

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 04

Focus on:

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

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*Tuesday 1st May 2022*



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



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

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



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**“Friendship is the hardest thing in the world to explain.  
It’s not something you learn in school. But if you haven’t learned the  
meaning of friendship, you really haven’t learned anything.”  
Muhammad Ali**

***Welcome to Issue 4 of Healthy Minds, Healthy Bods’ Revamped Monthly Health Packs.***

From April 2020 to March 2021, 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, providing seven issues.  
This is our new venture for 2022.  
A revamped Monthly Health Pack for everyone.

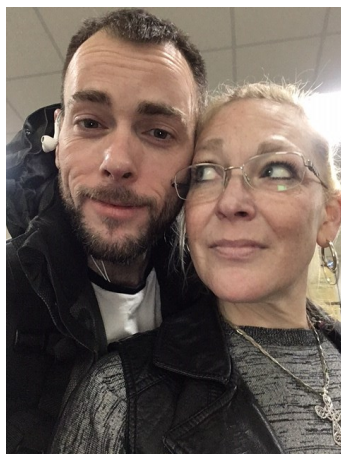
HMHB is a mental health project that is looking to shake up intervention through our own pioneering, unique, fresh approach.

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

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

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

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



A year ago, 23 May, we lost our beloved Rosie.  
Taken by Cancer, aged just 45.  
She was at the very heart of everything we do.  
She would walk from Angel to do exercise on Highbury Fields, and laugh with coffee after.  
She was on our first ever Ajani course in 2017.  
She is, even now, missed by all.

## HEALTH NEWS PAGE

### Are Smartphones dangerous for Mental Health?

We blame smartphone use for a number of negative consequences, ranging from neck pain to addictive behaviour. A team in Germany set out to determine whether our lives are actually better without smartphones, or rather: how much less smartphone use per day is good for us. The psychologists from the Mental Health Research and Treatment Centre at Ruhr-Universität Bochum (RUB) had around 200 test participants each do without their smartphones completely for a week, reduce their daily use by one hour, or use the smartphone in the same way as before. Not sure how I would cope!!! Here are more details.

On average, we spend more than three hours a day glued to our smartphone screens. We google, look for directions, check emails or the weather, shop, read the news, watch films, hang out on social media. It seems reasonable to suspect that all this is not good for us. Studies have shown that smartphone use is linked to problems such as less physical activity, obesity, neck pain, impaired performance, and addiction-like behaviour, to name just a few. Do you notice any of these??



The team wanted to know: “how much smartphone is good for us?” To this end, the researchers compared the effect of complete smartphone abstinence versus a reduction in time spent daily looking at the screen and versus continued use without any changes. They recruited 619 people for their study and divided them randomly into three groups. 200 people put their smartphone completely aside for a week. 226 reduced the amount of time they used the device by one hour a day, and 193 people didn't change anything in their behaviour.

The researchers interviewed all participants about their lifestyle habits and well-being immediately after the intervention, one month afterwards, and then four months later.

- How much did they engage in physical activity?
- How many cigarettes did they smoke a day?
- How satisfied with their life did they feel?
- Did they show any signs of anxiety or depression?

They found that both completely giving up the smartphone and reducing its daily use by one hour had positive effects on the lifestyle and well-being of the participants. In the group who reduced use, these effects even lasted longer and were thus more stable than in the abstinence group.

The one-week intervention changed the participants' usage habits in the long term: even four months after the end of the experiment, the members of the abstinence group used their smartphone on average 38 minutes less per day than before. The group who had spent one hour less per day with the smartphone during the experiment used it as much as 45 minutes less per day after four months than before. At the same time, life satisfaction and time spent being physically active increased.

Symptoms of depression and anxiety as well as nicotine consumption decreased. It was clear that it's not necessary to completely give up the smartphone to feel better. There may be an optimal daily usage time. But it is a good idea to think about just how much you are looking at that mobile. Only you know how dependant you are on your devices. But put them down and experience the real world too!!!



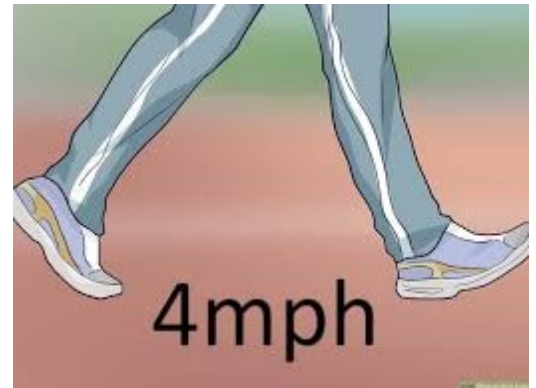
## HEALTH NEWS PAGE:

### Brisk walking may slow biological aging process

A new study of genetic data published in April 2022 of more than 400,000 UK adults has revealed a clear link between walking pace and a genetic marker of biological age.

Confirming a causal link between walking pace and “Leucocyte telomere length” (LTL), an indicator of biological age, the Leicester-based team of researchers estimate that a lifetime of brisk walking could lead to the equivalent of 16 years younger biological age by midlife.

Researchers from the University of Leicester, at the National Institute for Health Research (NIHR) Leicester Biomedical Research Centre, studied genetic data from 405,981 middle-aged UK Biobank participants and found that a faster walking pace, independent of the amount of physical activity, was associated with longer telomere.



Telomeres are the 'caps' at the end of each chromosome, and hold repetitive sequences of non-coding DNA that protect the chromosome from damage, similar to the way the cap at the end of a shoelace stops it from unravelling. I know it sounds technical!!! I hope you are keeping up. :-)

Each time a cell divides, these telomeres become shorter, until a point where they become so short that the cell can no longer divide, known as 'replicative senescence'. Therefore, scientists consider LTL a strong marker for 'biological age', independent from when an individual was born. Although the relationship between telomere length and disease is not fully understood, the build-up of these senescent cells is believed to contribute to a range of symptoms we associate with aging, such as frailty and age-related diseases.

While the physical, mental, social, and health benefits of walking are well-documented, this study is one of the first of its kind to compare genetic data with both self-reported walking speeds, as well as actual measurements of movement intensity from wearable activity tracking devices worn by participants.

This research uses genetic data to provide stronger evidence for a causal link between faster walking pace and longer telomere length. Data from wrist-worn wearable activity tracking devices used to measure habitual physical activity also supported a stronger role of habitual activity intensity (e.g. faster walking) in relation to telomere length.

This suggests measures such as a habitually slower walking speed are a simple way of identifying people at greater risk of chronic disease or unhealthy ageing, and that activity intensity may play an important role in optimising interventions. For example, in addition to increasing overall walking, those who are able could aim to increase the number of steps completed in a given time (e.g. by walking faster to the bus stop). However, this requires further investigation.

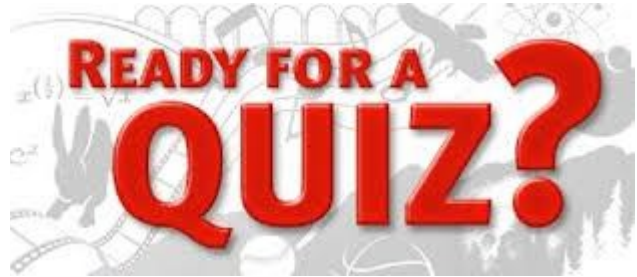
Researchers from the University of Leicester have previously shown using UK Biobank that as little as 10 minutes of brisk walking a day is associated with longer life expectancy, and that brisk walkers have up to 20 years' greater life expectancy compared to slow walkers.

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

**London**

There are fourteen London Boroughs that start with letters K-Z.

How many of the fourteen can you name?  
 It'll make you think, but take your time.



**Geography: What are the two largest cities by population for these countries?**

1. France
2. New Zealand
3. Canada
4. Egypt
5. Netherlands
6. India
7. Argentina
8. Nigeria
9. Australia
10. United Kingdom
11. Japan
12. Mexico
13. Germany

**Television:** Can you name the actor who played this part, and the UK series they were in? Some are quite tough.

1. Sergeant Arthur Wilson
2. Patsy Stone
3. John Steed
4. Norman Stanley Fletcher
5. Rodney Trotter
6. Gene Hunt
7. Dot Cotton
8. Rose Tyler
9. David Brent
10. Arnold Rimmer
11. Sergeant Robbie Lewis
12. Ken Barlow
13. Hyacinth Bucket
14. General Melchett
15. Frank Spencer
16. Geraldine Grainger
17. Manuel

**Classical Music**

Which composer wrote these famous pieces?

1. Fur Elise
2. Eine Kleine Nachtmusik
3. The Four Seasons
4. Carmen
5. Carnival of the Animals
6. Swan Lake
7. The Planets
8. The Valkyrie: Ride of the Valkyries.
9. The Messiah
10. Toccata and Fugue in D Minor
11. Also Sprach Zarathustra (*think 2001*)
12. William Tell Overture
13. Madame Butterfly
14. Bolero (*I know, it's tough*)



**Games**

Only counting the properties with colours, can you name the 14 most expensive sites on a UK standard Monopoly Board:

Stations and services do not count, just the coloured properties.

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

## HMHB Activity: News



HMHB enjoyed a wonderful visit to the Victoria And Albert museum at the end of April. Despite appearing at various entrances, we met as a group and joined an organised tour of the “Treasures of Europe”, with fabulous furniture, tapestries, art, sculptures, silver, etc. We then headed for coffee/tea (see opp.) before splitting up to see further exhibits. Everyone had a terrific time, and it felt so nice to get people out together having fun.

HMHB continue with our fantastic exercise sessions on Tuesday mornings at Highbury Leisure (do please come and join us, we go in at 9:30am). Our wonderful Personal Trainer, Dean, manages to put us through our paces with just the right amount of encouragement and motivation. Yes, we sweat, and there may even be a bit of aching, but we know we are doing good things for our body. All ages, all abilities, and we thank Better Gym for their continuing support for our project.



We have a wonderful relationship with Clissold Park, where we have been visiting for the last five and a half years on our Thursday health walk. We have to thank them as they have suggested they could help with a little funding for promoting our walk, talking to social prescribers as getting people outdoors and walking can only be a good thing. We can even get some help towards the coffees/teas we get when we stop at Clissold House. It's a wonderful gesture, and shows we are doing something right!!!

Healthy Minds, Healthy Bods were recently turned down by the NHS for major seed funding. We understand about contracts, tendering etc. Lazza has managed at a high level in office and financial management previously, but this was very disappointing considering our incredible feedback with mental health intervention. We were told “there is no money” and, on top of that, we would get nothing towards our general monthly running costs, which like any project can mount up. That's life, I guess.

It makes a mockery of our Mayor's Award when even HMHB cannot get a penny from the NHS!!! It brought us to our knees, but this pack is all about Mind-Set and overcoming challenges. Our local councillors helped us, and we have put in an application to the lottery for some of our events, and will be applying elsewhere for other costs, as well as looking for a salary for our Lazza. Difficulties will come to all of us, it is how we take action that is important. Sitting back feeling sorry gets us nowhere. Be proactive!!!!

## MIND-SET: Symptoms around negative thinking

*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.*

Over the last couple of years, life for many has been in upheaval. A lot of uncertainty around jobs, money, health, and life in general has caused a huge amount of negativity, especially online in social media. But that is not good for us. It can create an unhelpful and damaging environment around us. Is there anything we can do to help us move forward in a more positive fashion?

The first, and most obvious, place to start is to ask yourself: “why am I so negative at the moment?” It feels like this should be an easy question to answer, but in reality it is quite complicated.

### Catastrophising

If you were to look this up in the dictionary, to put it in simple terms this word describes it as when you “view or present a situation as considerably worse than it actually is”.

It's unclear what exactly causes catastrophising. It could be a coping mechanism learned from family or other important people in a person's life. It could be a result of an experience, or could be related to brain chemistry.



Research involving people who catastrophise and who also have chronic pain suggest they may have alterations in the hypothalamus and pituitary responses, as well as increased activity in the parts of the brain that register emotions associated with pain.

People who have other conditions such as depression and anxiety, and people who are often fatigued may also be more likely to catastrophise.

A study in 2015 looked at 2,802 teenagers and found that those who tended to catastrophise were more likely to have anxiety disorders. A study in 2012 found that catastrophising was linked to both anxious and depressive disorders in children, particularly among children in the third grade or younger. Controlling for anxiety, it showed that there was a strong relationship between depression and catastrophising. The authors concluded that this was because assuming that the worst will always happen leads to feelings of hopelessness. Constantly feeling hopeless can lead to depression.

Catastrophising is a symptom of many mental illnesses, and it can affect your quality of life. While it might feel overwhelming, there are many ways to treat catastrophising, although there is no medicine that specifically works. If you think you have a tendency to catastrophise, talk to a psychologist or therapist.



## **MIND-SET:**

### **More symptoms of negative thinking**

#### **Polarised thinking**

This is sometimes called “black or white” thinking, or extremes. Things are either ‘black or white’, ‘good or bad’. We don’t see the nuances that exist between one extreme and another. People with this type of distortion feel comfortable placing reality between two extremes. Why does it happen?

The main characteristic of polarised thought is the tendency to generalise and encompass different realities under one category. Therefore, people who think like this often use absolute words such as “always”, “never”, “everything”, and “nothing”. They do this automatically and put every isolated incident that comes their way into one of those boxes.



These extreme categories are generally very negative. They’re used to reiterate the existence of something bad. People who think this way usually say things like:

- “I do everything wrong” or
- “Everyone takes advantage of me” or
- “I always fail”

For those who have polarised thoughts, it’s as if nuances didn’t exist. They build a great deal of their identity around those classifications and look for a way to fit everything around them. Although reality proves that they’re mistaken, they resist abandoning their radicalisation. It’s also very easy to think like this. You do not have to challenge yourself.

In general, polarised thinking is a characteristic of those who adopt a “victim” role in life. No one does this because they want to. It’s an emotional block caused by bad experiences. At the root of it all, they believe they’ve experienced bad things that they didn’t deserve. People who consider themselves victims haven’t discovered tools nor acquired resources they can use to overcome many of their challenges. Instead, they project their resentment and develop polarised thinking.

#### **Personalising**

While personalisation can vary from situation to situation, it always involves negative thinking and, often, hinges on negative self-talk. Some examples of symptoms include:

- Feeling like you’re to blame when someone else does not have a good time when they are with you.
- Feeling like you are being intentionally excluded from a group when you see members interacting together without you.
- Feeling that others are blaming you for something over which you had little or no control.
- Assuming that you have been targeted by someone’s behaviour when it actually has nothing to do with you.

**We catastrophise, personalise, and polarise. We can combat that. Turn to P13, P14 for tips.**

## NUTRITION: Lazza's Kitchen Adventure

### Fruit Crumble

A Recipe from Lazza's Kitchen. - first published in weekly pack number 5  
Lazza made his first Fruit Crumble from scratch

The first known "crumble" is in the 1947 USA "Meta Given's Modern Encyclopedia of Cooking", while the first English reference, in the "Good Housekeeping Home Encyclopedia" of 1952, describes it as a "Canadian or 'crumble' topping for pies.

Can be savoury or sweet!!!

#### Ingredients

150g/5oz Plain Flour;  
100g/3.5oz butter (cubed);  
50g/1.75oz porridge oats  
100g/3.5oz Mixed Nuts (I used hazelnuts & almonds);  
50g/1.75oz desiccated coconut.

Fruit: I used a frozen 500g bag of raspberries/blackberries/blackcurrants/redcurrants, and added some caster sugar on top too. You can use fresh fruit of course.

- 1) Preheat the oven to 200C/180C fan/gas mark 6
- 2) Place flour, oats, butter into a bowl and rub it all together until it resembles breadcrumbs.
- 3) Pour in the nuts and coconut and mix it all up into the crumble topping
- 4) It's honestly that easy. You can always add spices like cinnamon or nutmeg too. It's your crumble, so you can put in your own taste!!!
- 5) Put all your fruit into an oven proof dish (pick the fruits you like - I chose a frozen pack to get a good mix at a very good price).
- 6) Sprinkle over the crumble mix and sugar.
- 7) Bake for 35 minutes, until golden and bubbling.
- 8) Eat with cream, custard, ice cream, or plain. Why not make your own custard?



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 dessert to prepare.

## EXERCISE/FITNESS: STRETCHING

### A Stretching routine for Walkers!!

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

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

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

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

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

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

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

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

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

#### Standing Quadriceps Stretch / Flamingo

Stand tall with feet shoulder-width apart. Using your left hand, reach back and grab your left foot or left ankle and pull it towards your butt (I grab my sock). Make sure your knee is pointing straight down toward the floor. Hold for at least 30 seconds; switch legs and repeat. If you’re having trouble balancing, stand next to a wall, chair, tree or any other sturdy, stationary object and use your opposite hand to balance



**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.**

#### Straight Leg Calf Stretch

Standing tall, extend your right leg straight back, placing your heel flat on the ground. Without bending your back knee, gently push your body forward from your pelvis. Your front knee should be directly over your ankle. Hold for at least 30 seconds; switch legs and repeat.

This one you can also do with your hands against a wall. Think about shifting your hips toward the wall.



Targets: Calves, hip flexors

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

## EXERCISE/FITNESS:

### Stretches: Page 2: More for Walkers

#### Standing Figure Four Hip Stretch

Stand up with your feet together and squat down as if you're about to sit in a chair. Lift your left leg and cross that ankle over your right thigh. Sit into the stretch - your right leg should be bent - and gently push your bent knee down.

Hold for at least 30 seconds; switch legs and repeat.

If you have trouble doing this stretch, you can hold onto a post or railing and sit back. Or do the stretch sitting on a chair or bench.



#### Posterior Shoulder Stretch

Stand tall with your feet shoulder-width apart and roll your shoulders down and back. Bring your left arm across your body, and use your right arm to gently push your left arm towards your right shoulder. Do hold between the elbow and the shoulder.

Hold for at least 30 seconds; switch arms and repeat.

For extra stretch, you can bring the arm into a hug position around your neck after the first hold.



#### Resistance Band Hamstring Stretch

Sit on the ground or on an exercise mat with your legs straight out in front of you. Loop a resistance band (or towel) around the arch of your right foot and, grasping the ends of the band in both hands, lie back. Bend your left leg, keeping your foot flat on the ground, and extend your right leg up until it's perpendicular with the ground or you feel a comfortable stretch. Keep your right leg as straight as possible without locking your knee and your hips and lower back against the ground.

Hold for at least 30 seconds; switch legs and repeat



**Always try and stretch before an activity, as it can help you stay healthier!!!!**



## MIND-SET:

### How do think more positively

On pages 8 and 9 we looked at several symptoms of negative thinking, which is a natural human trait. It's very easy to get bogged down by situations and life.

The first thing is to recognise you are thinking negatively, and then accept that you need to challenge it. You have to know there are alternatives, and actually believe it too. The difference to your mental health is staggering. Just by changing your outlook, you can lift confidence, and your overall life can change massively.



Positive thinking doesn't mean that you ignore life's less pleasant situations. Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst.

Positive thinking often starts with self-talk. Self-talk is the endless stream of unspoken thoughts that run through your head. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information or expectations due to preconceived ideas of what may happen.

If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist: someone who practices positive thinking. In some cases, pessimism can help protect you, by not rushing into a situation and making rash decisions. However, ultimately, a more optimistic view can bring better rewards.

Researchers continue to explore the effects of positive thinking and optimism on health. Health benefits that positive thinking may provide include:

- Increased life span
- Lower rates of depression
- Lower levels of distress and pain
- Greater resistance to illnesses
- Better psychological and physical well-being
- Better cardiovascular health and reduced risk of death from cardiovascular disease and stroke
- Reduced risk of death from cancer
- Reduced risk of death from respiratory conditions
- Reduced risk of death from infections
- Better coping skills during hardships and times of stress

It's unclear why people who engage in positive thinking experience these health benefits. One theory is that having a positive outlook enables you to cope better with stressful situations, which reduces the harmful health effects of stress on your body.

It's also thought that positive and optimistic people tend to live healthier lifestyles. They get more physical activity, follow a healthier diet, and don't smoke or drink alcohol in excess.

## MIND-SET:

**Everyone can change how they think.**

You can learn to turn negative thinking into positive thinking. The process is simple, but it does take time and practice. You're creating a new habit, after all.

Following are some ways to think and behave in a more positive and optimistic way:

- **Identify areas to change.** If you want to become more optimistic and engage in more positive thinking, first identify areas of your life that you usually think negatively about, whether it's work, your daily commute, life changes or a relationship. You can start small by focusing on one area to approach in a more positive way. Think of a positive thought to manage your stress instead of a negative one. Maybe, make a plan and write things down!! We discussed this in our previous pack.
- **Check yourself.** Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
- **Be open to humour.** Give yourself permission to smile or laugh, especially during difficult times. Seek humour in everyday happenings. When you can laugh at life, you feel less stressed. This is one of the benefits of putting down your mobile or tablet and just chatting with friends. I just had a telephone call with one of our users (and my friend) about an upcoming holiday, and we had a couple of real belly laughs, which has had an effect on my own mood.
- **Follow a healthy lifestyle.** This is the main objective of these health packs. We are trying to influence you to see where you can make changes in your current lifestyle that can improve your overall health. Aim to exercise for about 30 minutes on most days of the week. You can also break it up into 5- or 10-minute chunks of time during the day. Exercise can positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. Get enough sleep. And learn techniques to manage stress.
- **Surround yourself with positive people.** Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways. When we are down we do tend to isolate. Instead of going out and having fun, we stay in because we are miserable. We also may indulge in unhealthy activities - which can include drink, drugs, and overeating. We use them as crutches to help us through. I did that myself when I had depressions, and still struggle with overeating when I am stressed. I empathise. But I am also very lucky that I have met so many wonderful people through HMHB that inspire me every day.
- **Practice positive self-talk.** Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you. Think about things you're thankful for in your life. We are our own worst enemies. We knock ourselves down. It's the easy option. Instead, think of all the times things have gone well, the laughs, the friendships. :-)



**“A positive attitude may not solve all your problems,  
but that is the only option we have  
if we want to get out of problems.”**

**“Having a positive attitude isn't  
wishy-washy, it's a concrete and  
intelligent way to view problems,  
challenges, and obstacles.”**

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

Since last summer, 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 was important that anyone could win, so we decided to make it funny, but no knowledge was required. If you enjoy the questions on this page, why not come and join us on Thursdays? If you contact us, we can send a link.

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

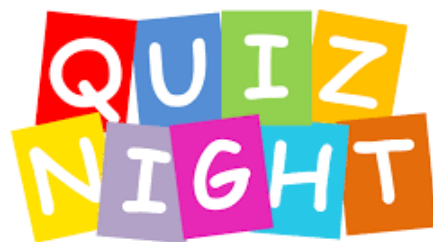
### **ROUND ONE: Odd Two Out - we have changed to two correct answers from the four choices Only two of the choices are correct: which two are they?**

- |   |  |   |
|---|--|---|
| 1 UK Places with Bottom in title<br>Scratchy Bottom<br>Boggy Bottom<br>Brown Bottom<br>Rotten Bottom                        | 2 Genuine Tits<br>African Blue Tit<br>Southern Black Tit<br>Green Tipped Tit<br>Lesser Spotted Tit | 3 Names of Orchids<br>Naked Man Orchid<br>Monkey Face Orchid<br>Red Devil Orchid<br>Mexican Puddle Orchid |
| 4 Name groups of animals<br>A Cast of Wombats<br>A Presentation of Peacocks<br>A Float of Crocodiles<br>A Tower of Giraffes | 5 Sesame Street Characters<br>Abby Cadabby<br>Queen of Five<br>Virginia Virginia<br>Mr Chuckles    | 6 USA Villages/Towns<br>Bigfoot<br>Rum<br>Calamity<br>Why   |

### **ROUND TWO: Give Me a Number**

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

- How many calories in an average shot of Vodka?
- In mins, on avg. how long to fly direct London Heathrow to Sydney?
- How many members in the House of Lords?
- In feet, what is the Men's Javelin World Record?
- How many novels did Barbara Cartland Publish?



### **ROUND THREE: When Did That Happen**

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

1. When was the first photograph taken?
2. When was the first iPhone sold?
3. When was the first Harry Potter movie released?
4. When did the Metropolitan Underground Line open?
5. When did Genghis Khan die?

### **ROUND FOUR: What links these four events below? Make something up and see if right.**

Astronomer Anders Celsius introduces the Centigrade temperature scale: Handel's Messiah premiered in the United States: The Disney film "Sword In The Stone" is released: Spacecraft Cassini orbiter releases Huygens probe which went on to successfully land on Saturn's moon Titan.

We hope you played with friends, and enjoyed guessing. This is just a taster of our quiz. We have other rounds too. We give the answer and three statements, and they have to guess which is correct. We have a question with four answers and they have to put them in order. It is a fun, interactive, and fun quiz. We love it.

## NUTRITION:

### Why are vegetables and fruits so important?

**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.**

A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check. Eating non-starchy vegetables and fruits like apples, pears, and green leafy vegetables may even promote weight loss. Their low glycaemic loads prevent blood sugar spikes that can increase hunger.

At least nine different families of fruits and vegetables exist, each with potentially hundreds of different plant compounds that are beneficial to health. Eat a variety of types and colours of produce in order to give your body the mix of nutrients it needs. This not only ensures a greater diversity of beneficial plant chemicals but also creates colourful meals.



#### What can they do?

There is compelling evidence that a diet rich in fruits and vegetables can lower the risk of heart disease and stroke.

A meta-analysis of various studies following 469,551 participants found that a higher intake of fruits and vegetables is associated with a reduced risk of death from cardiovascular disease, with an average reduction in risk of 4% for each additional serving per day of fruit and vegetables.

The higher the average daily intake of fruits and vegetables, the lower the chances of developing cardiovascular disease. Compared with those in the lowest category of fruit and vegetable intake (less than 1.5 servings a day), those who averaged 8 or more servings a day were 30% less likely to have had a heart attack or stroke.

Although all fruits and vegetables likely contributed to this benefit, green leafy vegetables, such as lettuce, spinach, Swiss chard, and mustard greens, were most strongly associated with decreased risk of cardiovascular disease. Cruciferous vegetables such as broccoli, cauliflower, cabbage, brussels sprouts, bok choy, and kale, and citrus fruits such as oranges, lemons, limes, and grapefruit (and their juices) also made important contributions..

When researchers combined findings from the Harvard studies with several other long-term studies in the U.S. and Europe, and looked at coronary heart disease and stroke separately, they found a similar protective effect: Individuals who ate more than 5 servings of fruits and vegetables per day had roughly a 20% lower risk of coronary heart disease and stroke, compared with individuals who ate less than 3 servings per day.

**The NHS 5 A Day campaign is based on advice from the World Health Organization (WHO), which recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems.**



## **NUTRITION:**

### **Fruits and Vegetables may help protect against Cancer.**

Numerous early studies revealed what appeared to be a strong link between eating fruits and vegetables and protection against Cancers. Cohort studies, which follow large groups of initially healthy individuals for years, generally provide more reliable information than case-control studies because they don't rely on information from the past. And, in general, data from cohort studies have not consistently shown that a diet rich in fruits and vegetables prevents cancer.

For example, over a 14-year period in the Nurses' Health Study and the Health Professionals Follow-up Study, men and women with the highest intake of fruits and vegetables (8+ servings a day) were just as likely to have developed cancer as those who ate the fewest daily servings (under 1.5).

A meta-analysis of cohort studies found that a higher fruit and vegetable intake did not decrease the risk of deaths from cancer.

A more likely possibility is that some types of fruits and vegetables may protect against certain cancers.

Another study followed a Nurses' Health Study II cohort of 90,476 premenopausal women for 22 years and found that those who ate the most fruit during adolescence (about 3 servings a day) compared with those who ate the lowest intakes (0.5 servings a day) had a 25% lower risk of developing breast cancer. There was a significant reduction in breast cancer in women who had eaten higher intakes of apples, bananas, grapes, and corn during adolescence, and oranges and kale during early adulthood. No protection was found from drinking fruit juices at younger ages.



They also followed 90,534 premenopausal women from the Nurses' Health Study II over 20 years and found that higher fibre intakes during adolescence and early adulthood were associated with a reduced risk of breast cancer later in life. When comparing the highest and lowest fibre intakes from fruits and vegetables, women with the highest fruit fibre intake had a 12% reduced risk of breast cancer; those with the highest vegetable fibre intake had an 11% reduced risk.

After following 182,145 women in the Nurses' Health Study I and II for 30 years, the study team also found that women who ate more than 5.5 servings of fruits and vegetables each day (especially cruciferous and yellow/orange vegetables) had an 11% lower risk of breast cancer than those who ate 2.5 or fewer servings. Vegetable intake was strongly associated with a 15% lower risk of oestrogen-receptor-negative tumours for every two additional servings of vegetables eaten daily. A higher intake of fruits and vegetables was associated with a lower risk of other aggressive tumours.

A report by the World Cancer Research Fund and the American Institute for Cancer Research suggests that non-starchy vegetables, such as lettuce and other leafy greens, broccoli, bok choy, cabbage, as well as garlic, onions, and the like, and fruits "probably" protect against several types of cancers, including those of the mouth, throat, voice box, oesophagus, and stomach. Fruit probably also protects against lung cancer. A line of research stemming from a finding from the Health Professionals Follow-up Study suggests that tomatoes may help protect men against prostate cancer, especially aggressive forms of it. One of the pigments that give tomatoes their red hue, lycopene, could be involved in this protective effect.

## NUTRITION:

### Which vegetables are best for you?

For a start, you will know if you are eating enough vegetables, but for many of us that is a problem. All vegetables contain healthful vitamins, minerals, and dietary fibre, but some stand out for their exceptional benefits. Specific vegetables may offer more health advantages to certain people, depending on their diets, overall health, and nutritional needs. Let's look at just three, but do your own research and get eating.

**Spinach** is a leafy green vegetable and a great source of calcium, vitamins, iron, and antioxidants. Due to its iron and calcium content, spinach is a great addition to any meat- or dairy-free diet. One cup of raw spinach is mostly made up of water and contains only 7 calories on average.



Spinach is a great source of Vitamin K which is essential for a healthy body, especially for strong bones, as it improves the absorption of calcium. Spinach also provides a good amount of iron for energy and healthy blood, and a high level of magnesium for muscle and nerve function. As it is rich in antioxidants, this suggests that spinach leaves may help to lower blood pressure and benefit heart health.

If a person is taking blood thinners, such as warfarin (Coumadin), they should use caution when increasing their intake of dark leafy greens. Doctors recommend maintaining a consistent vitamin K intake over time for people taking these medications

**Broccoli** is an incredibly healthful vegetable that belongs to the same family as cabbage, kale, and cauliflower. These are all cruciferous vegetables. Each cup of chopped and boiled broccoli contains around 31 calories, the full daily requirement of vitamin K, and twice the daily recommended amount of vitamin C.



Animal research has found that certain chemicals, called indoles and isothiocyanates, in cruciferous vegetables may inhibit the development of cancer in several organs, including the bladder, breasts, liver, and stomach. These compounds may protect cells from DNA damage, inactivate cancer-causing agents, and have anti-inflammatory effects. However, research in humans has been mixed.

**Sweet Potatoes** are root vegetables. Baked in its skin, a medium sweet potato provides around 100 calories and 0.17 g of fat. Each sweet potato also contains much more than an adult's daily requirement of vitamin A, around 25% of their vitamin C and B6 requirements, 12% of their potassium requirement, and beta-carotene, which may improve eye health and help fight cancer.



Sweet potatoes may be a good option for people with diabetes. This is because they are low on the glycaemic-index and rich in fibre, so they may help regulate blood sugar.

**Eating vegetables every day is important for health. They provide essential vitamins, minerals, and other nutrients, such as antioxidants and fiber.**

**Research consistently shows that people who eat at least 5 servings of vegetables a day have the lowest risk of many diseases, including cancer and heart disease.**

**Enjoy a range of vegetables daily to reap as many health benefits as possible**

## **Nutrition: HMHB looks at Vitamins**

### **Today: Vitamin D**

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

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

Vitamin D is a fat-soluble vitamin. This means it is are similar to oil and does not dissolve in water. Fat-soluble vitamins are most abundant in high fat foods and are much better absorbed into your bloodstream when you eat them with fat.

Vitamin D helps regulate the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth, and muscles healthy.

From about late March/early April to the end of September, most people should be able to make all the vitamin D they need from sunlight. The body creates vitamin D from direct sunlight on the skin when outdoors. However, between October and early March we do not make enough vitamin D from sunlight.

Vitamin D is also found in a small number of foods. These include, oily fish (such as salmon, sardines, herring, and mackerel), red meat, liver, egg yolks, and fortified foods, such as some fat spreads and breakfast cereals.

Some people will not make enough vitamin D from sunlight because they have very little or no sunshine exposure.

The Department of Health and Social Care recommends that adults and children over 4 take a daily supplement containing 10 micrograms of vitamin D throughout the year if they:

- are not often outdoors. For example, if they're frail or housebound.
- are in an institution like a care home.
- usually wear clothes that cover up most of their skin when outdoors.

If you have dark skin (for example you have an African, African-Caribbean, or south Asian background) you may also not make enough vitamin D from sunlight.

Did you know, there are actually five forms of vitamin D (D1, D2, D3, D4, D5)? The two major forms are vitamin D<sub>2</sub> (Ergocalciferol), and vitamin D<sub>3</sub> (Cholecalciferol)..



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

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

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

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





**HMHB's Name Game Page - trickier than you think.**  
**These are fifteen UK Television Presenters, past or present.**  
**How many of them can you name?**  
**Answers at bottom of quiz page answers (page 35)**



1



2



3



4



5



6



7



8



9



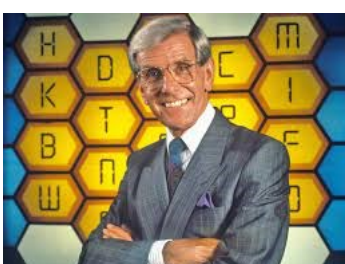
10



11



12



13



14



15



## NUTRITION: Lazza's Kitchen Adventure

### Tiramisu

A Recipe from Lazza's Kitchen. - first published in weekly pack number 34  
Lazza made his first Tiramisu from scratch

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

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

#### Ingredients

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

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

## EXERCISE/FITNESS

### Zumba

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise.

It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone.

It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods are part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden prior to the 2020 lockdown.

We have our regular Highbury Gym sessions with Dean on Tuesdays, thanks to the team at Better, and have restarted outdoors too. Zumba also begins outdoors again in May.

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.

#### What is Zumba?

Zumba was created in the 1990s by dancer and choreographer Beto Pérez, an aerobics instructor in Cali, Colombia. After forgetting his usual music one day, and using cassette tapes of Latin dance music (salsa and merengue) for class, Pérez began integrating the music and dancing into other classes, calling it "Rumbacize". In 2001, Pérez partnered with Alberto Perlman and Alberto Aghion to launch Zumba, and the trio released a series of fitness videos sold via infomercial. Pérez decided on the word "Zumba" because of its similarity to the word "rumba", the Cuban musical genre. Pérez and his partner began to replace the first letter of "rumba" until they landed on "sumba", and Pérez ultimately decided to spell it with the letter 'z' because he liked the fictional character Zorro when he was a child. It's funny how names come about!!!

There are ten types of classes, for different levels of age and exertion:

**Zumba Gold** — a low-impact, lower-intensity version of a typical Zumba class.

**Zumba Step** — a lower-body workout that incorporates Zumba routines and step aerobics with Latin dance rhythms.

**Zumba Toning** — for people who do their workouts with toning sticks, targeting the abs, thighs, arms, and other muscles. This type of Zumba class provides participants with a cardio workout and strength training.

**Aqua Zumba** — classes held in a swimming pool. The instructor leads the class poolside while participants follow in shallow water. The moves have been adapted to combine the dance movements used in a Zumba Fitness class with those used in aqua fitness classes.

**Zumba in the Circuit** — combines dance with circuit training. These classes usually last thirty minutes and feature strength exercises on various stations in timed intervals.

**Zumbatomic, Zumba Kids, and Zumba Kids Jr.** — classes designed for children from the ages of seven and eleven.

**Zumba Gold-Toning** — a toning class for older participants with the goal of improving muscle strength, posture, mobility, and coordination.

**Zumba Sentao** — a chair workout that focuses on using body weight to strengthen and tone the body.

**Strong Nation (formerly Strong by Zumba)** — a class launched in 2016 that combines high-intensity interval training with Synced Music Motivation.

**Zumbini** — a class for babies and children at the ages of nought–three years old and their caregivers



## EXERCISE/FITNESS:

### Let's try some Zumba moves.

Why Zumba is a great alternative to traditional fitness programs:

- **It's fun.** The more you enjoy your exercise routine, the more likely you are to stick with it. Many people say they have so much fun dancing that they forget they are actually exercising.
- **Great for weight loss.** Zumba is a powerful exercise and burns calories quickly.
- **Tones your entire body.** You may feel sore in places you never knew existed, but it gets results. Zumba targets lots of different muscle groups at once for total body toning
- **Boosts your heart health.** You not only get aerobic benefits (it really gets your heart rate up), you also get anaerobic benefits (the kind that help you maintain a good cardiovascular respiratory system)
- **Helps you de-stress.** Turning your attention to dance, and away from the daily grind, is a great way to relieve stress. Studies show that exercise is very effective at reducing fatigue, improving alertness and concentration, and enhancing overall cognitive function.
- **Improves coordination.** In Zumba, your arms and legs are generally moving in different directions so it requires a good deal of coordination. Repeated practice improves coordination and helps you feel more comfortable moving your body.
- **Makes you happy.** Every time you exercise, you release endorphins, which trigger positive feelings throughout the body.

#### Smashing Melons (our name for it)

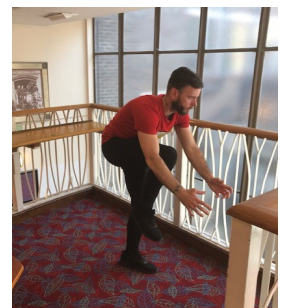
I am sure this has other names.

Standing tall, you reach up to the left side, as if holding an object.

Then you act as if you are bringing that object down to meet the upcoming right knee, as if you are breaking that object on the knee. Do this to the music four times on one side, then repeat on the other side.

To the music this is an excellent move. You see this in normal exercise sessions too.

You can step with the legs, or jump. Up to you.



#### Squat Kick

We have done this move several times before in the packs, and it is an excellent one for legs and glutes, and builds a sweat.

You do a normal squat in rhythm with the music but as you stand you kick one leg out to the side. Go back to the squat and come up kicking out the opposite side. Obviously keep going to the music.

You can also introduce pulse squats into this, or adjust to do sumo squats (wide legs) or goblet (goblin) squats with your feet together.

If you want you can incorporate some arm movement.



**Dancing is such a fun way to introduce exercise to the body.  
You can pick your own tunes and sing along too!!!**



## EXERCISE/FITNESS:

### More Zumba moves for you



#### Knee Tap

Remember this is all about having fun too, but also about movement, flexibility, and cardio.

The knee tap is just that, and is an easy move to put into your routine.

Various ways of doing. But fundamentally we want you to be doing a high knee movement, and tapping the knee when it gets up as high as you feel you can get it.

You can walk/step doing it, or incorporate a jump, depending on your level of activity.

Jumping is a wonderful, and tiring, part of an exercise session. It feels like it should be easy, but also tires you out. Getting out of breath is fine. Don't worry. But also be careful. It's your body!!!



#### High Wave/Low Wave

People seem to assume that Zumba is all about working your legs, but your upper body and arms are also used.

To the music we want you waving with both arms above your head for a count of four, and then to lower both arms as if reaching to the floor and doing a similar low wave. Repeating back up and back down.

I like this move, especially with the music going.

You are working your arms and shoulders, and also around your core. Be careful not to hunch over when reaching down, keeping your chin up, so you can keep your back as straight as possible.



#### Arms Squeeze

You do this move while marching on the spot, and is an exercise you can do in a normal session.

While marching, open both arms out to the side, with bent elbows, and pulling your shoulder blades together.

In one movement, bring both arms forward to meet in front of you, trying to get the wrists and elbows to meet. It doesn't matter if you cannot get them totally together, but to get them as close as possible.

Obviously keep repeating to the beat of the music track.

This is good for your shoulders, upper back, and your biceps and triceps. Arms are just as important as your legs to work hard.

**Choose music tracks you like, as then you may do for longer!!!**



## EXERCISE/FITNESS:

### Still working those Yoga poses.



#### Pulsing punches

This is another one you can do in a semi-squat position, whilst pulsing up and down.

We are doing normal punches to the beat of the music (you can do alternate, or together), but incorporating the pulse squat into it too.

The great thing with Zumba is you can mix and match all over the place. This move means you are working your whole body (legs, core and arms).

Always remember to keep your elbows to the side of your body, with a great jabbing punch movement forward. You can feel your arms working, and legs.

The pulse squat is just an optional extra. :-)



#### Walk/Step/Kick

Again there are many different ways of doing this.

The basic - you are taking three steps to the left (left, right, left) and then kicking out with the right foot, before returning the opposite way and kicking with the left, all to the beat of the music.

You can step behind you, or incorporate a high knee phase. The choice is yours to muck around with it. You could even have a twist around in a circle as you step, just be careful if you have trouble balancing.

The kick could be high/low/in front of you or behind you.

Just have fun!!!



#### Basketball

This is another great move for legs, and incorporates a jump too.

Remember, most music has a four beat. So for the first three beats it is as if you are bouncing the basketball in front of you. On the fourth beat is when you jump to throw the ball into the basket.

You can do it sideways to the right, and then to the left.

You can really squat down when bouncing.

There are many different ways to do this.

**Zumba targets lots of different muscle groups at once for total body toning.**

**Boosts your heart health. You not only get aerobic benefits (it really gets your heart rate up), you also get anaerobic benefits, the kind that help you maintain a good cardiovascular respiratory system.**

## Lazza's Page of Fascinating Facts

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.

### **The Olympic Rings are like that for a reason.**

The ring symbol for the Olympics is famous throughout the world. But do you know the origin? Baron Pierre de Coubertin, founder of the modern Olympic Movement, conceived of the five-ringed symbol. He specifically chose the different colours - blue, green, yellow, black, and red (on a white background) - because at least one of those colours appeared on all the national flags of the world.

The blue, black, and red are always at the top, and the yellow and green at the bottom.

The five rings represent the union of the five inhabited continents: Africa, the Americas, Asia, Europe and Oceania: and their interlinking shows the inclusiveness of Olympism and how athletes from all over the world come together for the Olympic Games.



### **Mozart was extraordinary.**

Christened Johannes Chrysostomus Wolfgangus Theophilus Mozart, (did his parents like him?) and dying so young aged just 35, Mozart was prolific as a composer. He was writing music aged 5, his first opera at 14, and he wrote many symphonies (half of them before he was 20). Not only that, he fathered six children with his wife Constanze.

Mozart's music has been credited with helping those with epilepsy, boosting the milk production of cows, and boosting the IQ of unborn babies. A Swiss sewage treatment centre has now claimed that Mozart can help microbes break down sewage waste. The centre's preferred composition is The Magic Flute. I have to say, I am not sure how much scientific evidence has been used in these deductions.

Among Mozart's prolific musical creations are 41 symphonies, 27 piano concertos, 5 violin concertos, 27 concert arias, 23 string quartets, 18 masses, and 22 operas. Wow!!!



### **Your eyes are amazing.**

Did you know that your eyes can distinguish approximately ten million different colours? Wow!! The optic nerve contains over one million nerve cells alone. The only organ more complex than the eye is the brain. Scientists believe that 80% of our learning comes through the eyes, although they can be deceived. "Heterochromia" is the medical term for having two different coloured eyes, and the term "Ommatophobia" is a fear of the eyes.

In a very basic form, eyes are thought to have first developed in animals around 550 million years ago! You actually see with your brain, not your eyes. Our eyes function like a camera, capturing light and sending data back to the brain. You see things upside down. It is your brain which turns the image the right way up.



## HEALTH / ROUTINE

### What are “Blisters”?

We have all had them, especially with new shoes rubbing on our heels. But what exactly are blisters?

Your skin consists of three layers: the epidermis, the dermis, and subcutaneous (below the skin) fat. A blister forms under the epidermis as a fluid-filled sac. Typically, it may be filled with clear liquid or blood, depending on the injury that damaged your skin.

Blisters may be painful or itchy. If a blister gets infected, it will fill with milky-white pus. Blisters most often show up on the feet or hands, but they can appear anywhere on the body.



The most common types of blisters include:

- **Blood blisters:** You can get blood blisters when something pinches your skin. Instead of clear liquid, blood floods the area from broken blood vessels and damage to the lower layers of the skin. The blood pools and forms a blister.
- **Friction blisters:** Caused by rubbing on the skin, friction blisters form when clear fluid builds up in the upper layers of skin. Many people get friction blisters from walking too much in poor-fitting shoes or by not wearing socks. You can also get them on your hands from holding things like shovels or other tools.
- **Heat blisters:** You can get these blisters from burns or sunburns. They may also form after you warm up from frostbite. Blistering skin is part of a second-degree burn.

Blisters generally do not need a healthcare provider to look at them. There are no tests or diagnostics for blisters. If a burn or frostbite caused your blisters, a healthcare provider may need to treat the underlying cause. You may also need to see your provider if a blister shows signs of infection, such as:

- Pus (yellowish or greenish discharge).
- Hot or painful area around the blister.
- Red streaks around the blister.

Blisters generally heal on their own within a few days. You can do a few things at home to make them more comfortable:

- Wash the area gently with a mild soap.
- Apply antibacterial cream or ointment.
- Cover the blister with a bandage or gauze.

Be sure to change the bandage at least once a day. And resist the temptation to pop or break a blister or peel it off. The skin on the blister protects deeper layers of skin from infection.

Make sure you have footwear that fits, that you use gloves when handling tools, and also use sunscreen when you are in the sun. These are all good preventive measures around blisters.

**Blisters are pretty standard, but it doesn't make them any less painful.  
For runners, hikers, and anyone on their feet a lot, blisters can be a major pain.  
If you get a blister, it should get better on its own in a few days.  
If your blister appears infected, see your healthcare provider**

## HEALTH / ROUTINE

### What are “Warts”?

This is quite a personal question as I have a wart on my ring finger on my right hand, and it has been there for quite a while. So I thought I would use this to do some research myself - I am learning all the time from these packs too.

Warts are raised bumps on your skin caused by the “human papillomavirus (HPV)”. Warts have actually plagued humans for thousands of years. They have been discovered on a 3,000-year-old mummy and were mentioned by Shakespeare. “Thou art a very ragged wart,” - Henry IV: Part 2.

Although warts generally aren’t dangerous, they can be uncomfortable, potentially embarrassing, and contagious. They can also be painful. However, warts can be treated, either at home or by a medical professional.

**Common Warts:** Usually grow on the backs of your fingers and toes and on the knees. But they can appear elsewhere. They can have a rough, thick, grainy appearance and a rounded top. They may appear cauliflower-like. Common warts are often greyer than the surrounding skin. They can range in size from 1mm to 1cm or larger, and can occur alone or in groups. (that’s what I have)



**Plantar Warts:** grow on the soles of the feet. Unlike other warts, plantar warts grow into your skin, not out of it. You can tell you have a plantar wart if you notice what appears to be a small hole in the bottom of your foot that is surrounded by hardened skin. Plantar warts can make walking uncomfortable.

**Flat Warts:** also known as juvenile warts, usually grow on the face, thighs, or arms. They are often caused by HPV types 3, 10, and 28. They are small and not immediately noticeable. Flat warts have a flat top, as if they’ve been scraped. They can be flesh-coloured, pink, brownish, or slightly yellow. They often grow in large groups of 20 to 200. Flat warts are not typically painful and tend to appear in areas where there is a cut or break in your skin, such as from shaving your face or legs. They are also common in children and can be spread through direct contact.

**Filiform Warts:** grow around your mouth or nose and sometimes on your neck or under your chin. They are contagious and can also spread to other parts of your body. Filiform warts are small and shaped like a tiny flap or tag of skin. They can project off of your skin in thin, finger-like strands. Filiform warts are the same colour as your skin. They are typically painless unless they occur in a sensitive area like a fold in your skin.



**Periungual Warts:** grow under and around the toenails and fingernails. They can be painful and affect nail growth. They start small, about the size of a pinprick, but can grow larger and spread to other areas through direct contact. They may be rough to the touch and have a cauliflower-like appearance.

You can spread warts to other parts of your body, and they are contagious to others.

If a treatment requires that you rub the wart with a fingernail file or a pumice stone, don’t use that tool on any other part of your body, and don’t allow anyone else to use it.

Don’t try to treat warts on your feet if you have diabetes. See your doctor. Diabetes can cause loss of sensation in your feet, so you can easily injure yourself without realizing it.

Don’t try to remove warts on your face or another sensitive part of your body (such as your genitals, mouth, or nostrils) with at-home treatments.

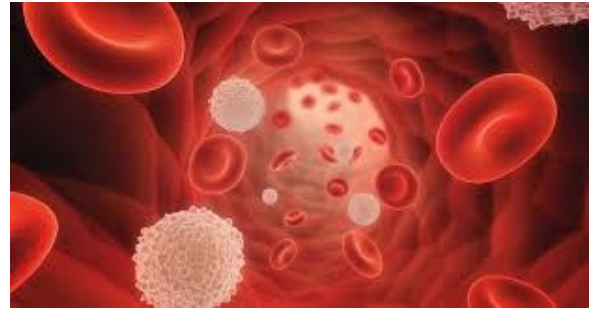


## HEALTH / ROUTINE

### What are “Scabs”?

We have all had them, especially when we were younger. In fact, it seemed to be every week we would fall over for some reason, hurt ourselves, and then get a scab over the wound. But how does it happen?

As soon as you scrape or break the skin anywhere on your body, special gold-coloured blood cells called platelets spring into action. Platelets are the cells that circulate within our blood and bind together when they recognize damaged blood vessels. Platelets stick together like glue at the cut, forming a clot.



The clot is like a protective bandage over your cut that keeps more blood and other fluids from flowing out. The clot is also full of other blood cells and thread-like stuff called fibrin that help hold the clot together.

So now you're home, you're cleaned up, and you're not bleeding anymore. But things are still happening on your wound. As the clot starts to get hard and dries out, a scab forms. Scabs are usually crusty and dark red or brown. Their job is to protect the cut by keeping germs and other stuff out and giving the skin cells underneath a chance to heal.

If you look at a scab, it probably just looks like a hard, reddish glob. But under its surface, all kinds of things are going on. New skin cells are being made to help repair the torn skin. Damaged blood vessels are being fixed.



White blood cells, the kind that fight infection to keep you from getting sick, go to work by attacking any germs that may have gotten into the cut. White blood cells also get rid of any dead blood and skin cells that may still be hanging around the cut. By the time it's all done, a new layer of skin will have been made.

Eventually, a scab falls off and reveals new skin underneath. This usually happens by itself after a week or two. Even though it may be tough not to pick at a scab (they can be so itchy), try to leave it alone. If you pick or pull at the scab, you can undo the repair and rip your skin again, which means it'll probably take longer to heal. You may even get a scar. So let that scab sit there, your skin will thank you!

#### Why do scabs itch?

You have sensitive nerves beneath your skin. They react whenever there's an irritation on your skin. This could be something simple (like a bug crawling on your skin), or more complex (like a cut that's healing). During the wound-healing process, these nerves signal the spinal cord that skin is being stimulated. The brain perceives those signals as itchy.

These nerves are also sensitive to chemicals, such as histamine, which the body releases in response to an injury. Histamine supports skin cell regrowth and is crucial to the body's healing process. But, it can cause a reaction, including itching, similar to an allergy. New skin growth can also cause itchiness. As collagen cells expand and new skin begins to grow on the wound, it results in a scab. When a scab is dry and crusty, it stimulates an itchy sensation. There, I have learnt something today!!!!

## HEALTH / ROUTINE

### How do I feel pain?

Your nervous system is made up of two main parts, the brain and the spinal cord, which combine to form the central nervous system; and the sensory and motor nerves, which form the peripheral nervous system. The names make it easy to picture. The brain and spinal cord are the hubs, while the sensory and motor nerves stretch out to provide access to all areas of the body.

Put simply, sensory nerves send impulses about what is happening in our environment to the brain via the spinal cord. The brain sends information back to the motor nerves, which help us perform actions. It's like having a very complicated inbox and outbox for everything.

Let's say you step on a sharp object. How does a sensory nerve in the peripheral nervous system know this is any different than something like a soft toy? Different sensory nerve fibres respond to different things and produce different chemical responses which determine how sensations are interpreted. Some nerves send signals associated with light touch, while others respond to deep pressure.

Special pain receptors called nociceptors activate whenever there has been an injury, or even a potential injury, such as breaking the skin or causing a large indentation. Even if the object does not break your skin, the tissues in your foot become compressed enough to cause the nociceptors to fire off a response. Now, an impulse is heading through the nerve into the spinal cord, and eventually all the way to your brain. This happens within fractions of a second.

Your spinal cord is a complex array of bundles of nerves, transmitting all kinds of signals to and from the brain at any given time. But your spinal cord does more than act as a message centre. It can make some basic decisions on its own. These "decisions" are called reflexes. An area of the spinal cord called the dorsal horn acts as an information hub, simultaneously directing impulses to the brain and back down the spinal cord to the area of injury. The brain does not have to tell your foot to move away from the object because the dorsal horn has sent that message. If your brain is the body's CEO, the spinal cord is middle management.



Even though the spinal reflex takes place at the dorsal horn, the pain signal continues to the brain. This is because pain involves more than a simple stimulus and response. Simply taking your foot off the object does not solve all of your problems. No matter how mild the damage, the tissues in your foot still need to be healed. In addition, your brain needs to make sense of what has happened. Pain gets catalogued in your brain's library, and emotions become associated with stepping on that object.

When the pain signal reaches the brain it goes to the thalamus, which directs it to a few different areas for interpretations. A few areas in the cortex figure out where the pain came from and compare it to other kinds of pain with which it is familiar. Was it sharp? Did it hurt more than stepping on a rock? Have you ever stepped on something sharp before, and if so was it better or worse?

Signals are also sent from the thalamus to the limbic system, which is the emotional centre of the brain. Ever wonder why some pain makes you cry? The limbic system decides. Feelings are associated with every sensation you encounter, and each feeling generates a response. Your heart rate may increase, and you may break out into a sweat. All because you stepped on something sharp. Our bodies are amazing!!!!!!

## LET'S PLAY A GAME

### Plus quiz answers from Page 15

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

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

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

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

**Name 10:**

<b>Countries</b>	<b>Cities</b>
<b>Animals</b>	<b>Birds</b>
<b>Insects</b>	<b>Sports</b>
<b>Actors (surnames)</b>	
<b>Actress (surnames)</b>	
<b>Singers (surnames)</b>	
<b>Authors (surnames)</b>	
<b>Jobs</b>	
<b>Hobbies</b>	
<b>Film Titles</b>	<b>Book Titles</b>
<b>Song Titles</b>	<b>Vegetables</b>
<b>Flowers</b>	<b>Fruits</b>
<b>Trees</b>	
<b>Things you find in the Kitchen</b>	
<b>Things you find in the Bathroom</b>	
<b>Things you find in the Bedroom</b>	
<b>Things you find in the Garden</b>	
<b>Items of Clothing</b>	
<b>Means of Transport</b>	
<b>Television Shows</b>	

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

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

“Fun from games arises out of mastery.

It arises out of comprehension.

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

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

**HOW'D WE DO?**

Answers to Fun Quiz from Page 15

Round One: 1 Scratchy, Boggy: 2 A Blue, S Black: 3 N Man, M Face

4 Crocodile, Giraffe: 5 A Cabaddy, V Virginia: 6 Bigfoot, Why

Round Two: 1, 96: 2, 1242: 3, 822: 4, 323: 5, 728.

Round Three: 1, 1826: 2, 2007: 3, 2001: 4, 1863: 5, 1227.

Round Four: Link: Happened on Christmas Day, 25th December: Half marks if you said same day.

## NUTRITION: Lazza's Kitchen Adventure

### Egg & Cheese Flan / Quiche

**A Recipe from Lazza's Kitchen. - first published in weekly pack number 8  
Lazza made his first Egg and Cheese Flan from scratch**

**Quiche is considered a French dish; however, using eggs and cream in pastry was practised in English cuisine at least as early as the 14th century and Italian cuisine at least as early as the 13th century.**

**The word is first attested in French in 1805. The first English usage—"quiche Lorraine"—was recorded in 1925.**

#### Ingredients

100g / 3 and a half oz. of mature cheddar;  
1 pie crust (obviously you can make your own pastry, or roll out shop bought):  
3 eggs:  
1 cup milk:  
some filling (if you want) (ham/spinach maybe)  
1 tomato for garnish:  
1/2 teaspoon mixed herbs  
Pinch salt

1. Obviously, if you are making pastry, or rolling out, this is first stage.
2. As you can see, my bravery at the time only lasted to buying a shop prepared savoury pastry case - pastry is something I still need to start preparing myself.
3. Preheat oven to 190C/375F/Gas 5.
4. Lay out the cheese evenly at the base of the pastry.
5. On top of that, lay filling if you want some. I have gone for some chopped up ham, but really the world is your oyster. That's the beauty of cooking!!
6. Into a bowl, break the eggs and whisk up, before adding the milk and continuing to whisk together.
7. Then add the herbs too.
8. Being careful, pour into the pie (I had a little left over).
9. Garnish with sliced tomatoes.
10. Place in centre of oven and cook for around 30-40 minutes; have a peek around 30 to see. The centre should jiggle slightly, and a knife in the middle should come out clean.
11. Let it stand for a few minutes before enjoying!!!



**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.**



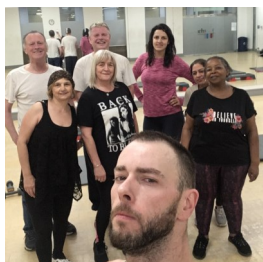
## Why not try an exercise class!!!

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

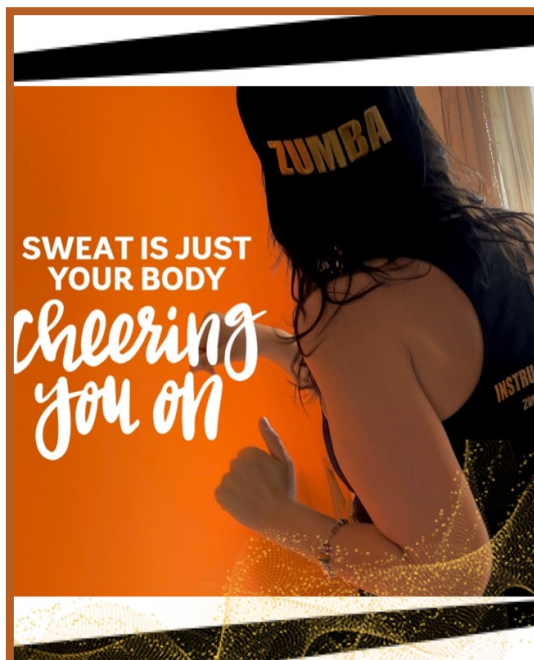
HMHB is restarting our Sunday Zumba outdoor session in Highbury Fields from May 2022. Why not join us at 12pm.

Karina is based in Islington, but her online classes are fabulous.

Please contact her.  
They are fun, but also great for your overall health. Treat yourself!!  
[yummymummyzumba@gmail.com](mailto:yummymummyzumba@gmail.com)



# ZUMBA



### ACTIVE WITHIN

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



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

HMHB Izzwalkz is part of the "Walk With A Doc" network.

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

[Check out their website for more information.](http://www.walkwithadoc.org)

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

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

[www.walkwithadoc.org](http://www.walkwithadoc.org)



### HEALTHY GENERATIONS PILATES

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

**Monday 10-11am:**  
**Intermediate Pilates**

**Tuesday 10-11am:**  
**Intermediate Pilates**

**Tuesday 2-3pm:**  
**Beginners Pilates**

**Thursday 10-11am:**  
**Gentle Pilates**

**Saturday 9.30-10.30am:**  
**Beginners Pilates**

[hello@emmaahlstrom.com](mailto:hello@emmaahlstrom.com)  
[www.emmaahlstrom.com](http://www.emmaahlstrom.com)

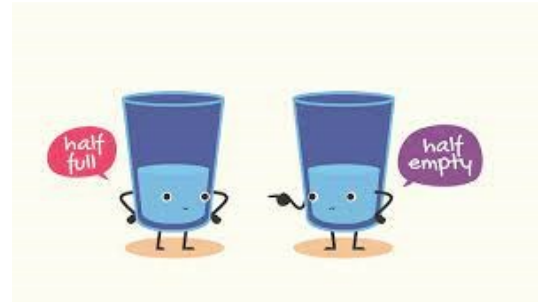
## Review of Challenges and Targets

### Mind-set:

I think the picture just about sums it up. Which are you? The glass half full or the glass half empty?

It's so easy, when things are not going well, when we don't feel in control, and perhaps are emotionally overwhelmed, to have that fixed mind-set negative feeling.

However, that will probably not solve the problem. Success comes from tackling issues head on, taking on that challenge, and looking for solutions. That's the difficult positive side. You can be it!!!!



### Nutrition.

Vegetables and Fruits: we are constantly told we need to eat a good amount each day, and for many of us that does not happen enough, or at all in some cases.

Vegetables, in particular, contain so many ingredients that fuel our bodies, and without those vitamins, minerals, antioxidants, etc. we may not even survive. They are essential. Make this month the time you really start to think more about what you need to keep your body functioning and healthy. Nutrition is a major part of that.

It's your choice, your responsibility. Yay!!!



### Exercise.



To celebrate the return of our outdoor Zumba sessions in May 2022, we thought we would do our own promotion for this type of exercise.

We really enjoy our wonderful time with Karina, and we have all ages up to mid 80s taking part. You go at your own pace, not in competition - there will be people who can do it much better than you or I. But that doesn't matter. It's about movement, flexibility, and having a lot of fun, and we also do sweat.

Why not find a local class/group and let yourself go!!!

### Health.

This week we look at three different common ailments - blisters, warts, and scabs - why they occur and what we need to do when we get them.

Then we look at how we feel pain.

This is something we all suffer throughout our lives in various degrees. It feels nasty that we can be given such wonderful bodies, and then a reaction that can hurt us so much.

But pain is there for a reason to help our bodies recognise when things have gone wrong, and that we need to take care. However, if you are suffering from pain at all, do get it checked out professionally.



**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 + UK TV Presenters from Page 20

See if you can beat your family and friends

### Geography: What are the two largest cities by population for these countries?

1. F: Paris, Marseille
2. NZ: Auckland, Christchurch
3. C: Toronto, Montreal
4. E: Cairo, Giza
5. N: Amsterdam, Rotterdam
6. I: Mumbai, Delhi
7. A: Buenos Aires, Cordoba
8. N: Lagos, Cano
9. A: Sydney, Melbourne
10. UK: London, Birmingham
11. J: Tokyo, Yokohama
12. M: Mexico City, Iztapalata
13. G: Berlin, Hamburg

### Classical Music

Which composer wrote these famous pieces?

1. FE: Beethoven
2. EKN: Mozart
3. TFS: Vivaldi
4. C: Bizet
5. COTA: Saint-Saëns
6. SL: Tchaikovsky
7. TP: Holst
8. ROTV: Wagner
9. TM: Handel
10. T&F: J. S. Bach
11. ASZ: Strauss (Richard)
12. WTO: Rossini
13. MB: Puccini
14. B: Ravel (*I know, it's tough*)

**Television:** Can you name the actor who played this part, and the UK series they were in? Some are quite tough.

1. John Le Mesurier: Dad's Army
2. Joanna Lumley: Absolutely Fabulous
3. Patrick MacNee: The Avengers / New Avengers
4. Ronnie Barker: Porridge
5. Nicholas Lyndhurst: Only Fools and Horses
6. Philip Glenister: Life On Mars
7. June Brown: Eastenders
8. Billie Piper: Doctor Who
9. Ricky Gervais: The Office
10. Chris Barrie: Red Dwarf
11. Kevin Whatley: Inspector Morse
12. William Roache: Coronation Street
13. Patricia Routledge: Keeping Up Appearances
14. Stephen Fry: Blackadder Goes Forth
15. Michael Crawford: Some Mothers Do 'Ave 'Em
16. Dawn French: The Vicar of Dibley
17. Andrew Sachs: Fawlty Towers

### London - 14 London Boroughs between K-Z

Kensington and Chelsea: Kingston Upon Thames  
 Lambeth, Lewisham, Merton, Newham  
 Redbridge, Richmond Upon Thames  
 Southwark, Sutton, Tower Hamlets  
 Waltham Forest, Wandsworth, Westminster

**QUIZ ANSWERS**

### List of UK Television Presenters - from Page 20 (it's meant to be tricky - how well did you do?)

- |                   |                   |
|-------------------|-------------------|
| 1 Cat Deeley      | 2 Charlie Brooker |
| 3 Fiona Bruce     | 4 Anna Richardson |
| 5 Steve Backshall | 6 Fern Britton    |
| 7 Rick Edwards    | 8 Brian Cant      |
| 9 Nigella Lawson  | 10 Frank Bough    |
| 11 Keith Chegwin  | 12 Rob Bryden     |
| 13 Bob Holness    | 14 Clive Myrie    |
| 15 Russell Harty  |                   |

### Games:

#### 14 most expensive coloured Monopoly Board properties

Mayfair, Park Lane, Bond Street,  
 Oxford Street, Regent Street,  
 Piccadilly, Coventry Street,  
 Leicester Square  
 Trafalgar Square, Fleet Street,  
 Strand, Vine Street  
 Marlborough Street  
 Bow Street

# THE LAST PAGE

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

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

You can contact HMHB:

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

Please follow us on Twitter if you use it: [@hmhb2016](https://twitter.com/hmhb2016)

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

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

Please follow and like our blogs:

[www.hmhb2016.blogspot.com](https://www.hmhb2016.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.**

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

We also thank the National Lottery Communities Fund for extra funding, that enabled us to continue packs last year, to reach further and do more.



ISLINGTON

*Cripplegate Foundation Helping since 1500*

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