that both feet move toward the opposite side). Perform for the desired number of repetitions or for the desired duration.

Scissor kicks, like most other core exercises, help with stabilisation as well as balance and control of the body. They target your abs, glutes, quads and hips.



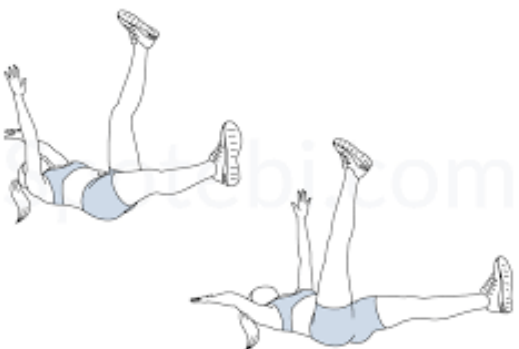
#### SUPERMAN/SUPERWOMAN EXERCISE

Lie on the floor in a prone (facedown) position, with your legs straight and your arms extended in front of you.

Keeping your head in a neutral position (avoid looking up), slowly lift your arms and legs around 6 inches off the floor, or until you feel your lower back muscles contracting.

Engage your glutes, your core, and the muscles between your shoulder blades simultaneously. Aim to lift your belly button slightly off the floor to contract your abs. A good way to picture this is to imagine you're Superman flying in the air.

Hold this position for 2–3 seconds. Be sure you're breathing the entire time. Repeat 8-12 times.



#### DEADBUG EXERCISE

Allow your shoulders and lower back to fall heavy to the floor. Draw your shoulders down away from your ears. To get into the starting position, lift your hands so your elbows are above your shoulders with your fists facing in toward each other. Lift your legs so your knees are directly over your hips.

On an exhale, slowly lower your right arm and left leg until they're just above the floor.

On an inhale, bring them back to the starting position. Repeat on the opposite side.

This is 1 rep.

**“Fitness is not about being better than someone else.  
It's about being better than you used to be.”**

## EXERCISE/FITNESS:

### Core Exercises to do at home or with friends - 2



#### BRIDGE EXERCISE

Lie on your back with your knees bent.

Tighten the muscles in your stomach.

Raise your hips off the floor until they line up with your knees and shoulders.

Hold for three deep breaths.

Return to the starting position and repeat.

This pose helps strengthen your back muscles, glutes, and hamstrings. The bridge pose can also relieve tension and fatigue in your back.

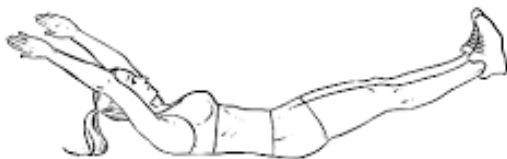
While the pose strengthens your back, it also stretches your chest, neck, and spine.



#### BIRD DOG EXERCISE

Begin on all fours in the tabletop position. Place your knees under your hips and your hands under your shoulders. Maintain a neutral spine by engaging your abdominal muscles. Draw your shoulder blades together. Raise your right arm and left leg, keeping your shoulders and hips parallel to the floor. Lengthen the back of your neck and tuck your chin into your chest to gaze down at the floor. Hold this position for a few seconds, then lower back down to the starting position. Raise your left arm and right leg, holding this position for a few seconds. Return to the starting position.

This is one round.



#### HOLLOW BODY HOLD EXERCISE

Start by lying comfortably on your back with your knees bent and your feet flat on the floor.

Now, lift your shoulders, arms, and legs off the floor.

Straighten your legs, reach your arms overhead and lift your shoulder blades off the ground. Your lower back and butt should be the only parts of your body touching the floor.

Focus on keeping your abdominals tight as you hold this position.

Relax back to the starting position.

As you do each rep, you might feel your core, shoulder and leg muscles working.



## 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.



This picture has not been coloured - this is genuine.

It's the Eucalyptus Deglupta - more commonly known as the Rainbow Eucalyptus.

It has smooth, orange-tinted bark that sheds in strips, revealing streaks of pale green, red, orange, grey, and purplish brown.

These trees are the only eucalyptus species found in the Northern Hemisphere rainforests, painting a vivid picture of their lush, moist, and vibrant habitat.

Yes, that is Darth Vader's head - and yes it is on a building.

It is actually on the Washington National Cathedral.

The Darth Vader grotesque is one of many grotesques that are part of the National Cathedral's rain control system.

The grotesques deflect rainwater by bouncing it off the tops of their heads and away from the stone wall.

It was carved following a competition to decide on some grotesques, but is difficult to see with the naked eye.

Other winning designs were a raccoon, a girl with pigtails and braces, and a man with large teeth and an umbrella.



Famously, The Tower of London must hold six Ravens (they have seven to be sure). If they leave, it is said that the Tower and the Monarchy will fall - so all seven ravens live at the Tower. Their names are Jubilee, Harris, Gripp, Rocky, Erin, Poppy and Merlina, in case you needed to know.

The actual story dates from the late 1600s.

This is a French Cheese called Époisses de Bourgogne.

Found in a simple, small round container, Époisses, as it is commonly known, is so pungent it has been banned from public transport all over its native France. The rind is washed in brine and *Marc de Bourgogne*, the local pomace brandy, which over time gives the cheese its unusual quality. Usually served with a Trappist

beer, or sweet French wine, it is said that this cheese was a favourite of Emperor Napoleon despite the fact that people often describe it as smelling like a person who hasn't washed in a week



## HEALTH / ROUTINE

### Half of Cancers caused by Six Lifestyle Factors

These health packs are researched and delivered to provide evidence that a healthy lifestyle can make you happier, more focused, build energy, and help you live longer. Now an American study has come up with the same results.

In fact, they say that one in four cancer cases and half of all deaths could be avoided. Researchers found they were attributable to things we can change in our lives, like smoking, alcohol consumption, and not doing enough exercise.

Scientists at the American Cancer Society (ACS) studied data for 30 different types of Cancer in adults over the age of 30 in the United States in 2019 (but the figures would be comparable for around the world).

They looked at the number of cases and deaths, and whether they were linked to "modifiable risk factors", including:

- Cigarette smoking (current and former)
- Second-hand smoke
- Excess body weight
- Alcohol consumption
- Consumption of red and processed meat
- Low consumption of fruits and vegetables, dietary fibre, and dietary calcium
- Physical inactivity
- Ultraviolet (UV) radiation
- Infection with Epstein-Barr virus (EBV), Helicobacter pylori, hepatitis B virus (HBV), hepatitis C virus (HCV), human herpes virus-8 (HHV-8; also called Kaposi sarcoma herpesvirus), human immunodeficiency virus (HIV), and human papillomavirus (HPV).



The team found 40 per cent of all cases (713,340) and about half of deaths (262,120) could be attributed to the factors above.

Analysis showed "Smoking" to have the highest proportion of cases attributed to it - at 19.3 per cent, or 344,070.

Cigarettes contributed to 56 per cent (206,550 of 368,600) of all potentially preventable cancers in men, and 39.9 per cent (137,520 of 344,740) in women.

Being "Overweight" was the second biggest risk factor (7.6 per cent), followed by drinking (5.4 per cent), UV radiation exposure (4.6 per cent), and physical inactivity (3.1 per cent).

When it came to the type of cancer, the proportion of cases caused by potentially modifiable risk factors ranged from 100 per cent for "Cervical Cancer" and Kaposi sarcoma (a soft tissue cancer), to 4.9 per cent for "Ovarian Cancer".

## HEALTH / ROUTINE

### Reduce Your Risk Of Cancer

Not all cancers can be prevented, but you can do things to reduce your risk. This includes:

#### **Not smoking**

Not smoking is the best thing you can do to reduce your risk of cancer. Harmful chemicals in cigarette smoke affect the entire body, not just our lungs.

#### **Keep a healthy weight**

Being a healthy weight has many health benefits, including reducing cancer risk.

#### **Have a healthy, balanced diet**

Eating a well-balanced diet consisting of healthy food and drink can reduce your risk of cancer.

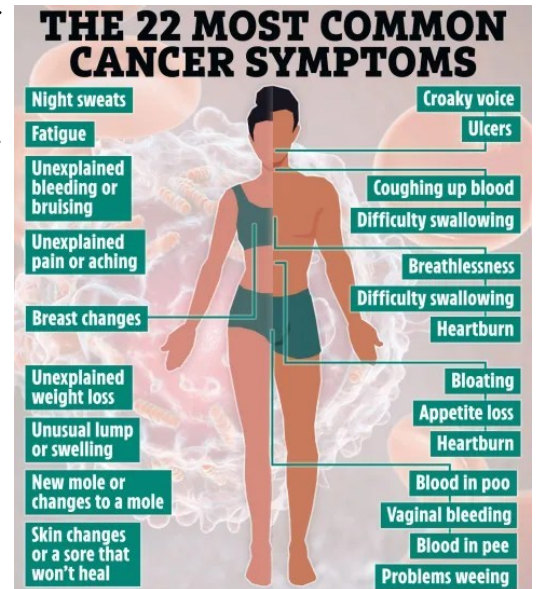
Aim to have plenty of fruit and vegetables, wholegrain foods high in fibre and healthy proteins, and cut down on processed and red meat, alcohol and high-calorie foods and drinks.

#### **Enjoy the sun safely**

Being safe in the sun reduces the risk of skin cancer. Too much UV radiation from the sun or sunbeds damages our skin cells. When the sun is strong, take extra care to protect your skin- spend time in the shade, cover up with clothing, and use sunscreen.

#### **Cut back on alcohol**

Reducing your alcohol intake lowers your risk of many types of cancer.



### **WOMEN**

**Age:** 0-14: **Most common cancer:** Leukaemia: **Symptoms:** Fatigue (tiredness that lasts a long time and doesn't improve with rest), bruising and bleeding more easily, or bleeding that takes longer to stop, infections that are more frequent, severe, or last longer, fever (high temperature), weight loss that is unexplained, swollen lymph nodes (glands in your neck, armpit and groin), breathlessness, feeling generally unwell

**Age:** 15-24: **Most common cancer:** Skin cancer: **Symptoms:** Small bumps or growths on the skin, changing moles

**Age:** 25-49, 50-74 and 75+: **Most common cancer:** Breast: **Symptoms:** A new lump or thickening in your breast or armpit, a change in size, shape or feel of your breast, skin changes in the breast such as puckering, dimpling, a rash or redness of the skin, fluid leaking from the nipple in a woman who isn't pregnant or breastfeeding, changes in the position of the nipple

### **MEN**

**Age:** 0-14: **Most common cancer:** Leukaemia: **Symptoms:** See Above

**Age:** 15-24: **Most common cancer:** Germ cell tumours: **Symptoms:** Depends on where the tumour develops - but usually, it starts with a lump that can be felt

**Age:** 25-49 **Most common cancer:** Testicular **Symptoms:** A swelling or lump, an increase in the firmness of a testicle, a difference in appearance between one testicle and the other, a dull ache or sharp pain in your testicles or scrotum, which may come and go, a feeling of heaviness in your scrotum

**Age:** 50-74 & 75+ **Most common cancer:** Prostate: **Symptoms:** Needing to pee more frequently, often during the night, needing to rush to the toilet, difficulty in starting to pee (hesitancy), straining or taking a long time while peeing, weak flow, feeling that your bladder has not emptied fully, blood in urine or semen.



## HEALTH / ROUTINE

### Body Parts: Iris

The “Iris” is the coloured part of your eye. Muscles in your iris control your pupil — the small black opening that lets light into your eye.

The colour of your iris is like your fingerprint. It’s unique to you, and nobody else in the world has the exact same coloured eye.

Muscles in your iris control your pupil. When your pupil is wider (dilated), more light gets into your eye. When it’s narrower (contracted) less light gets in.

As your iris squeezes or releases your pupil the amount of light reaching the rest of your eye changes. This constant change in size helps you see in different lighting. You’ve experienced this if you’ve stepped outside on a bright day or come inside after some time in the sun. The time it takes your eyes to adjust to the light is your irises adjusting your pupil to help you see.

The iris controlling your pupil helps your eyes see clearly. The iris is constantly changing how dilated your pupil is without you controlling it. This is called the pupillary light reflex.

Some people are born without an iris in one or both of their eyes — a genetic condition called “Aniridia”. Without an iris, your eye would still function, but your vision would be blurry.

The iris surrounds the pupil at the centre of your eye. Your eyeball has several layers that sit on top of each other, like an onion. The iris is one layer from the outside — under the “Cornea” on top of the lens.

The iris is the part of your eye that’s coloured. It’s flat and round. Your eye colour depends on how much melanin (a naturally occurring pigment) your body makes and certain genes. The genes that determine your eye colour are passed down through your parents.

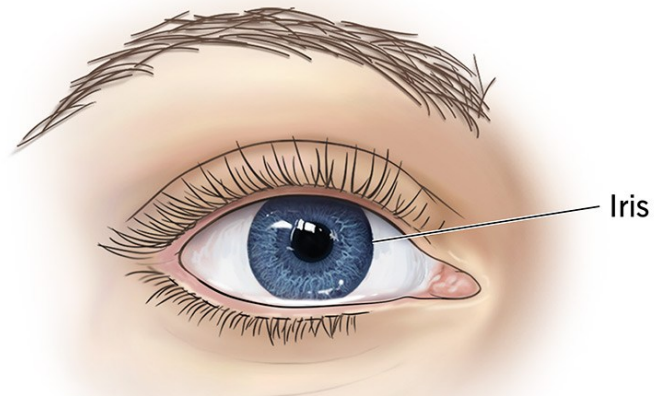
The iris is made of muscles and nerves. The nerves and muscles in your iris work on their own without you thinking about them (parasympathetically) to control the size of your pupil.

Your iris is filled with a fluid called “aqueous humour”. Your eye constantly produces and drains aqueous humour to maintain its shape, size and pressure.

Scanners that use your face and eyes are increasingly common ways to unlock phones, computers and other security devices. These scanners bounce a small amount of infrared light off your face and eyes to verify your identity. There’s no evidence these devices are dangerous or can harm your eyes.

See an Optician as soon as you notice any changes in your vision. Whether it’s something as simple as needing new glasses, or a more serious condition, don’t wait for symptoms to get worse before having your eyes checked.

Iris



## HEALTH / ROUTINE

### Body Parts: Vocal Cords

Your vocal cords are two bands of muscle inside your voice box (larynx) that allow you to vocalise, or make sounds. Your voice box sits atop your windpipe (trachea), the tube that allows air to flow to and from your lungs. When you breathe in (inhale) and breathe out (exhale), your vocal cords open so air can flow freely. When you speak, your vocal cords close by meeting in the middle of your exhaled airstream and vibrate. The vibration creates the sound of your voice.

Most healthcare providers refer to vocal cords as vocal folds. The difference relates to structure. People once thought that vocal cords were like two strings (cords) of a musical instrument that vibrated when strummed or plucked. Now we know that each band consists of multiple folds. These folds aren't isolated structures, like cords or strings. Instead, they connect to various muscles and cartilage inside of your voice box.

Most importantly, vocal cords produce the one-of-a-kind sound that you (and others) understand as your voice. They have other functions, too.

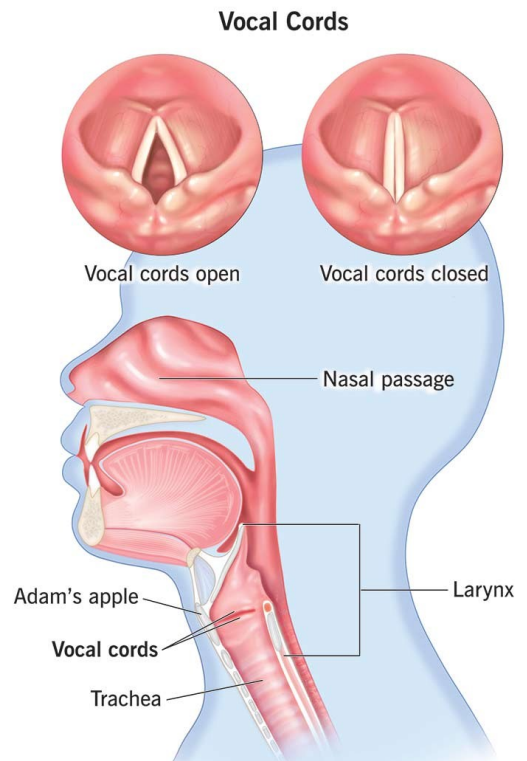
Your vocal cords protect your airway:

- **During swallowing:** Your voice box is located at an important intersection, where your throat branches off into your windpipe (where air flows) or your oesophagus (where food travels to your stomach). When you're eating, your vocal cords close to prevent food, liquid or foreign substances from traveling into your windpipe. Your voice box moves when you swallow, directing food and liquid toward your oesophagus.
- **During coughing:** Your vocal cords also protect your airway by coughing if something moves toward your airway that shouldn't. Coughing helps you clear your airway when you're sick. Your vocal cords come together every time you cough or clear your throat.

Your vocal cords also:

- **Control airflow:** Your vocal cords spread apart to allow a steady airstream to flow while you're inhaling or exhaling.
- **Produce sound:** Your vocal cords come together when you're vocalising — speaking, humming, singing, growling, moaning, whispering, etc. When your vocal cords touch, they keep the air from your windpipe from escaping. This trapped air places pressure on your vocal cords. The tension causes your vocal cords to vibrate as puffs of air slip through. Your vocal cords may vibrate hundreds of times per second depending on your voice's pitch or how high or low your voice is. The vibration and the air together produce sound.

Structures in your face and mouth, like your soft palate, sinuses, teeth and tongue, work together to fine-tune the volume and sound quality your vocal cords produce.



## NUTRITION: Lazza's Kitchen Adventure

### Strawberry and Cream Blondies

**A Brand NEW Recipe from Lazza's Kitchen.**  
**This was Lazza's first ever Strawberry and Cream Blondies from scratch**

**The Oxford Companion To Food follows traditional folklore by suggesting it may have been introduced to Cornwall by Phoenician traders in search of tin.**

**It is similar to Kaymak (or kajmak), a Near Eastern delicacy that is made throughout the Middle East, southeast Europe, Iran, Afghanistan, India, and Turkey. A similar clotted cream known as *urum* (ᠣᠷᠤᠮ) is also made in Mongolia.**

#### Ingredients

200g Unsalted Softened Butter  
 200g Light Brown Sugar: Vanilla Essence  
 100g Caster Sugar: 3 Eggs  
 200g White Chocolate chopped  
 275 g Plain Flour  
 Clotted Cream:  
 Compote:  
 Strawberries (halved: Lemon Juice  
 75g Caster Sugar

Mix the compote ingredients in a small pan over a medium heat and cook for 10-15 mins until jammy, stirring often.

When ready, the fruit will be soft but still hold its shape. Leave to cool before mixing in some of the clotted cream.

For the Sponge:

Melt the butter in a pan over a medium heat until foaming and lightly golden, then remove from the heat and stir in the sugars, all of the white chocolate and a large pinch of salt. Stir until the chocolate is melted and smooth. Whisk the eggs and vanilla into the chocolate mixture, then sift in the flour. Fold until you have a smooth batter.

Pour the batter into the tin and smooth the surface.

Bake for 30 mins until the edges are golden, set and coming away from the tin. The middle will look gooey, but will firm as it cools.

To decorate, I spread clotted cream over the sponge, then spread the compote before chopping up more strawberries and placing on top.



**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](http://www.hmhb2016.org.uk)**  
**This was a great and very tasty bake to prepare.**



## HMHB and our Amazing Partnerships

### Promoting Projects and Organisations - Pt 1



Age UK are both national, international, and local. Age UK Islington works with adults of all ages (16yrs+), running activities, events and support groups focused on health and well-being. They help people with day-to-day issues and difficulties - including money worries, managing at home, getting out and about, getting into training and employment and much more.

Age UK Islington would be very happy to speak with you. Look at [www.ageuk.org.uk/islington/](http://www.ageuk.org.uk/islington/) Or Call: **020 7281 6018**: HMHB are doing some course events with Age UK, and look forward to more collaboration.

Better Lives is an integrated drug and alcohol service delivered by Camden and Islington NHS Foundation Trust in partnership with WDP and Humankind.

They offer a free and confidential support service for individuals and their families affected by drug and alcohol problem.

HMHB have ran some very successful Ajani courses with their users over the last few years. We are hoping this will be the start of a working relationship with them.



HMHB is very proud of its collaboration with Better Gyms in Islington and Camden. We have run various classes at Pancras Leisure Centre and the Sobell Centre in the past, and currently have our Tuesday indoor morning session at Highbury Leisure Centre, and Saturday morning session at the Sobell. They are one of our Highbury Fields walk partners, and we hope to have more classes with them in the near future.

The Haringey Wellbeing Network (HWN) is a mental health and wellbeing community support service for the London Borough of Haringey. The network is made up of three specialist mental health organisations and is the single point of entry for all community mental health support needs in Haringey.

HMHB has run several courses with them in the past, and we love helping their users. Call them on **0208 340 2474 (option 1)**.

**Email:** [Haringeywellbeingnetwork@mih.org.uk](mailto:Haringeywellbeingnetwork@mih.org.uk)



HMHB have formed a partnership with Healthy Generations. HG promote inclusion, reduce isolation and improve health and well-being. They work mainly with older people and mental health service users. Islington classes are open to everyone. They have a huge number of FREE exercise classes of different types, so do check out their website and join in.

**[www.healthygenerations.org.uk](http://www.healthygenerations.org.uk)**

You can also contact Sam (Ops Manager) through their website. HMHB look forward to working with HG going forward.

## HMHB and our Amazing Partnerships

### Promoting Projects and Organisations - Pt 2



## Help on Your Doorstep

Help on Your Doorstep aims to improve the health and wellbeing of people in Islington, especially those who are vulnerable and isolated. Working with residents they seek to find solutions to the issues which make life difficult, strengthen communities to do more for themselves and enable people to improve their life chances.

Do contact them if you have an issue, and they can signpost you to the relevant people. [connect@helponyourdoorstep.com](mailto:connect@helponyourdoorstep.com)

HMHB are so proud to be part of a world-wide network that focuses on the benefits of walking for your health.

We are partners with the US based Walk With A Doc, that now has chapters all around the world.

Started back in 2005, it reaches into all continents, and we are humbled to be in their London based events.

We keep in contact, send them our health packs, and are on their social media and beyond. [www.walkwithadoc.org](http://www.walkwithadoc.org)



SHP's vision is of a society where everyone has a place to call home and the chance to live a fulfilling life. They help single Londoners by preventing homelessness, providing support and accommodation, promoting well-being, enhancing opportunity, and being a voice for change.

HMHB have done several courses to terrific feedback with SHP, and look forward to working more in the future.

[www.shp.org.uk](http://www.shp.org.uk) 0204 509 8300

HMHB have had a working relationship with VAI for over nine years, and they have been extremely helpful as we developed and then started working with users.

VAI support hundreds of small projects and organisations throughout Islington, and it was through them that Lawrence won an award at the Volunteer of the Year Awards in 2022.

If you need help - please contact Yvette, Marta, Maria:

[www.vai.org.uk](http://www.vai.org.uk) Main phone no: 020 7832 5801

**Voluntary  
Action  
Islington**

### Answers to Fun Quiz from Page 18 - don't look till you have done all the quiz

- |              |                                             |                  |                            |
|--------------|---------------------------------------------|------------------|----------------------------|
| Round One:   | 1 Raspberry/Red                             | 2 Daniel/Charles | 3 Buzz/Stephen             |
| Round Two:   | 1, 104:                                     | 2, 67:           | 3, 729: 4, 36,149: 5, 30:  |
| Round Three: | 1, 1857:                                    | 2, 1927:         | 3, 1956: 4, 1865. 5, 1889. |
| Round Four:  | All of them were dealt with for Tax Evasion |                  |                            |
| Round Five:  | 1 Hotel:                                    | 2 Live/Let Die:  | 3 Philadelphia: 4 F&M      |
| Round Six:   | 1 Yellow:                                   | 2 Blue:          | 3 Black: 4 Green: 5: White |



## Review of Challenges and Targets

### Mind-set:

Once your brain is activated, energy demands quickly multiply. Paying attention is an energy-guzzler requiring mental effort, the application of self-control. Decision making, empathy, even meditation consume mental resources. Taking in information and processing it, conducting a quick inventory check against memory, maintaining focus and interest, to say nothing of suppressing distraction—whew, it's exhausting just thinking about it. So find ways to maintain good mental energy. It's your life!!



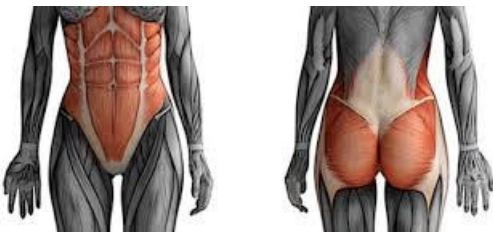
### Nutrition.

It feels like we all know about vitamins and how vital they are for our bodies to function properly. But the history is recent - only since the start of the 20th Century have we learned about Vitamins.

We have spoken many times in the past about micronutrients and how vital they are and the jobs they do. But it is also interesting understanding how we discovered them, and how we should be making sure we get enough of them in our diet. Do your own research. It's fascinating stuff.



### Exercise.



The core can be described as a muscular box with the abdominals in the front, paraspinals (the "action" muscles of the back) and gluteals (a group of muscles that make up the buttock area) in the back, the diaphragm as the roof, and the pelvic floor and hip girdle musculature as the bottom. Within this box are 29 pairs of muscles that help to stabilise the spine, pelvis, and kinetic chain during functional movements. Without these muscles, the spine would become mechanically unstable with compressive forces less than the weight of the upper body.

It is important to exercise your core to keep it strong.

### Health.

Lifestyle can affect your chances of developing certain Cancers. Your own behaviour can lower the percentage chance of getting this disease.

We have said it over and over, but you have to admit that the human body is a complete miracle of nature. Every part working together with other parts to function properly, keep us alive and healthy, giving us the opportunity to have a great life.

But do you know just how extraordinary the individual parts are?

In this issue, and more to come, we will look at various parts we take for granted, and have a deeper look at what they do. Another reason to have a healthy lifestyle, so that these parts can do what they need to do.



**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 + Animated Pics from Page 24

See if you can beat your family and friends

**Fiction:** Those countries from where these fictional characters come?

1. Tintin: Belgium
2. Kurt Wallander: Netherlands
3. Father Ted: Ireland
4. Dame Edna Everage: Australia
5. Peter Parker (Spiderman): USA
6. Asterix: France
7. Vito Corleone: Italy
8. The Little Match Girl: Denmark
9. Wolverine: Canada
10. Tarzan: England
11. Dr. Zhivago: Russia
12. Apu Nahasapeemapetilon, Jr: India
13. Hans Gruber: Germany

**Film:** The actors who played those “Baddie” characters, and the year the original film was released.

1. 1977: Peter Cushing
2. 2001: John Lithgow
3. 1968: Oliver Reed
4. 2013: Benedict Cumberbatch
5. 1960: Anthony Perkins
6. 1999: Hugo Weaving
7. 1974: Al Pacino
8. 1993: Ralph Fiennes
9. 1994: Dennis Hopper
10. 1994: Jeremy Irons
11. 1984: Robert Englund
12. 1991: Robert Patrick
13. 1980: Jack Nicholson
14. 2007: Javier Bardem
15. 1991: Anthony Hopkins
16. 1992: Danny De Vito
17. 2006: Mads Mikkelsen

**Pop:** The original singers of those songs with the word “Like” in the title plus year of release.

1. 1975: KC and the Sunshine Band
2. 1976: Leo Sayer
3. 1984: Madonna
4. 1986: The Bangles
5. 2011: Maroon 5
6. 2011: Adele
7. 1991: Nirvana
8. 1999: Shania Twain
9. 1982: Duran Duran
10. 1987: Aerosmith
11. 1989: Madonna
12. 2002: Kelly Clarkson
13. 1979: The Boomtown Rats
14. 1971: The Hillside Singers

### Geography:

The largest 20 UK Cities by size of population?

London, Birmingham, Liverpool, Nottingham  
Sheffield, Bristol, Glasgow, Leicester  
Edinburgh, Leeds, Cardiff, Manchester  
Stoke-On-Trent, Coventry, Sunderland, Birkenhead  
Reading, Kingston-Upon-Hull, Preston, Newport

QUIZ  
ANSWERS

**Animated Characters:** Did you name them? -  
from Page 24 (how well did you do? Tough wasn't it?)

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1: Princess Fiona                    | 2: Sneezy                   |
| 3: Bagheera                          | 4: Anastasia and Drizella   |
| 5: Flower                            | 6: Lightning McQueen        |
| 7: Arthur                            | 8: Sebastian and Flounder   |
| 9: Jessie                            | 10: Bernard and Miss Bianca |
| 11: Jiminy Cricket                   | 12: Lumiere and Cogsworth   |
| 13: Syndrome/Buddy                   | 14: Bolt                    |
| 15: Wendy, Michael, and John Darling |                             |

### Food:

The Top 20 UK Fave Vegetables

Potatoes, Tomatoes, Carrots, Onions  
Mushrooms, Cucumber, Peas  
Peppers, Lettuce, Broccoli, Garlic  
Cauliflower, Sweetcorn  
Cabbage, Green Beans, Brussel Sprouts  
Sweet Potatoes, Beetroot  
Spinach, Leeks  
(ps: I know tomatoes are fruits)

# 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.

You can contact HMHB:

HMHB would prefer you email us: [hmhb2016@outlook.com](mailto:hmhb2016@outlook.com)

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

[www.facebook.co.uk/healthymindshealthybods](https://www.facebook.co.uk/healthymindshealthybods)

Check out our GoFundMe: [www.gofundme/hmhb2016](https://www.gofundme/hmhb2016) (*being updated*)

Check out our JustGiving: [www.justgiving.com/crowdfunding/hmhb2016](https://www.justgiving.com/crowdfunding/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.hmhbmainblog.blogspot.com](https://www.hmhbmainblog.blogspot.com) ; this about HMHB as a whole

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

Our website is: [www.hmhb2016.org.uk](https://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.**

HMHB: Official Nominee Team Islington Volunteer of the Year Awards 2021

Lawrence & HMHB: WINNER Mayor Civic Award in 2022

Lawrence: WINNER at Volunteer of the Year Awards 2022

Lawrence and HMHB: Official Nominee Mayor Civic Award 2023

Lawrence: WINNER Islington Volunteer of the Year 2023



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**Link to our Website**