



Healthy Minds, Healthy Bods



HMHB Health Pack: Number 108

September 2026

Inspiring: Encouraging: Motivating

www.hmhb2016.org.uk



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Introduction to HMHB

**HMHB Health Pack: Number 108
Relaunched in September 2026
Now 57 Pages Every Month.**

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, complete with content details.

We then went monthly for 7 issues before relaunching in 2022. A revamped Monthly Health Pack for everyone. All copies are on the website in PDF form.

We decided to relaunch again in 2026.

Now an incredible 57 pages.

HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering 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 in their lives.



Healthy Minds, Healthy Bods (HMHB) was launched in November 2016 from a concept developed and designed by Lazza Curtis.

Lazza had gone through a couple of crippling depressions, but after coming through recovery his own feedback said that he would have liked more fun and laughter in his intervention, as well as opportunities to improve his overall health through exercise and nutrition and a better understanding around his physical and mental well-being. He also wanted to improve his social health.

He was encouraged to start his own project, and that is where HMHB emerged. We have constructed our own pioneering course, with a unique delivery, that focuses on Mindset. Nutrition, Exercise and Health which has received extraordinary feedback from Job Centres, Health Projects, NHS Clients, Community Centres, Organisations helping those with addiction issues, Older People services, and more.

We produce this “incredible” and “exceptional” Health Pack - the only one of its kind in the country - that has been described in the NHS as a “vital resource” and “full of interesting information”.

As well as running weekly health walks in three London Boroughs, and an exercise session available to all, HMHB organises more social outing/events than any other London health project (to our knowledge). Do find pictures on our website from every occasion.





Latest Research on Health: 1

Mediterranean diet may activate tiny proteins that protect the heart and brain

A Mediterranean-style diet may influence aging through an unexpected biological pathway involving tiny proteins produced inside mitochondria, according to a new study led by researchers at the University of Southern California Leonard Davis School of Gerontology.

Mitochondria are best known as the structures that generate energy inside cells, but scientists increasingly recognise that they also release chemical signals that affect metabolism, inflammation, stress responses, and aging. The researchers found that older adults who followed a Mediterranean diet most closely had higher blood levels of two mitochondrial microproteins called “Humanin” and “SHMOOSE”. Both have previously been associated with protection against cardiovascular disease and neurodegeneration, the gradual loss of nerve cell function seen in conditions such as Alzheimer's disease.

The study was led by Roberto Vicinanza, an instructional associate professor of gerontology at the USC Leonard Davis School. "These microproteins may act as molecular messengers that translate what we eat into how our cells function and age," Vicinanza said. "It's a new biological pathway that helps explain why the Mediterranean diet is so powerful."



The Mediterranean diet emphasises olive oil, fish, legumes, fruits, vegetables, whole grains, and other minimally processed foods. It generally limits refined carbohydrates, heavily processed products, and foods high in added sugar. Decades of research have linked this eating pattern to a lower risk of cardiovascular disease, type 2 diabetes, cognitive decline, and premature death. However, scientists are still working to identify the cellular processes that may produce those benefits.

For the new study, the research team examined blood samples from older adults who followed the Mediterranean diet to different degrees. Participants with the strongest adherence had significantly higher concentrations of humanin and SHMOOSE. They also had lower indicators of oxidative stress, a form of cellular damage caused when unstable molecules, known as reactive oxygen species, overwhelm the body's protective systems. Persistent oxidative stress can injure proteins, fats, and DNA and has been associated with aging and many chronic diseases.

Higher consumption of olive oil, fish, and legumes was associated with increased levels of humanin. Olive oil and a lower intake of refined carbohydrates were linked to higher levels of SHMOOSE. Refined carbohydrates include foods such as white bread, pastries, and sugary products that have been stripped of much of their natural fibre and nutrients. They are digested quickly and can produce sharp increases in blood sugar.

"These findings suggest that specific components of the Mediterranean diet may directly influence mitochondrial biology," said USC Leonard Davis School Dean and USC Distinguished Professor Pinchas Cohen, the study's senior author. "Humanin and SHMOOSE could serve as biomarkers for adherence to the Mediterranean diet and have clinical significance."

A biomarker is a measurable biological sign that can provide information about health, disease, or how the body is responding to a behaviour or treatment. In this case, the two microproteins could potentially help researchers measure how strongly a person's body is responding to a Mediterranean eating pattern.



Latest Research on Health: 2

Coffee may protect your heart, but energy drinks could harm it

Caffeine is the most widely used stimulant and psychoactive substance in the world, and coffee is how most people consume it. According to a new scientific statement from the American Heart Association, most adults can safely consume up to 400 mg of caffeine/day (or up to five 8-ounce cups of caffeinated coffee per day). For some people, moderate coffee consumption may also be associated with a lower risk of cardiovascular disease.

The picture changes at higher doses. Concentrated sources of caffeine, especially energy drinks including energy shots, may raise the risk of cardiovascular problems. The findings were published in the American Heart Association's peer-reviewed journal "Circulation": the scientific statement "Caffeine and Cardiovascular Disease."

"Caffeine consumed in coffee is a key part of daily life for millions of people, and in our review of the most recent research, for most adults, intake of up to 400 mg of caffeine/day, the equivalent of up to 5 cups of caffeinated coffee per day without added sugars or fillers, is safe and does not increase cardiovascular risk," said Chair of the scientific statement volunteer writing group Gregory M. Marcus, M.D., M.A.S., FAHA, a professor of medicine at the University of California of Medicine and the associate chief of Cardiology for Research at the University of California Health. "However, high doses of caffeine, such as those found in energy drinks in harmful effects on the heart and should be avoided."



Understanding exactly how caffeine affects the cardiovascular system is difficult. Coffee is the main source of caffeine in most studies, but coffee contains many other substances that could influence health. Experimental research suggests that some bioactive compounds in coffee have antioxidant and anti-inflammatory properties, which may contribute to its possible benefits.

It is also hard to distinguish the effects of caffeine from those of ingredients commonly added to coffee, including milk, cream, flavoured syrups and/or sugar. Most caffeine research is observational as well, which means it can identify associations but cannot establish cause and effect.

Coffee is not the only source of caffeine. Tea, chocolate, soda and energy drinks, as well as over the counter and prescription medications, can all add to a person's daily intake. Researchers say more studies are needed to clarify the caffeine content and cardiovascular effects of these other products. The new statement reviews recent evidence about caffeinated coffee and its possible relationships with high blood pressure, cholesterol, Type 2 diabetes, coronary heart disease, stroke, heart failure, atrial fibrillation, other arrhythmias and other cardiovascular condition.

Researchers say more evidence is needed to determine how caffeine affects the body, how different caffeine sources influence heart health and why the effects can vary so widely from person to person.

I admit I do like a nice coffee in the morning. I was having a few lattes – the Wetherspoon office has free refills all day – but now I am losing weight I am limiting them – in fact I do go more for white coffee if possible. I also do try and get caffeine free. I do not know if it is a placebo effect, but I still feel good afterwards. I am also limiting the amount of caffeine intake after 3pm. I know this can affect sleep.



Lazza's Fiendishly Hard Quiz

Answers on Page 53 (*no peeking*)

MUSIC: Who originally sang these songs with a Girl's name in the title, and the year released?

1. Cecelia
2. Mandy
3. Michelle
4. Maggie Mae
5. Billie Jean
6. Layla
7. Help Me, Rhonda
8. Come On Eileen
9. Roxanne
10. Sweet Caroline
11. Peggy Sue
12. Annie's Song
13. Jolene
14. Delilah
15. Mustang Sally

FILMS: These songs were all up for Best Original Song at Oscars: Name the Film and the Year nominated.

1. Zip-A-Dee-Doo-Dah
2. The Bare Necessities
3. Let It Go
4. I Have Nothing
5. The Power of Love
6. I'm Just Ken
7. Chim Chim Cher-ee
8. Moon River
9. Accidentally In Love
10. Everything Is Awesome
11. Papa, Can You Hear Me?
12. Up Where We Belong
13. Bibbidi-Bobbidi-Boo
14. Shallow
15. I Don't Want to Miss a Thing
16. (I've Had) The Time of My Life
17. Under The Sea

LITERATURE: Can you name the author who introduced us to these characters?

1. Holly Golightly
2. George Smiley
3. Albus Dumbledore
4. Philip Marlowe
5. Winnie The Pooh
6. Peter Pan
7. The Little Mermaid
8. Tarzan
9. Julian, Dick, Anne, George, Timmy the Dog
10. Elizabeth Bennet
11. Asterix The Gaul
12. Gandalf
13. Tom Ripley
14. The Cat in The Hat
15. Fagin



SPORT: Can you name the sports for these sports stars, and their nationality?

1. Sachin Tendulkar
2. Maria Sharapova
3. Eddy Merckx
4. Kareem Abdul-Jabbar
5. Lando Norris
6. Nadia Comaneci
7. Johan Cruyff
8. Greg Norman
9. Wayne Gretzky
10. Jonah Lomu



Lazza's Kitchen

Fruit Custard Desserts

RECIPE:

Pack of frozen fruits: I chose Strawberries, Raspberries, Blackberries, Blueberries
1 litre Milk: 300ml Double Cream
5 Eggs: 3 Heaped tablespoons Cornflour
2 packs of Jelly – I used Raspberry: Lemon Juice
5 Tablespoons of Caster Sugar – I used brown, but you can use white
Chopped Nuts: Vanilla Essence: Honey (I poured around 100ml)



For the Fruit:

I put the frozen fruit into a saucepan, poured over the honey, and added a nice few dashes of lemon juice: I then turned up the heat, allowing the fruit to thaw and gently cook into the honey. Once it was bubbling nicely, I took it off the heat, pouring into a bowl and put to one side.

For the Jelly:

I just melted the jelly as per the instructions and put to one side. Once fruit and jelly were cooler, I added a nice spoon of the fruit mix into the ramekin dish and just filled with enough jelly to cover. I then allowed this to cool further before slipping into the fridge to cool even more.

For the Custard:

I put the milk and cream into a saucepan to heat up. In a large bowl I mixed the five egg yolks (I did not need to keep the whites for anything sadly) with the sugar and a nice dollop of vanilla essence. Once that was together, I stirred in the cornflour too, ensuring there were no lumps. When the milk/cream mix was warm I added a small amount into the egg mix and stirred before adding that back into the saucepan. I continued to whisk constantly while that boiled and gelled into a nice custard and put to one side.

For the Desserts:

Before jelly has just set, I added a nice spoon of the custard into the ramekin, so it settled into the fruit/jelly mix, topped with nuts, and back in fridge to set properly. Really tasted lovely,



Lazza had never really cooked before, but when he started these Health Packs in 2020, he decided to add all first-time recipes to show you can learn new things at any time of life. All recipes are ones he had never made/baked/created before.



HMHB Activity & Photos

July & August 2026

We are good friends with the Francis Crick Institute, opposite St Pancras Station, and we went to see BBC Science Podcast recordings hosted by Professor Brian

Cox – this one titled “How Is AI Transforming Medicine?” – it focused on how AI is reshaping medical research, accelerating drug discovery, designing targeted treatments, and altering the clinical landscape. A fascinating discussion led by questions from the audience (already submitted) with a knowledgeable panel too. We were so lucky to get five tickets for this event, and it is worth checking out the FCI for future activities.

www.crick.ac.uk



Our Highbury Fields walk has been going now for around two and a half years – every Wednesday morning at 9:30am from outside Highbury Leisure Centre (do join us), and we were delighted to welcome along the Islington Mayor Councillor Rosaline Ogunro, who arrived in full regalia, and a bodyguard to look after the Chain. Everyone enjoyed chatting with her, and we stopped in the middle for this lovely group photograph. We would like to thank the Mayor’s Office, and everyone who joins us on these walks. More details of our three weekly health walks are in this pack and do look out for others around your area too.

As per our Post at the top of this page, this was another Francis Crick Institute Podcast recording hosted by the wonderful Professor Brian Cox – this one titled “Can We Beat the Superbugs?” which focused on the global crisis of antimicrobial resistance and how researchers are fighting back against drug-resistant bacteria. Parts covered Phage therapy (using viruses that infect bacteria as an alternative to antibiotics), as well as Cellular biology showing how bacteria evade current treatments. The Francis Crick also provides lectures and exhibitions so well worth looking at for a visit in our opinion.

www.crick.ac.uk





HMHB Activity & Photos

July & August 2026

We love our monthly Karaoke visits – and we have really made a great find with the Hercules Pub on Holloway Road, opposite the Odean Holloway. The atmosphere for these Friday nights is superb, and we feel very welcome and looked after. It runs from around 8pm to midnight, although we do leave before that, and Justin, Rob, and Lazza are all regular singers – with supporters coming to cheer us on too. Pop along next time and join us.

www.theherculesholloway.co.uk



Every summer we end up on the boating lake in Finsbury Park – managed by the Cafe, but it is great fun, and quite relaxing – even if you are the one holding the oars. We need to be careful when we change rowers, and there have been a couple of precarious situations, but we have not fallen in yet. You get followed around by the geese, ducks, and swans, as they think you have feed. It is a lovely way to spend some time socialising with friends.

www.finsburyparkcafe.co.uk

We have several members with significant birthdays this year, and July was the turn of Ros, who I am sure does not mind me mentioning she was 80 years young.

Her family threw her a party and, of course, a few members of HMHB were invited along as Ros is an integral part of our social group. Here are some of us sitting in her garden surrounded by food and drink (there was plenty to go around). It really was a lovely party, for a very nice lady, and more to come.

Thanks to everyone who supports us.



We enjoy the free lunchtime concerts around London, and this one was at St. James's Church, Piccadilly, with Ray Sun (Violin) and Jennifer Walsh (Piano) playing Sonatas by Schumann (German) and Schnittke (Russian). The standard of these is extraordinary and it feels a privilege every time to be able to hear these musicians for free. What's not to love? Check out more online for this Church.

www.sjp.org.uk



HMHB Activity & Photos

July & August 2026

Another great free lunchtime concert at St. Bride's Church, Fleet Street. Called Fivebys, they are a specialised trumpet quintet dedicated to performing and expanding the original chamber music repertoire written specifically for five trumpets. Unlike a standard brass quintet (which typically features two trumpets, a horn, a trombone, and a tuba), a trumpet quintet exclusively comprises five trumpet players.

www.stbrides.com



Here we are back at the Francis Crick for another Podcast recording hosted by Professor Brian Cox – titled “What’s Going on Inside the Teenage Brain?”. It examined how today's digital world and screens affect mental health, and what brain imaging reveals about how teenagers make moral decisions, weigh risks, and read social cues. The panel were once again fantastic – these have been so interesting.

www.crick.ac.uk

Here are a few of the group who visited the British Library at Euston, and we investigated the “Treasures of the British Library” room. Wow!! You can find original writings by Shakespeare, Dickens, Austen: original music from Beethoven, Elgar and Handel. Original drawings by Leonardo Da Vinci. Beautiful sacred texts, and even a first edition copy of Romeo and Juliet.

www.bl.uk



We have to thank our friends at Islington Giving for donating to us ten free Tower Bridge Experience tickets, and it was a very special visit as we travelled over the Walkways – with the glass bottomed sections and history of the bridge, including failed plans – and the engine rooms that had spectacular machinery. It is truly a wonder of engineering at the end of the Victorian period.

www.towerbridge.org.uk

Our final Podcast recording at the Francis Crick Institute hosted by Professor Brian Cox was titled: “How Can We Fix Our Oceans?” It looked at protecting international waters from unsustainable fishing, pollution, and deep-sea mining, and addressing coral bleaching, rising ocean temperatures, and preserving marine biodiversity. These podcasts were a real find and have been informative and interesting.

www.crick.ac.uk





HMHB Activity & Photos

July & August 2026

Beautiful melodies from Soprano Anna Cooper, accompanied by an accomplished young pianist, Sam O'Neal, at St. James's Church, Piccadilly. We do not get to hear a lot of singing, so this really was a wonderful opportunity to hear someone of this calibre. The acoustics in the church really suit a powerful voice, and we enjoyed this lunchtime concert very much.

www.crick.ac.uk



Tucked behind medieval walls within the Westminster Abbey precincts in central London, we headed to Westminster College Gardens as part of their Brass summer. The Enfield Brass Band were performing a 90-minute summer concert for free, so we brought along our food and drink picnics and just enjoyed the performance.

We also saw the Sonnet Wind Orchestra.

www.westminster-abbey.org

We have really enjoyed our Tuesday sessions with Islington Boating Club at City Road Basin, where we were joined by Better Lives too. We had opportunities to both kayak and paddle board, and our instructors were patient, cool, and allowed us to really enjoy ourselves on the Regents Canal. Several of our group have had serious health issues this year and this was a terrific escape for them to relax.

www.islingtonboatclub.com



Our Thursday walkers were joined by Single Homeless Project clients in July, and it was great to have them along. SHP helped our own Lazza through his recovery many years ago, so it was lovely to be able to reciprocate and bring them into our neck of the woods. We chatted, fed the ducks and swans, and had a lovely coffee and nibble at the Clissold Café too. I hope they will come back and join us again.

www.shp.org.uk

We had our monthly visits to the Second Chance Café, which is a pay-as-you-feel community café that operates out of the St Mary's Centre (off Stoke Newington Church Street opposite Clissold Park) and serves as a gathering space for people from diverse backgrounds across Stoke Newington and beyond. Soup, Crumble, Coffee, and wonderful volunteers who always make us feel very welcome.

www.2ndchancecafe.co.uk





HMHB Activity & Photos

July & August 2026

We visited Bruce Castle Museum in Tottenham. The current building was built around 1514 for Sir William Compton (a courtier to Henry VIII), it includes a mysterious Tudor tower and later 17th- to 19th-century alterations. It is named after the de Brus family, who formerly owned the land. We also found the Great Oak Tree, planted around 1514, as well as the Tudor Tower from the same period.

www.brucecastle.org



We went to Coffee Junction near Old Street to see “Natalie and Me” – by Simon Gomes. This charming and funny show takes you through the highs and lows of Simon's life as he comes to term with being himself, learning about his visual disability and how to rebuild his life. He is taking it to the Edinburgh Festival, raising money for Moorfields Eye Hospital and we had lots of laughs with him.

www.42coffeejunction.co.uk

We attended the Royal College of Music Museum, near to Baker Street, and came away very happy. Two galleries – the first based around stringed instruments (with a repair shop too) and the second for piano – and we were very lucky to have a guided tour around the harpsichords, virginal, Pianos, especially some older versions. Our guide even played them – so a brilliant visit to this museum.

www.ram.ac.uk/museum



Our Monday walkers were joined by the Mayor of Haringey, Dawn Barnes, and here we are sitting outside the Café in the middle of Clissold Park. It is the first time we have had the Haringey Mayor come along and she was fabulous and chatty too. She is the first-ever Liberal Democrat Mayor of Haringey and the first non-Labour mayor in over 50 years. Was very special for our group on a Monday morning.

www.shp.org.uk

We have had the pleasure of listening to some amazing musicians this year, and Jiali Wang on the Piano really dazzled us. With no music in front of her, her astonishing finger work playing Bach, Janacek, Scriabin, and a very tricky piece by Prokofiev had us drooling – and she also played a piece by Clementi, who famously taught Beethoven music. I love these concerts and looking forward to more.

www.sjp.org.uk





HMHB Activity & Photos

July & August 2026

We went to the “Petrie Museum of Egyptian and Sudanese Archaeology” in London, which is part of University College London Museums and Collections. The museum contains over 80,000 objects, making it one of the world's largest collections of Egyptian and Sudanese material. We saw 6000-year-old pots, and some of the oldest clothing ever found in tombs, plus jewellery, carvings, and figures.

www.ucl.ac.uk/museums-collections



One Saturday we went along to the Wellcome Collection on Euston Road. Opened in 2007 and inspired by the eclectic medical objects and curiosities gathered by founder Henry Wellcome, the venue features contemporary and historic exhibitions. We saw areas on Tenderness & Rage, The Coming of Age, and Being Human, as well as others. Thought provoking and interactive too. A good visit.

www.wellcomecollection.org

Thanks to our friends at the Kings Head Theatre, for reduced price tickets to see “Here Comes J. Edgar” – a new musical by Harry Shearer (Simpsons) and Tom Leopold (Cheers). Cast were great, including Bryan Batt (Mad Men) pictured with us. We also thank Tim for arranging for us to see some cast as well as teas/coffees after the performance.

It's a brilliant local theatre. Check them out.

www.kingsheadtheatre.com



Our first visit to St. Pancras Church, Euston Road – what a spectacular building – for a lunchtime concert with an expressive violinist (Elfida Su Turan) and a talented pianist (Ekaterina Grabova), playing various pieces by Sibelius, Vaughan Williams, Gershwin, and others.

We really enjoyed the exquisite music and will be coming back to look around this beautiful church.

www.stpancraschurch.org

Over the last few years, we have been doing summer picnics, but this was our first this year in Highbury Fields. The weather, as we know, has been glorious – although a few of our gardens wouldn't mind a drop or two of rain – so it was lovely to stop at the top of the main field with the group and chat over some food and drink. A lovely Sunday lunchtime, and thanks to all who decided to come along and share in this experience.





HMHB Activity & Photos

July & August 2026

We spent a fantastic Monday afternoon visiting the three free exhibitions at the Saatchi Gallery, off the Duke of York Square, close to Sloane Square.

We were blown away at some of the works, especially faces made from broken glass, as well as another by string, and mosaics. There was also a wonderful gallery of photos.

We have been several times and enjoy every visit.

www.saatchigallery.com



We had our first ever visit to St. George's Church, a historic 18th-century Anglican church located on St George Street in Mayfair, London. Built between 1721 and 1724 and designed by John James, it was funded by Queen Anne's 1711 Act of Parliament to serve London's expanding West End population. We listened to Jeremiah Stephenson, an astonishing and accomplished organist. A treat!!

www.stgeorghanoversquare.org

Thanks to St. Luke's Community Centre for allowing us to join their Summer Coach Trip to Broadstairs - a charming coastal resort town located on the Isle of Thanet in Kent, England, roughly 80 miles east of London. Known as the "jewel in Thanet's crown," it features seven sandy beaches and bays—including Viking Bay and Botany Bay—and has a rich history tied to author Charles Dickens.

We had ice cream, fish and chips, and even a swim.



We had our first ever visit – with heartfelt thanks to their wonderful staff – to the Estorick Collection of Modern Art, the UK's only public gallery dedicated exclusively to modern Italian art. Opened in 1998, it features a renowned core of Futurist works alongside 20th-century figurative art and sculpture and is close to Highbury Junction. Many thx to Luca for the talk on the six galleries.

www.estorickcollection.com

A super Sunday afternoon at Sadlers Wells for ten of us enjoying Matthew Bourne's "Car Man" ballet.

First premiered in 2000, it is loosely based on Georges Bizet's 1875 opera "Carmen", relocating the story from a 19th-century Spanish cigarette factory to a greasy 1950s garage-diner in a small Midwestern American town.

The music and dancing were extraordinary.

www.sadlerswells.com





HMHB Activity & Photos

July & August 2026

Here we are stood against the stage at the always magnificent Globe Theatre, Bankside, to see Shakespeare's play
A Midsummer Night's Dream.

Six of us enjoyed this cracking production which involved a lot of audience participation, but also super performances from the actors both on and off the stage.

We are back below for another. Check them out.

www.shakespearesglobe.com



Our Summer Party was a well-attended success, and we must once again thank Dor and Ted for hosting us in their amazing garden in Highbury.

I also have to give my personal thanks as I turned 60 in August and my amazing group gave me an astonishing card and wonderful gifts and cake. I am very humbled.

I love HMHB and everything we do, but it is made by the wonderful people who come along and support.

You can see us, paddles ready, after coming off the water at City Road Basin on the Regent's Canal, just down from Angel, and none of us are wet (so did not fall in).

These sessions have been so good. We have one more left, in September, and we are already looking forward to more next year if at all possible.

The therapeutic assistance these give are astounding. It is like a medicine really, and definitely helps the group.



Yes, our second visit to the Globe, and wow what a cracking production of "Much Ado About Nothing".

It's a very good play, with the usual Shakespeare misunderstandings and back stabbing.

The cast were, as always, brilliant, as was the staging. I have to say I think it must be difficult to learn all those lines, as I have done amateur dramatics in the past.

But we have three more Globe visits this year.

Although I have lived in London most of my life, I did not know that the Barbican had a Conservatory Roof Garden. It is actually closing at the start of 2027 for refurbishment, so we popped along to have a look at the greenery.

Lots of tropical type plants, and we definitely enjoyed our time at the centre. It felt like we were back at Kew.

There is an opportunity apparently to collect some plants later this year, so maybe check online for details.





HMHB: MINDSET

What is it, and Why is it Important? 1

I realise this is issue 108 – and we have covered Mindset from many angles, but as this is a new look Pack, and we have relaunched it, I thought it was a good idea to go back to the start – right back to the actual crux of why Healthy Minds, Healthy Bods started and what we wanted to achieve.

As people who have followed HMHB for a while know, Lazza (me, the creator and designer of HMHB – and current Project Manager as we become a Charity) had a couple of crushing depressions, for reasons that do not matter here, and I overcame them quite a few years ago, but they deeply affected me. I am not ashamed to say that I came close to taking my life. It felt like the whole world had imploded around me and there was no way out.

After receiving some extraordinary intervention from multiple NHS and other based projects, I knew I wanted to help people to never feel the way I had done. That life was worth it. That from the deepest, darkest hole you can climb out and reach new heights.



That was me changing my own Mindset. And through HMHB, I want to demonstrate to people that they can do the same. That the only thing holding you back on occasions is you.

So, what exactly is Mindset? According to the Cambridge Dictionary, Mindset

- “is a collection of beliefs, attitudes, and ways of thinking that shape how you see yourself and the world. It guides how you feel, make choices, and act when facing daily tasks or hard problems.”

I have also seen it described as

- “a state of mind that influences how people think about and then enact their goal-directed activities in ways that may systematically promote or interfere with optimal functioning.”

It is generally thought that Mindset is split into two distinctive factions:

- **Fixed Mindset:** Believing that your talents, intelligence, and abilities are set traits that cannot change. People with this view often avoid challenges or give up fast when they fail.
- **Growth Mindset:** Believing that your skills and smarts can grow over time through hard work, practice, and good strategies. People with this view see mistakes as a chance to learn.

I like to think there is a third alternative though – the “Mixed Mindset” – where I would proportion it around 20% Fixed and 80% Growth. You need a bit of Fixed to keep you grounded and focused. Let me explain.

To many people, having a fixed mindset is a negative. They believe it stops you challenging yourself as you stay inside your comfort zone, because trying something new risks exposing what you think are your natural limits. You can view a mistake as proof that you lack talent or intelligence, rather than seeing it as a normal part of learning. Also, you ignore constructive criticism because you treat it as a personal attack on your character instead of useful advice, and you might stop trying when things get difficult because you assume hard work will not change the final outcome.

Yes, all of that can be bad. But that’s if you allow the Fixed Mindset to control you. Instead, you can be different.



HMHB: MINDSET

What is it, and Why is it Important? 2

While a growth mindset is typically praised, a fixed mindset offers distinct advantages. It helps you quickly recognise your natural strengths, take care of immediate responsibilities, and protect your ego from burnout. It also stops you from rushing into a situation without thinking of the risks and helps you to focus on what is important. So having a percentage of your mindset like this is an advantage.

However, the Growth Mindset must be the goal. Research has shown that when people have a growth mindset, they are more likely to challenge themselves, believe that they can achieve more, and become stronger, more resilient and creative problem solvers. Instead of using the phrase: “I cannot do this,” a Growth Mindset says: “I cannot do this yet,” and you start trying to learn how you can achieve that goal.

You are more likely to have that fixed mindset if you are having Mental Health issues or Physical Health issues. And that’s understandable. You are naturally feeling negative, with low energy and it can overwhelm completely. That is what happened to me with my depressions. I honestly felt there was no point in trying to do anything as it would all go wrong.



How can you move from that feeling to the positive, growth mindset? That’s the real question.

It’s tough. I know that. But you can do it. And even if you are reading this with you feeling in a good place currently, there is always room to improve your outlook. It’s our responsibility to take control.

First, and we have discussed this already, we need to recognise and embrace that fixed mindset we have. It’s the space where our strengths show up. It’s the part of our brains that try to protect us from risk and failure. But keep it to the minimum. You have control over this.

Second, recognise your triggers. There are moments where our fixed mindset rears its ugly head. Maybe it’s around numbers, writing, public speaking, remembering people’s names. It’s whenever you want to respond, “Oh, I’m just not very good at XYZ” or “I’m really very good at ABC.” It’s those defining characteristics that (up until right now!) defined who you were as a person.

I had this recently around the software for these packs. Since I started back in 2020, I have been using Microsoft Publisher to produce all the packs. I found it easy to use. However, Microsoft Publisher is being retired and will reach its end of life in October 2026. After this date, it will no longer be included in Microsoft 365, receive security updates, or be officially supported. Microsoft 365 subscribers will no longer be able to use Publisher or open files within the application after October 2026. This is the reason this is a new look pack. I was panicking. But I turned off my Fixed Mindset of “I don’t know what to do” to my Growth Mindset of “right Lazza, let’s find out how I can produce these packs from now on.” I turned to Microsoft Word after some advice. And here we are.

Third. Don’t worry about failure. Use it as a stepping stone to learn. Nothing gets done without action. But action does not guarantee success. However, no success happens without action. Things will go wrong. I make a lot of mistakes and errors. But I love HMHB, what I do, these packs, etc. And that comes down to the right Mindset.



HMHB: STRETCHES

Some Daily Stretches to Try

In simple terms, “stretching” is when we deliberately flex or stretch a specific muscle 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 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.



COBRA STRETCH

Lie on your belly, place your hands on the floor directly under the shoulders, and keep your elbows close to your torso. Inhale as you straighten the arms and lift your chest off the floor. Stay in cobra pose for 15 to 30 seconds.

The cobra pose opens the heart, has a calming and soothing effect on the mind, and stimulates the abdominal organs. This yoga pose stretches the chest, shoulders and abs, improves circulation, and increases the flexibility and strength of the spine.



EASY STRETCH

Sit on the floor with your legs stretched out in front of you. Cross your legs, place each foot under the opposite knee and lengthen the spine. Stay in pose for as long as you like.

The easy pose relaxes and soothes the mind, reduces stress and anxiety levels, and promotes calm and serenity. This pose also improves spinal alignment, stretches the knees and ankles, and relieves hip tension.

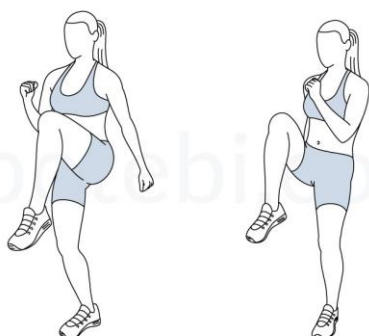
It’s your body. Just try things out.

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.



HMHB: STRETCHES

Some Daily Stretches to Try



HIGH KNEES STRETCH

Stand straight with your feet shoulder-width apart. Face forward and open your chest. Bring your knees up to waist level and then slowly land on the balls of your feet. Repeat until the set is complete. In reality, you are just running on the spot with high knees. This is a great full body warm up exercise that increases aerobic fitness and prepares your body for more complex movements. Performing high knees brings your heart rate up, increases the metabolism, and helps you burn more calories throughout the day.



UPPER BACK STRETCH

Stand straight with your feet shoulder-width apart. Clasp your hands together with the thumbs pointing down. Straighten your arms and round your shoulders as you reach forward. Hold the stretch for 10 to 20 seconds. The upper back stretch is a great exercise for improving the posture, easing stiffness, and removing tension. If you spend a lot of hours sitting in front of a computer, it's important to add a couple of back stretches to your daily routine. This way you can help ease back pain and prevent injuries.



HAMSTRING STRETCH

Lie on your back and lift your left leg. Gently pull your thigh toward your chest until you feel a stretch in your hamstrings. Hold the stretch and then repeat with the right leg. The hamstrings consist of three muscles that run down the back of each of your thighs. These muscles are primarily responsible for the flexion of the knee joint and the extension of the thigh. Stretching your hamstrings after exercising keeps them flexible and strong and is crucial for improving your athletic ability and prevent potential injuries.

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.



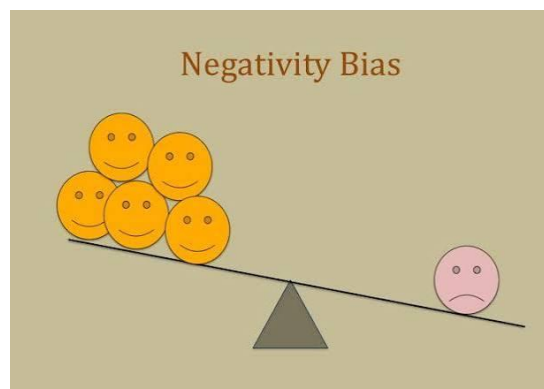
HMHB: MINDSET

Positive Thinking: Negative Bias

Developing Healthy Minds, Healthy Bods, and then delivering our intervention had needed an enormous amount of positive thinking. And sometimes you wonder just where you are finding the strength to carry on. Then you see the feedback and the people around you and it is all worth the effort. So why do we think negatively?

Do you know why our brains can replay our most embarrassing moments from years ago in high resolution, but struggle to remember a compliment from last week? The reason is our brains' tendency to hold onto negative thoughts more tightly than positive ones, referred to as the "Negativity Bias". And this cognitive bias is often amplified by another co-occurring phenomenon researchers call the "Negative Sentiment Override".

If you have experienced this too, you can take comfort in knowing that it's not a unique personality quirk, but a phenomenon that's been recorded and studied in evolutionary psychology for decades. This means that the mistake or past humiliation you keep reliving is, in all probability, not that deep. This bias is a built-in feature of human wiring, shaped by evolution and reinforced by modern stress. And understanding why this happens can help you break the cycle and regain control of your mental narrative.



Long before smartphones, deadlines or social media existed, humans had one job: to survive. And that meant paying extremely close attention to anything that could cause harm. A rustle in the bushes, subtle changes in weather and the strange pugmarks of a wild animal could all mean certain death if left unaddressed.

In other words, missing a potential threat could be fatal. Missing something positive, like a gorgeous tree or a bird singing in the tree, rarely had as severe a consequence.

Over thousands of years, this led the human brain to prioritise negative or threatening information. Even today, the brain uses the same ancient alarm system, treating social rejection, criticism, financial fears or uncertainty like potential threats to one's survival.

Scientific research also confirms that the "Amygdala", a critical brain structure for emotional processing, responds strongly to emotionally arousing stimuli. While it's active for both positive and negative stimuli, evidence shows an especially strong prioritisation when threat is perceived.

Social psychologists have also found that humans assign more emotional weight to losses than to gains. This is known as "Loss Aversion", and it shows up in everything we do, from how we interpret a drop in bank balance to how we react to criticism from loved ones.

This is the function our negativity bias evolved to perform. So, it doesn't just shape memory: it changes decision-making, motivation, and self-perception to prevent losses and other negative experiences in the future.

The problem is that unless you actively work to notice and reinforce positive experiences, your brain will continue defaulting to what's wrong instead of what's right, and this might lead to a permanently fear-based approach to life.



HMHB: MINDSET

Positive Thinking: How to do it more?

Winston Churchill said that “a pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” Having a positive attitude can help you make the best of difficult situations. A positive mindset may help you find solutions to problems, or it may help you realise that what first seemed like a problem really isn’t a big deal after all.

Researchers found that people who had a positive outlook were one-third less likely to have a heart attack or other heart issue within five to twenty-five years than those with a more negative outlook - even if they had a family history of heart disease. So, what can I do to help this?

Reframe your thoughts

We said on the previous page that we do tend to concentrate on things that have gone wrong. Maybe just listen to that inner voice of yours for a short while. See how much that happens.

It is important not to knock yourself for doing it. Instead, look to see how you can flip the narrative. For example, you may bake something that comes out the oven badly (I did that a few months ago with a cake that was an utter disaster). If feeling down, you might say to yourself how you always muck things up. Instead, think about all the great dishes you have cooked. Things go wrong. It’s not the end of the world.



Practice Gratitude

Take time to acknowledge the good things in your life. Doing so will put you in a more positive frame of mind. A regular practice of saying or writing down three things you’re grateful for each day will help train you to look for things that make you happy. The more specific you can be, the better! Perhaps today you’ll feel grateful for your comfortable bed, enjoying a film on television, and a chat with a friend. Maybe tomorrow you’ll feel grateful for an inspirational idea, a good book, and the delicious dinner you cooked (because every day you get better at cooking!). Once you start seeing the good around you, your thinking can also start to change.

Be kind to yourself

We tend to overlook ourselves sometimes. Me time is a great thing to arrange. Make a quick list of five things you enjoy doing. You might be surprised to realise that you don’t often do the things you enjoy! Keep that list handy and do something that makes you happy as often as you can, whether it’s taking a walk instead of the bus, enjoying a relaxing bubble bath, or listening to some music (I have Classic FM on in the background). The better you feel the more positive thoughts you’ll notice yourself having.

Do something for others

It feels even better to do something nice for others than for yourself! Buy a coffee for a friend, send someone a silly card, or simply text or WhatsApp a friend and tell them how much they mean to you. By making someone else feel good, you’ll put positivity into the world and feel good about yourself.

Laugh

It really is the best medicine. And with so much online, I am sure you can find something that helps you.



Lazza's Kitchen

Marmalade / Chocolate Cupcakes

RECIPE:

200g Plain Flour: 50g Porridge Oats
150g Soft Brown Sugar: 1 teaspoon Baking Powder
½ teaspoon Bicarbonate of Soda: 2 Eggs
200g Plain Yoghurt: Bag of Chopped Nuts
Half a Jar of Marmalade: Pack of Chocolate Pieces
1 tablespoon Olive Oil: Vanilla Essence: Juice of 3 Oranges



This is such an easy recipe to make.

I added lots of Marmalade and Chocolate Pieces as I wanted to taste.

Dry Ingredients

Into a bowl, I added the Flour, Oats, Sugar, Nuts, chocolate pieces, Bicarb, and Baking Powder, and gave them a good stir to well combined.

Wet Ingredients

Into another bowl, I added the eggs, yoghurt, oil, vanilla, juice, and half the marmalade and whisked them together until well combined.

I then added the wet mix into the dry mix, stirring nicely until bonded.

Into my cupcake cases I put a nice teaspoon of the mix in each and topped with a small dollop of marmalade. I then baked them for around 18-25 mins at 200C temp (look at 18, but they may need longer), before removing them and allowing to cool.

My walkers all enjoyed them, and I left some at our Second Chance Café visit too. Delicious.



Lazza had never really cooked before, but when he started these Health Packs in 2020, he decided to add all first-time recipes to show you can learn new things at any time of life. All recipes are ones he had never made/baked/created before.



Lazza's Fun Quiz with friends

Answers on Page 51 (no peeking)

ROUND ONE – True or False. (ps, my quiz has made me into a good liar)

All you have to decide is if the question is true or false.

1. In the US, The Hershey Ice Cream Company, and the Hershey Chocolate Company, were formed when two brothers couldn't agree on which would be best product to sell. They fell out, and both decided to start off on their own. Both becoming successful but never making up. TRUE OR FALSE
2. That MGM Film Logo Lion: That wasn't a lion's roar at all. It was a Tiger's roar dubbed in as they felt the lion one was not ferocious enough. TRUE OR FALSE
3. The Walt Disney Company, formed in 1923, is at the forefront of animation and currently owns around 450 patents around the creation of animated films, design, sound, and production. TRUE OR FALSE
4. The spaghetti scene from *Lady and the Tramp* almost never happened. Walt Disney ridiculed the concept, insisting no dog would ever share their food. It was only the persistence of another animator – who went ahead and drew it anyway – that changed his mind and saw it included. TRUE OR FALSE
5. Walt Disney had two daughters, and they have said that his final words to them on his death bed were "if you can dream it, you can do it." TRUE OR FALSE



ROUND TWO – Name that Year

F A Cup Final – For the first time ever the players shirts had numbers on the back. Which year was this?

ROUND THREE - Call My Bluff

You get a word, with three definitions. Which one is correct. The Word: ESGUARD

1. It's a collective noun for a group of Knights of St John. Rather like a pride of lions, you would have an Esguard of Knights.
2. It's an old Heraldic Term. If you were not married but had a child, you had to put an Esguard on your Coat of Arms to show this.
3. An old Scottish word for a pamphlet or leaflet on which you can print the names of people who owe you money. You would have an Esguard of Debtors.

ROUND FOUR – Give Me a Number: Every answer is a number.

1. How many London Boroughs are there?
2. How tall, in feet, is St. Peter's Basilica, from the ground to the top of the Dome?
3. How many girls were called Olivia in England and Wales in 2025, the top girl's name?
4. What is the Official Guinness World Record for the number of Golf Tees in your hair?
5. How many cities/towns in Iceland have over 10,000 living in them?

Round Five – Which of the three answers is correct?

1. Which is the Longest London Underground Line: Central: Metropolitan: Piccadilly
2. The European City with the highest population: Prague: Vienna: Warsaw
3. Oldest of these Actors listed: Olivia Coleman: Matt Damon: Idris Elba:



HMHB Recommends:

Sadlers Wells Theatre

We have a wonderful connection to Sadlers Wells, and have been to see many productions there, as we are part of their Community Engagement, and the picture below is when we went to see Matthew Bourne's *The Red Shoes* in January 2026.

The history is fascinating. Sadler's Wells Theatre in Islington, London, is one of the city's oldest performance venues, with origins tracing back to a medicinal mineral spring discovered in 1683. In fact, it was entrepreneur Richard Sadler who discovered a mineral spring in his garden and built a "musick house" to offer entertainment alongside the spa waters.

In 1804, the theatre installed a large under-stage water tank, staging popular aquatic dramas and naval battle re-enactments for two decades. By the beginning of the 18th century, visitors to Sadler's Wells could see entertainments that included jugglers, tumblers, ropedancers, ballad singers, wrestlers, fighters, dancing dogs and even singing ducks.

The fifth Sadler's Wells, designed by the prolific theatre architect Frank Matcham, opened on 6th January 1931 with John Gielgud and Ralph Richardson in *Twelfth Night*. For four years, drama productions, opera and ballet shuttled between the Old Vic and Sadler's Wells.

By the 1970s, Sadler's Wells' dance programme had diversified considerably. Alongside Rambert Dance and London Contemporary Dance, who briefly held residencies there, a great variety of touring and commercial work was also presented. However audiences began to drift away, and it was decided to rebuild once more.

Supported by National Lottery funding, the current purpose-built sixth building opened in 1998, featuring a 1,500-seat auditorium and a large sprung dance stage. But even with the new facilities, it took some time to establish the theatre as a force for dance. After a thrilling opening season, which included performances by Pina Bausch's *Tanztheater Wuppertal*, William Forsythe's ground-breaking *Ballett Frankfurt*, and Rambert Dance, it once again struggled to find its voice and its audience.

However, it is now thriving. A new Sadlers Wells East has opened on the Queen Elizabeth Olympic Park in Stratford, and the Peacock Theatre in Holborn is also under the Sadlers Wells wings. We love our visits to all three, but especially the Islington Venue. And prices can be very competitive if you get in the Dress Circle, which has great views and the sound is also great.

We also can attend Friday Community Engagement sessions, where choreographers and voice artists, and others, can take us through dances and moves. Do check out their website for upcoming shows.



www.sadlerswells.com



HMHB: NUTRITION

Why Do We Eat?

This is quite an interesting question. I ask it when I do my course and get some thought-provoking answers. Normally, people say to stay alive – which of course is true. But when I then follow up by asking “how does it do that?” they do not know. And that is the problem. For a lot of us we know we need to eat to stay alive and function properly, but we don’t know how that happens. So, let’s take a look.

Your body is incredible and is a walking miracle. But did you know that 96% of your body is just four elements. Yep, but that is not equal. Of that 96% the breakdown is:

- Oxygen (65%):** Found largely in water and most organic molecules.
- Carbon (18.5%):** Forms the backbone of all organic compounds.
- Hydrogen (9.5%):** Present in water and nearly all energy-delivering molecules.
- Nitrogen (3.3%):** A crucial building block for proteins and DNA.
- Other (4%):** Minerals and micronutrients like calcium, phosphorus, potassium, and sulphur make up the remaining small percentage of body mass.



Knowing this is important because our bodies are constantly dying at a microscopic level, with billions of cells perishing every day as part of a normal renewal process. A natural process called “Apoptosis” (programmed cell death) causes old, damaged, or unneeded cells to self-destruct cleanly. But you do not need to worry. Your body acts like a living building, tearing down old bricks and replacing them with new ones. Different parts of your body renew at different speeds. Skin cells are replaced every few weeks, while gut lining cells turn over in days. Other cells, like some neurons and heart cells, last for decades or a lifetime.

But let’s go back to that 96% breakdown earlier. If your body is constantly in need of renewing and rebuilding it needs to get the fuel necessary to do that. And if your body is 96% Oxygen, Carbon, Hydrogen, Nitrogen, it needs to replace that at a “macro” level. And the only way to do that is by eating and drinking

Proteins, a macronutrient: They break down in the body into Amino Acids. Amino acids share a general chemical structure consisting of a central alpha-carbon bonded to four core components: an amino group (-NH₂), a carboxyl group (-COOH), a hydrogen atom, and a variable R group (side chain) that defines the specific identity of each amino acid. In other words, all proteins have Oxygen, Carbon, Hydrogen, Nitrogen.

Carbohydrates, another macronutrient: Digestible carbohydrates turn into glucose during digestion. When you eat foods like bread, rice, fruit, or pasta, your body breaks down the starches and sugars into glucose, which enters your bloodstream to give your cells energy. Glucose is C₆H₁₂O₆ – Carbon, Hydrogen, Oxygen.

Fats: Fat molecules (triglycerides) consist of Carbon, Oxygen, Hydrogen. They have long hydrocarbon chains with very little oxygen compared to carbohydrates.

So why do you eat? You eat to replace the elements that are dying in your body every day so you can renew, replace, and regrow. At least you do not have to worry and think about that process.



HMHB: NUTRITION

What are Nutrients?

Nutrients are chemical substances found in food that the body needs to live, grow, and work properly: carbohydrates, proteins, and fats. The body breaks down these substances from food to get energy, build and fix cells and run daily life functions.

Macronutrients (Needed in Large Amounts)

Carbohydrates: Give your body quick energy. Found in bread, rice, pasta, and fruit.

Proteins: Build and repair muscles and body tissues. Found in meat, fish, eggs, and beans.

Fats (Lipids): Store long-term energy and protect organs. Found in oils, nuts, and seeds.

Water: Keeps you hydrated and helps move other nutrients through your body



The 6 Essential Nutrients

- Carbohydrates
- Fats
- Proteins
- Vitamins
- Minerals
- Water

Micronutrients (Needed in Smaller Amounts)

Vitamins: Help your immune system and keep your skin, eyes, and bones healthy. Examples include Vitamin C and Vitamin A.

Minerals: Keep your heart, brain, and bones working right. Examples include calcium and iron

However, as always, it is not as simple as that. There are different types of carbohydrates – simple and complex – as well as thinking of Sugar, Fibre, and Starch. There are different types of fat – unsaturated and saturated and trans.

Vitamins and Minerals don't just work on their own, and you must think of amounts. It is good to know what you are doing. Understanding how different nutrients affect the body, how much of them you should consume and what food sources they come from are all important factors in having a healthy, balanced diet.

For example, regularly consuming food and drink high in sugar increases your risk of obesity and tooth decay. Ideally, no more than 5% of the energy we consume should come from free sugars. Free sugars are any sugar added to food or drink products by the manufacturer, cook or consumer including those naturally found in honey, syrups and unsweetened fruit juice. Many packaged foods and drinks can potentially contain high amounts of free sugar. Use the food label to help you choose foods lower in sugar. The experts all say that we should swap sugary drinks for water, lower-fat milk or sugar-free drinks.

Cutting down on saturated fat can lower your blood cholesterol and reduce your risk of heart disease. One of the easiest ways to reduce your saturated fat intake is to compare the labels on food products and choose the products with the lowest saturated fat content.

Foods that contribute most to saturated fat intake are all in the “these are tasty” category:

- butter
- chocolate confectionery
- cheese
- biscuits
- buns, cakes and pastries



HMHB: NUTRITION

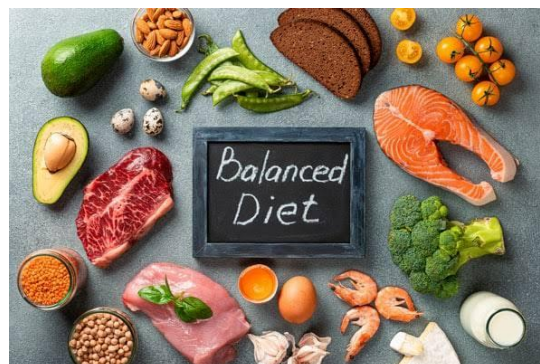
Basics of Good Nutrition.

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best.

This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

In the UK, our National Health Service prepared something they called the “Eatwell Guide”. It showed that to have a healthy, balanced diet, people should try to:

- eat at least 5 portions daily of a variety of fruit and vegs
- eat meals on higher-fibre starchy foods: potatoes, bread, rice or pasta
- have some dairy or dairy alternatives (such as soya drinks)
- eat some beans, pulses, fish, eggs, meat and other protein
- choose unsaturated oils and spreads, and eat them in small amounts
- drink at least 6 to 8 glasses of fluids a day (preferably water) – this can include tap and bottled water, tea, coffee and fruit juice



If you're having foods and drinks that are high in fat, salt and sugar, have these less often, and try to choose a variety of different foods from the 5 main food groups to get a wide range of nutrients. Most people in the UK eat and drink too many calories, too much saturated fat, sugar and salt, and not enough fruit, vegetables, oily fish or fibre.

The Eatwell Guide does not apply to children under the age of 2 because they have different nutritional needs. After the age of 2 years, children should move to eating the same foods as the rest of the family in the proportions shown in the Eatwell Guide.

There's evidence that people who eat at least 5 portions of fruit and vegetables a day can have a lower risk of heart disease, stroke and some cancers.

Starchy foods should make up just over a third of everything you eat. This means your meals should be based on these foods. Choose wholegrain or wholemeal varieties of starchy foods, such as brown rice, wholewheat pasta, and brown, wholegrain or higher-fibre white bread. They contain more fibre, and usually more vitamins and minerals, than white varieties. Potatoes with the skins on are a great source of fibre and vitamins. For example, when having boiled potatoes or a jacket potato, eat the skin too.

Depending on your diet, meat is a good source of protein, vitamins and minerals, including iron, zinc and B vitamins. It's also one of the main sources of vitamin B12. Choose lean cuts of meat and skinless poultry whenever possible to cut down on fat. Always cook meat thoroughly. Try to eat less red and processed meat like bacon, ham and sausages as this may help reduce your risk of getting certain cancers, such as bowel cancer.

Eggs and fish are also good sources of protein and contain many vitamins and minerals. Oily fish is particularly rich in omega-3 fatty acids. Pulses, including beans, peas and lentils, are naturally very low in fat and high in fibre, protein, vitamins and minerals.



HMHB: NUTRITION

Vitamin A

“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 A:

In 1816, Physiologist François Magendie noticed that malnourished dogs developed fatal eye ulcers, providing the earliest clinical clues. Between 1906-1912, English biochemist Frederick Gowland Hopkins and others showed that uncharacterised "accessory factors" in milk were vital for animal growth.

In 1913, Elmer McCollum and Marguerite Davis at the University of Wisconsin–Madison isolated the specific fat-soluble nutrient from butter and egg yolks, initially naming it "fat-soluble A". The compound was finally called Vitamin A in 1920 – with a chemical formula of $C_{20}H_{30}O$.



Vitamin A is a fat-soluble Vitamin: this means it is absorbed through the intestinal tract with the help of dietary fats. There are two types of Vitamin A found in the diet:

Preformed Vitamin A is found in animal products, such as meat, fish, poultry and dairy foods.

Precursors to Vitamin A, also known as Provitamin A, are found in plant-based foods such as fruits and vegetables. The most common type of Provitamin A is “Beta-Carotene”. Beta Carotene is an “Antioxidant”. They protect cells from damage caused by substances called “Free Radicals”. They can contribute to certain long-term diseases.

Vitamin A helps form and maintain healthy teeth, skeletal and soft tissue, mucus membranes, and skin. It is also known as Retinol, as above, because it produces the pigments in the retina of the eye. It promotes good eyesight, especially in low light. It also has a role in healthy pregnancy and breastfeeding.

Foods with the highest levels of Vitamin A include:

- Beef Liver and other Organ Meats (however these are also high in saturated fat and cholesterol, so you need to limit the amount you eat.
- Some types of fish such as herring, salmon, and even cod fish oil.
- Eggs
- Dairy products such as cheese and fortified milk (can choose non-fat or low-fat options)
- Fortified Breakfast Cereals
- Orange and Yellow Vegetables and Fruits, such as Carrots, Sweet Potatoes, Mangos, and Cantaloupe
- Broccoli, Spinach, and most dark green leafy vegetables.

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

Your body cannot create it in right amounts, so you must 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.



Lazza Recommends: Some Personal Thoughts

I must thank my mother for my love of reading. She was wonderful to encourage me, and I still recall crying aged 10 reading the end of *The Hobbit*. People who know me now understand that I am very much a crime thriller kind of guy.

I recently finished Book 30 in the Jack Reacher series, originally penned by Lee Child but he has passed the baton over to his brother Andrew.

Jack (ex-Army Major) relies on sharp analytical intelligence, high-level combat skills, and an imposing physical build (standing 6 feet 5 inches tall and weighing 250 pounds) to solve dangerous local mysteries and defeat criminals.

Easy to read if you fancy starting from Book One.



I love the cinema. I have an Odeon Limitless Membership that allows me to see as many films as I want for just one monthly cost – and, boy, do I use it well.

I see all genres from Horror to Comedy, from Foreign Action to Pixar Animation, etc. I just love being entertained and am rarely disappointed.

I caught Tom Holland's fourth solo outing as Spider-Man and really enjoyed this Marvel offering.

Yes, I know it's silly, impossible, and frankly absurd.

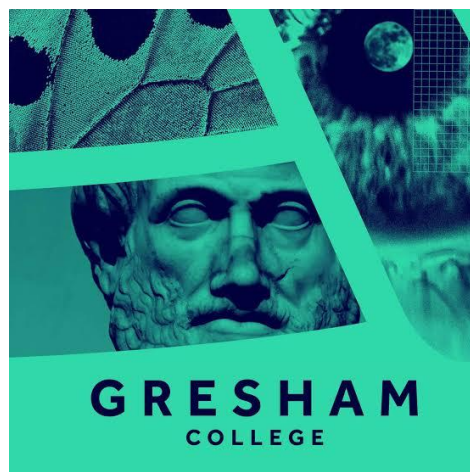
I also caught recently: *Pinocchio Unstrung*, *Varavu*, *Dastaar*, *Evil Dead Burn*, *The Odyssey*, *Moana*, *Supergirl*, *Minions and Monsters*, and many more.

Go and support your local cinema and enjoy.

One of the best discoveries from last year were the incredible Gresham College Lectures, all delivered by Professors, or equivalent, on such a wide diverse range of subjects, from music to space, and AI. Between September 2026 and June 2027, HMHB will be attending 44 different lectures, at three venues. All are an hour long and interesting.

Over the last six years, doing these packs, I have learnt so much and have realised just how much I love finding out about things I know little. We had that recently when we watched some BBC Science Podcast recordings with Professor Brian Cox.

Make it an ambition to learn new things.





Know Your Body

This Week: Your BLOOD VESSELS

Blood is an essential fluid, constantly flowing and keeping your body working. It carries oxygen and nutrients to your body's tissues. And it removes waste your body doesn't need.

It has four parts:

Plasma: is the liquid part of blood that carries blood cells throughout your body.

Red Blood Cells: carry oxygen to your body's cells.:

White Blood Cells: fight infections.

Platelets: form blood clots to help stop the bleeding if you're injured.



These basic parts are the same no matter your blood type. The most common blood types are A, B, AB and O.

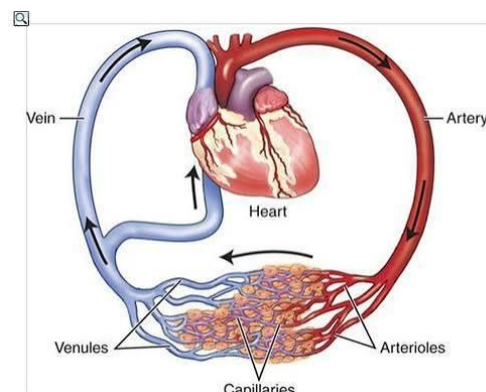
Blood performs many vital functions. You need blood because it:

- Carries oxygen and nutrients to your body's cells and tissues.
- Carries waste products away from your cells and tissues.
- Protects your body from infections.
- Makes clots that can stop the bleeding after an injury.
- Regulates your body temperature and blood pressure

Your Blood Vessels comprise a network of channels through which your blood flows. But these vessels are not passive tubes. Instead, they are very active organs that, when functioning properly, assist the heart in circulating the blood and influence the blood's constitution.

The vessels that take blood away from the heart are called "Arteries" and "Arterioles". The vessels that bring blood to the heart are called "Veins" and "Venules". Generally, arteries have veins of the same size running right alongside or near them, and they often have similar names.

The arterial vessels (arteries and arterioles) decrease in diameter as they spread throughout the body. Eventually, they end in the "Capillaries", the tiny vessels that connect the arterial and venous systems. The venous vessels become increasingly larger as they converge on the heart. The smaller venules carry deoxygenated bloody from a capillary to a vein, and the larger veins carry the deoxygenated blood from the venules back to the heart.



According to the experts, you can keep your blood vessels healthy by eating a nutritious diet, exercising regularly, avoiding tobacco, and maintaining a healthy weight

Focus on vegetables, fruits, whole grains, and lean proteins or fish rich in omega-3 fatty acids. Reduce salt to help control blood pressure and avoid saturated fats that cause plaque to build up in your arteries. Drinking plenty of water keeps your blood flowing smoothly and prevents it from thickening.

Lazza Photo Game Page

Name these flowers? Ans: Page 53



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



Lazza's Kitchen

Fruity Bread & Butter Pudding

RECIPE:

8 Slices of medium white sliced bread
Butter for spreading on the bread
5 Egg Yolks (apologies I missed off the pic)
500 ml of Full Cream Milk: 300ml Double Cream
Vanilla Essence: 75g Demerara Sugar
400g Mango Pieces (cut smaller): Tub Pomegranate Seeds
Flaked Almonds



Another simple and tasty dessert to make. I ate at a friend's house as they were making dinner.

In a bowl mix the milk, cream, vanilla, and the eggs thoroughly.

In your dish:

Spread the mango out at the bottom (you can use other fruits – maybe berries or pineapple?)

Butter all eight slices of bread and cut each slice in half.

Lay eight of these halves over the mango.

Scatter over half the sugar on the slices, and then half the pomegranate seeds (I used these as I am not a sultana or currant man – but again this is up to you)

I then added the other eight halved slices.

I scattered the rest of the sugar and seeds.

I then poured the liquid mix evenly over all the slices and put the dish aside for 60 minutes so it would soak into the bread.

I scattered over the flaked almonds and baked in the oven at 200C for around 30 minutes.

You can serve with more cream. Or even custard too. Utterly delicious though.



Lazza had never really cooked before, but when he started these Health Packs in 2020, he decided to add all first-time recipes to show you can learn new things at any time of life. All recipes are ones he had never made/baked/created before.



HMHB: EXERCISE

What is Physical Activity?

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. We hope to restart more fitness sessions in partnership with Better Gyms in Islington and Camden soon.

We have our regular Highbury Gym sessions with Lazza on Tuesdays, thanks to the team at Better.

We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza will start 2027.

According to the experts, exercise, or working out, is physical activity that enhances or maintains fitness and overall health. It is performed for various reasons, including weight-loss or maintenance, to aid growth and improve strength, develop muscles and the cardiovascular system, hone athletic skills, improve health, or simply for enjoyment.

Physical exercise is important for maintaining physical fitness and can contribute to maintaining a healthy weight, regulating the digestive system, building and maintaining healthy bone density, muscle strength, and joint mobility, promoting physiological well-being, reducing surgical risks, and strengthening the immune system. Some studies indicate that exercise may increase life expectancy and the overall quality of life. People who participate in moderate to high levels of physical exercise have a lower mortality rate compared to individuals who by comparison are not physically active. Moderate levels of exercise have been correlated with preventing aging by reducing inflammatory potential.



A lack of physical activity causes approximately 6% of the burden of disease from coronary heart disease, 7% of type 2 diabetes, 10% of breast cancer, and 10% of colon cancer worldwide. Overall, physical inactivity causes 9% of premature mortality worldwide.

Adults should do some type of physical activity every day. Exercise just once or twice a week can reduce the risk of heart disease or stroke. Do speak to your GP first if you have not exercised for some time, or if you have medical conditions. Make sure your activity and its intensity are appropriate for your fitness.

Adults should aim to:

- do strengthening activities that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week
- do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week
- spread exercise evenly over 4 to 5 days a week, or every day
- reduce time spent sitting or lying down and break up long periods of not moving with some activity



HMHB: EXERCISE

What Do I Need to Do?

Moderate activity will raise your heart rate, and make you breathe faster and feel warmer (you may sweat). One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities include:

- Brisk walking
- water aerobics
- riding a bike
- dancing
- doubles tennis
- pushing a lawn mower
- hiking
- a simple group exercise session



Vigorous intensity activity makes you breathe hard and fast. If you're working at this level, you will not be able to say more than a few words without pausing for breath. In general, 75 minutes of vigorous intensity activity a week can give similar health benefits to 150 minutes of moderate intensity activity. Most moderate activities can become vigorous if you increase your effort.

Examples of vigorous activities include:

- running
- swimming
- riding a bike fast or on hills
- walking up the stairs
- sports, like football, rugby, netball and hockey
- skipping
- aerobics
- gymnastics
- martial arts

To get health benefits from strength exercises, you should do them to the point where you need a short rest before repeating the activity. There are many ways you can strengthen your muscles, whether you're at home or in a gym.

Examples of muscle-strengthening activities include:

- carrying heavy shopping bags
- yoga
- pilates
- tai chi
- lifting weights
- working with resistance bands
- doing exercises that use your own body weight, such as push-ups and sit-ups
- heavy gardening, such as digging and shovelling



HMHB Weekly Walks

Islington, Haringey, Hackney

conceived & delivered by: 



Finsbury Park Health Walks

Friendly, leisurely pace
for adults of all ages
(60 - 90 min) 😊

We leave from outside
LIDL Finsbury Park
269 SEVEN SISTER RD
Every Monday 9.30am.

supported by:   & local Medical Practices


hmhb2016.org.uk
tel: 0796 4430 456





Highbury Fields Health Walks

(60 - 90 min)
Friendly, leisurely pace
for adults of all ages

We meet Wednesday
mornings 9.30am outside
Highbury Leisure Centre

Launching
19th April

hmhb2016.org.uk 😊 contact: 07964430456

Conceived & delivered by Healthy Minds Healthy Bods and supported by:
   





Clissold Park Health Walks

(60 - 90 min)
Friendly, leisurely pace
for adults of all ages

We meet Highbury
Grange Medical Practice
every Thursday 11am

hmhb2016.org.uk 😊 contact: 07964430456

Conceived & delivered by Healthy Minds Healthy Bods and supported by:
  

Healthy Minds, Healthy Bods currently has three weekly health walks as detailed in our flyers.

With help from the Walking/Cycling Fund run by the London Mayor we have currently managed to organise three weekly walks in three boroughs:
Islington, Haringey, and Hackney.

Healthy Minds, Healthy Bods is also part of the World-Wide Group - Walk With A Doc.

With hundreds of walks over different continents, it's about raising awareness around how walking is great for your health and actively offering opportunities to people to get out with a group, for an official health walk.

We would love more people to join us, so make a note of those dates and come along. We are leisurely walkers, but the more the merrier

The green figures on the flyers are the same shape as the parks!!! Our marketing guy is very clever.



HMHB: EXERCISE

Basic Exercises for you to try. 1



SQUATS

Stand up with your feet shoulder-width apart. Bend your knees as if sitting back into a chair, press your hips back and stop the movement once the hip joint is slightly lower than the knees. Press your heels into the floor to return to the initial position. Repeat until set is complete. Squats are a great exercise to tone the legs and the glutes and to strengthen the knee muscles. If done regularly, you can expect to see improvements in both your flexibility and balance. Squats are also great for getting the blood pumping through the entire body, thus promoting circulation, removing waste, and reducing cellulite



PRESS UP

With your legs extended back, place the hands below the shoulders, slightly wider than shoulder-width apart. Start bending your elbows and lower your chest until it's just above the floor. Push back to the starting position. A 1-second push, 1-second pause, 2-second down count is ideal. Engage your core muscles, maintain your body in a straight line, and exhale as you push back. Repeat.

Adding push-ups to your workout routine helps to shape and tone your shoulders, triceps and glutes, strengthens the chest, and helps to tone and tighten your core.



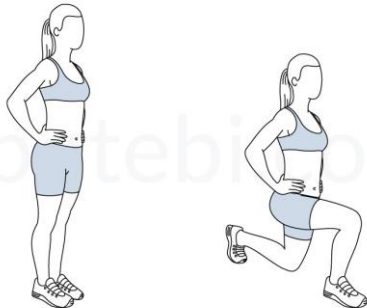
CRUNCHES

Lie down on the mat, keep your knees bent, your back and feet flat. Don't put hands behind head like in pic – put next to head or on chest. Lift your shoulders, squeeze your abdominal muscles and hold for 1 to 2 seconds. Remember to breathe out as you crunch. Slowly return to the starting position and repeat until set is complete.

Crunches target the abdominal muscles and adding them to your workout routine helps to tone and strengthen your core, improves your posture, trims down your waist, and increases your balance and stability.

HMHB: EXERCISE

Basic Exercises for you to try. 2



LUNGE

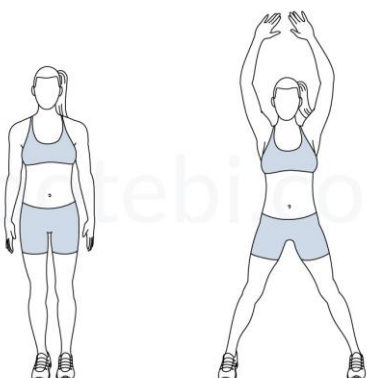
Stand with your feet hip-width apart, keep your back straight, your shoulders back, and your abs tight. Take a step forward (keeping that width) and slowly bend both knees, until your back knee is just above the floor. Stand back up and repeat the movement. Alternate legs until the set is complete.

Lunges are one of the most effective lower body exercises you can do. They help tone, strengthen and shape your legs and glutes, and improve the flexibility of the hips. The lunge works several muscle groups simultaneously, speeds up the metabolism, and helps with weight loss.



PLANK

Get into a push up position, with your elbows under your shoulders and your feet hip-width apart. Bend your elbows and rest your weight on your forearms and on your toes, keeping your body in a straight line. Hold for as long as possible. Keep your core engaged and breathe slowly and deeply. Maintain your body in a straight line. Adding the plank to your workout routine helps you develop core strength and flexibility. This exercise tones the abs, trims down the waist and, since the plank engages and strengthens your entire core, it also improves your posture and helps to reduce back pain.



JUMPING JACKS

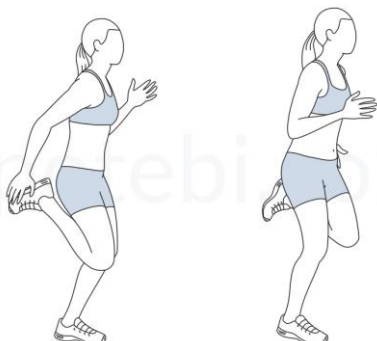
Stand straight with your feet together and hands by your sides. Jump up, spread your feet and bring both hands together above your head. Jump again and return to the starting position. Engage your core and glutes and maintain your knees in line with your hips and feet. Repeat until the set is complete.

Jumping jacks are a great full body exercise that enhances aerobic fitness, strengthens the body, and promotes relaxation.

This exercise also improves muscle endurance, increases the body's metabolic rate, and helps with weight loss.

HMHB: EXERCISE

Basic Exercises for you to try. 3



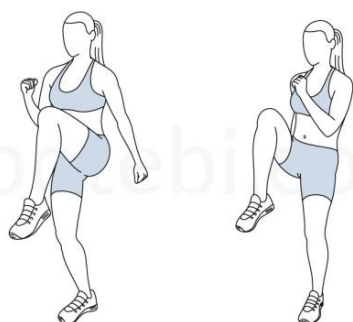
BUTT KICKS

Stand tall with your feet shoulder-width apart and face forward. Start kicking your feet up, until the heels touch the glutes, and pump your arms at the same time. Remember to keep your shoulders back, your abs tight, to open your chest, and to land slowly on the balls of your feet.

Repeat until set is complete.

The butt kicks exercise is a great cardiovascular move that warms up the body, keeps the heart rate up and helps you burn some calories.

This is a great warm up exercise for your legs because it strengthens the hamstrings and helps prevent injuries.



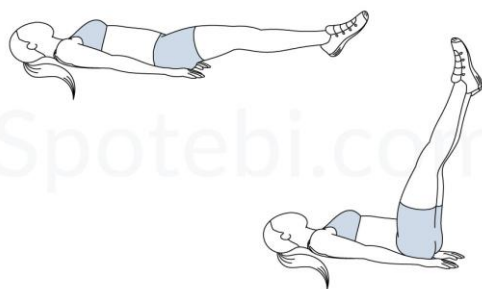
HIGH KNEES

Stand straight with your feet shoulder-width apart. Face forward and open your chest. Bring your knees up to waist level and then slowly land on the balls of your feet. Repeat until the set is complete.

The high knees exercise is a combination of running on the spot with exaggerated knee lifts.

This is a great full body warm up exercise that increases aerobic fitness and prepares your body for more complex movements.

Performing high knees brings your heart rate up, increases the metabolism, and helps you burn more calories throughout the day.



STRAIGHT LEG RAISE

Lie on your back with your hands by your sides or underneath your glutes. Keep your legs straight or just slightly bent. Raise your legs until your body is in an L shape. Pause, lower both legs slowly and then return to the starting position.

Breathe in as you lower your legs and, if you feel any discomfort on your lower back, reduce the range of motion by lowering your legs only halfway.

Repeat until set is complete.

Adding the straight leg raise to your workout routine helps to increase the strength and definition of your abs and improves your overall flexibility and stability.



LAZZA FINDS SOME FACTS

Astound your friends

The deep-sea equivalent of Ridley Scott's *Alien*, the "Goblin Shark" is characterized by its long, narrow upper snout (on the top of its head) and its sharp, protrusible teeth (on the bottom). When within range of its prey, *Mitsukurina owstoni* forcibly ejects its snapping lower jaws and reels its catch in. Don't be too frightened, though; the goblin shark is unusually lazy and sluggish and probably couldn't overtake a human being. I think though I would prefer to avoid it if I met it in the ocean.

Fun fact: Sharks are older than trees.



I have been very fortunate to have seen the building that is in the picture to the left.

The Dancing House (*Tančící dům*) is a famous deconstructivist landmark in Prague, Czech Republic. Designed by Vlado Milunić and Frank Gehry, it stands on the Rašín Embankment by the Vltava River. Nicknamed "Fred and Ginger," its swooping towers were inspired by the dancing couple Fred Astaire and Ginger Rogers, with Ginger leaning into Fred. It was an astonishing thing to see in Prague.

Perhaps the most emotive flower in the garden, the "Bleeding Heart" flower's imagery is so literal that the flower requires little explanation. It carries with it a weight of symbolism that ranges from tragic romance to deep compassion: a delicate, arching stem from which dangle a row of perfect, heart-shaped loquets, each seemingly split at the bottom to release a single drop.

Nature is extraordinary as you must wonder how evolution manages to create these beauties.



It should come as no surprise that the most expensive new car ever produced has rolled out of Rolls-Royce's Goodwood HQ. No other car brand is so synonymous with luxury, and the insane price of its most elaborate creation reflects this - £23million. Only four examples of the dramatic-looking two-seat roadster will be produced, each with an intensely unique specification. Inspiration is taking from American Rolls-Royce coachbuilders of the 1930s. Some people have far too much money!!!



HMHB Recommends:

Petrie Museum of Egypt Archaeology

We love our outings at Healthy Minds, Healthy Bods, especially discovering new places to visit. And we would like to talk about the UCL Petrie Museum of Egyptian and Sudanese Archaeology at the University College London off Gower Street, Warren Street.

It was set up as a teaching resource for the Department of Egyptian Archaeology and Philology at University College London (UCL). Both the department and the museum were created in 1892 through the bequest of the writer Amelia Edwards (1831-1892).

Amelia Edwards also donated her collection of several hundred Egyptian antiquities, many of historical importance, as well as her personal library. However, the collection grew to international stature in scope and scale thanks to the extraordinary excavating career of the first Edwards Professor, William Flinders Petrie (1853-1942).

Petrie excavated dozens of major sites during his career, including the Roman Period cemeteries at Hawara, famous for the beautiful mummy portraits in classical Roman style; Amarna, the city of king Akhenaten, sometimes called the first king to believe in one God; and the first true pyramid, at Meydum, where he uncovered some of the earliest evidence for mummification. In 1913, Petrie sold his large collection of Egyptian antiquities to UCL, thus creating one of the largest collections of Egyptian antiquities outside of Egypt. The collection and library were arranged in galleries within the university and a guidebook published in 1915. Most of the visitors were students and academics; it was not then open to the public.

Petrie retired from UCL in 1933, though his successors continued to add to the collections, excavating in other parts of Egypt and the Sudan. During the Second World War (1939-1945) the collection was packed up and moved out of London for safekeeping. In the early 1950s it was brought back and housed "temporarily" in a former stable building, where it remains today. There are 80,000 items in the collection of which 8000 are out on show.

The collection is full of "firsts":

- Oldest woven garment – the Tarkhan dress. Lazza is standing in front of that in the lower picture)
- Earliest representation of weaving.
- The earliest example of metal from Egypt: the first worked iron beads.
- The earliest "cylinder seal" in Egypt (about 3500 BCE).
- One of the earliest pieces of linen from Egypt (about 5000 BCE).
- The oldest wills on papyrus paper, the oldest gynaecological papyrus and the only veterinary papyrus from ancient Egypt.
- The largest architectural drawing, showing a shrine (about 1300 BCE)

It's a little-known gem in the middle of London. Do think about popping along





Lazza's Kitchen

Beef Tomato Orzo

RECIPE:

750g Beef Mince: Baby Mushrooms
White Onion Chopped: Red Onion Chopped
Garlic: Tin of Chopped Tomatoes
Baby Plum Tomatoes halved
Peas (you decide amount):
300g Orzo (rice shaped pasta)
Paprika: Mixed Herbs: Basil: Grated Cheese to top (not in pic)
Beef Stock, Red Wine Stock – in 500ml water.



I had never bought Orzo before – but found it to be a tasty alternative to rice.
In a saucepan I cooked the orzo in water as per the instructions on the packet.

In a separate pot I cooked the onion and garlic for five minutes and put to one side.
In the same large pot, I now cooked the meat in some oil until browned.
I added back in the onion and garlic mix.
I then added the tin of tomatoes and stirred all that in and cooked for a couple of minutes.

Then in goes the stock – I used a strong beef one and red wine – and mixed well.
After a couple of minutes, once stock had heated, I added in the tomatoes, mushrooms and peas.
I also stirred in generous amounts of paprika, mixed herbs, and basil (plus some black pepper).

Once hot and bubbly I poured everything into an oven dish (as you can see) and topped with the grated cheese (I had a mix of mozzarella and cheddar).
Cooked in the oven for around 25 minutes – until brown on top and bubbling.

I served mine with Greek Yoghurt – utterly delicious.



Lazza had never really cooked before, but when he started these Health Packs in 2020, he decided to add all first-time recipes to show you can learn new things at any time of life. All recipes are ones he had never made/baked/created before.



HMHB: HEALTH

What is Physical Health?

One of the most important parts of leading a healthy life is maintaining excellent physical health. It helps your body work well and boosts your mental health and enjoyment of life.

Numerous important elements can influence your well-being, such as your level of physical activity, diet, sleep patterns, stress management, and the quality of your health monitoring through routine check-ups with your doctor. You can help your body feel good, work effectively, and lower your chance of future health problems by concentrating on these areas.



Physical health, also known as physical wellness, is more than just how fit you are. Physical well-being is the capacity to lead a balanced, healthy life free from physical constraints, stress, and excessive exhaustion. Whether it's keeping a healthy weight, having proper posture, having organs that work well, or being able to perform everyday duties without feeling tired or uncomfortable, our physical welfare is the state of our body. Physical well-being can also mean that there are no illnesses or infections, but they are not the only factors to consider.

Physical health can have a significant impact on both our mental and social well-being. Taking care of our physical fitness aligns with our overall well-being. Having excellent physical health can lower our risk of infection and disease.

People who exercise, for instance, are less likely to die young or develop type 2 diabetes, colon cancer, coronary heart disease, stroke, and more! Regular exercise can cut a person's risk of dying young by 30%! Being physically fit is more than just working out and doing activities that make your body feel better. It's also about avoiding things that have a detrimental effect on your body.

Exercise can improve our physical health in many ways. Many physical benefits come from exercise, including improvements in cardiovascular and muscle fitness.

- Cardiovascular and muscle fitness
- Bone health and function
- Maintain a healthy weight.
- Mental health, mood
- Blood sugar and insulin regulation
- Sleep
- Chances of a longer life
- Core strength and balance

Healthy eating is one of the easiest methods to improve our health. Avoiding overeating and make sure you are eating the correct foods as that reduces our risk of several health issues. We'll let you decide what's best. We usually know unhealthy foods: Sweets, chocolate, sugary drinks, and more should be limited for optimal health.

Physical health is a complex idea that includes both the absence of chronic illnesses and the body's effective operation. Frequent exercise is crucial for preserving physical well-being and averting several illnesses. Furthermore, physical activity is essential for improving both mental and physical health, and there is a strong correlation between the two. Physical health and general well-being can be greatly enhanced by implementing healthy lifestyle choices.

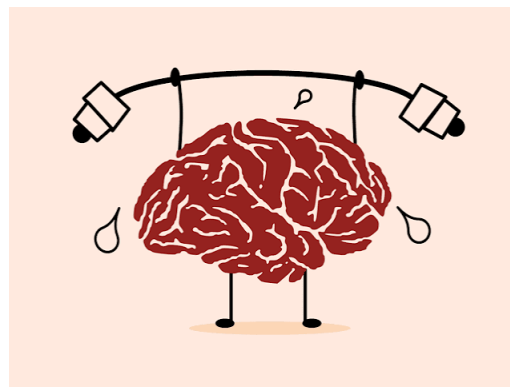


HMHB: HEALTH

What is Mental Health?

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn and work well, and contribute to their community. It has intrinsic and instrumental value and is a basic human right.

Mental health exists on a complex continuum, which is experienced differently from one person to the next. At any one time, a diverse set of individual, family, community and structural factors may combine to protect or undermine mental health. Although most people are resilient, people who are exposed to adverse circumstances are at higher risk of developing a mental health condition.



Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm. Many mental health conditions can be effectively treated at relatively low cost, yet health systems remain significantly under-resourced and treatment gaps are wide all over the world.

The risks and protective factors that influence mental health operate at multiple levels. Individual factors such as emotional skills, substance use and genetics can increase vulnerability to mental health problems. Social and environmental factors – including poverty, violence, inequality and environmental deprivation – also increase the risk of experiencing mental health conditions.

Risks can emerge at any stage of life, but those occurring during sensitive developmental periods, especially early childhood, are particularly harmful. For example, harsh parenting and physical punishment can damage child health and bullying is a leading risk factor for mental health conditions.

Protective factors similarly occur throughout our lives and help build resilience. They include individual social and emotional skills, positive social interactions, access to quality education, decent work, safe neighbourhoods and strong community ties.

Mental health risks and protective factors can be found at different scales. Local challenges affect individuals, families and communities, while global threats – such as economic downturns, disease outbreaks, humanitarian emergencies, forced displacement and climate change – impact entire populations.

No single factor can reliably predict mental health outcomes. Many people exposed to risk factors never develop a mental health condition, while others may be affected without any known risk. However, the interplay of these determinants collectively shapes mental health over time.

Healthy Minds, Healthy Bods is a mentor led project. People involved, including Lazza himself, have had to overcome some very difficult mental health issues, so we do see this subject empathetically. However, ultimately, it is up to individuals to do all they can to work on their mental health. Life is so short, and we can get bogged down with stress and anxiety. It can be hard, but we must do what we can to improve our mental health daily.



HMHB: HEALTH

What is Emotional Health?

Emotional health is one aspect of mental health, and is treated as separately. It is your ability to cope with both positive and negative emotions, which includes your awareness of them. Emotionally healthy people have good coping mechanisms for negative emotions, and they also know when to reach out to a professional for help.

Emotional wellness is tied to physical health. People who experience great amounts of stress and negative emotions will sometimes develop other health problems. These problems are not caused directly by the negative feelings, but by behaviours that negative emotions can influence due to a lack of emotional regulation.

For example, some people enjoy smoking cigarettes or drinking alcohol to relieve stress. However, those habits put you at a greater risk for Cancer and Heart Disease and other illnesses. In fact, the best thing you can do for your health if you smoke is to stop.

Keep in mind that a person can experience poor mental illness and/or have bad days and still have good emotional wellness. Mental illnesses often have deeper causes like a chemical imbalance or trauma. Emotional health has more to do with emotional regulation, awareness, and coping skills, and these strategies can be used by people with or without a mental illness.

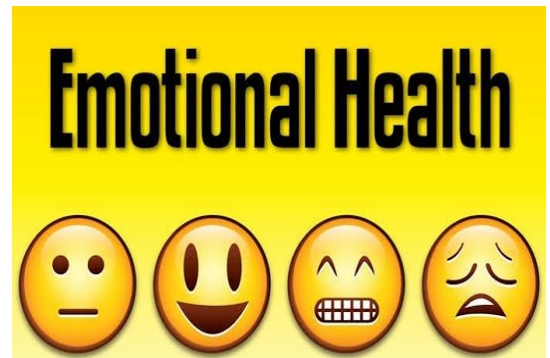
Some warning signs of emotional health in need of care include:

- Isolating yourself from friends, family, or coworkers
- Lower energy than usual
- Sleeping too much or too little
- Eating too much or too little
- Increased use of substances
- Racing thoughts
- Lower performance at work
- More interpersonal conflicts than usual
- Feelings of irritability, guilt, hopelessness, or worthlessness
- Neglecting hygiene and personal care

Try to have a good balance between work and your personal life, activity and resting, and moderation in all things. Also, community is important. Plan regular shared time with friends and family members. Virtual connections are good, but seeing someone in person occasionally is helpful too. HMHB has lots of such outings.

Negative self-talk can become a self-fulfilling prophecy or just put you in a negative mindset. Work on creating a positive image of yourself with your words. Your thoughts may soon follow. And try to give yourself something to strive for and celebrate your accomplishments to build self-esteem and positive feelings about yourself.

You don't have to handle negative emotions on your own. Knowing when to reach out to a mental health professional for help with difficult emotions is a useful skill to have.





For several years now, Healthy Minds, Healthy Bods has championed group outings and events, so much so that we now believe we organise and provide more outings than any other group in London. We see the difference it makes on the attendees. The increase in happiness and confidence is obvious, and we are lucky that some funders recognise this. We try and do as many free events as possible but, ultimately, we do need to pay for some tickets, some travel, some events. The most important thing is to get out, meet people, converse, and live your life.



Know Your Body

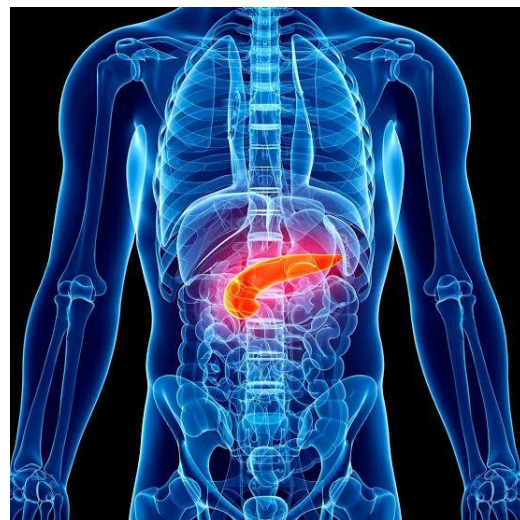
This Week: Your PANCREAS

The pancreas is a large gland in the back of your abdomen (belly). It's part of your "Digestive System" (that breaks down food into nutrients like carbohydrates, fats, and proteins which are then absorbed into the blood to give your body energy, support growth, and repair cells) and your "Endocrine System" (which makes and releases chemical messengers called "Hormones" directly into the blood that then travel to target organs to control slow, long-term body processes like growth, metabolism, sleep, and mood).

Your pancreas is a dual organ — like a factory with two production lines. It makes:

Enzymes to help with digestion – exocrine system (that makes and releases important substances through tiny tubes called ducts. These substances go directly to surfaces inside or outside the body to help control temperature, digest food, and protect skin

Hormones to control the amount of sugar in your bloodstream - endocrine system.



So, to put it briefly, your pancreas helps with digestion and releases hormones that regulate your blood sugar. It also plays a role in supporting other organs like your heart, liver and kidneys.

After you eat, you probably don't think much about how your food gets digested unless you develop indigestion. But several organs work together to help you break it down. Here's how it works when food enters your stomach:

1. Your pancreas releases juice into small ducts (tubes) that flow into your main pancreatic duct.
2. Your main pancreatic duct connects with your bile duct. This duct transports bile (a fluid that helps with digestion) from your liver to your Gallbladder.
3. From your gallbladder, the bile travels to part of your small intestine called the duodenum.
4. Both the bile and the pancreatic juice enter your duodenum to break down food

Your pancreas makes hormones (like "Insulin" and "Glucagon") that help control the levels of sugar in your bloodstream. When your blood sugar is too high, your pancreas makes insulin to lower it. When your blood sugar is too low, your pancreas makes glucagon to increase it. Your body needs balanced blood sugar to run properly, and to keep organs like your heart, liver, kidneys and brain working well.

You can help reduce your risk of pancreatic conditions by:

- Maintaining a Healthy Weight. Regular exercise and reducing excess weight can help prevent Type 2 diabetes and gallstones that can cause pancreatitis.
- Eating Low-Fat foods. High-fat foods can lead to gallstones, which can cause pancreatitis. Having Obesity (a body mass index, or BMI, greater than 30) is also a risk factor for pancreatic cancer.
- Drinking less alcohol. Drinking alcohol can increase your risk of pancreatitis and pancreatic cancer.
- Stopping smoking. Using tobacco, along with cigar smoking and smokeless tobacco products, can raise your risk of "pancreatic cancer" and chronic pancreatitis.
- Having Checkups. Seeing your healthcare provider for regular exams can help find early signs of conditions like pancreatic cancer and pancreatitis.



HMHB's Funny Jokes

Disclaimer: May Not Be Funny

The world's leading expert on European wasps walks into a record shop. He asks the assistant, "Do you have 'European Insect Sounds Vol 1', I believe it was released this week." The assistant checks the computer and then says, "Certainly. Would you like to listen before you buy it?" The expert replies, "Of course!" The assistant hands him a pair of earphones and puts the record on a turntable and turns it on. The expert listens for a few moments and says to the assistant, "I'm terribly sorry, but I am the world's leading expert on European wasps and those are not accurate wasp sounds at all. Are you sure this is the correct recording?" The assistant checks the turntable. "Yes, sir," he says. "This is the European Insect Sounds Vol 1. Again, the expert listens for a few moments and says to the assistant, "These are not European Wasps. This is outrageous false advertising! I am the world's leading expert on European wasps, and no European wasp has ever made a sound like the ones on this record!"

The manager of the shop overhears the commotion and walks over. "What seems to be the problem, sir?" The expert turns to him, red-faced and fuming. "This is an outrage! I am the world's leading expert on European wasps. Nobody knows more about them than I do. There is no way in hell that the sounds on that record were made by European wasps!"

The manager glances down and notices the problem instantly. "I'm terribly sorry, sir. It appears we've been playing you the bee side."

Did you hear the story about the claustrophobic astronaut?
He just needed some space.

Apparently, a slice of apple pie is just four pounds in Jamaica.

However, it is only three pounds in the Bahamas, and two pounds fifty in Trinidad and Tobago.

Yes, they are the pie rates of the Caribbean.

"My mom died when we couldn't remember her blood type.

As she died, she kept telling us to "be positive," but it's hard without her."

My friend keeps saying "cheer up man it could be worse, you could be stuck underground in a hole full of water."

I know he means well.



Lazza's Kitchen

Raspberry & White Chocolate Cookies

RECIPE:

150g Unsalted Butter – room temp so quite soft
75g Light Brown Caster Sugar
75g Demerara Sugar
250g Plain Flour: 2 Eggs
½ teaspoon of Bicarbonate of Soda
Lemon Juice: Vanilla Essence
150g Raspberries: 200g White Chocolate Pieces (I had mix)



Nice and simple – and comes out with a soft chewy cookies texture.

In a bowl I mixed the butter and sugars together until creamed.
I added in the two eggs and using an electric whisk I combined.
I added in a shake of lemon juice and the vanilla essence and whisked again.
I then added the raspberries and white chocolate pieces.
As you combine the raspberries break up nicely.

In a larger bowl I added the flour and bicarb.
I then added the liquid mix to the dry and using a wooden spoon combined nicely.

Onto my trays I added some baking paper and put golf ball sized blobs down and gave a little press – remember they will stretch out.

I baked at 190C for around 17-18 minutes and removed to allow to cool – they will be soft when first out so don't move them till later. My group liked them.



Lazza had never really cooked before, but when he started these Health Packs in 2020, he decided to add all first-time recipes to show you can learn new things at any time of life. All recipes are ones he had never made/baked/created before.



HMHB's Help & Feedback

We need help to continue

HMHB Need Help With Funding To Keep Going.

Looking for Sponsorship, Grants, - check out our JustGiving page - details below.

In 2025: 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 12 Health Packs.: HMHB delivered 150 weekly health walks:

HMHB delivered 50 weekly exercise sessions: HMHB grew their Pack email list to over 700 addresses.

HMHB organised, delivered, or took part in over 110 social outings/events (many of which were FREE)

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

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

Please help us: www.justgiving.com/crowdfunding/hmhb

Disability Employment Office – Islington Job Centres

"I believe that the Healthy Minds Health Bodies programme fills a gap in the current services available for unemployed people with mental health issues in Islington. Research on how exercise positively affects our mental wellbeing is abundant, however there seems to be no provision that specifically targets this area for those on UC. Although GPs can refer people to the local gym, many people with undiagnosed mental health issues may find walking into a gym intimidating and unsafe.

The fact that Healthy Minds Healthy Bodies meet unemployed people through their excellent course beforehand and create a supportive and nurturing atmosphere removes this barrier so that people feel safe and included. The service that HMHB offered is unique and I fully believe it is beneficial for individuals and the local community, especially those signing on."

Haringey Recovery Service User – on one of our groundbreaking courses.

AJANI HEALTH COURSE

"absolutely life changing course. Clear, unpatronising, friendly, inventive, funny, informative, and crucial approach to self-care, nutrition, and exercise. Lawrence is a gem, and both he and Oliver were born to be communicators, both are highly skilled at imparting information with great humility, humour, and both possess a wealth of knowledge and great soul. They seem to understand how to incorporate these vital life survival skills whilst inside the mind of depression and debilitating anxiety, without ever being anything less than empathetic and caring. Wonderful people. I am so glad I got myself to attend this course."

HMHB featured in the Official Arsenal FC Programme on Wednesday 15th April 2026,

for their home game against Sporting Lisbon in the Champions League.

HMHB would like to thank Michael, Samir, Rhys, and the Community Team for their fantastic support.

You can find the article here where you can read it properly:

www.arsenal.com/community/stories/healthy-minds-healthy-bods

www.arsenal.com/community - scroll down to the "First person: Community stories" section

www.arsenal.com/foundation - in the "Local impact stories" section



HMHB's Partnerships

Friends, Networks, Community



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.

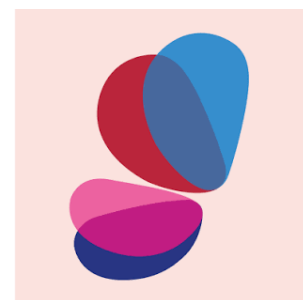
Look at www.ageuk.org.uk/islington/ Or Call: **020 7281 6018**: HMHB are doing some course events with Age UK and look forward to more collaboration.

Better Lives is a local 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 both drug and alcohol problems and situations.

HMHB have ran some very successful Ajani courses with their users over the last few years.

We are really enjoying this and have established a solid 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 energetic and well-served Tuesday indoor morning session at Highbury Leisure Centre and are discussing with them about restarting our Saturday morning session at the Sobell. They are one of our Highbury Fields walk partners, and we hope to have more classes with them soon.

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 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 **0208 340 2474 (option 1)**.

Email: Haringeywellbeingnetwork@mih.org.uk





HMHB's Partnerships

Friends, Networks, Community

HMHB have formed a wonderful and interactive 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

You can also contact Peter, or even Sam (Ops Manager) through their website.

HMHB look forward to working with HG going forward and we get a lot of referrals from this project.



Mind is a UK mental health charity that supports people struggling with mental health problems by providing information, services, and campaigns to improve mental health support, tackle stigma, and campaign for better policies in areas like healthcare and employment. Their work includes offering support helplines, local community services, online resources like the “side-by-side community”, and workplace training to foster mentally healthy environments.

As you know, we love a theatre visit, and we have a terrific working relationship with the community engagement team at Sadlers Wells, who now have venues in both Islington and Stratford Olympic Park, as well as the Lilian Baylis Theatre and the Peacock Theatre, close to Holborn Station.

We regularly have five people attend their fantastic Friday community dance sessions, which are diverse and energetic. And we can get access to discount tickets for shows and events, and we love Elina and Natasha who help us.

www.sadlerswells.com



Answers to Fun Quiz from Page 23 - don't look till you have done all the quiz

Round 1 (True/False):	1. False 2. True 3. False 4. True 5. False
Round 2: (Year):	1933 – Everton wore numbers 1-11; Manchester City wore numbers 12-22
Round 3: (Call My Bluff):	It's a collective noun for a group of Knights of St John
Round 4: (Number)	1. 32 2. 448 3. 2386 4. 711 5. 7
Round 5. (Which)	1. Central 2. Vienna 3. Matt Damon



HMHB's Partnerships

Friends, Networks, Community

The Stuart Low Trust is a London-based health promotion charity that provides free and low-cost community activities to address social isolation and mental distress.

Founded in 1999 by Islington residents, the trust was established in memory of Stuart Low, a young man with schizophrenia who died by suicide after struggling to find adequate support. The charity operates from Islington but is open to all London residents.

www.slt.org.uk



The Stuart Low Trust

bringing people together for better health and wellbeing



HMHB is immensely proud of the large number of referrals we get directly from the NHS – this means we must be doing something right!

We get people directly from medical practices, health projects, hospital referrals, and more.

They are especially aimed at our work in promoting an active lifestyle where we enjoy making it fun and accessible which is needed currently.

Thank you so much for your incredible faith and support.

As per their website, Change Grow Live is a health and social care charity. They provide free and confidential treatment, support and information about drug and alcohol use, smoking, homelessness, justice and probation, and employment. They are judgement-free, whatever your circumstances. We enjoy a great relationship with them and deliver sessions for them in both Islington and Camden, and at their venues.

www.changegrowlove.org



**Change
Grow
Live**



HMHB are very happy to say they are part of a wonderful 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 in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio, the program connects local healthcare providers with community members to encourage physical activity, reduce stress, and combat sedentary lifestyles in a relaxed, social setting.

We keep in contact, send them our health packs, and are on their social media and beyond.

www.walkwithadoc.org



HMHB's Partnerships

Friends, Networks, Community

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. HMHB have established a good relationship with them and get a lot of referrals from their organisation.

Do contact them if you have an issue, and they can signpost you to us, as well as other relevant people.

connect@helponyourdoorstep.com



Help on Your Doorstep



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 thanks SHP as they gave us our first ever 5 opportunity, and we have done several courses to terrific feedback with their users and look forward to maintaining our relationship for more in the future.

www.shp.org.uk 0204 509 8300

HMHB have had a working relationship with VAI for over thirteen 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 Islington Volunteer of the Year 2023 at the Awards, as well as runner up the year before.

We have turned to them for advice many times, and even our change from a Social Enterprise to a Registered Charity.

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

www.vai.org.uk Main phone no: 020 7832 5801

Voluntary Action Islington

Answers to Photo Game Page on Page 31 – the Floral Theme

ONE: Orchid. TWO: Carnation. THREE: Chrysanthemum
FOUR: Lily. FIVE: Daffodill. SIX: Daisy
SEVEN: Lavender. EIGHT: Marigold. NINE: Jasmine
TEN: Clematis. ELEVEN: Tulip. TWELVE: Rose
THIRTEEN: Pansy. FOURTEEN: Snowdrop. FIFTEEN: Foxglove

How did you do? Some trickier than others.

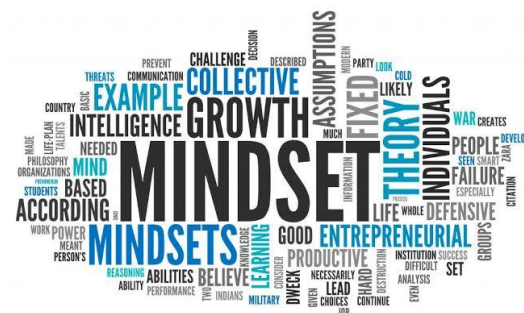


HMHB's Targets/Goals

It's Your Responsibility and Choice

MINDSET

According to all the experts, a positive mindset helps you manage daily stress, protects your physical health by lowering blood pressure and heart disease risks, and builds emotional strength to handle hard times. It does not mean ignoring real problems; it means facing them with a calm and hopeful attitude. It's very easy to worry and stress – I have had that a lot creating and running HMHB – but it is your responsibility to do all you can to challenge yourself. Why not look at your own life now and think how you can be positive?



NUTRITION

You only have to look at the countless studies to know that good nutrition and hydration fuel the body, maintain organ function, and prevent illness. A balanced intake of nutrients in your diet, as well as one and a half to two litres of fluids daily, supports energy, digestion, temperature control, and mental clarity, while poor habits lead to fatigue, weak immunity, and chronic disease. When things go wrong, we tend to stop bothering about what we eat, but that will affect negatively. Do your own research on changes you can make.



EXERCISE

Exercise keeps your body and mind healthy. Regular physical activity strengthens your heart, builds strong muscles and bones, helps you manage your weight, lowers the risk of chronic illnesses like type 2 diabetes and heart disease, and improves your mood and sleep. It also keeps bones dense and muscles strong to prevent falls as you age.

Are you doing enough. You should be doing a minimum or 150 minutes of “Moderate” Exercise (getting your warmer, out of breath, and heart pumping). That's your choice.



HEALTH

This is such a huge broad subject and will affect you in many different ways: Physically, Mentally, Emotionally, and Socially – but there is also financially, environmentally, and even spiritually. This is where you come in.

To give yourself the best opportunity of a healthy life involves all the subjects above, and you making better choices.

You are a walking miracle – think about your body – it's a magnificent structure. And only you can maintain it. So, start thinking about how you intend to do that.





Lazza's Fiendishly Hard Quiz

Answers for Quiz on Page 6

MUSIC: Who originally sang these songs with a Girl's name in the title, and the year released?

1. 1970: Simon & Garfunkel
2. 1971: Scott English (Manilow 74)
3. 1965: The Beatles
4. 1971: Rod Stewart
5. 1983: Michael Jackson
6. 1970: Derek & The Dominos
7. 1965: The Beach Boys
8. 1982: Dexys Midnight Runners
9. 1978: The Police
10. 1969: Neil Diamond
11. 1957: Buddy Holly
12. 1974: John Denver
13. 1973: Dolly Parton
14. 1968: Tom Jones
15. 1965: Mack Rice (Pickett 66)

FILMS: These songs were all up for Best Original Song at Oscars: Name the Film and the Year nominated.

1. 1947: Song of the South
2. 1967: The Jungle Book
3. 2013: Frozen
4. 1992: The Bodyguard
5. 1985: Back to the Future
6. 2023: Barbie
7. 1964: Mary Poppins
8. 1961: Breakfast at Tiffany's
9. 2004: Shrek 2
10. 2014: The Lego Movie
11. 1983: Yentl
12. 1982: An Officer and a Gentleman
13. 1950: Cinderella
14. 2018: A Star is Born
15. 1998: Armageddon
16. 1987: Dirty Dancing
17. 1989: Under the Sea

LITERATURE: Can you name the author who introduced us to these characters?

1. Truman Capote
2. John Le Carré
3. J. K. Rowling
4. Raymond Chandler
5. A. A. Milne
6. J. M. Barrie
7. Hans Christian Andersen
8. Edgar Rice Burroughs
9. Enid Blyton
10. Jane Austen
11. René Goscinny (illustrate Albert Uderzo)
12. J. R. R. Tolkien
13. Patricia Highsmith
14. Theodor Geisel (known as Dr. Seuss)
15. Charles Dickens



SPORT: Can you name the sports for these sports stars, and their nationality?

1. Cricket: Indian
2. Tennis: Russian
3. Cycling: Belgian
4. Basketball: American
5. Formula One: British / Belgian Dual
6. Gymnastics: Romanian
7. Football: Dutch
8. Golf: Australian
9. Ice Hockey: Canadian
10. Rugby Union: New Zealander



HMHB September 2026

What's Coming Up? (FTA) – free to anyone

Tuesday 1 Sept:	9:25am	Exercise at Highbury Leisure Centre.
Wednesday 2 Sept:	9:30am:	Highbury Fields Walk (FTA)
Wednesday 2 Sept:	1:10pm:	St. James's Church, Piccadilly Concert (FTA)
Thursday 3 Sept:	11:00am:	Clissold Park Walk (FTA)
Monday 7 Sept:	9:30am:	Finsbury Park Walk (FTA)
Monday 7 Sept:	6:00pm:	"Why Do We Need Empathy" Lecture – 17 people
Tuesday 8 Sept:	9:25am	Exercise at Highbury Leisure Centre.
Tuesday 8 Sept:	1:15pm:	St. Bride's Church, Fleet Street (FTA) – piano four hands
Wednesday 9 Sept:	9:30am:	Highbury Fields Walk (FTA)
Wednesday 9 Sept:	2:00pm:	Mary Gibbs Walk – Healthy Generations.
Thursday 10 Sept:	11:00am:	Clissold Park Walk (FTA)
Thursday 10 Sept:	7:30pm:	Professor Lazza's Online Quizerium
Friday 11 Sept:	12:30pm:	LSO St. Luke's Concert (FTA)
Friday 11 Sept:	6:30pm:	Kayaking – 9 people
Saturday 12 Sept:	2:30pm:	"Mere Mortals" Sadlers Wells – 10 people
Sunday 13 Sept:	1:00pm:	"Love Labour's Lost" Globe – 6 people
Monday 14 Sept:	9:30am:	Finsbury Park Walk (FTA)
Monday 14 Sept:	7:00pm:	"The Sky at Night" Lecture – 15 people
Tuesday 15 Sept:	9:25am	Exercise at Highbury Leisure Centre.
Tuesday 15 Sept:	1:15pm:	St. Bride's Church, Fleet Street (FTA) – cello/piano
Tuesday 15 Sept:	6:30pm:	Open Evening St. Paul's Cathedral – 20 people
Wednesday 16 Sept:	9:30am:	Highbury Fields Walk (FTA)
Wednesday 16 Sept:	1:10pm:	Guided Tour of Westminster Abbey – 30 people
Thursday 17 Sept:	11:00am:	Clissold Park Walk (FTA)
Thursday 17 Sept:	7:30pm:	Professor Lazza's Online Quizerium
Friday 18 Sept:	12:00pm:	Second Chance Café Lunch
Friday 18 Sept:	2:00pm:	Sadlers Community Engagement Session – 4 people
Friday 18 Sept:	8:00pm:	Karaoke: The Hercules, Holloway Road – opposite Odeon.
Saturday 19 Sept:	11:30am:	Science Museum (3 galleries) – 18 people
Monday 21 Sept:	9:30am:	Finsbury Park Walk (FTA)
Tuesday 22 Sept:	9:25am	Exercise at Highbury Leisure Centre
Tuesday 22 Sept:	1:10pm:	St. George's Hanover Square Concert (FTA)
Wednesday 23 Sept:	9:30am:	Highbury Fields Walk (FTA)
Wednesday 23 Sept:	2:00pm:	Mary Gibbs Walk – Healthy Generations.
Thursday 24 Sept:	11:00am:	Clissold Park Walk (FTA)
Thursday 24 Sept:	7:30pm:	Professor Lazza's Online Quizerium
Friday 25 Sept:	12:00pm:	Fish & Chips Lunch with St. Luke's Community Centre
Monday 28 Sept:	9:30am:	Finsbury Park Walk (FTA)
Monday 28 Sept:	1:10pm:	St. James's Church, Piccadilly Concert (FTA)
Tuesday 29 Sept:	9:25am:	Exercise at Highbury Leisure Centre
Tuesday 29 Sept:	6:00pm:	"AI as Therapist?" Lecture – 17 people
Wednesday 30 Sept:	9:30am:	Highbury Fields Walk (FTA)
Wednesday 30 Sept:	6:00pm	"Ordinary Women in English Literature" Lecture – 9 people

Dates correct as 31st August 2026. But do check up to date on our website.



THE LAST PAGE

Social Media / Contacts / Awards

We hope you have enjoyed this amazing Health Pack. To our knowledge, it is the only one like it in the country, takes a lot of work, but we love publishing it.

Healthy Minds, Healthy Bods aims to promote better thinking and a positive mindset, good awareness around nutrition and what the body needs to function properly, a solid understanding around exercise and fitness and why it is important to keep moving, as well as provide opportunities for people to exercise in a group environment, and demonstrate that a healthy lifestyle can lower the chances of disease and health issues, giving you the best prospect of a longer and happier life.

HMHB: *Official Nominee Team Islington Volunteer of the Year Awards 2021*
Lawrence: *WINNER Mayor Civic Award in 2022 (Outstanding Delivery)*
Lawrence: *WINNER at Volunteer of the Year Awards 2022*
Lawrence: *Official Nominee Mayor Civic Award 2023*
Lawrence: *WINNER Islington Volunteer of the Year 2023*
HMHB: *Nominated for Small Business Award 2026.*

Be Safe, Be Active, Be Well

WEBSITE: www.hmhb2016.org.uk
EMAIL: hmhb2016@outlook.com
INSTAGRAM: healthymindshealthybods2016 - please follow us
TWITTER / X: @hmhb2016 - please follow us
FACEBOOK: healthymindshealthybods - please follow us
FUNDING: www.justgiving.com/crowdfunding/hmhb

We are looking to relaunch our Blog and unveil a Podcast this year.

We will be publishing our own Recipe Books soon.



Link to our website through our QR Code

