

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack: Number 35

Focus on:

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

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*1st April 2025*



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





**Our monthly health packs now contain a massive 42 pages.  
To help you get through it, here is a list of contents for you. Something for everyone.  
We want to encourage you, inspire you, and motivate you. :-)**

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**"If you see someone falling behind, walk beside them. If you see someone being ignored, find a way to include them. If someone has been knocked down, lift them up. One small act can mean a lot to others."**

***Welcome to Issue 35 of Healthy Minds, Healthy Bods' New Monthly Health Packs.***

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

We then went monthly for 7 issues.

Our new venture for 2022 onwards: Issue 35 here.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

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

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

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

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

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



**Here are a few photos from our outings and trips, with smiling faces, and always lots of fun and laughs.**

**HMHB has delivered across Islington and beyond.**

**HMHB get referrals from the NHS and other local projects.**

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



## HEALTH NEWS AND RESEARCH PAGE

### Link between Western Diet on Pregnancy and ADHD

**New research reveals that a mother's diet during pregnancy -- characterised by a Western dietary pattern high in fat and sugar and low in fresh ingredients -- may increase the risk of neurodevelopmental conditions such as ADHD and autism in children. Researchers see potential for targeted dietary interventions during pregnancy to reduce this risk.**

Smoking, alcohol, and unhealthy diets have long been known to influence foetal development. Now, a comprehensive clinical study from the University of Copenhagen and the Copenhagen Prospective Studies on Asthma in Childhood (COPSAC) at the Danish Paediatric Asthma Centre, Herlev and Gentofte Hospital, has found an association between maternal diet during pregnancy and the development of ADHD and autism in children.

"The greater a woman's adherence to a Western diet in pregnancy (high in fat, sugar, and refined products while low in fish, vegetables, and fruit), the greater the risk appears to be for her child developing ADHD or autism," says lead author, Dr David Horner, MD, PhD.

The study identified a Western dietary pattern using data-driven analysis. Even moderate shifts along this dietary spectrum were associated with a markedly increased risk. For example, slight deviations towards a more Western diet were linked to a 66% increased risk of ADHD and a 122% increased risk of autism. However, this also presents an opportunity: even small dietary adjustments away from a Western pattern could potentially reduce the risk of neurodevelopmental disorders.



To reach these findings, researchers analysed dietary patterns, blood samples, and ADHD diagnoses across four large independent cohorts in Denmark and the United States, encompassing more than 60,000 mother-child pairs. Blood samples were analysed using metabolomics, providing insights into the biological mechanisms linking diet to neurodevelopmental disorders and serving as a validation method for the results.

The link between Western dietary patterns and ADHD was observed across all four cohorts and validated in three of them using three different methods, reinforcing the study's credibility, according to David Horner.

The study draws on a highly detailed and robust dataset where nearly 600 children were clinically assessed for neurodevelopmental disorders at age 10. To ensure the reliability of the findings, researchers accounted for a range of factors, including genetics, which is known to play a major role in neurodevelopmental disorders. Yet, a clear association between a maternal Western diet and the risk of ADHD and autism remained.

Researchers identified 43 specific metabolites in maternal blood that were linked to a Western diet and could help explain the connection between diet and neurodevelopmental disorders.

"We found that 15 of these 43 metabolites were particularly linked to the increased risk of ADHD. Many of these metabolites are derived from dietary intake and play key roles in regulating inflammation and oxidative stress, factors believed to be critical in early neurodevelopment," says David Horner.

## HEALTH NEWS AND RESEARCH PAGE:

### “Obesity Starts in the Brain” - so a study says.

A study has provided new insights into the role of the brain as a crucial control centre and the origin of obesity and type 2 diabetes. The hormone insulin plays a key role in the development of obesity. The brain's sensitivity to insulin is associated with long-term weight gain and unhealthy body fat distribution. What specific functions does insulin perform in the brain, and how does it affect individuals of normal weight?

The number of obese persons has grown significantly in recent decades, which presents significant difficulties for those who are impacted, healthcare systems, and those who provide treatment. The hormone insulin plays a key role in the development of obesity. Up until recently, there have been numerous signs indicating insulin causes neurodegenerative and metabolic disorders, especially in the brain. A recent study by the University Hospital of Tübingen, the German Centre for Diabetes Research (DZD), and Helmholtz Munich offers intriguing new insights into the origins of type 2 diabetes and obesity as well as the brain's function as a critical control centre.

Obesity has only been officially recognized as a disease in Germany since 2020, despite the fact that it has long been known to cause a number of illnesses, including diabetes, heart attacks, and even cancer. The World Health Organization has already declared obesity to be an epidemic, affecting over one billion individuals globally and almost 16 million in Germany alone. A body mass index of 30 or more is considered obese, and a poor diet and insufficient exercise are frequently cited as the causes of this chronic illness. However, the mechanisms in the body that lead to obesity and cause the disease are more complex.



Unhealthy body fat distribution and chronic weight gain are linked to the brain's sensitivity to insulin. What specific functions does insulin perform in the brain, and how does it affect individuals of normal weight? In their study, Prof. Dr. Stephanie Kullmann and her colleagues at the Tübingen University Hospital for Diabetology, Endocrinology, and Nephrology found the answer to this query. "Our findings demonstrate for the first time that even a brief consumption of highly processed, unhealthy foods (such as chocolate bars and potato chips) causes a significant alteration in the brain of healthy individuals, which may be the initial cause of obesity and type 2 diabetes," says Prof. Kullmann, the study's leader. In a healthy state, insulin has an appetite-suppressing effect in the brain. However, in people with obesity in particular, insulin no longer regulates eating behaviour properly, resulting in insulin resistance. "Interestingly, in our healthy study participants, the brain shows a similar decrease in sensitivity to insulin after a short-term high calorie intake as in people with obesity," says Ms. Kullmann. "This effect can even be observed one week after returning to a balanced diet," she adds. She is also deputy head of the Metabolic Neuroimaging department at the DZD partner Institute for Diabetes Research and Metabolic Diseases (IDM) of Helmholtz Munich at the University of Tübingen.

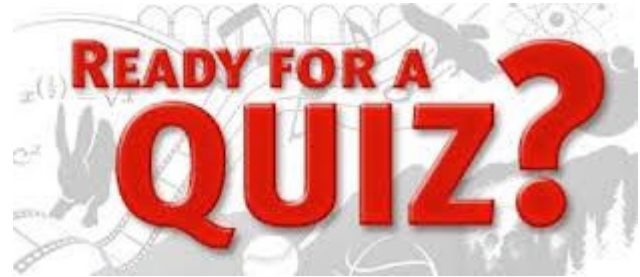
Prof. Dr. Andreas Birkenfeld, Medical Director of Internal Medicine IV, Director of the IDM and DZD Board Member, and the study's final author, concludes, "We assume that the brain's insulin response adapts to short-term changes in diet before any weight gain occurs and thus promotes the development of obesity and other secondary diseases." He urges more research on how the brain contributes to the development of obesity and other metabolic illnesses in light of the current findings.

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

**Countries:**

What are the 25 Largest Countries by population in Asia?

This is according to official figures from 2023.  
 How many can you name?



**Literature:** Name the Authors of these famous books.

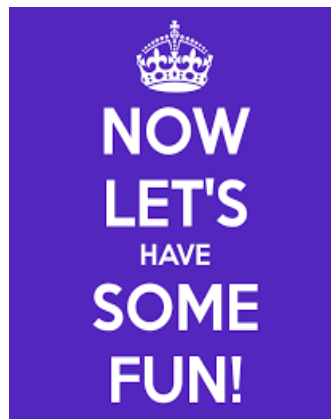
1. Don Quixote
2. And Then There Were None
3. The Hobbit
4. The Lion, The Witch & The Wardrobe
5. Lolita
6. Heidi
7. Black Beauty
8. The Eagle Has Landed
9. Watership Down
10. The Hunt For Red October
11. Airport
12. About A Boy
13. The Gruffalo

**FILMS:** What year were these Film Director's born, and what was their biggest selling film (so far!)?

1. Christopher Nolan
2. Alfred Hitchcock
3. Steven Spielberg
4. Orson Welles
5. Tim Burton
6. Peter Jackson
7. Francis Ford Coppola
8. James Cameron
9. Ridley Scott
10. Martin Scorsese
11. Quentin Tarantino
12. Woody Allen
13. Ron Howard
14. Wes Anderson
15. David Lynch
16. George Lucas
17. Stanley Kubrick

**Pop:** Who originally sang these songs with a girl's name in the title, and year released. Tough!!

1. Sweet Caroline
2. Peggy Sue
3. Bette Davis Eyes
4. Barbara Ann
5. My Sharona
6. Help Me Rhonda
7. Wake Up Little Susie
8. Mustang Sally
9. Mandy
10. Dirty Diana
11. Breakfast At Tiffany's
12. Minnie The Moocher
13. Oh Carol
14. Nikita



**The World:**

The US is made up of 50 States.

But which were the first twenty States admitted to the Union - all were 1817 or before.

It's a toughie!!

**Try and answer all before you look at the answers. Test yourself. Take your time.**  
**I think it is particularly hard this week - deliberately done!!!**



## HMHB Activity: Photos and Events from February 2025



Here's our gang of five attending a very funny night at the Pleasance Theatre, Islington for comedy CryBabies.

The three guys were very entertaining, and their unique comedy performance had us laughing and cheering.

We enjoy our visits to the Pleasance very much, and fully recommend you checking it out as the prices are competitive.

Our first ever visit to the Soho Theatre, Dean Street, and it was a cracker - with an award winning one woman show called "Weather Girl".

We had standing tickets, even though four of our group found seats, and it was one hour long.

A really great night, with comedy, pathos, emotion, and we loved our visit.



A laugh out loud night at the wonderful Kings Head Theatre, Upper Street to see a new play (This is Not) A Happy Room.

It's a great venue, with comfortable seating, and this play lived up to expectations.

Do check them out as they have productions running till the end of December.

Another amazing two hour night at the Pleasance Theatre - tickets were just £7 each. This was for Comedy Try-outs, where new comedians got a chance to perform over two nights, and the favourite four from the audience picks would be taken to the Edinburgh Fringe.

We here are pictured with the guy we thought was best, but it was very hard as they were all brilliant on the night.



Always good pictures when taken by our Justin, and here we are sat outside the Second Chance Café, part of St Mary's Church, Stoke Newington. We do enjoy our Thursday visits, with soup, crumble, cake, and coffee, all for a voluntary payment with the welcoming volunteers. Check it out: Every Thur/Fri 11am to 2pm.



## HMHB Activity: Photos and Events from January 2025



March weather has really brightened up, and here we are on one of our weekly health walks, of which we have three. It is going really well, and we even had Angeal feeding the birds out of her hands too. Getting outdoors is so important, and if you can do it with a group then that is even better. Join us? See P28.

Ten of us had a really enjoyable Saturday afternoon at the Kings Head Theatre Upper Street, where we caught a new musical called Stalled.

Here we are outside afterwards with three of the fantastic cast, who sang beautifully and had us in the palm of their hands with the story.

Check out this local venue. It's competitively priced and the shows are great.



Yes, that does say Television Centre. Three of us queued for ages, but it was worthwhile as we got to see a recording of the hit television QI. The tickets were free, but they give out more than there are places, so we got there early to make sure we would get in. Was around two hours of recording, and we laughed a lot. Well worth the wait.

This is a week when our Lazza was away and unable to deliver the session, but we had a very able stand in with our own capable Dez.

Thanks guys for coming along and trusting him. I hear they had a good time, as usual. Our exercise sessions are deliberately fun, with laughter, as well as sweat and movement. Well done everyone.



I only managed to get four tickets for this Pleasance show, but they never disappoint. This was Darren Griffiths, doing his "In Progress" material for an upcoming show tour. These are shows where they can try out material and see what the audience perceive as funny or not. We thought he was great, and look forward to many more visits to this local venue.



## HMHB Activity: Photos and Events from January 2025

We had three interactive and fun Community Engagement Sessions with Sadlers Wells, with two of them at the amazing new venue in Stratford in the Queen Elizabeth Olympic Park.

All the sessions were ballet related, with help from Ballet personnel from Birmingham, Marseilles, and the English National Ballet too.

One of the really good things is that it does not matter about ability.

In fact it is more fun if you are muddling your way through I feel. The instructors are incredible, as are Sadler's staff. Thx so much. Our group always love these.



23 of us went to a super production of Animal Farm at Stratford East (Theatre Royal). I read the book 45 years ago, but I was quickly immersed back into the story, and the acting and production was excellent. A lot of us travelled back on the Mildmay Line from Stratford, but do check out this theatre, as prices are competitive. Thanks for everyone who came.

Our Lazza has created a unique quiz that tests your imagination and guesswork, but also provides opportunities of laughter and fun. With six to eight rounds each week, our intrepid quizzers battle through, normally with outrageous answers, to see who can be deceived by our astounding quizmaster. Yay!!!



### **LOOKING FORWARD APRIL 2025 - just look at the exciting line up below.**

HMHB has a terrific list of events already lined up for April.

We have an exciting trip to the RAF Museum in North London, with a 4D experience.

Two trips to the Globe Theatre (Macbeth, and Romeo and Juliet). A karaoke night.

A comedy night at the Pleasance, and a play at the Kings Head Theatre.

Our first ever visits to the Southwark Playhouse, Arcola Theatre, and the new Sadlers Wells Stratford.

Plus the Park Theatre, and a Sadlers Wells Community Engagement with the English Ballet.

Plus a special Birthday Walk with the Islington Mayor on April 16th.

Alongside our three weekly walks, exercise sessions, unique quiz, and friends meeting up.

## NUTRITION: Lazza's Kitchen Adventure

### Creamy Chicken and Tomato Dinner

**Lazza has been trying out new recipes for over four years**  
**His first time making: Creamy Chicken & Tomato Dinner from scratch**

#### Ingredients

3 or 4 Chicken Breasts, cut into 4 or 6 pieces each  
Jar Sun Dried Tomato Paste  
30g Plain Flour: Grated Cheese (only little)  
Onion - diced: Garlic  
150ml Double Cream  
Tin Plum Tomatoes  
Button Mushrooms - halved  
Mixed Herbs: Basil: Parsley  
250ml Chicken Stock: Lemon Juice

**Tomatoes were originally salted and dried to preserve the fruit.**  
**Salting and evaporating the moisture from foodstuffs significantly delays the process of decomposition.**  
**By sun-drying ripe tomatoes, these foods could be enjoyed and provide valuable nutrition in the winter when it is difficult or impossible to grow fresh produce.**

I mixed the cut chicken breasts in the flour and a spoon of the sun dried tomato paste.

In some oil, I fried the chicken for 8-10 mins until golden all over, but not cooked through. Remove from the pan and put the chicken aside on a plate.

In the pan fry the onion for around 5 minutes, and add the garlic.

Then add the remaining sun dried tomato paste and the tin of plum tomatoes.

While cooking, add in your own amounts of the herbs.

Now put the chicken back into the pan.

Add in the cream and the chicken stock, and give a good stir.

Finally add the mushrooms.

Cook now for around 20-25 minutes. Finally stir in a little grated cheese and a teaspoon of the lemon juice.

It really did taste nice. Serve with Green Beans, Peas, Broccoli maybe?



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



## **MIND-SET:**

### **How does Personality affect your Mindset?**

There is that old saying - everyone is different. In a world of eight billion people can that be true? Well, I guess it is. And that is partly down to our “Personality”. Some people are outgoing, others more introverted. Some like to be in control, and others are quite happy to allow others to lead. Some like to challenge themselves and have new experiences, others take comfort in knowing a regular routine.

However, could your personality type be harming you, or is your personality actually affecting your decisions and helping you live a longer life? Our personalities play such an important role in determining our behaviours and habits, so it is little wonder that personality type has a connection to your mind-set and your health. Everything from how often you visit the doctor to how you deal with stress is connected to your personality.



Philosophers, physicians, and researchers have long tried to find connections between personality and physical health. During the time of the ancient Greeks, Hippocrates and Galen suggested that there were four humours (or personality types) and that each was connected to susceptibilities for certain physical or mental illnesses.

Interest in the topic persists to this day and research has found that personality traits can be important health predictors. Researchers have found that the personality traits exhibited during childhood are linked to later health and are tied to other key health markers including overall longevity.

The classic “Type A Personality” is often characterised as hard-driving, controlling, and perfectionistic. You could say these people definitely have a growth mind-set, but without the necessary important part of Fixed Mindset that can help control them. People who exhibit characteristics of this personality type tend to be more competitive, impatient, tense, assertive, and even aggressive.

Type A's are often seen as hard-driving workaholics who will do anything to get ahead. They often feel a need to dominate, both at work and in personal interactions, and may derive their feelings of self-worth and self-concept from their perceived achievements. This personality type has been a subject of interest since it was first described in the 1950s and research has associated it with a number of negative health outcomes.

Older studies suggested that there was a connection between the Type A personality type and heart disease, but subsequent research has complicated these findings by failing to confirm the link. The initial research conducted more than 40 years ago suggested that Type A personalities were at a 7-fold increased risk of developing coronary artery disease. But more recent studies suggest that the real culprit behind the increased risk of heart disease is likely related to anger and hostility.

Effective stress-management techniques can help you learn how to better cope with daily life stress. Learning how to manage feelings of anger and hostility can also help.

## MIND-SET: Personality and Mindset

People with a more laid-back personality, often referred to as a “Type B Personality” tend to be much more relaxed and easy-going than their Type A counterparts. In contrast to Type As, Type Bs are typically less stressed and less competitive. This can obviously be a good thing as long as you also challenge yourself.

These individuals are apt to be more focused on performing tasks for the enjoyment of doing so rather than being so driven by a need to achieve, win, or dominate. That isn't to say that Type Bs do not value accomplishment. They work steadily toward their goals but also enjoy the process and experience less stress if they do not win.

People with the Type B personality type may also be more attracted to careers and hobbies that are more laid back and creativity centred, such as becoming an artist, writer, actor, or therapist. There are still health implications associated with the Type B personality. If you are Type B:



- **Maintain healthy behaviours:** Being laid-back might mean taking a more lackadaisical approach to your health. Being relaxed can be great, but don't slack on your healthy habits.
- **Focus on the positive:** For Type Bs, the news is mostly good. If you have this personality type, you probably have a lower risk of developing health issues related to anxiety. You tend to enjoy life, are pretty good at coping with stress, and likely have a good quality of life. All of these factors may mean that you are less likely to experience negative health outcomes that are linked to stress, anger, and anxiety.

People with an "eager to please" personality type tend to be accommodating, passive, and conforming. This personality type can have its health upsides and downsides. On one hand, they're eager to please nature means that they are more likely to follow their doctor's orders. They may also be less likely to seek help when something is wrong, instead feeling that they don't want to be a burden or inconvenience to others. When faced with a diagnosis, they may simply throw in the towel and assume that nothing they do will make much of a difference.

So what can you do to protect your health if you tend to be a people-pleaser?

- **Focus on your needs:** People-pleasers sometimes place their own well-being last. Being conscientious of others can be a positive trait, but be sure to take time for your own health as well.
- **Take an active role in your health:** It can be easy to fall into thinking that your health is out of your hands, but taking a more internal focus may help you feel more in control of your current and future health. Instead of focusing on the external influences that affect your health, pay attention to the things that you can change through your own actions.

Your individual risk of developing a health problem can depend upon a variety of factors beyond your personality, including genetics, environment, lifestyle, and behaviours. Understanding your personality might be a great way to help determine what sort of health choices or changes you need to focus on making. By being aware of the potential hazards you may face, you can work with your health care professional to come up with a plan to minimise the dangers. Remember, you have the control. It's your choice.



## EXERCISE/FITNESS: STRETCHING

### Stretches for your Back

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

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

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

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

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

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

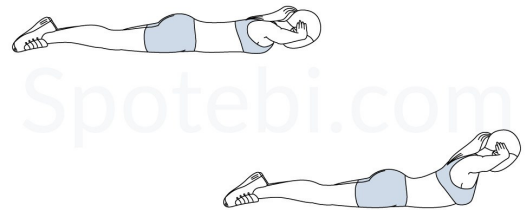
It is not just about warming up before an exercise session, or warming down after completing one.

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

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

#### BACK EXTENSIONS

Lie face down on a mat, with your legs fully extended and your hands either side of your head. Lift your torso up with the help of your back muscles. Hold for a count of 5 and return to the starting position. Repeat until set is complete. Adding back extensions to your workout routine helps to strengthen the back muscles and to improve posture and balance. In order to have a strong core, it’s important to work not only your abs and obliques but also your back muscles.



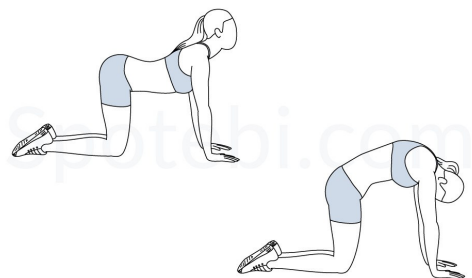
**When you stretch or move frequently throughout the day, you decrease strain on your muscles and skeletal system. In the long run, that can decrease the likelihood you'll develop chronic low back and shoulder pain, knee discomfort, headaches, and more.**

#### BACK STRETCH

Start on all fours, positioning your hands directly under your shoulders and your knees under your hips. Drop your head and pull the abs in, rounding your back and neck. Hold for 10 seconds. Raise your head and curve your back down toward the floor.

Hold for another 10 seconds and repeat.

This stretch is a pose that is included in stress-releasing routines. It massages and stimulates the abdominal organs, creates emotional balance, reinvigorates the spine, and corrects posture. The stretch also helps to strengthen your core muscles and can help ease and prevent lower back pain and injuries.



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

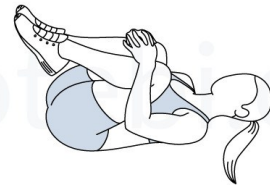
## EXERCISE/FITNESS:

### Stretches for your Back

#### LOWER BACK STRETCH

Lie down on your back and pull both knees up to your chest. Slowly pull the knees toward the shoulders until you feel the stretch on your lower back. Hold that position for 10 to 20 seconds.

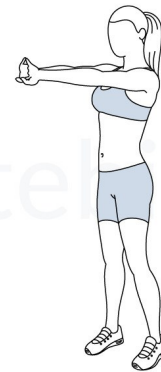
The lower back stretch is a great exercise to increase flexibility, release tension and ease lower back pain. If performed regularly, this exercise can help strengthen and stabilise your core muscles and increase lower back range of motion. This stretch is also beneficial for the pelvic and hip muscles since it helps reduce the accumulated tension in those areas.



#### 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.

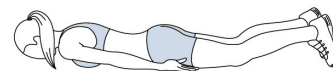
The upper back stretch is a great exercise for improving the posture, easing stiffness, and removing tension. If you spend a lot of hours sitting in front of a computer, it's important to add a couple of back stretches to your daily routine. This way you can help ease back pain and prevent injuries.



#### PRONE BACK EXTENSION

Lie on your stomach with your legs fully extended and your arms extended back. Engage your back muscles and lift your torso. Pause for 5 seconds, then return to the starting position. Repeat until the set is complete. Maintain your head and neck in a neutral position, look down and keep your chin away from the chest. Breathe out as you lift your torso, pause, and inhale as you return to the starting position.

The prone back extension targets and strengthens the back muscles, improves posture, and gives you a taller, slimmer-looking physique. This exercise also enhances your core strength and improves the stability of the spine.



**As long as you're not overdoing it,  
the more regularly you stretch, the better it is for your body.  
It's better to stretch for a short time every day or almost every day  
instead of stretching for a longer time a few times per week.**

**Being flexible and having full joint mobility can have several beneficial implications on  
quality of life, including reducing day-to-day pain and increasing vascular health.**



## **MIND-SET:**

### **Surroundings can affect your Mindset**

When you are feeling a bit down, bored, thinking that maybe you are trying your best to do things but it never seems to work, or even just not feeling challenged, why not take a look around you a bit - Where are you? Who are you with? What's the weather like? Are you comfortable? Are you happy?

How is your flat/house? Are you a tidy person. When you wake up in the morning is there a mess in the sink? Is there washing piled up? Are there papers everywhere? Is there a lot of clutter?

Yes, I could be describing my own flat at the moment - that is the inspiration for several of those questions. And, of course, it is naturally going to affect your mood and emotions. If you feel you are living in a mess (or at least a bit of a messy place) than can leave you in a mess mentally.



Let's break this down. Your brain is a bit of a sponge, it soaks up information from everything around you, and that influences the way you think. This idea of your brain adapting to your surroundings comes from something called "Neuroplasticity". Basically, your brain is always rewiring itself based on the input it's getting from the world. So, if you're surrounded by negativity, clutter, or chaos, your brain gets wired to think in negative, cluttered, chaotic ways.

On the flip side, when you're in environments that are positive, inspiring, or even just organised, your brain becomes wired to think more clearly and positively. It's like giving your brain a fresh start every day.

Ever wonder why you feel frazzled when you're in a messy room? That's "Cortisol" doing its thing (Cortisol is a steroid hormone, often called the "stress hormone," produced by the adrenal glands, playing a key role in regulating metabolism, blood sugar, and the body's response to stress). When you're in a cluttered, chaotic space, your brain interprets it as stress, raising cortisol levels and making it harder to focus. The same goes for being in environments with lots of noise or distractions, it all adds up and puts your brain in a bit of a spin.

Then there's the people factor. Have you ever spent time with someone who's constantly complaining and found yourself starting to feel the same way? That's because our emotions are contagious. This idea is known as "Social contagion", where the moods and behaviours of the people around us influence our own.

If you're spending time with people who are stuck in a negative mindset, it's going to rub off on you, whether you like it or not. But the opposite is also true. If you're hanging around with people who are positive, driven, and have a growth mindset, you'll start to pick up on those vibes too.

By understanding how your environment affects your mindset, you're better equipped to make the changes that'll boost your mental game. From physical spaces to social dynamics and even your digital world, it's all part of the puzzle.

Mindset is so important for your own progression in this world; the decisions you make; the challenges you face: the way you communicate with others. So try and make sure you are surrounded by positive influences.

## MIND-SET:

### Self-Perception can influence Mindset

When I talk about “Perception”, I am considering both how you percept others as well as your own self perception. Both are very important when we make decisions.

Putting yourself down can be damaging to your self-esteem and self-confidence. That includes the words you say out loud in addition to your internal negative self-talk. Negative thoughts and words can be very believable and they distort your perception about yourself. They impact on your sense of self-worth. When you talk negatively about yourself to others, or even yourself, the words have a greater effect. You’re also making it easier for others to put you down.

You may feel insecure, believe you’re not worthy (even though you are) or it might be a habit to put yourself down. You could be used to saying “I can’t,” “I don’t have talent,” “I’m ugly,” “I’m stupid”, “I’m fat”, or “I’m useless.” You might have been put down by others in the past and continue to put yourself down. Alternatively you may believe it’s better to put yourself down before anyone else does.



Putting anyone down, including yourself, is “Emotional Bullying”. Most of us consider bullying from others as a bad thing, so why bully yourself? It seems like we have a double standard and treat others better than we treat ourselves. It’s not okay to put anyone down and that includes yourself.

It’s important to pay attention to your negative talk - catch your negative thoughts or words early. Awareness is very important and it empowers you to make changes. Stop your negative thoughts or words and correct them as much as you can. This may be a challenge to start with and it’s important to be kind to yourself. It’s okay if you don’t get it right straight away. Change will take effort and habits won’t change overnight. Keep on practicing and you’ll see improvements. Change your talk and you will build your self-esteem.

To build your self-esteem, it’s important to talk about yourself in a healthy manner. Believe you are worthy and quit the self-bullying. Treat yourself as you would a good friend and respect yourself. Replace negative words with positive words. For example you could say “I’m capable” or “I’m learning” instead of “I’m useless” or “I’m stupid.” Words can make a big difference.

***Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don’t allow issues and situations to overwhelm, and are proactive in finding solutions to life problems. It something we can all do, but it is hard, and takes effort.***

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

## NUTRITION: Lazza's Kitchen Adventure

### Tropical Nutty Crumble

**Lazza has been trying out new recipes for over four years  
His first time making: Tropical Nutty Crumble from scratch**

#### Ingredients

Mangoes / Pineapple pieces  
75g Light Brown Caster Sugar  
Lemon Juice

#### TOPPING:

120g Plain Flour  
100g Unsalted Butter  
40g Light Brown Sugar: Walnuts Crushed  
50g Oats: Hazelnuts Crushed  
Cinnamon and Nutmeg  
Amaretto or Rum if you want

**In 1995, evidence of large-scale Mesolithic nut processing, some 8,000 years old, was found in a Midden Pit on the island of "Colonsay" in Scotland. The evidence consists of a large, shallow pit full of the remains of hundreds of thousands of burned hazelnut shells.**

**Hazelnuts are harvested annually in mid-autumn. As autumn comes to a close, the trees drop their nuts and leaves. Most commercial growers wait for the nuts to drop rather than using equipment to shake them from the tree.**

Into a large dish I put the mango and pineapple pieces - be generous.  
I then sprinkled over the caster sugar and lemon juice.

In a bowl I put the flour and oats and butter, and mixed together. I slightly melted the butter to give a little more sticky breadcrumb like texture, but that's up to you.

I added in the nuts and brown sugar, with a sprinkle of cinnamon and nutmeg.  
If you want you can add some coconut, and even a splash of rum, but I had a friend who liked neither coming round so I left these out.

Cover the fruit with the crumble mix and bake in an oven at 200C for 15-25 minutes. Check at 15, and 20 if you want longer in the oven.

This was seriously delicious, and serve with cream, custard, or clotted cream.



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



## HMHB's funny quiz page:

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

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

**All Answers are at the base of Page 37 - don't look till you have done the whole page!!**

#### ROUND ONE: Multiple Choice

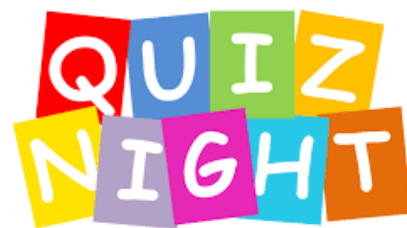
**Only TWO of the choices are correct: which two are they?**

Horses in the Grand National	Appeared in a Bond Film	Politicians on Have I Got News 4 You
Shakalakaboomboom	Charles Dance	Roy Hattersley
Shutthefrontdoor	Michael Gambon	Kenneth Clarke
Horsey McHorseface	Mini Driver	Nigel Farage
Foxy Fanny	Vanessa Redgrave	Liz Truss

#### ROUND TWO: Give Me a Number

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

1. In 2023, how many live births in England and Wales were recorded?
2. How many platforms at Kings Cross Station, London?
3. According to Golf Monthly, how many golf courses in the USA?
4. From 1946, how many men have managed the England Football Team?
5. In seconds, how long is the Queen single "Bohemian Rhapsody"?



#### ROUND THREE: When Did That Happen

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

1. When was Samuel Johnson's Dictionary (English Dictionary) first published?
2. When was the Leaning Tower of Pisa completed?
3. When was the Ford Capri first sold in the UK?
4. When did Heinz first sell Tomato Ketchup?
5. In what year did PlayStation release its first ever console?

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

"wild goose chase", "green-eyed monster", "brave new world", "break the ice", "good riddance".

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

- |   |                                |
|---|--------------------------------|
| 1. Which of these is the larger UK County by Size?      | Devon; Hampshire; Sussex       |
| 2. Which of these is the Furthest South in Spain?       | Alicante; Cadiz; Zaragoza      |
| 3. Which of these is the Taller UK Cathedral?           | Canterbury; Lincoln; Salisbury |
| 4. Which of these Shakespeare plays has the most lines? | Cymbeline; Othello; Richard II |

#### ROUND SIX: What is the answer to these questions?

1. What is the tallest Mountain in Europe?
2. What is the longest River in the USA?
3. What is the Biggest Country in Africa?
4. What is officially the largest Desert in the World?
5. What is technically the Eastern most State in the USA?



## NUTRITION:

### Let's talk about Snacking

**There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.**

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

If I had to put my finger on the main reason I struggle to lose weight, it is snacking. My meals aren't too bad to be honest. I try and be healthy. And I have cut down on various bad stuff as I aim to lose weight for an important operation that I need. However, instead of going down, the scales have indicated a rise in my weight. I even got called out on it recently, to my utter dismay and frustration.



So, are snacks good or bad for you? A snack is generally defined as any food eaten between main meals. Many people snack at least once during the course of a day, and there are several reasons why. The most common scenario is that our stomachs start growling a few hours after our last meal. Another might be a dip in energy levels that a small bite can remedy. Or maybe we just look forward to the taste of certain snack foods. Market research demonstrates the most common snack choices are fruit, biscuits, crisps, ice cream, sweets, fast food, soft drinks, cake, milk, nuts and seeds, and yogurt.

Snacks have been associated with both weight gain and maintaining weight, as well as with a lower or higher diet quality. Although snacks can be a regular and important part of a healthy diet, they can also lead to some serious health problems. What differentiates the two scenarios is one's snacking behaviour: what you snack on, why you snack, frequency of snacking, and how snacks fit into your overall eating plan.

Research has found various motivations for snacking: hunger, social/food culture, distracted eating, boredom, indulgence, and food insecurity. Along with the abundance of snacks in our food environment, marketing also plays a role. The food and beverage industry spends billions of pounds per year on advertising around the world, more than 80% of which promotes fast food, sugary drinks, alcohol, sweets, and other unhealthy snacks. Some studies found that snacking not caused by hunger was associated with a higher overall calorie intake. Emotional eaters (I think I am one of these) and those under psychological stress have been found to eat more energy-dense snacks, especially those higher in sugar and fat.

The 2020 Food & Health Survey from the International Food Information Council revealed several insights into how people snack.

- About a quarter of those surveyed said they snacked multiple times a day, and one-third snacked at least once daily. The most popular reasons for snacking were hunger or thirst, to be eaten as a sweet or salty treat, and because snack foods were easily available.
- 40% said they at least occasionally replaced meals by snacking (lunch being the meal most often replaced) and 25% sometimes skipped meals entirely.
- During the COVID-19 pandemic, more people under the age of 35 and parents with children under 18 years have reported snacking more than usual.

## NUTRITION:

### Snacking: Pros and Cons, plus do some planning

Research has attempted to see if snacking has a positive or negative impact on nutrition and health outcomes—but without a clear answer. This may be because of a lack of a common scientific definition of what is a snack. Studies find that snacking recommendations from public health organisations worldwide, including our own NHS, generally advise limiting snacks that offer little nutrition but are high in saturated fat, sugar, and sodium; they find that snacks provide at least 10% of daily calories, with a frequency of eating about two snacks per day.

The Dietary Guidelines for Americans 2020-2025 includes recommendations for nutrient-dense snacks, such as raw vegetables, fresh fruit, nuts, and plain yogurt.

What are the benefits of snacking?

- Provides a boost of energy if several hours pass between meals and blood glucose levels drop.
- Helps curb your appetite to prevent overeating at the next meal.
- Provides extra nutrients when choosing certain snacks like fresh fruit or nuts.
- Can help maintain adequate nutrition if one has a poor appetite but cannot eat full meals, such as due to an illness.



What are the cons of snacking?

- Unwanted weight gain if portions or frequency of snacking is too much, adding excess calories.
- Too much snacking can reduce hunger at meal times or cause one to skip a meal entirely, which increases the risk of losing out on important nutrients.
- Regular intake of ultra-processed hyperpalatable snacks (Hyperpalatable food combines high levels of fat, sugar, sodium, and/or carbohydrates to trigger the brain's reward system, encouraging excessive eating) that contain added salt, sugar, and fats but that are low in nutrients and high in calories can increase a preference for these types of foods, leading to a change in eating behaviours and diet quality (e.g., a higher intake of hyperpalatable snacks along with a decreased intake of healthful foods).

#### Planning

If snacking occurs frequently, determine if you are truly hungry or eating because of an emotion (bored, stressed, tired, angry, etc.). If you are hungry, go to the next step. If you realise you are eating from emotion, consider using mindfulness strategies before snacking, or having a glass of water.

Decide which snack choices will satisfy you. A satisfying snack will alleviate hunger, be enjoyable, and help you to forget about food until your next meal! Think about the last snack you ate. Did you still feel hungry or want to keep eating shortly after finishing one portion of the snack? Studies show that snacking on whole foods containing protein, fibre, and whole grains enhance satisfaction. But it's also important to pause before making a snack choice to consider what will truly satisfy: if you choose an apple when you really want popcorn or chocolate, you may feel unsatisfied and want more.

If you do not have a specific craving but are trying to quiet hunger, choose a snack that is high in fibre and water that will fill your stomach quickly.

- **Crunchy:** raw vegetable sticks, nuts, seeds, whole grain crackers, apple
- **Creamy:** cottage cheese, yogurt, hummus, avocado
- **Sweet:** chopped fresh fruit, dark chocolate
- **Savory/Salty:** cube or slice of cheese, roasted chickpeas, handful of nuts



## NUTRITION:

### Let's look at some snacks that can help you

The simplest snacks to turn to can be the worst. You can just pop into the local supermarket and find cakes and biscuits and chocolates (many boxed up with several to buy at a discount), sweets (look at the number that are now doing multi-packs), fizzy drinks, and other not so good options. Yes, they taste nice. I agree. Yes, they even help with that hunger. Again I agree. But they are not the best options.

Let's look at a few.

#### **Fresh Fruit.**

I have had people come up to me and tell me lots of fresh fruit is not good for you because of the sugar content. This frustrates me as it is not accurate.

Many fizzy drinks have high fructose corn syrup, and yes this can have a negative effect on your health. But fresh fruit is just fructose, and it is very difficult to get too much from that source. Fruits are also loaded with fibre and water and have significant chewing resistance. For this reason, most fruits take a while to eat and digest, meaning that the fructose hits your liver slowly.



As a snack, fruit doesn't just slow down your eating. It has many benefits, especially in the case of soluble fibre. Fibre can reduce cholesterol levels and help your body process sugar, and it may help you feel full. They also have lots of nutrients that are important for health, including vitamins, minerals, and a plethora of antioxidants and other plant compounds. What's more, fruits tend to be high in several vitamins and minerals that many people don't get enough of, including vitamin C, potassium, and folate. Just try to avoid fruit juices and dried fruits.

#### **Nuts**

Nuts do have a high fat content, so are high in energy. Therefore, portion size is important. In most nuts, the fat content is mainly unsaturated fat: either polyunsaturated fats in walnuts and pine nuts, or monounsaturated fats in almonds, pistachios, pecans and hazelnuts, for example.

Brazil nuts, cashews and macadamia nuts are higher in saturated fat. Too much of this can contribute to raised cholesterol levels, so only eat them occasionally. Chestnuts are an exception. They're lower in all types of fats and higher in starchy carbohydrate than other nuts.

As a substitute for foods high in saturated fats and sugar (such as biscuits, chocolates or cakes), nuts can be a good choice. The high protein and fibre content makes them a satisfying snack and they contain nutrients such as vitamin E, potassium and magnesium.

#### **Hummus**

Hummus is a popular Middle Eastern dip or spread. Typically blended from chickpeas, tahini, olive oil, lemon juice and garlic, not only is it delicious but also packed with nutrients, and has been linked to impressive health and nutritional benefits. These include easing inflammation, supporting digestive health, managing blood sugar levels, promoting heart health, supporting weight management. Hummus is naturally free of gluten, nuts, and dairy, which means it suits people who are affected by common conditions like celiac disease, nut allergies, and lactose intolerance.

## Nutrition: HMHB looks at “Superfoods”

### Today: Avocado

On this page, we will take a brief look at Superfoods.  
What makes them so “super”?

**The term “superfood” is a fairly new term referring to foods that offer maximum nutritional benefits for minimal calories. They are packed with vitamins, minerals, and antioxidants. It should be noted that no standard criteria or legal definitions classify any food as a superfood at this time. However, most so-called superfoods are plant-based.**

Also known as an alligator pear or butter fruit, you may not know that avocados are actually a type of berry. They grow in warm climates. But they really are a superfood due to a huge number of benefits.

Avocados are a source of Vitamins C, E, K, and B6, as well as riboflavin (B2), niacin (B3), folate, pantothenic acid (B5), magnesium and potassium. They also provide lutein, beta carotene, and omega-3 fatty acids.

Avocados contain high levels of healthy, beneficial fats, which can help a person feel fuller between meals. Eating fat slows the breakdown of carbohydrates, which helps keep blood sugar levels stable.

Avocados contain “Lutein” and “Zeaxanthin”, two phytochemicals present in eye tissue. They provide antioxidant protection to help minimise damage, including from UV light. The monounsaturated fatty acids in avocados also support the absorption of other beneficial fat-soluble antioxidants, such as beta carotene. As a result, adding avocados to the diet may help reduce the risk of developing age-related macular degeneration.

Half an avocado provides approximately 18% of the daily value of vitamin K. This nutrient is often overlooked but is essential for bone health. Taking in enough vitamin K can support bone health by increasing calcium absorption and reducing the urinary excretion of calcium.

Avocados are a good source of folate, which plays an important role in overall dietary health. Various studies have also found links between low folate levels and depression. Folate helps prevent the buildup of homocysteine, a substance that can impair circulation and delivery of nutrients to the brain. Reviews of past research have linked excess homocysteine with cognitive dysfunction, depression, and the production of serotonin, dopamine, and norepinephrine, which regulate mood, sleep, and appetite.

So add an avocado into your diet. They taste great, but do some much for your body.

**No single food can do it all, but it goes without saying that some foods are healthier than others. A leafy salad is healthier than a plate of chips; a salmon filet is healthier than a towering cheeseburger; a yogurt is healthier than a hot fudge sundae. Although Superfoods aren’t a recognized category of foods, the title is typically reserved for natural foods that are especially nutrient-dense while generally being low in calories.**



## LAZZA'S PAGE

### Recommendations, News, Life!!!

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

So, later this year I am going to turn 59.

I remember my mum telling me when I was a teenager that the years would feel quicker and quicker, and boy was she right.

They are zooming along.

I admit I am starting to feel older, slower, more achy, Parts of me don't work as well anymore, and other parts need tests, medicines, and watching closely.

But I am still going to live the best life possible. So should you.



I know I should look after myself a lot more, especially around my weight, but also my body. It's so easy to neglect yourself. So, when I had the opportunity of a pedicure recently I took it.

I wasn't going to lumber you with a pic of my feet, so a clipart will do. The lady did the nails, the dry skin, the cuticles, and had some lovely oils and lotions.

It felt supertastic. We can really take our bodies for granted, but it is nice to treat once in a while.

Yep, that's me on a Camel. Her name was Olivia, she is nine years old and pregnant. Rumours that she is now in therapy are highly exaggerated.

Taking some of my personal pension money (I had saved since 18) a couple of years ago meant spending it on quite a few holidays, something I never thought I would be able to do, so feeling very fortunate. In Morocco here, but took laptop and am actually typing this in the hotel, so working hard to finish this pack whilst away.



### HMHB Need Help With Funding To Keep Going.

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

In 2024: Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures:

HMHB delivered over 10 courses -working with over 100 people in attendance.

HMHB produced and delivered 10 forty-page Health Packs.: HMHB delivered 150 weekly health walks:

HMHB delivered 65 weekly exercise sessions: HMHB grew their Pack email list to over 500 addresses.

HMHB organised, delivered, or took part in over 70 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/hmhb2016](http://www.justgiving.com/crowdfunding/hmhb2016)**





## HMHB's Name Game Page:

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

Answers at bottom of quiz page answers (page 39)



1



2



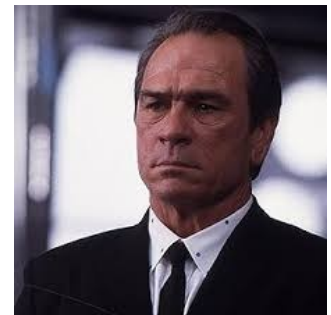
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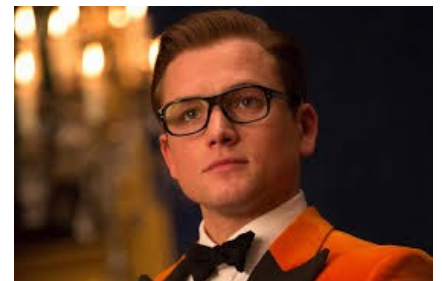
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## NUTRITION: Lazza's Kitchen Adventure

### Pecan Pie

**Lazza has been trying out new recipes for over four years**  
**His first time making: Pecan Pie from scratch**

**Maple syrup is a sweet syrup made from the sap of maple trees.**

**In cold climates, these trees store starch in their trunks and roots before winter; the starch is then converted to sugar that rises in the sap in late winter and early spring.**

**Maple trees are tapped by drilling holes into their trunks and collecting the sap, which is processed by heating to evaporate much of the water, leaving the concentrated syrup**

#### Ingredients

Shortcrust Pastry (can make you own)  
100g Unsalted Butter (softened)  
75 Golden Caster Sugar  
175g Maple Syrup  
175g Golden Syrup  
Vanilla Paste/Essence  
3 Eggs  
Cinnamon; Nutmeg  
600g Pecan Nuts

I used shop bought pre made Shortcrust Pastry - you can obviously make you own.  
I rolled out the pastry on a floured surface and then laid it in my dish.  
I pricked the bottom with a fork and put in fridge for 30 mins.  
Then lined with baking paper and baking beans, I cooked for 15 mins.  
I took out the bean sand cooked for further 10 mins. Leave to cool.

Mix up with softened butter with the sugar.  
Add the Syrups and Mix.  
Add the Eggs and Vanilla and Mix.  
Crush up half the nuts and add to mixture with the cinnamon and nutmeg.  
Give a good mix and pour into the tin.  
Place the remaining pecans on top and bake at 190 for ten minutes.  
Lower temp to 160 and cook for a further 35 minutes.  
Once cooked the top may feel liquidly.  
Leave to cool, then put in fridge overnight to really firm up.



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



## EXERCISE/FITNESS

### How to burn more Calories when Walking?

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

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

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

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

We now have our regular Highbury Gym sessions with Lazza on Tuesdays, thanks to the team at Better, We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza will start 2025.

We have covered walking many times in these health packs, and for good reason. It's arguably the most accessible form of exercise available to us and mounting research shows it's good for heart health, blood pressure, mental health and more. Walking three times a week nearly halves the recurrence of back pain according to research published in 2024, while another study from that year found that hitting 10,000 steps a day lowers your risk of heart disease. And if you cannot make 10000 steps, just do what you can.



You can also walk off excess body weight - to an extent - but let's be honest, that is fairly minimal. In terms of burning calories and weight loss more generally, the research unsurprisingly shows that walking is less effective than more intense forms of exercise, like running or weightlifting. The amount of calories you can burn depends on a number of factors, but the average person gets through a modest 250 calories walking for an hour at a moderate, unstrained pace.

If walking is the only thing you're doing, it's unlikely to move the needle very far on the weighing scales. However, research shows that it can improve the effects of a calorie-restricted diet, however - so do not get down hearted if the only cardio you do is walking.

A 2017 study in the "Journal of Nutrition" found obese and overweight people who walked 2.5 hours a week, along with following a diet, lost more weight and fat mass than people who just followed the diet.

There are ways to step up your walking, of course. The most obvious is distance – walk further and you'll burn more calories. The journal "Obesity" reports that out of people on a long-term weight-loss programme, the ones who lost more than 10% of their starting weight were clocking 10,000 steps a day at the 6-, 12- and 18-month intervals. Sustainability is key. You have to keep it up, in other words.





## **EXERCISE/FITNESS:**

### **How to burn more Calories when Walking.**

HMHB's walks are fairly leisurely. We have some people with mobility issues, and we think it is important to stay as a group for our activity. So maybe our pace is not great if you are looking to lose weight or really improve your fitness.

But, whether you are walking for fitness or weight loss, your walking pace will be determined by your individual capabilities. If you're looking to boost your aerobic fitness, you should walk fast enough to achieve moderate intensity in your workout. This is often referred to as your brisk walking speed or pace. The speed of a brisk pace is different for each person as it depends on your heart rate, age, and level of fitness.

A brisk walking pace can range from 13 to 20 minutes per mile or from 3.0 mph to 4.5 mph. At this pace, you should be breathing noticeably harder but able to speak in full sentences.

If your walking pace is 20 minutes per mile, it may be either fast enough to be moderate-intensity exercise or too slow. If you are more aerobically fit, a 20-minute pace might only be light-intensity exercise. You can only determine this by understanding what the moderate-intensity zone feels like and what heart rate will put you into that zone. It is generally considered that if you are walking faster you are obviously using up calories quicker.

You may need to learn how to walk faster to get your heart rate into your fitness zone. Using good walking posture, back-and-forth arm motion, and rolling through each step from heel to toe can not only speed you up but will also help you breathe better and walk more easily.

As you increase your fitness, you may not be able to walk fast enough to get into the moderate-intensity or vigorous-intensity zones. Adding hills or stairs may increase your intensity at a lower speed. Using fitness walking poles can also increase your heart rate at the same speed. However, if you still can't achieve a higher heart rate by walking, you can try using the racewalking technique or switch to jogging intervals to get into a higher heart rate zone (if you can).

So, the calories you burn walking will be affected by the distance you walk, your weight, and many other factors. You may be able to burn more calories in a set amount of time if you walk faster. If you add hills or running intervals, you can burn more calories for a set distance.

#### **Did you know?**

- We all know that the recommended steps to take per day are 10,000 so how do countries compare? The average Australian takes 9695 steps per day, the average Japanese takes 7168; and the average American just 5117.
- Walking can help decrease the risk of heart attack, decrease the risk of developing type 2 diabetes, and even reduce the risk of bone fracture. Additionally, brisk walking can reduce stress and depression levels as well as improve cancer survival rates.
- Scientists believe that humans started walking on two legs around three to six million years ago to use energy more efficiently.
- The longest walk around the world was completed by a former neon-sign salesman, Jean Beliveau. He walked 46,600 miles around 64 countries. The trip took him 11 years.
- Sleepwalking is called somnambulism and about 18% of the world suffers from it.

## EXERCISE/FITNESS: HMHB Weekly Walks

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

 hmb2016.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

RmR62016.org.uk 😊 contact: 07964430456

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

   **BETTER**  
www.better.org.uk





# Clissold Park Health Walks

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

We meet Highbury Grange Medical Practice every Thursday 11am

RmR62016.org.uk 😊 contact: 07964430456

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

Healthy Minds, Healthy Bods currently has three weekly walks as detailed.

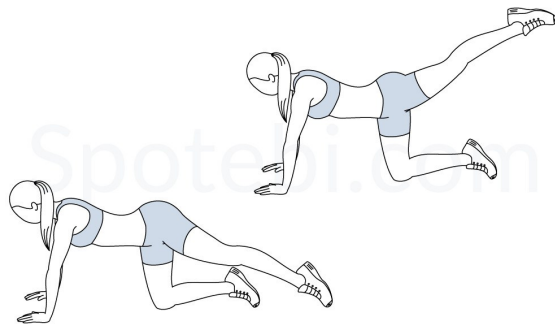
With help from the Walking/Cycling Fund run by the London Mayor we have managed to have three walks in three boroughs - Islington, Haringey, and Hackney.

Healthy Minds, Healthy Bods is also part of the World Wide Group - Walk With A Doc. With hundreds of walks over different continents, its 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 figures are the same shape as the parks!!!

## EXERCISE/FITNESS:

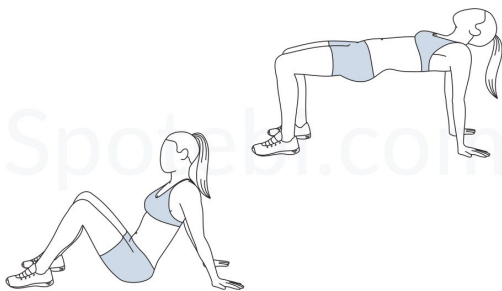
### Let's Work our Bum and Hips (*thx spotebi.com*)



#### BACK LEG LIFTS

Start on all fours with the hands under the shoulders and the knees under the hips. Extend one leg behind you. Lift the leg to hip level and then slowly lower it back down. Repeat with the opposite leg until the set is complete.

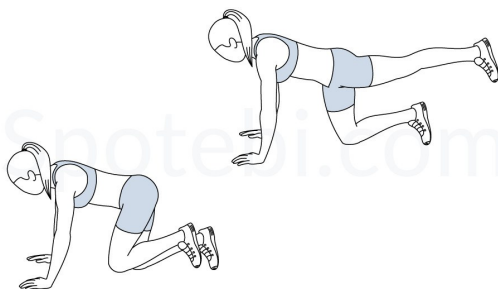
Engage your core, tighten the abs and keep the working leg straight. Breathe out as you lift the leg and squeeze the glutes, and then slowly return to the starting position. The back leg lifts is a great exercise for beginners, that targets the quads and the glutes. This exercise helps to lengthen and tone the muscles, improves your endurance, and increases core strength.



#### ADVANCED BRIDGE

Sit on the mat with your knees bent, your arms extended back and your fingers facing away from the body. Lift your bum off the mat, coming into a tabletop position. Lower your hips, return to the starting position, and repeat. Engage your core and breathe out as you press through the heels to lift your hips. Squeeze your glutes, relax your head and neck, open your chest and keep your shoulders rolled back and away from your ears.

The advanced bridge is a modified version of the Glute Bridge and it targets and trains your glutes. This exercise also engages your shoulders and your core and helps to tone and strengthen those muscles.



#### DONKEY KICKS

Get down on all fours and position your hands under your shoulders and your knees under your hips. Kick back with one leg and squeeze the glutes. Bend the knee, lower the leg, and repeat. Switch legs.

When doing donkey kicks, keep your core tight, your back straight, and face down. Breathe out as you kick back and avoid raising your leg any higher than your hip. Keep your weight evenly distributed and breathe in as you lower the leg.

Donkey kicks are a simple but effective exercise that targets the glutes and helps to tone, tighten and strengthen your buttocks.

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



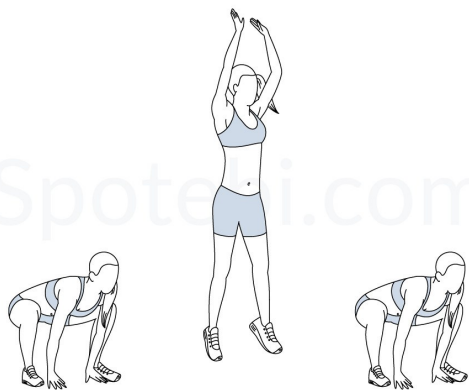
## EXERCISE/FITNESS:

### Let's Work our Bums and Hips (*thx spotebi.com*)

#### FROG JUMPS

Sit back with your feet in a wide stance and with the toes turned out at an angle. Jump forward and up, land on your toes, and squat. Jump back and return to the starting position. Repeat this back and forth movement until the set is complete. Face front, keep your core engaged and your shoulders back. Point your knees in the same direction as your feet and squat down as low as you can without letting your knees go past your toes. Sit on your heels and jump with your arms back. Land softly on your toes and exhale as you squat.

If you find jumping too hard, just come up onto your tiptoes and then come back down.

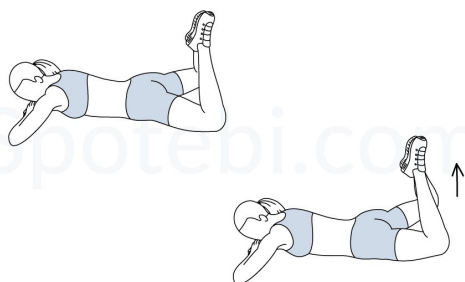


#### GRASSHOPPER

Lie on your stomach with your hands under your chin, your knees wide apart, the legs bent, and bring your feet together. Point the feet toward the ceiling and raise your thighs off the floor as high as you can. Lower your thighs back to the floor and repeat the exercise until the set is complete.

Keep your spine neutral, point the feet toward the ceiling and exhale as you lift the thighs off the floor and squeeze the glutes. Keep the movement slow and controlled and breathe in as you lower your thighs back to the starting position.

The grasshopper is a Pilates move that targets and strengthens the glutes. This move tones and sculpts the posterior chain muscles, lengthens the hamstrings and helps prevent lower back pain and injuries.



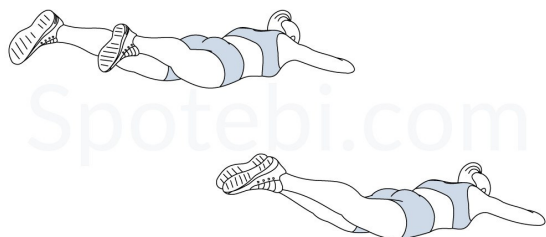
#### HEEL BEATS

Lie on your stomach with your legs fully extended, hands under your chin, and raise your legs a few inches off the floor. Beat your heels together until the set is complete.

Tighten your core, squeeze the glutes, keep your legs straight and point the toes. Maintain your head, neck, and spine neutral, breathe slowly, and fully engage your glutes and hamstrings to keep the movement slow and controlled.

The heel beats is a Pilates move that targets the glutes and the hamstrings and helps slim down your legs. This exercise strengthens, tones, and sculpts the posterior chain muscles, lengthens the hamstrings, and helps avoid injuries.

Your glute muscles play a significant role in stabilizing the pelvis and maintaining balance during various movements and activities.

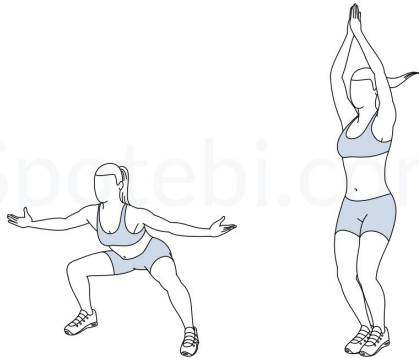


## EXERCISE/FITNESS:

### Let's Work our Bums and Hips (*thx spotebi.com*)

#### IN AND OUT JACKS

Stand straight with your feet together and hands by your sides. Jump up, spread your feet, bend your knees pressing your hips back, and open your arms. Push through the heels to jump back up and bring both hands together above your head. Repeat until the set is complete. Breathe in as you spread your feet and land softly on the toes and balls of the feet. Keep your back straight, your hips back, and don't let the knees extend beyond the toes. Breathe out as you put the pressure on the heels of the feet to jump back up, and reach your hands above your head. The in and out jacks is a great cardio move that improves muscle endurance, boosts aerobic fitness, and increases the body's metabolic rate.

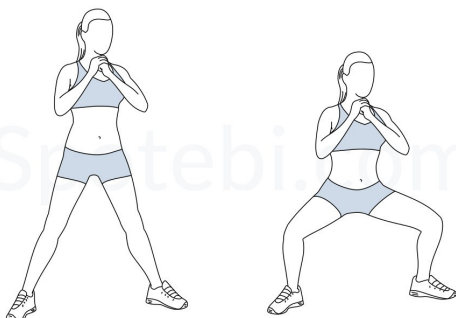


#### SUMO SQUAT

Stand with your feet in a wide stance and with your toes pointing out to the sides. Lower yourself by bending your knees and pressing your hips back. Once your thighs are parallel to the floor, come back up and repeat.

When doing the sumo squat keep your back straight, abs tight, and make sure that your knees stay in line with your toes. Breathe in as you squat and, once your hips are slightly lower than your knees, push through the heels to return to the starting position and breathe out.

The sumo squat places more emphasis on your inner thighs and glutes and strengthens those areas more than a standard squat. Squats are a simple but very effective exercise that you should incorporate into any routine.



#### SQUAT THRUSTS

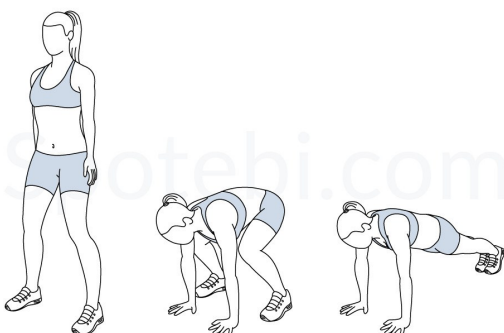
Stand straight with your feet shoulder-width apart. Squat and place your hands in front of your feet. Jump back and get into a push-up position. Jump again, bringing the legs toward your palms, and stand up. Repeat until the set is complete.

Keep your back straight, your core engaged, and maintain a smooth and steady breathing pattern. Squat thrusts are a modified and simplified version of the Burpees exercise, perfect for someone who is just starting to work out and wants to learn the proper exercise technique first.

It is a complete exercise that works the entire body.

It increases the heart rate, boosts metabolism, and improves both agility and strength.

Squat Thrusts are also a great exercise for losing weight and improving cardiovascular endurance.



## Lazza's Page of Fascinating Facts

### Some knowledge to amaze your friends.

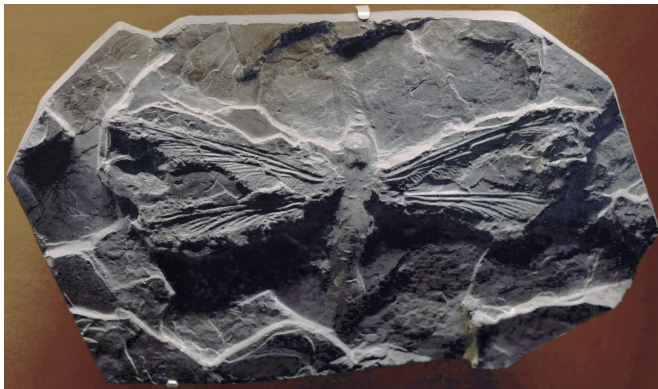
As part of our Thursday quiz, I try to find some fascinating facts that people can say "oh, I did not know that" - and maybe even take away to share with others.

Here are some fascinating facts for you to share.



I swear this is a genuine photo and not one adjusted or created using Artificial Intelligence. It is a picture of a "Tasselled Wobbegong Shark". A member of the carpet shark family, this bottom-dwelling ambush predator hides on the seabed waiting for unsuspecting fish to cross its path. The tasselled wobbegong has a very distinctive 'fringe' of highly branched skin flaps (dermal lobes, or barbules) around the head and chin, which gives the appearance of a most unusual beard.

There are some strange musical instruments, but this is definitely a weird one - the Soveida Harp. With a futuristic design and impressive resonance, this Harp not only redefines classical aesthetics but also enhances the auditory experience. Its innovative use of technology, combined with tradition, has demonstrated how engineering can transform music. It was only unveiled in 2019, and was inspired by Lilies and a Rib Cage shape.



This is not just any fossil - it is the remains of a huge "griffinfly" (looking like dragonflies) called "Meganeuropsis". Living 250-300 million years ago, it had a wingspan of 28 inches. During the Permian period, atmospheric oxygen levels were higher, which allowed these insects to grow to enormous sizes. Although some scientists believe they grew that size due to the lack of predators, as birds first appeared only 150 million years ago.

You might wonder what is happening here: a turtle with butterflies around its head. They are drinking its tears. The butterflies are likely attracted to the turtles' tears because the liquid drops contain salt, specifically sodium, an important mineral that is scant in the western Amazon. It doesn't seem to affect the turtles negatively at all. This is a behaviour known as "Lachryphagy", meaning "to feed on tears," and its not only by butterflies, but by other insects such as bees and moths as well.





## HEALTH / ROUTINE

### Some Microhabit Changes that can help you. 1

#### The “three-minute” rule

How many times do we put things off? This rule says that if it is something than can be done quickly, then do it immediately. Do not put it off.

Procrastination derives from the Latin word “procrastinare”, which means ‘deferred until tomorrow’. It’s irrational human behaviour because even though we know it’s in our best interest to act now, we delay unnecessarily.

If I think that “I’ll do it later”, “later” won’t last forever. If you have a deadline, you will probably leave it to very close to the time before trying to complete the task.

First of all, let’s not trust tomorrow’s version of ourselves. Tomorrow I will most likely still be lazy, so let’s switch to the idea of doing it early. Tomorrow will become a graveyard of ideas. So, don’t wait. The time will never be just right. Act now. The human will is very weak. Admit that your will is also weak. I know that I can be that.

#### Hydrate first.

Water is a necessary part of life. Your body is 70% water, so it isn’t surprising that you need to drink water every single day to maintain a healthy body.

Experts say that there are a lot of health benefits to drinking water when you first wake up. In fact, drinking water should be the very first thing you do. Some believe that it’s best to drink a few cups of water and then wait at least 45 minutes before eating or drinking anything else. Others say that your normal cup of coffee - which dehydrates you - is okay, as long as you pair it with a glass of water.



You’re fasting the entire time that you’re asleep and, often, for a few hours before sleep. Fasting means that you aren’t eating or drinking anything. So your stomach is empty and you’re dehydrated when you first wake up.

Drinking water in the morning helps your body recover from its nightly dehydration. Your body absorbs water faster when your stomach is empty. In fact, in Japan, there’s a tradition of drinking water on an empty stomach for good health.

Dehydration can lead to a number of health problems, so you should rehydrate by drinking water as soon as possible. Drinking water first thing can also help you to establish a healthy routine and keep you hydrated throughout the day.

#### Breathe deeply

While exactly why and how it helps so much is still a matter of speculation, deep, slow breathing seems to be a powerful way we can mitigate the effects of the chronic stress that many of us are living through right now and increase our resilience. It has been shown to reduce feelings of anxiety and depression, promote calmness, manage stress and pain, and sends more good oxygen to your lungs.

## HEALTH / ROUTINE

### Some Microhabit Changes that can help you. 2

#### Make sure you stand up

Now, that sounds like a strange one, but actually it is a good thing. There is increasing evidence that, unless you are a wheelchair user, sitting down too much can be a risk to your health. Sedentary lifestyles are more common and can be a killer.

To reduce our risk of ill health from inactivity, we are advised to exercise regularly, at least 150 minutes a week of moderate exercise, and reduce sitting time. Studies have linked being inactive with being overweight and obese, Type 2 Diabetes, some types of Cancer, and early death.

Sitting for long periods is thought to slow the metabolism, which affects the body's ability to regulate blood sugar, blood pressure and break down body fat. Many adults in the UK spend around 9 hours a day sitting. This includes watching TV, using a computer, reading, doing homework, travelling by car, bus or train but does not include sleeping.



The link between illness and sitting first emerged in the 1950s, when researchers found double decker bus drivers were twice as likely to have heart attacks as their bus conductor colleagues. The drivers sat for 90 per cent of their shifts, the conductors climbed about 600 stairs each working day.

Tips to reduce sitting time:

- avoid long periods sat in front of a TV or computer
- stand up and move during TV advert breaks
- stand or walk while on the phone
- use the stairs as much as possible
- take up active hobbies such as gardening and DIY
- join in community-based activities, such as dance classes and walking groups
- take up active play with children, grandchildren, if you have them
- do most types of housework

#### Give compliments

Running HMHB I don't always get things right. I try and make people laugh, and make jokes, and occasionally get it wrong, but I hope that most people know I am just trying my best.

One way of helping others, and even yourself, is giving compliments. I genuinely love the people who come along to my project. It would be nothing without them. They give me purpose, and direction. They help me get through my day, and I know what a struggle people may be going through after coming out of a couple of depressions in the past.

Saying someone looks nice, it is good to see them, asking after them, all sounds so simple, but can mean a lot to that person. Research has shown that people who receive compliments are also more likely to give them, just like those who receive criticism are more likely to be critical. So you can think of your compliments as a way of paying it forward and spreading positivity beyond yourself. Compliments are a very small daily practice, but it's a good practice to make you happier.

## HEALTH / ROUTINE

### Some Microhabit Changes that can help you. 3

#### End you day with Positive Thoughts

Again, this one sounds simple, but how often do we always think about the things that went wrong in the day, things we wish we had done differently, instead of considering the things that went well.

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



If the thoughts that run through your head are mostly negative, your outlook on life is more likely pessimistic. If your thoughts are mostly positive, you're likely an optimist — someone who practices positive thinking. So at the end of the day, try and finish with positive thoughts. Look back at what you achieved that day. What went well. No day is perfect, but there had to be something good. Even just getting to the bus stop when the bus arrives - well that's always a win.

Health benefits that positive thinking may provide include:

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

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

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

#### Try and save some money

Before anyone reminds me that we are at a time of rising prices, bills going up, and low benefits and salaries, I know that saving money is not easy. But do you get a coffee or tea out during the week, maybe three times? That would cost around £9. If you decided to change that habit and save that by the end of the year you would have £450. That would get a few nice treats. My Cinema Limitless card, that entitles me to as many films as I want for around £220 a year, easily covers that.

It's just a good habit to get into. You never know when you might need a little cash injection.



## HEALTH / ROUTINE

### Some Microhabit Changes that can help you. 4

#### Stretch for five minutes a day

We have included our two stretch pages (13 and 14) for most of our packs, and that is because it is a good thing to do.

There have been recent advances in our understand of how stretching and flexibility works. Traditionally we would think of our muscles like a rubber band that could be loosened or stretched with mechanical stretching. We now know that the “Nervous System” controls our flexibility much more than we thought. Part of the limits of our flexibility is how much our nerves “put the brakes on” to protect our tissues from damage by excessive length or tension. This is part of our “danger” mechanism. There are receptors in our muscle spindles (muscle cells) and Golgi tendon organs (stretch receptors in our tendons) that provide feedback to the nervous system and constantly drive a certain amount of tension that resists excessive length in the muscles.



Experts say we need to do more dynamic movement stretches before exercising, rather than static ones.

- **Stretching Improves Heart Function:** Exercise gets your blood flowing which provides several important health benefits. It's just as important, however, to get your heart rate back to a normal level after the workout is over. Stretching correctly will help your heart return to a normal rate in a healthy manner.
- **Stretching Reduces Lactic Acid:** The body produces lactic acid whenever you exercise, which contributes to sore, achy muscles. Stretching can help reduce the accumulation of lactic acid throughout the body. It also relaxes tense muscles.
- **Stretching Limits Muscle and Joint Strain:** Stretching in the correct way can limit the strain on your muscles and joints. It will help your muscles stay flexible and toned. This will ultimately reduce the chance of injury after exercising.

#### Take the Stairs

What this actually means is if you can find a way to insert a little exercise into your daily routine, then take it. Stairs are an easy example. Do you get in a lift to travel a couple of floors when stairs are available? I guess we all do. It's much easier. I am in a hotel at the moment on the second floor. I have not used the lift once. But there are people, and quite able bodied, travelling to the first floor in the lift.

Of course, our bodies can limit what we can do. I love our HMHB walks as we can have people with sticks come with us. It is important to encourage everybody to move. The increased blood flow raises the oxygen levels in your body. This helps lower your risk of heart diseases such as coronary artery disease and heart attack. Regular exercise can also lower high blood pressure, cholesterol, and triglyceride levels, all of which are risk factors for heart disease.

Experts define physical fitness as “**one's ability to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behaviour**”.

## NUTRITION: Lazza's Kitchen Adventure

### Sausage, Tomato, Bean Dinner

Lazza has been trying out new recipes for over four years  
His first time making: Sausage, Tomato, Bean Dinner from scratch

Cannellini beans are believed to have originated in Argentina, where they were first cultivated as a crop. Italian immigrants brought the cannellini bean back to Italy, where they became a staple in Italian cooking, particularly in central and southern regions.

The name "cannellini" is thought to be derived from the Italian word "cannellino," which means "little pipe" or "little tube," referring to the bean's shape.

#### Ingredients

12 x Cumberland Sausages  
Onion: Garlic  
Can Peeled Plum Tomatoes  
Cherry Tomatoes - halved  
Red Pepper - diced  
200ml Beef Stock  
Oregano, Basil, Parsley  
Worcestershire Sauce  
Can Cannellini Beans

I cooked the sausages in the oven.

Meanwhile, in a little oil I fried the onions in a large pot for 5 minutes.

I added the garlic.

Then both the peeled tomatoes and cherry tomatoes and diced pepper.

This cooked for a few minutes.

I added the oregano, basil, and parsley to taste.

Then in went the beef stock, Worcestershire sauce, and the can of beans.

This cooked away.

The sausages when cooked were cut into three pieces (nice and large) before adding back into the veg mix.

This cooked for another 2 minutes, with stirring.

Utterly delicious.

Can serve with some pasta, or some vegetables, it's up to you,



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

## HMHB and our Amazing Partnerships

### Promoting Projects and Organisations - Pt 1



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

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

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

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

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



HMHB is very proud of its collaboration with Better Gyms in Islington and Camden. We have run various classes at Pancras Leisure Centre and the Sobell Centre in the past, and currently have our Tuesday indoor morning session at Highbury Leisure Centre, and will be 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 in the near future.

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

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

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



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

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

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



## HMHB and our Amazing Partnerships

### Promoting Projects and Organisations - Pt 2



## Help on Your Doorstep

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

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

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

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

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

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



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

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

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

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

VAI support hundreds of small projects and organisations throughout Islington, and it was through them that Lawrence won an award at the Volunteer of the Year Awards in 2022 and 2023.

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

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

**Voluntary  
Action  
Islington**

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

- |              |  |             |                                   |
|--------------|--|-------------|-----------------------------------|
| Round One:   | 1 Shak / Shut                              | 2 CD / MD   | 3 KC / NF                         |
| Round Two:   | 1, 591,072:                                | 2, 11:      | 3, 16,752: 4, 19: 5, 355:         |
| Round Three: | 1, 1755:                                   | 2, 1372:    | 3, 1969: 4, 1876. 5, 1994.        |
| Round Four:  | All popularised through Shakespeare plays. |             |                                   |
| Round Five:  | 1 Devon:                                   | 2 Cadiz:    | 3 Salisbury: 4 Cymbeline          |
| Round Six:   | 1 Elbrus:                                  | 2 Missouri: | 3 Algeria: 4 Antarctica: 5 Alaska |



## Review for this month's Challenges and Targets

### Mind-set:

Our Mind-set drives us. It can hold us back or thrust us forward. It can determine the direction we take our lives.

But many things can affect our Mind-set, which we can change if we feel it is negative. That includes our own personalities. Everyone is different, which is fine. But always remember you are in control of your life decisions, or how you react when things happen.

We control our environment most of the time.

You have been given a unique life to live, with many opportunities around to make it good. Make better choices!!



### Nutrition.

We all snack. It's part of life. A bag of crisps, a chocolate bar, some nuts, a piece of fruit - the choices seem to be endless.

And there is nothing wrong with having a slice of cake now and then, or a bag of sweets.

But, ultimately, why do we snack, and should we be doing better?

We live in a time where food is plentiful, choices are abundant, but our health is deteriorating. An part of that is our diets. What do you have when you want a snack? Maybe think about it.



### Exercise.



Having strong, functional gluteal and hip muscles can help you avoid and recover from injury in your low back, hips, knees, and ankles by creating proper alignment and stability. When you think of the basic movement patterns in sport you likely think of running, jumping, locomotion, swinging, driving through the legs and hips, twisting through the hips, and/or quick changes in direction.

What do all of these patterns have in common? A need for power and stability in the glutes and hips!

### Health.

We can get very stuck with a daily routine. But there are always little changes you can make that can improve your health and well being, and therefore your overall happiness.

HMHB have made a few suggestions here, but more could be putting your phone down, getting out and meeting friends, relaxing with a good book, going to see a film. All these things are about providing you with better well being.



**Start thinking about setting weekly goals yourself on these topics.  
A small difference every week will grow into significant change over time.**

## Quiz Answers from Page 6 + Actors from Page 24

See if you can beat your family and friends

**Literature:** The Authors of those famous books.

1. Miguel De Cervantes
2. Agatha Christie
3. J. R. R. Tolkien
4. C. S. Lewis
5. Vladimir Nabokov
6. Johanna Sypri
7. Anna Sewell
8. Jack Higgins
9. Richard Adams
10. Tom Clancy
11. Arthur Hailey
12. Nick Hornby
13. Julia Donaldson

**Pop:** The original singer of those songs with a girl's name in the title, and year released.

1. 1969: Neil Diamond
2. 1957: Buddy Holly
3. 1974: J DeShannon (1981 - K Carnes)
4. 1961: The Regents (1965 - Beach Boys)
5. 1979: The Knack
6. 1965: The Beach Boys
7. 1957: The Everley Brothers
8. 1965: Mack Rice
9. 1974: Barry Manilow
10. 1988: Michael Jackson
11. 1995: Deep Blue Something
12. 1931: Cab Calloway and his Orchestra
13. 1958: Neil Sedaka
14. 1985: Elton John

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

- |                               |                     |
|-------------------------------|---------------------|
| 1: Alec Guinness              | 2: Arnie Hammer     |
| 3: Chris Pine                 | 4: David McCullum   |
| 5: Val Kilmer                 | 6: Tommy Lee Jones  |
| 7: Timothy Dalton             | 8: Melissa McCarthy |
| 9: Taron Egerton              | 10: Richard Burton  |
| 11: Eva Marie Saint           | 12: Pedro Pascal    |
| 13: Ving Rhames               | 14: Jeremy Renner   |
| 15: Dan Ackroyd & Chevy Chase |                     |

**FILMS:** When were those Film Director's born, and what was their biggest selling film on release?

1. 1970: The Dark Knight Rises
2. 1899: Psycho
3. 1946: Jurassic Park
4. 1915: The Stranger
5. 1958: Alice In Wonderland
6. 1961: LOTR: The Return Of The King
7. 1939: The Godfather
8. 1954: Avatar
9. 1937: The Martian
10. 1942: The Departed
11. 1963: Django Unchained
12. 1935: A Rainy Day In New York
13. 1954: The Da Vinci Code
14. 1969: The Grand Budapest Hotel
15. 1946: The Elephant Man
16. 1944: Star Wars VII: The Force Awakens
17. 1928: 2001: A Space Odyssey

**Countries: 25 most populated Asian countries**

India, China, Indonesia, Pakistan  
 Bangladesh, Japan, Philippines, Vietnam  
 Iran, Turkey, Thailand, Myanmar  
 South Korea, Iraq, Afghanistan, Russia  
 Saudi Arabia, Uzbekistan, Yemen, Malaysia  
 Nepal, North Korea, Taiwan, Syria, Sri Lanka

QUIZ ANSWERS

**The World:** The first 20 US States.

Delaware, Philadelphia, New Jersey  
 Georgia, Connecticut  
 Massachusetts, Maryland,  
 South Carolina, New Hampshire,  
 Virginia, New York, North Carolina  
 Rhode Island, Vermont, Kentucky  
 Tennessee, Ohio  
 Louisiana, Indiana,  
 Mississippi



# THE LAST PAGE

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

You can contact HMHB:

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

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

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

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

We are creating a new Blog and Podcast in 2025 - watch this space for more details

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

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

**All copies of our Mental Health Packs can be downloaded from our website.**

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

Lawrence & HMHB: **WINNER** Mayor Civic Award in 2022

Lawrence: **WINNER** at Volunteer of the Year Awards 2022

Lawrence and HMHB: Official Nominee Mayor Civic Award 2023

Lawrence: **WINNER** Islington Volunteer of the Year 2023



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