

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 10

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st January 2023



www.hmhb2016.org.uk



CONTENTS

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

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



Page 3:	Introduction.
Page 4-5:	Health News: Recent Research on various subjects
Page 6:	Lazza's Fiendish Quiz (it's meant to take some time).
Page 7-9:	HMHB - Some of our recent news with photos, plus HMHB in 2023.
Page 10-11:	Mind-set: Let's get Proactive for 2023
Page 12:	Brand NEW Recipe: Lazza's Kitchen: "Greek Pastitsio" from scratch
Page 13-14:	Exercise: Stretching: Stretches to do every day.
Page 15-16:	Mind-set: Why should you make New Year Resolutions?
Page 17:	Lazza's Fun Quiz - challenge your friends and make your best guess!!
Page 18-20:	Nutrition: Looking for 2023 Changes to Nutrition
Page 21:	Nutrition: Vitamin B5
Page 22:	Lazza's Photo Game Page: A Business theme this month.
Page 23:	Brand NEW Recipe: Lazza's Kitchen: "Pancakes" from scratch
Page 24-25:	Exercise: Common Mistakes when doing Exercise
Page 26:	Exercise: Three Exercises to help you get into shape
Page 27:	Exercise: Three More Exercises to help you get into shape
Page 28:	Lazza's Fascinating Facts to astound your friends.
Page 29:	Health: Gross things your body does that are good for you. Earwax
Page 30:	Health: Gross things your body does that are good for you. Flatulence
Page 31:	Health: Gross things your body does that are good for you. Pooping
Page 32:	Health: Gross things your body does that are good for you. Pus
Page 33:	Lazza's Letter Game Page - this month "C", plus quiz answers from P16
Page 34:	Brand NEW Recipe: Lazza's Kitchen: "Bacon and Egg Pie" from scratch
Page 35:	Online Exercise Classes: Do check them out, contact, and get moving.
Page 36:	Targets and Goals around Mind-set, Nutrition, Exercise, and Health.
Page 37:	Quiz answers from P6 and photo game page answers from P21.
Page 38:	All contact details for Healthy Minds, Healthy Bods, plus our Social Media.



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

Welcome to Issue 10 of Healthy Minds, Healthy Bods' Revamped Monthly Health Packs.

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

We then went monthly.

This is our new venture for 2022/2023.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

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

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

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

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

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



The birds in Clissold definitely enjoy our Thursday visits. We normally head down to the ponds in the park. The ducks, moorhens, coots, swans and others seem to anticipate our visits and are there waiting. As are the pigeons that swoop down from nearby trees. They'll even eat off our hands (obviously we count our fingers afterwards to make sure they are all there).

HEALTH NEWS AND RESEARCH PAGE

Why late night eating leads to weight gain.

“The connection between eating time, sleep, and obesity is well-known but poorly understood, with research showing that over-nutrition can disrupt circadian rhythms and change fat tissue.”

New Northwestern University research, from Illinois, USA, has shown for the first time that energy release may be the molecular mechanism through which our internal clocks control energy balance. From this understanding, the scientists also found that daytime is the ideal time in the light environment of the Earth's rotation when it is most optimal to dissipate energy as heat. These findings have broad implications from dieting to sleep loss and the way we feed patients who require long-term nutritional assistance.

The paper, "Time-restricted feeding mitigates obesity through adipocyte thermogenesis," has been published both online and in print in the journal "Science".

"It is well known, albeit poorly understood, that insults to the body clock are going to be insults to metabolism," said corresponding study author Dr. Joseph T. Bass, the Charles F. Kettering Professor of Medicine at Northwestern University Feinberg School of Medicine. He also is a Northwestern Medicine endocrinologist.

"When animals consume Western style cafeteria diets (high fat, high carb) the clock gets scrambled," Bass said. "The clock is sensitive to the time people eat, especially in fat tissue, and that sensitivity is thrown off by high-fat diets. We still don't understand why that is, but what we do know is that as animals become obese, they start to eat more when they should be asleep. This research shows why that matters."



In the study, mice, who are nocturnal, were fed a high-fat diet either exclusively during their inactive (light) period or during their active (dark) period. Within a week, mice fed during light hours gained more weight compared to those fed in the dark. The team also set the temperature to 30 degrees, where mice expend the least energy, to mitigate the effects of temperature on their findings.

"We thought maybe there's a component of energy balance where mice are expending more energy eating at specific times," Hepler said. "That's why they can eat the same amount of food at different times of the day and be healthier when they eat during active periods versus when they should be sleeping."

The increase in energy expenditure led the team to look into metabolism of fat tissue to see if the same effect occurred within the endocrine organ. They found that it did, and mice with genetically enhanced thermogenesis (heat release through fat cells) prevented weight gain and improved health. Hepler also identified futile creatine cycling, in which creatine (a molecule that helps maintain energy) undergoes storage and release of chemical energy, within fat tissues, implying creatine may be the mechanism underlying heat release.

The science is underpinned by research done by Bass and colleagues at Northwestern more than 20 years ago that found a relationship between the internal molecular clock and body weight, obesity and metabolism in animals. The challenge for Bass's lab, which focuses on using genetic approaches to study physiology, has been figuring out what it all means, and finding the control mechanisms that produce the relationship. This study brings them a step closer.

The findings could inform chronic care, Bass said, especially in cases where patients have gastric feeding tubes. Patients are commonly fed at night while they sleep, when they're releasing the least amount of energy. Rates of diabetes and obesity tend to be high for these patients, and Bass thinks this could explain why. He also wonders how the research could impact Type II Diabetes treatment. Should meal times be considered when insulin is given, for example?

HEALTH NEWS AND RESEARCH PAGE: Ultra-Processed Foods link to Stress and Depression

“Although ultra-processed foods are convenient, low cost, quick to prepare or ready-to-eat, these industrial formulations of processed food substances (oils, fats, sugars, starch, protein isolates) contain little or no whole food. They result from extensive 'physical, biological, and chemical processes' that create food products that are deficient in original and natural food. Ultra-processed foods typically include flavourings, colourings, emulsifiers and other cosmetic additives.

While there is some evidence regarding ultra-processed food consumption and depression, data are sparse regarding other adverse mental health symptoms including anxiety and mentally unhealthy days. Researchers from Florida Atlantic University's Schmidt College of Medicine and collaborators explored a nationally representative sample of the United States population to determine if individuals who consume high amounts of ultra-processed foods report significantly more adverse mental health symptoms including depression, anxiety, and mentally unhealthy days. They measured mild depression, number of mental unhealthy days and number of anxious days in 10,359 adults 18 and older from the U.S. National Health and Nutrition Examination Survey.



Results of the study, published in the journal “Public Health Nutrition”, showed that individuals who consumed the most ultra-processed foods as compared with those who consumed the least amount had statistically significant increases in the adverse mental health symptoms of mild depression, "mentally unhealthy days" and "anxious days." They also had significantly lower rates of reporting zero "mentally unhealthy days" and zero "anxious days." Findings from this study are generalisable to the entire U.S. as well as other Western countries with similar ultra-processed food intakes.

"The ultra-processing of food depletes its nutritional value and also increases the number of calories, as ultra-processed foods tend to be high in added sugar, saturated fat and salt, while low in protein, fibre, vitamins, minerals, and phytochemicals," said Eric Hecht, M.D., Ph.D., corresponding author and an affiliate associate professor in FAU's Schmidt College of Medicine. "More than 70 percent of packaged foods in the U.S. are classified as ultra-processed food and represent about 60 percent of all calories consumed by Americans. Given the magnitude of exposure to and effects of ultra-processed food consumption, our study has significant clinical and public health implications."

Researchers used the NOVA food classification for the study, which is a widely used system recently adopted by the Food and Agricultural Organisation of the United Nations. NOVA considers the nature, extent and purpose of food processing in order to categorize foods and beverages into four groups: unprocessed or minimally processed foods, processed culinary ingredients, processed foods, and ultra-processed foods.

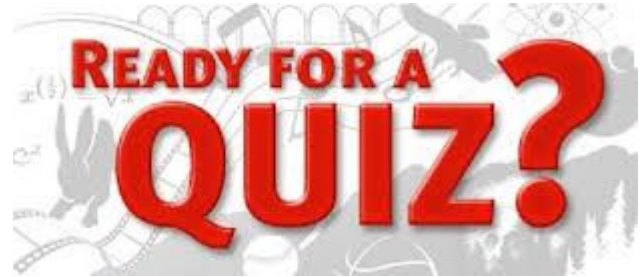
"Data from this study add important and relevant information to a growing body of evidence concerning the adverse effects of ultra-processed consumption on mental health symptoms," said Charles H. Hennekens, M.D., Dr.PH, co-author, the first Sir Richard Doll Professor of Medicine, and senior academic advisor, FAU Schmidt College of Medicine. "Analytic epidemiologic research is needed to test the many hypotheses formulated from these descriptive data."

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 36 this week (no peeking)

Business

Can you name the top 20 Beer Producing Countries in the World?

These are the countries that produced the most beer in 2020.



Sport: In which country were these sports stars born and name their sports?

1. Jonah Lomu
2. Imran Khan
3. Roger Federer
4. Phil Mickelsen
5. Ian Thorpe
6. Mesut Ozil
7. Nadia Comaneci
8. Steve Redgrave
9. Manny Pacquiao
10. Niki Lauda
11. Zola Budd
12. Wayne Gretzky
13. Chris Hoy

Films: Can you name the television programme these characters were in, and the year first shown?

1. Uncle Albert, Cassandra
2. Robbie Lewis, James Strange
3. Tucker Jenkins, Mrs McClusky
4. Will McKenzie, Jay Cartwright
5. Jon Snow, Arya Stark
6. Daphne Moon, Roz Doyle
7. Sarah Jane Smith, The Master
8. Pam Ewing, Cliff Barnes
9. Kelly Garrett, Charles Townsend
10. Lieutenant George, General Melchett
11. David Horton, Geraldine Grainger
12. Gareth Keenan, Tim Canterbury
13. Captain Peacock, Mr Rumbold
14. Ted Hastings, Kate Fleming
15. Denise Best, Baby David
16. Audrey Roberts, Rita Sullivan
17. Jim, Jackie, Jonny, Adam

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

1. I Shot The Sheriff.
2. Paperback Writer.
3. Private Dancer.
4. Buffalo Soldier.
5. Please. Mr Postman.
6. Smooth Operator
7. Last Night A DJ Saved My Life
8. The Boxer
9. Rhinestone Cowboy.
10. Son Of A Preacher Man
11. Rock DJ
12. Dr. Beat.
13. Tears Of A Clown
14. Like Toy Soldiers



Film:

There were 31 Carry On Films made between 1958 and 1978.

How many can you name?
 We all have our favourites I am sure.

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

HMHB Activity: News - page 1



A photo taken by the official photographer at the Volunteer Of The Year Awards, hosted by Voluntary Action Islington, where our very own Lazza won an award.

Thank to everyone that has supported HMHB since we started working with people back in 2016.

It's been a hell of a journey. Lazza has worked tirelessly, and this award is thoroughly deserved, but he also knows that it is very much a team effort to keep HMHB running.

Nine of us had a fabulous evening at the London Coliseum, English National Opera, watching the fabulous Puccini Opera, Tosca.

We had the cheapest tickets watching from the furthest row in the highest circle, but the view was terrific, the singing fantastic, and we loved it. It was captioned (but even I struggled to read at that distance). Lol.

We had £10 tickets. For an evening out that's great value, and a wonderful time with super friends.



The Spitfire in the background tells you we had a visit to the Imperial War Museum.

This was a very moving and interesting visit, and touched us all in various ways.

The First World War details were a mixture of fascination, tragedy, bewilderment, and sadness.

The Holocaust exhibition came with a warning, and it certainly pulled at the heartstrings.

The futility of war was paramount.

We salute all our brave men, women, and children.



Ros and Lazza headed off to the Cezanne exhibition at the Tate Modern (and I thank Ros for inviting me to come as part of her Tate membership).

We had a lovely afternoon looking at lots of fruit still-lives, self portraits, and lots of bathers, amongst others. It was interesting seeing how an artist develops as he gets older, especially the way paintings became more 3D.

Cezanne is in the self-portrait behind us.

We visited the Tate as a group in October too, and I fully recommend a trip there on the South Bank for anyone.



HMHB Activity: News - page 2



Our exercise sessions continue to get referrals from the NHS, Job Centres, and local community Health Projects, and we are so proud.

Here are some of our group at Highbury Leisure Centre, and it is a real diverse mix of ages, ethnicity, ability, but we all have the same enthusiasm and fun.

PT Zombie - our wonderful Dean - definitely puts us through our paces, and everyone says it is worthwhile coming every week.

Here we are at the Museum of London, the week before it closed down for its move. We had a wonderful time looking at the history of this amazing city and, as always, the company was fabulous.

Our outings in 2022 really brought the group together and made new friendships too.

We are all looking forward to many trips in 2023. We like to stop for a coffee and chat during our visits, just to rest the legs!!!



In 2021 we had 19 of us watching HMS Pinafore, so in December 2022, 19 of us again headed to the London Coliseum, this time to catch Gilbert and Sullivan's comic opera, Yeoman Of The Guard.

We were once again sat in, literally, the furthest seats from the stage, but our view was magnificent, and we all had a wonderful time.

Here is part of the group standing outside. Such a privilege to have such terrific HMHB friends, and long may that last.

It may have been cold and snowy in December, but nothing stops our Thursday walks. As you can see, we are all wrapped up warm in the snow of Clissold Park.

Our Thursday mornings have been going for over six years and we will be launching two new walks this year, one in Finsbury Park and one in Highbury Fields. We will be announcing that on our social media shortly. Do come and join us if you can. We are very friendly and welcoming. :-)



HMHB Activity: News - page 3



In November 2022 we celebrated the sixth birthday of our Clissold Park walk, and this was in partnership with the wonderful Highbury Grange Medical Practice, who gave us a room in the Centre for our celebration.

I still remember our first walk - there was four of us and I could never have thought it would lead to everything else that has happened.

I absolutely love what we do, and feel privileged to have met so many wonderful people.

Nine of us headed to Hammersmith just after Christmas to catch the Circus 1903 performance at the Eventim Apollo Theatre.

We were royally entertained by a variety of acts that stunned us, made us gasp, as well as laugh.

It was a terrific way to end the year. Sadly, for some of these events, where tickets cost more money, we can only get a few people. HMHB will be looking for a wider variety of events to invite a larger group to things in 2023.



HMHB in 2023

Here at HMHB we are looking forward to the New Year. And we are very busy.

It seems a world away from Spring last year when, devastated by NHS actions that almost shut us down, I felt that HMHB was finished. We were in a rough spot.

Thankfully, with the help of various wonderful people, including our fantastic local Councillors at the time (and our new ones too), as well as the help of Voluntary Action Islington, alongside some sterling funding work by Lazza, we managed to overcome the challenges and 2022 was wonderful.

Now, as we enter 2023, we have funding in place for even more intervention.

We will be running around 10 courses between now and May due to funding, which will enable us to provide the sessions in Islington, Camden, and Haringey.

Due to other funding we will be not only relaunching our Islington/Hackney walk (Clissold Park) but starting two new walks in Haringey (Finsbury Park) and Islington (Highbury Fields). This will also continue our wonderful partnership with US based Walk With A Doc.

Other funding, and other applications, mean we continue our indoor exercise session in partnership with Better Gym, and our outdoor sessions on Fridays (with Healthy Generations) and Saturdays (on Highbury Fields). We are also looking to team up with Arsenal Hub to do indoor Zumba before taking it back outdoors in the summer into Highbury Fields, with a Permit from Islington Council.

We will also carry on with our outings - minimum of two a month (Jan we going to Islington Museum and Ten Pin Bowling, and we already have a comedy night booked for March at the Pleasance Theatre.

With the help of Georg, HMHB are also looking to launch London Health Walks later this year.

And Lazza's unique interactive Thursday online quiz night is back in January.

MIND-SET: Are you looking at 2023 positively?

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.

It's an old saying: New Year, New You. And a lot of people start off a new year very positively. They have decided they will make healthy changes.

- They will get out more.
- They will put their mobile down more.
- They will eat healthier.
- They will meet up with friends more.
- They will think about their own health.
- They will exercise more.
- And so on, and so on.



But really it is all about mind-set and action. The best intentions will very quickly dissolve into nothingness unless you are proactive.

Being proactive is actually a skill you can learn - a bit like communication skills, organisational skills, leadership skills, etc. And again, all of these focus on your mind-set to allow you to grow these skills.

Being proactive is one of those skills you'll probably find interesting. It tends to inspire personal growth, happiness, and success. Anyone can use the power of proactivity to achieve more in life.

You do need to be cautious though, and aware of your actions. Being proactive isn't something that should always be looked at as a positive thing. Sometimes it can relate to being pushy, domineering, and bossy. However, when used correctly, the power of proactivity helps you reach your full potential. It can help you accomplish more than what would normally be possible.

It's important to make sure your intentions are good when you're trying to be proactive. Don't take advantage of other people or treat them like your puppets. Being proactive is about taking control of your own life and recognising the opportunities around you. It's not about jumping at every chance you see to lord over others!

“The fact is that in order to do anything in this world worth doing, we must not stand shivering on the bank thinking of the cold and the danger, but jump in and scramble through as well as we can”



MIND-SET: Let's get Proactive

So, are there things you can be doing that can help you become proactive, apart from the obvious of being more active?

Organisational skills.

People tend to think of this for their education or job. But it is a cross over skill into life in general.

There are two types.

Physical Organisational skills.

This is more about the environment around you. If you are at work, for example, it might be how you keep a tidy desk, your filing up to date, your diary organised, and keeping things decluttered. But that should be the same for your home environment. I will confess that for a few months my flat got quite messy, and it had a direct effect on my mood and health. It took a visit from one of our wonderful older HMHB users, who sat in my lounge with me apologising about the mess, for me to take action. It took a whole morning, but I did four washes, scrubbed and cleaned the kitchen and bathroom, cleaned the floors, put all my clothing away, and tidied my lounge. It lifted me up, mentally.



Reasoning Organisational skills.

Organisational skills related to reasoning and critical thinking can help you solve problems, plan projects, collaborate better and much more. At work, your ability to conduct research, sort data, swiftly process findings, and come to a sound conclusion requires strong organizational skills. And that crosses over into your personal life with how you solve problems. Being able to sit down, work out what is going wrong, and then working out a solution, is paramount to good mental health.

With HMHB, it is an important skill as we need to be able to arrange outings and sessions with our users, as well as think of funding and upcoming events.

Time Management.

The benefits of managing time are simple. Good time management allows you to accomplish bigger results in a shorter period of time which leads to more time freedom, helps you focus better, allows you to be more productive, lowers your stress, and gives you more time to spend with the people that matter most.

When you manage time, it's easier to achieve bigger results and bigger goals simply and productively. The benefits of managing time include greater effectiveness and productivity with less stress. The advantages of good time management at work mean you can work less and achieve bigger results. The same at home.



Effective time management techniques increase your focus and productivity. They also reduce distractions and procrastination. Taking control of your time through good time management increases your productivity. It also helps you get more of your important work done simply and easily.

NUTRITION: Lazza's Kitchen Adventure

Greek Pastitsio

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

Pastitsio takes its name from the Italian "pasticcio", a large family of baked savoury pies that may be based on meat, fish, or pasta, with many documented recipes from the early 16th century, and continuing to modern times.

Italian versions include a pastry crust; some include béchamel.

Ingredients

500g Mince Beef: 2 Onions (I used already chopped)
2 Garlic Clove: Garlic Paste: Tomato Puree
Can of Chopped Tomatoes:
Pasta - I used Macaroni - about 350g
Herbs
TOPPING:
200ml Greek Yoghurt
1 egg
Feta Cheese

Heat the oil in a large frying pan over a medium heat. Add the onion and cook, stirring, for 6-8 minutes softening. Increase the heat, add the mince and cook, stirring, for 5 minutes until browned.

Add the Mediterranean seasoning and garlic to the pan and cook, stirring, for 1 minute. Add the tomatoes, garlic paste, tomato puree, and half-fill the can with water, then add it to the pan with the oregano. Bring to the boil, then season and reduce the heat. Simmer for 20 minutes.

Heat the oven to 180°C/160°C fan/gas 4. For the topping, in a mixing bowl combine the yogurt, egg and half the feta. Season with pepper (feta is already salty) Cook the macaroni in a large pan of boiling salted water until just al dente. Drain, then spoon half into a deep ovenproof dish and season with salt and pepper. Top with the mince, then add the remaining macaroni, pressing down with the back of a spoon.

Spoon the yogurt topping over the pasta to cover, then scatter with the remaining feta to finish. Bake for 25 minutes or until golden and bubbling. Serve sprinkled with extra oregano, if you like.



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

EXERCISE/FITNESS: STRETCHING

Stretches to do every day

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

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

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

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

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

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

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

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

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

Child’s Pose

Start seated with toes together and knees wide, bum resting on your heels.

Walk hands forward until arms are straight, forearms on the floor, and lower your torso so stomach rests on thighs, and your forehead is on the mat/floor.

Hold the stretch for at least 30 seconds

Good for: lats, hips, thighs, ankles



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.

Thread The Needle

Start on all fours.

Lift right arm toward ceiling while rotating torso to right side.

Reverse the movement and continue rotating upper body and extended right arm through centre and to the left, bringing right arm and shoulder to rest on the floor behind left palm (hips stay high) and placing right ear on mat/floor.

Hold the stretch for 30 seconds or more, then repeat on the opposite side.

Good for: shoulders, chest, arms, upper back, and neck



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

EXERCISE/FITNESS: More Stretches to do every day

Chair Pose

Start standing with feet together and arms at sides.
Lower into a squat, by pushing butt back and down, and raise arms overhead, bringing biceps by ears.
Hold the position for 30 seconds or more.
If you experience knee pain or difficulty balancing, you can practice it against a wall .

Good for: glutes



Warrior 2 Pose

Start with legs almost as wide as mat, right foot forward, toes facing straight ahead, left foot back, outside of foot parallel to back of mat (right heel lined up with middle of left inner arch), torso facing left side, and arms at sides.

Keep left leg straight while deeply bending right knee until thigh is parallel to mat, then extend arms out to the sides at shoulder height. Gaze should be over front fingers (not looking to the side as in pic)



Warrior 2 Pose

Extended Side Angle Pose

Start in the Warrior 2 Position (above) with right leg forward, knee bent at 90 degrees and heel bisecting inner arch of left foot.
Tilt torso forward over right thigh and down so that fingertips of right hand can rest on the floor inside of right foot, and extend left arm forward, bringing bicep by ear. Hold the pose for 30 seconds or more.
Then, repeat on opposite side.

Good for: abs



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

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

MIND-SET:

Are New Year Resolutions healthy?

“Making resolutions is a cleansing ritual of self assessment and repentance that demands personal honesty and, ultimately, reinforces humility. Breaking them is part of the cycle.” – Eric Zorn

According to the dictionary the definition of making New Year’s resolutions is “setting goals for the New Year.” As to where or how they first originated we do not know. What we do know is that resolutions were already recorded by the Babylonians over four thousand years ago, and that they believed that whatever a person did on the first day of the year had significant effects on their lives all year long. It is, in fact, well known that New Year’s resolutions do not have much of a success rate. Yet, while many people choose to skip the annual goal-setting phenomenon, it is said that almost half of UK adults do indeed set at least one resolution in honour of the New Year.

Psychologically, the start of a new calendar year creates changes in our mind set. We hearken back on prior year’s events that have passed and our thoughts drift to what could have been, what we could have done better. A new year marks the revival and new beginning. There is something wonderfully vitalising about making resolutions on the first day of the New Year, something invigorating and stimulating about the clean, unblemished days ahead that promotes a “can do” feeling of optimism. The New Year is a great time to look at the changes we would like to make in our lives and how to accomplish them. A resolution is like a promise to us to improve our lives and to make the New Year a better one for ourselves and others. Wanting to make resolutions is a good thing. The fact that so many people keep making resolutions year after year, even when they do not, or cannot, always follow through on them, indicates they have hope and a certain level of belief in their ability to facilitate change, becoming more of who they truly want to be.



Unfortunately for many of us the results of our resolutions take on an all too familiar pattern. The first of the year we start off absolutely determined to follow through on our goals. Excited and invigorated, we think that this year will be different from the last, when our resolutions went by the wayside. But, once again, come February or even earlier, the majority of us have abandoned our goals altogether. Most all New Year resolutions have the common theme of becoming a better person. We endeavour to improve ourselves, yet many more resolutions end up unmet than kept.

So why then do we continue to make resolutions year after year even though less than half of us actually follow through on them? For some, it is a matter of tradition. Another reason is the allure of starting from scratch. The beginning of the year offers a fresh start and a clean slate. The idea of bettering ourselves is another inspiration. Most of us have a natural tendency toward self-improvement, and although the New Year is a somewhat arbitrary date, it does provide us with a goal date in order to prepare for the plans we intend to implement, and to get ourselves psyched up.

**“I don’t know where I’m going from here,
but I promise it won’t be boring.” David Bowie**

MIND-SET:

Believe you can achieve.

And, why is it that we fail in our worthy goal to make our lives better and more fulfilling? Although many truly desire to keep their New Year resolution they lack the will power and/or belief in their ability to actually effect the desired change in their life. Just wanting it, as we all know, is never enough. Another common cause is that many people have not truly thought through their goals for the New Year, and as such are ill equipped to develop and maintain the necessary commitment to succeed. Making a goal too hard to accomplish is also doomed to failure. One quickly loses interest and the necessary motivation, sometimes feeling defeated before ever getting started. People who think through what it is they really want to change in their lives, and effectively plan for it, have a much better chance of achieving their goals. By intentionally breaking your resolution down into achievable steps, the stage is set for success rather than failure.

The number one reason people give for not making New Year resolutions is that they will fail to keep them. There is no need for me to go into the numerous personal examples of this. Suffice it to say that despite this fact New Year resolutions are something that should be made, and here is why:

- Making resolutions sets forth a personal challenge. It is human nature to become contented with our lot in life, “maintaining the status quo” if you would. By making well-conceived resolutions you are able to explore your potential and continue to grow as an individual, and a productive member of society.
- Making resolutions obliges us to take stock of where we are and how we can improve. The start of a new year, a new beginning, is a natural time for us to reflect and evaluate our lives. Have I been the kind of person I want to be? Is there an area in my life that I would like to work on, to improve? Is there something I have dreamed of doing to improve myself or my lot in life for quite some time now?
- Making resolutions signifies our desire to take a step towards positive change. Even if we are unsuccessful in making all the changes we hope to, actually making a resolution will at least focus us, and take us a few steps forward. As far as I am concerned that is a hell of a lot better than just doing nothing.



Once again heading into the New Year with an ongoing recession brings with it a somewhat different attitude than a few years ago. According to a leading psychology researcher who has done extensive research on resolutions, John Norcross at the University of Scranton, the economy will affect many people’s resolutions again this year. Giving up some of those daily indulgences such as take-out coffee, and further cost cutting by making our own lunch, cutting up credit cards, and shopping at discount stores as people continue to struggle to get out of debt, or simply survive.

There is, in fact, some research which confirms that setting a resolution can get you closer to your goals. One such study found that 46 percent of individuals who made resolutions were successful compared to 4 percent who wanted to achieve a certain goal and considered it but did not actually create a resolution.

Here is the bottom line: people who make resolutions to change are ten times more likely to achieve those changes than people who want to change but never actually resolve to do so, whether it is New Year’s Eve or not.

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

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

All Answers are at the base of Page 33 - don't look till you have done the whole page!!

ROUND ONE: Odd Two Out

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

- | | | |
|---------------------|--------------------|--|
| 1 Species of Spider | 2 Star Wars Aliens | 3 Won Oscar Best Make Up and Hairstyling |
| Killmonger Spider | Nibirans | Titanic |
| Two Tailed Spider | Tivolians | Mad Max Fury Road |
| Banjo Spider | Chagrian | Star Trek |
| Assassin Spider | Yuzzum | Moulin Rouge |

ROUND TWO: Give Me a Number

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

1. How many goals were scored in Qatar during the 2022 Football World Cup?
2. What is the estimate of number of people living in New Zealand in Dec 2022?
3. As of Oct 2022, how many episodes of Doctor Who have there been?
4. What is the world record for number of Brussel Sprouts eaten in one minute?
5. How many number one singles have Queen had?

ROUND THREE: When Did That Happen

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

- In which year did Pele make his debut for Brazil?
In which year is the film Blade Runner set?
In which year was Beethoven Symphony No 5 first played?
In which year was McDonald's founded?
In which year was the novel Frankenstein published?



ROUND FOUR: What specifically links these famous people?

Cliff Richard (singer), George Orwell (novelist), Vivien Leigh (actress), Colin Cowdrey, Nasser Hussain.
(last 2, England cricket captains)

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

1. There is a pound of butter in a Pound Cake.
2. Traditional Tortillas are made from Corn.
3. There is no yeast in an English Muffin.
4. You can keep a soft cheese longer than a hard cheese.
5. Avocados are classified as berries.
6. Spam is short for Spiced Ham.

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

SC, GL, RM, TD, PB, ??

NUTRITION: Your nutrition in 2023

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.

One of the top resolutions that people set themselves for the New Year is to eat healthier. Some people say they cannot afford to do that, but that is nonsense and just a way of procrastinating. There are a lot of things you can do to make 2023 a healthier year with your nutrition.

The best piece of advice when it comes to New Year’s resolutions, whether your goal is to eat healthier, lose weight, exercise more or stress less, is to lose the all-or-nothing mentality. Set smaller interim goals or milestones on the path to your larger goal (and write them down in a journal to look back on your successes for extra motivation), and don’t let a few setbacks throw you completely off track. Small, practical changes over time really do add up to big results.

When attempting to change your diet, take it one step at a time. Don’t try to change everything overnight: that is a recipe for disaster. Give yourself one weekly goal to build on each week. You’ll notice that it becomes easier and easier with time. Avoid fizzy drinks, juice, fast foods and ultra-processed foods while increasing water, fruits and vegetables!

On our HMHB courses, we ask people to think about one change they can make a week, and point out that after three months they would have made 13 changes, which is quite significant.

I am a meat eater, but do resolve to eat more beans and leafy greens. Most people don’t eat nearly enough of these super healthful, nutrient-dense foods that can improve your health and may help you live a longer, healthier life. Specifically, beans are a very good source of plant-based protein that can support heart health - especially if they replace red meat. They are also an excellent source of fibre, which supports healthy cholesterol, and they can help everything from your blood sugar levels to gut health to appetite control. They are even a good source of magnesium, which supports healthy blood pressure and blood sugar, and they provide disease-fighting phytonutrients and antioxidants.

Meanwhile, leafy greens (such as Kale, Cabbage, Spinach, Broccoli, Lettuce) are not only super low in calories, eating them regularly (a little more than a serving each day) may reduce your risk of diabetes by up to 14% and improve brain function to the equivalent of being 11 years younger. They are also loaded with immunity-supporting beta carotene, vitamin K, and magnesium, along with other phytonutrients and antioxidants.

**“Go vegetable heavy.
Reverse the psychology of your plate
by making meat the side dish
and vegetables the main course.”**



NUTRITION:

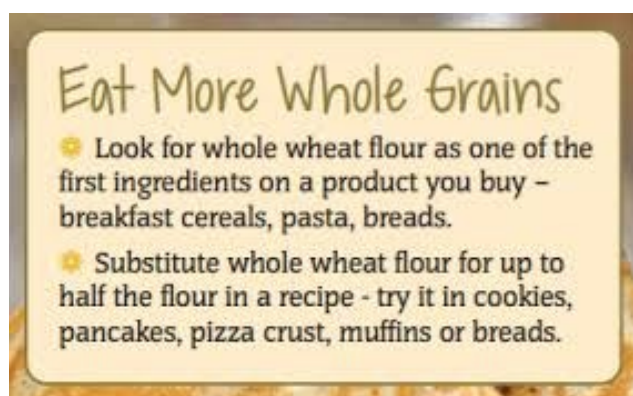
More for your 2023 Nutrition

Consume a colourful diet: colour your plate with a variety of fruits, vegetables, nuts, whole grains, lean meats, and fish.

Sauté your vegetables in garlic and vegetable oil (canola and soybean oil have a lower saturated fat content compared to most other oils), but stay away from margarine and butter substitutes. Increase your consumption of lean proteins and flavour up your dish with a variety of spices, such as cumin or rosemary, instead of salt. The more colour, the better!

Additionally, it is sensible to cut back on sugar and refined carbohydrates (white rice, bread, and products with added sugar) and replace them with whole grains, noting that oats are a nutrition powerhouse. Don't forget, many low-fat products, such as diet bars, yoghurts, and cereals, contain a lot of added sugar and/or refined grains.

As for the drinks? Try a flavoured water (stay away from mixers like tonic water) on the weekend, or better yet, enjoy a light beer or glass of red wine instead of sugary drinks like margaritas, cocktails, and drinks that use flavoured syrup. Numerous studies have shown beneficial effects of moderate consumption (not overconsumption: stick with one drink per day) on the cardiovascular system.



I found the following advice online.

“Don't spend a tremendous amount of effort trying to cut sodium from your diet unless you have hypertension or heart disease, Instead, try choosing foods that are good sources of potassium like baked potatoes, coconut water, white beans, bananas, dates, clams, and low-fat or non-fat yogurt. Most of us consume too much sodium (which is high in processed foods) and not enough potassium. A delicate balance of these two electrolytes is needed for optimal vascular health. Cutting sodium (salt) shows only small, insignificant effects in healthy people. It's all about the potassium!”

In 2023, keep your immune system in tip-top shape. If your immune system is healthy, it's easier to fight bacteria, viruses, or anything else trying to make you sick.

A global pandemic has shaken the way we view our health and that of our families, and it's easy to feel like the odds are stacked against us. Keeping your family's immune systems strong and resilient is your first-line defence for safeguarding their health.

It's more important now than at any other point in our lives to make sure our immune systems are operating at peak efficiency. Although that sounds complicated, it all starts with what you eat. A healthy diet keeps your immune system in optimum shape. If you have a subpar diet, improving what you eat can also help improve your immunity. Unfortunately, during times of high stress, it's easy to forget how much we benefit from eating well.



NUTRITION:

What changes should I be making?

Eat Breakfast

Research shows dieters are more successful at losing weight-and keeping it off-when they eat breakfast. If you don't already eat breakfast, think about starting. If you are already a breakfast eater, try eating the same breakfast multiple days each week. Repeating the same meals can help you shed pounds, according to research. A whole-wheat English muffin topped with peanut butter and sliced banana delivers filling fibre and protein. It's also portable and ready in less than 5 minutes, so forget about using any "I don't have time for breakfast" excuses. Yogurt with fruit and granola, oatmeal and egg sandwiches on whole-grain bread are other good options .

I do like cereal, but try and pick one of the whole grain ones, like Shredded Wheat. Porridge is a good choice too, Oats are among the healthiest grains on earth. They're gluten-free, whole grain, and a great source of important vitamins, minerals, fibre, and antioxidants. Studies show that oats and oatmeal have many health benefits. These include weight loss, lower blood sugar levels, and a reduced risk of heart disease. But try and avoid the flavoured brands, which includes sugars. If you really want to up the taste of your porridge why not add real fruit instead?



Use a smaller plate

By reducing the size of your plate at meal time, you can avoid that over-stuffed, too full, sometimes even painful feeling in your stomach. You may also avoid heartburn as well. Who wants to feel miserable after enjoying a delicious meal? Take pleasure in the meal, but use a smaller plate to eliminate the side affects of over-eating.

By reducing the size of your plate you can also reduce the amount of calories you are eating. If you are trying to lose weight, this is a win-win for your success. Eat less and the pounds will melt away. Using a smaller plate at meal time will help control your portions, reduce your calorie intake, and aid in your weight loss success.

Have Yoghurt.

Yogurt was recently identified as a top weight-loss-promoting food by Harvard University. It's high in protein, which, gram for gram, helps fill you up more than carbs. Stick to plain yogurt for a healthy snack, without lots of added sugar, and add fresh fruit to sweeten your cup.

Another bonus? The probiotics in yogurt may help you burn fat. In one study, researchers gave overweight, but otherwise healthy, adults about 1/2 cup of yogurt at dinner every night for six weeks. Some ate yogurt supplemented with an added dose of probiotics (either *Lactobacillus fermentum* or *L. amylovorus*), while others got regular yogurt (which has a lower probiotic content). Though none of the subjects lost weight, those consuming the probiotic-enriched yogurt lost 3 to 4 percent of their body fat, compared to just 1 percent body fat lost in the other group. To ensure your yogurt delivers a decent amount of probiotics, look for one that carries the "Live & Active Cultures" seal.

A well-balanced diet provides all of the energy you need to keep active throughout the day, nutrients you need for growth and repair, helping you to stay strong and healthy and help to prevent diet-related illness, such as some cancers.

Nutrition: HMHB looks at Vitamins

Today: Vitamin B5

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

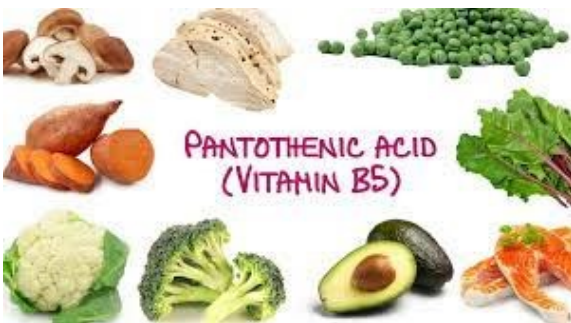
“A vitamin is an organic molecule that is an essential micronutrient which a human needs in small quantities for the proper functioning of our metabolism. Essential nutrients cannot be synthesised in human beings, either at all or not in sufficient quantities, and therefore must be obtained through the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

Vitamin B5 (also known as Pantothenic acid) is a water-soluble vitamin. Water-soluble vitamins are those that are dissolved in water and readily absorbed into tissues for immediate use. Because they are not stored in the body, they need to be replenished regularly in the diet. Any excess of water-soluble vitamins is quickly excreted in urine and will rarely accumulate to toxic levels.

Vitamin B5, (Pantothenic acid), is one of the most important vitamins for human life. It is necessary for making blood cells, and it helps you convert the food you eat into energy. Vitamin B5 is one of eight B vitamins. All B vitamins help you convert the protein, carbohydrates, and fats you eat into energy. B vitamins are also needed for:

- healthy skin, hair, and eyes
- proper functioning of the nervous system and liver
- healthy digestive tract
- making red blood cells, which carry oxygen throughout the body
- making sex and stress-related hormones in the adrenal glands.

The best way to make sure you're getting enough vitamin B5 is to eat a healthy, balanced diet every day. Vitamin B5 is an easy vitamin to incorporate into a good diet. It's found in most vegetables, including: broccoli, members of the cabbage family, white and sweet potatoes, whole-grain cereals.



Other healthy sources of B5 include:

Mushrooms, nuts, beans, peas, lentils, meats, poultry, dairy products, eggs.

Vitamin B5 is often added to hair and skin products, as well as makeup. Dexpanthenol, a chemical made from B5, is used in creams and lotions designed to moisturize the skin.

In hair products, B5 can help add volume and sheen. It's also said to improve the texture of hair that is damaged by styling or chemicals. One study found that the application of a compound containing panthenol, a form of vitamin B5, could help stop thinning hair.

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

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

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

It's your body, and your choice.



HMHB's Name Game Page:

Can you name these creatures (their full names please).

Some are easier than others. Take your time.

Answers at bottom of quiz page answers (page 37)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Pancakes

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

The Ancient Greeks made pancakes called τηγανίτης (*tēganitēs*), ταγηνίτης (*tagēnitēs*) or ταγηνίας (*tagēnias*), all words deriving from ταγηνον (*tagēnon*), "frying pan". The earliest attested references to *tagenias* are in the works of the 5th-century BC poets Cratinus and Magnes.

The Middle English word "pancake" appears in English in the 15th century.

Ingredients

210 grams self raising flour
30 grams caster sugar
2 teaspoons baking powder
1/8 teaspoon salt
55 grams unsalted melted butter
1 teaspoon vanilla extract
2 large eggs
240 ml full fat milk (can use buttermilk)
Butter, for frying

In a large mixing bowl, add flour, sugar, baking powder and salt. Give it a little stir. In a separate bowl, add melted butter, vanilla, eggs and milk and stir with a fork just to break up the egg yolks.

Add the wet mixture to the flour mixture and gently fold through. The mixture will be very thick .

Heat a small frying pan on a medium-low heat, add a little butter (1 teaspoon) to the pan and let it melt.

Dollop 3 tablespoons of pancake batter into the middle of the pan. Use a dessert spoon to gently spread the batter out slightly to form a large circle, approximately 12cm in diameter.

Heat pancakes for 1 minute or until golden brown on the bottom and then flip. Heat on the opposite side for about 1 minute or until also golden. Remove from heat and set aside. Repeat with remaining pancake batter. Serve pancakes immediately. - I had mine with lemon juice and sugar (classic) - but the choice is yours.



Mine did come out a little burnt - it's all in the timing - but they were delicious!!!!



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

EXERCISE/FITNESS:

Common Mistakes around Exercise - 2

Don't stick with one exercise

It's very easy to do. A lot of people go to the gym and just use a treadmill, or the cross-trainer. I do not know if it is to do with being nervous, but diversity is key to exercise.

According to the National Institute of Health, physical activity should help develop strength, endurance, flexibility, and balance. Obviously, some kinds of exercise focus more upon one or two of these benefits than others.

Also, mixing up your fitness routine can keep you from getting bored, shorten rest times, and speed recovery. For instance, if you lift weights one day to build strength, you might use the treadmill the next to build endurance and give muscles time to recover. And if you do get injured, performing a different activity that doesn't strain the same part of the body will allow you to stay in shape and heal at the same time.

You must strength train.

Your body fat percentage will increase over time if you don't do anything to replace the lean muscle you lose over time. Strength training can help you preserve and enhance your muscle mass at any age.

Strength training may also help you:

- Develop strong bones. By stressing your bones, strength training can increase bone density and reduce the risk of osteoporosis.
- Manage your weight. Strength training can help you manage or lose weight, and it can increase your metabolism to help you burn more calories.
- Enhance your quality of life. Strength training may enhance your quality of life and improve your ability to do everyday activities. Strength training can also protect your joints from injury. Building muscle also can contribute to better balance and may reduce your risk of falls. This can help you maintain independence as you age.
- Manage chronic conditions. Strength training can reduce the signs and symptoms of many chronic conditions, such as arthritis, back pain, obesity, heart disease, depression, and diabetes.
- Sharpen your thinking skills. Some research suggests that regular strength training and aerobic exercise may help improve thinking and learning skills for older adults.



Neglect Proper Form

When it comes to working out quality is more important than quantity. How you lift and how you run, jump or stroke may mean the difference between going harder and getting side-lined. Beginners should expect to devote time to learning proper form. Even the more experienced can benefit from some occasional form feedback. Perfecting form will boost performance, conserve energy, and reduce injuries over time.

Poor form places undue emphasis on muscles, tendons, and ligaments leading to strains and sprains. Good mechanics reduces overcompensation and the likelihood of injury.

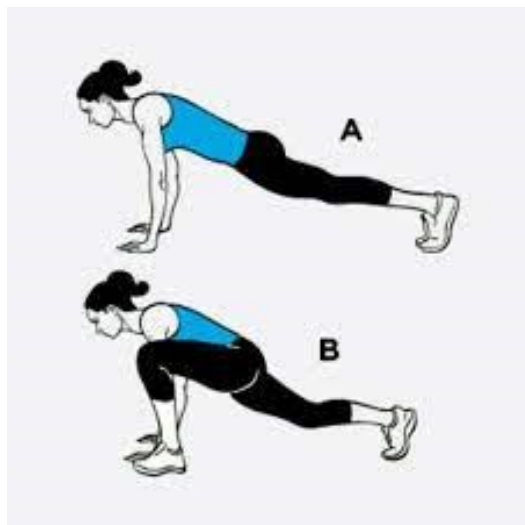
Why work harder when you can work smarter? Proper form helps you work out more efficiently so you can use your energy for the extra push rather than wasted movements.

Improper form may mean you are targeting unintended muscles or muscle groups. The better your form the better your results. You will run faster, lift more, and jump higher when you do it right.

Good form helps you breathe more fully and supports better oxygen intake. That means extra wind beneath your workout wings.

EXERCISE/FITNESS:

Exercises to help you get into shape



Spider Lunge

Start in the top of a press-up position.

Bring your right foot to the outside of your right hand.

Land with a flat foot.

Bring your foot back to the starting position.

Repeat on other side.

Maintain a strong plank position throughout.

Don't allow your shoulders to move away from directly over your hands, or allow your hips to sag.

This exercise work on the flexibility of your hips, hamstrings, and lower back, and also the hamstring muscle strength

Plank Tap

Begin in a plank position.

Lightly tap your left shoulder with your right hand.

Return your hands to the plank position.

Alternate on the other side.

Maintain a strong plank position with a tight core and glutes throughout.

Don't allow your weight to shift as you tap your shoulders.

The plank with shoulder taps helps to strengthen your core, glutes, arms, and shoulders. This exercise helps to reduce lower back pain, improves your posture, and tighten your midsection

Squat Jump

Squat until your thighs are parallel with the floor.

Keep your chest up. Hold your arms straight in front of you as you squat, pushing them behind your back as you jump. Jump as high as you can. Exhale as you jump. Land softly.

Don't allow your knees to travel past your toes.

Shift your weight to your toes while squatting.

The jump squat targets the glutes, quads, hips, and hamstrings while also increasing your heart rate. Because this variation puts more stress on your joints, it's important to have healthy knees, hips, and ankles if you want to try this move



Your body will thank you for working it hard.

EXERCISE/FITNESS:

More Exercises to help you Transform



Walkout (Inchworm)

Keep your legs as straight as your flexibility allows. Keep your back flat. Bend at the waist and place your hands on the floor in front of you.

Maintain a tight core as you walk your hands forward until you're in plank position and then backward to standing. Push your hips as high as possible and press your heels into the ground as you walk your hands back in.

Don't walk your hands past the press-up position.

Allow your hips to sag below neutral.

Sway side to side from your hips.

Bring your shoulders up toward your ears.

Single Leg Deadlift

Maintain a flat back. Keep your core tight.

Keep your weight evenly distributed in your planted leg.

Raise one leg straight behind you, keeping your toes pointed down, as you bend forward, hinging at the hips. Bend only as low as your flexibility allows.

Pull yourself back to standing using the hamstring (the back) of your planted leg. Keep your head neutral.

Don't reach for the floor by leading with your fingertips, which causes your back to round — instead, focus on keeping the back flat and hinging at the hips.

Try to touch the floor if your flexibility will not allow it.

Alternate legs between each rep: stick to one leg per set, and then switch to the other leg for the next set.



Jumping Lunge

Keep your front knee at 90 degrees.

Lunge as low as flexibility allows without the back knee touching the floor. Maintain a vertical torso.

Keep your weight evenly distributed between your front and back foot. Jump to switch your foot positioning — front foot goes back, back foot goes front. Coordinate arm movement so that the front arm pumps forward while the opposite leg lunges back. Land softly.



Don't allow your knee to touch the floor.

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

Lazza's Page of Fascinating Facts

Some knowledge to amaze your friends.

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

Here are some fascinating facts for you to share.

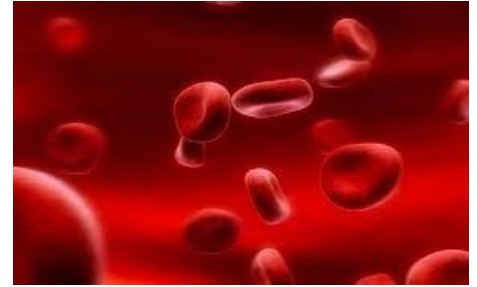
Your blood makes up nearly one-tenth of your body weight

According to a 2020 article, there are around 10.5 pints (5 litres) of blood in the average human adult body, although this will vary depending on various factors. During pregnancy, a woman may have up to 50% more blood.

The average quantities of blood are::

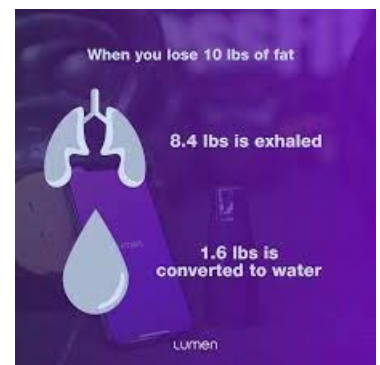
- about 9 pints (4.3 litres) of blood in an average-sized female (5 ft 5 inches tall and weighing 165 pounds)
- about 12.2 pints (5.7 litres) in an average-sized male (6 ft in height and weighing 200 pounds)

The body can easily replace a small amount of lost blood, which makes blood donation possible. However, if a person loses around 15% or more of their blood, there may be a risk of shock. Anyone who has signs of significant internal or external bleeding should seek immediate medical help.



Most of the fat you lose exits your body via your lungs.

In a survey, 150 doctors were asked to explain where fat goes when you lose it. The most common misconception by far, was that fat is converted to energy. The problem with this theory is that it violates the law of conservation of matter, which all chemical reactions obey. Some Doctors thought fat turns into muscle, which is impossible, and others assumed it escapes via the colon. Only three of the respondents gave the right answer, which means 98% of the health professionals in that survey could not explain how weight loss works. The correct answer is that fat is converted to carbon dioxide and water. You exhale the carbon dioxide and the water mixes into your circulation until it's lost as urine or sweat. If you lose 10 pounds of fat, precisely 8.4 pounds comes out through your lungs and the remaining 1.6 pounds turns into water. In other words, nearly all the weight we lose is exhaled.



Competitive Art used to be in the Olympics

At the 1912 Summer Olympics in Stockholm, American Walter Winans took the podium and waved proudly to the crowd. He had already won two Olympic medals: a gold for sharpshooting at the 1908 London Games, as well as a silver for the same event in 1912: But the gold he won at Stockholm wasn't for shooting, or running, or anything particularly athletic at all. It was instead awarded for a small piece of bronze he had cast earlier that year: a 20-inch-tall horse pulling a small chariot. For his work, "An American Trotter", Winans won the first ever Olympic gold medal for sculpture. (pictured opposite)



For the first four decades of competition, the Olympics awarded official medals for painting, sculpture, architecture, literature, and music, alongside those for the athletic competitions. From 1912 to 1952, juries awarded a total of 151 medals to original works in the fine arts inspired by athletic endeavours.

HEALTH / ROUTINE

It might be gross, but it's good for you. Earwax.

Our bodies are amazing, we say it many times at HMHB. And they are very good at dealing with issues that affect us, helping to clear viruses and bacteria, keeping us alive.

But some of the actions can appear to be a bit gross. Let's look at a few.

Earwax

- Earwax is one of those things that most of us pay little attention to, until we experience an ear infection or blockage.
- Earwax also goes by its correct medical term, cerumen.
- It gets its name from its waxy, sticky texture, but earwax is not a wax. The exact recipe for earwax requires a good dose of sebum (a body secretion made up mostly of fat), skin cells, sweat and dirt.
- Earwax is produced by the ear to clean and protect itself. It's secreted by glands in the skin that line the outer half of your ear canals. The wax and tiny hairs in these passages trap dust and other foreign particles that could damage deeper structures, like your ear drum.
- While people with too little earwax are likely to experience itchy ears that are more prone to infection, an ear canal blocked up with earwax can cause earaches, mild deafness, a sensation of fullness in the ear, tinnitus, infections, and other problems.
- There are actually two kinds of earwax: wet and dry. Wet earwax is more common among Caucasian and African people and is typically dark yellow and sticky. For those with East Asian or Native American ancestry, ear wax is typically light in colour, dry and flaky.
- The consistency of your earwax will vary depending on your environment and diet. You may get darker wax if you work in a dirty environment. Wax that's been in your ear longer will generally be darker because it has trapped more dirt.
- It is NOT recommended to stick anything in your ears to remove earwax. Not only is it dangerous to stick cotton buds, paper clips, bobby pins, or anything else sharp into your ears, but it can also make problems with wax build up a lot worse as you push the wax further into your ear canals.
- Earwax can create problems for our hearing when it starts to build up in our ears, a process known as "Impaction". The symptoms of impacted earwax are hearing loss, earache, sense of ear fullness, itchiness in the ear, dizziness, ringing in the ear, and a cough.
- You don't actually need to clean your inner ears. Ears are self-cleaning and earwax should work its way out of your ear naturally in time where you can clean it with a damp cloth. However, if you do get a build up of earwax that's causing you problems, visit your GP to have it removed. You can also get drops to loosen ear wax at the pharmacy. Generally, you'll apply these drops twice a week to loosen ear wax, before removing it from your outer ear with a cloth, but follow the manufacturer's instructions. Never use an ear candle.



**“Today is your day to start fresh, to eat right, to train hard,
to live healthy, to be proud.”**

HEALTH / ROUTINE

More gross things your body does. Flatulence.

Flatulence

Flatulence is passing gas from the digestive system out of the back passage. It's more commonly known as "passing wind", or "farting". Farting is often laughed about, but excessive flatulence can be embarrassing and make you feel uncomfortable around others. However, it can usually be controlled with changes to your diet and lifestyle.

Flatulence is a normal biological process and is something everyone experiences regularly. Some people pass wind only a few times a day, others a lot more, but the average is said to be about 5 to 15 times a day.

When you swallow food, water, or saliva, you also swallow small amounts of air, which collects in the digestive system. Gases can also build up when you digest food. The body needs to get rid of the build-up by farting (flatulence) or burping (belching).

Sometimes you may not notice you have passed wind because most of the gases are odourless and often released in small quantities. Flatulence usually only has a bad smell if it contains gases that smell, such as sulphur. However, it's important to remember it's normal for the gas you pass to sometimes smell a bit.

Excessive flatulence can be caused by swallowing more air than usual or eating food that's difficult to digest. It can also be related to an underlying health problem affecting the digestive system, such as recurring indigestion or irritable bowel syndrome (IBS).

It's perfectly normal to swallow air while breathing and eating. However, it's easy to swallow a lot more air than usual without realising it. This can cause excessive flatulence. Excess air can be swallowed by:

- chewing gum
- smoking
- sucking on pen tops or hard sweets
- having loose-fitting dentures
- not chewing food slowly and thoroughly: swallowing large pieces of food causes you to swallow more air
- hot and fizzy drinks also increase the amount of carbon dioxide in your stomach, although this is more likely to cause belching rather than flatulence.

Some carbohydrates in food can't be digested and absorbed by the intestines. These pass down into your colon to be broken down by bacteria, producing gas, which is released as flatulence. Foods containing a high amount of unabsorbable carbohydrates include: beans, broccoli, cabbage, cauliflower, artichokes, raisins, pulses, lentils, onions, prunes, apples, Brussels sprouts.

Certain foods, such as cabbage or onions, can lead to the production of gases containing sulphur, which can result in foul-smelling wind. However, the production of smelly wind can vary from person to person depending on what you eat, so it's up to you to work out which foods cause the most smell. Foods containing a lot of unrefined cereal fibre, such as bran, can also sometimes cause problems with wind and bloating.



HEALTH / ROUTINE

More gross things your body does. Pooping.

Let's talk about poop. Sure, it's not exactly dinner-party material, but it's important to learn all you can about bowel movements: what's weird, what's normal, what's healthy, what's not. That's because your poop (stool) is an important clue to your overall digestion and health.

Your poop can reveal serious signs of infections, digestive problems, and even early signs of cancer.

Research has shown, water makes up about 75 percent of your stool. The rest is an often-stinky combination of fibre, dead and live bacteria, other cells, and mucus. Soluble fibre found in foods like beans and nuts is broken down during digestion and forms a gel-like substance that becomes part of your poop. On the other hand, foods packed with insoluble fibre, such as corn, oat bran, and carrots, are more difficult for your body to digest, which explains why they may emerge in your poop (stool) looking relatively unchanged.



As you may have seen in pictures of poop, the colour can vary a lot, depending on what kinds of food you've ingested and other factors. It is possible to have bright red stools that turn out to be related to nothing more than the passage of beetroots. However, red stools may be a sign of rectal bleeding, a potential symptom of a serious health issue that needs treatment.

Leafy vegetables can cause green stool, while certain medications can make your poop look white or clay-coloured. Look out for jet-black stool. Though it could be from something as harmless as iron supplements or black liquorice, the colour could be a sign of bleeding or tumours in the upper gastrointestinal tract.

Do you hit the bathroom at the same exact time every morning, or can you go days before you need to poop? It's all normal. The important thing is that you're consistent with your own routine. Generally, anywhere from three bowel movements per day to three a week falls into the normal range.

A big decrease in poop could be due to a diet change, which is why many people find they're less regular on weekends or on vacation. They may be eating less fibre or working out less often, both of which promote healthy digestion. Other factors affecting poop output, either a decrease or an increase, are gastrointestinal disorders, an underactive thyroid, or colon cancer.

Cultural differences play a role, too. South Asians unload nearly three times as much stool as British people do, a difference that's largely due to the higher fibre content in the average Indian diet.

Sitting too long on the toilet can contribute to haemorrhoids, or swollen blood vessels in and around the anus. The longer you stay in the bathroom trying to poop, the more pressure and stress you put on your backside. Sitting for too long on the toilet can also restrict blood flow around the anal area, which can make haemorrhoids worse.

Most of the time, a diet devoid of fibre, which keeps your bowels regular and prevents constipation and hard poop is to blame.

HEALTH / ROUTINE

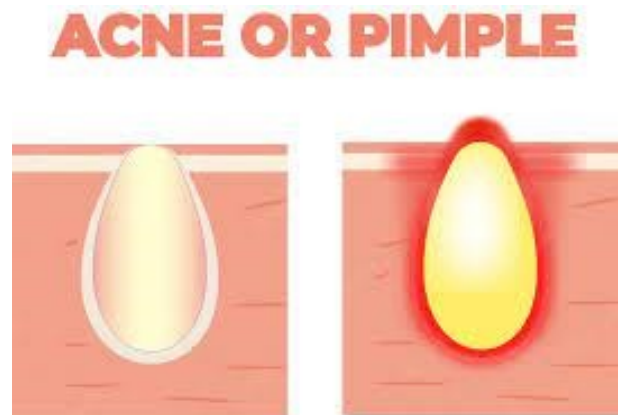
More gross things your body does. Pus

Pus is a whitish-yellow, yellow, or brown-yellow protein-rich fluid called “Liquor Puris” that accumulates at the site of an infection.

It consists of a build-up of dead, white blood cells that form when the body’s immune system responds to the infection.

When the build-up is on or near the surface of the skin, it is called a pustule or pimple. An accumulation of pus in an enclosed tissue space is called an abscess.

- Pus is a natural result of the body fighting infection.
- Pus can be yellow, green, or brown, and may in some cases have a foul odour.
- If pus appears after surgery, contact a doctor immediately.
- Smaller build-ups of pus can be self-managed at home.
- Larger or less accessible build-ups of pus may require surgical intervention and the application of a drainage channel.



Pus is the result of the body’s natural immune system automatically responding to an infection, usually caused by bacteria or fungi. Leukocytes, or white blood cells, are produced in the marrow of bones. They attack the organisms that cause infection.

Neutrophils, a type of leukocyte, have the specific task of attacking harmful fungi or bacteria. For this reason, pus also contains dead bacteria. Macrophages, another type of leukocyte, detect the foreign bodies and release an alarm system in the form of small, cell-signalling protein molecules called cytokines. Cytokines alert the neutrophils, and these neutrophils filter from the bloodstream into the affected area.

The rapid accumulation of neutrophils eventually leads to the presence of pus.

The whitish-yellow, yellow, yellow-brown, and greenish colour of pus is the result of an accumulation of dead neutrophils. Pus can sometimes be green because some white blood cells produce a green antibacterial protein called myeloperoxidase.

A bacterium called “Pseudomonas Aeruginosa (PA)” produces a green pigment called pyocyanin. Pus from infections caused by PA is particularly foul-smelling.

If blood gets into the affected area, the yellowish or greenish colour may also have tinges of red.

If pus builds up close to the surface of the skin, such as in pimples, medical intervention is not required. The pus may be drained at home.

Soaking a towel in warm water and holding it against the infected pus for 5 minutes will reduce the swelling and open up the pimple or skin abscess for a faster healing process.

LET'S PLAY A GAME

Plus quiz answers from Page 16

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

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

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

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

Name 10:

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

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

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

“Fun from games arises out of mastery.

It arises out of comprehension.

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

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

HOW'D WE DO?

Answers to Fun Quiz from Page 17 - don't look till you have done all the quiz

Round One: 1 2-tailed, Assassin 2 Chagrain, Yuzzum. 3 MM Fury Rd, Star Trek
 Round Two: 1, 172: 2, 4,919,762: 3, 862: 4, 33: 5, 17.
 Round Three: 1, 1957: 2, 2019: 3, 1808: 4, 1940. 5, 1818.
 Round Four: Link: They were all born in India.
 Round Five: 1 True: 2 True: 3 False: 4 False: 5 True: 6: True.
 Round Six: DC - the six James Bond actors in order.

NUTRITION: Lazza's Kitchen Adventure

Egg & Bacon Pie

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Egg & Bacon Pie from scratch**

Bacon and egg pie originated during the middle ages in Cornwall and is still a popular pie cooked in Cornish homes today (although rarely found in Cornish bakeries). For many Cornish people, a bacon and egg pie is more of a taste of home than the famous Cornish pasty.

You can add to the original recipe (I put in onion and cheese), but you can use peas, potatoes, tomatoes etc. Your choice.

Ingredients

2 Sheets Puff Pastry, defrosted, depending on dish size
300 Grams of Bacon, diced, fat removed (I bought diced bacon bits)
8-10 Eggs
Grated Cheese to cover base
1 Egg, beaten for egg wash
2 diced onions
2 garlic cloves (optional)

Preheat the oven to 200C.

Prepare a 25-30cm baking dish or tin and set aside.

Remove pastry from freezer and thaw, takes approx. 5-10 minutes.

Trim your pastry to fit the dish, for the base you made need 1 to 2 sheets, you need to cover the bottom and up all four sides to the top of your dish.

Add half the grated cheese to the base.

Add half the diced bacon, then add your eggs, keeping them whole or stabbing the yolks gently so they ooze into the bacon.

Add the remainder of the diced bacon and cheese.

Place the rest of the pastry on top of the pie, fold the base pastry over the top pastry and squeeze between your fingers or press with a fork to join.

Stab the top of the pie with a fork 4-5 times.

Whisk an egg with a dash and brush generously all over the top of the pie

Bake for 35-40 minutes, or until the pie is a lovely golden brown to ensure bottom of pastry is also cooked.

Remove from the oven and allow to cool slightly before slicing.



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

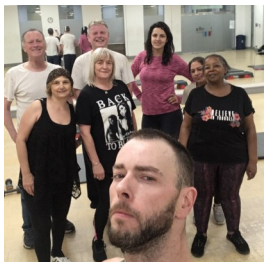
Why not try an exercise class!!!

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

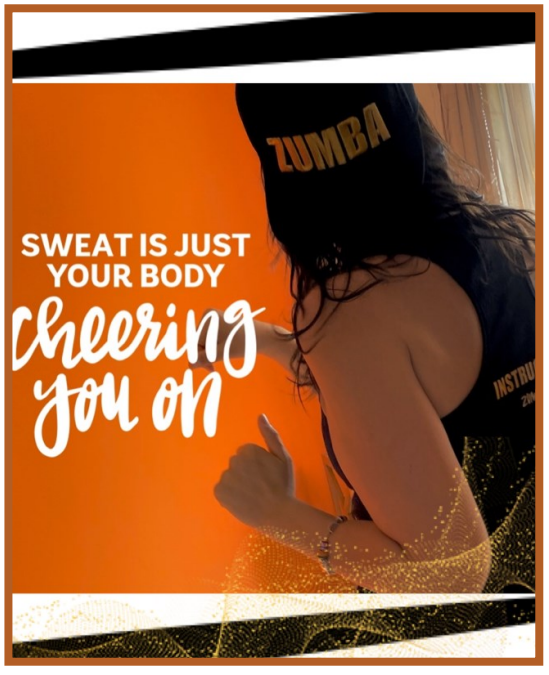
HMHB has been very lucky to meet the amazing Karina, a fully qualified Zumba teacher.

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

yummymummyzumba@gmail.com



ZUMBA



ACTIVE WITHIN

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

www.activewithin.com

TIME TABLE

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

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

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

[Check out their website for more information.](#)

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

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

www.walkwithadoc.org



HEALTHY GENERATIONS PILATES

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

Monday 10-11am: Intermediate Pilates

Tuesday 10-11am: Intermediate Pilates

Tuesday 2-3pm: Beginners Pilates

Thursday 10-11am: Gentle Pilates

Saturday 9.30-10.30am: Beginners Pilates

hello@emmaahlstrom.com

www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

So, here we are at 2023. The new year has arrived and, I hope, you have been thinking of how you can be healthier this year. That comes down to various factors, including Mind-set. It takes action to succeed, and being proactive to make things happen. It involves planning and thinking how you are going to reach your goals. You can do it of course. If your goals are realistic then why not? The only thing stopping you is you. Nobody else. It comes down to what you are prepared to do to succeed. Push yourself!!!!

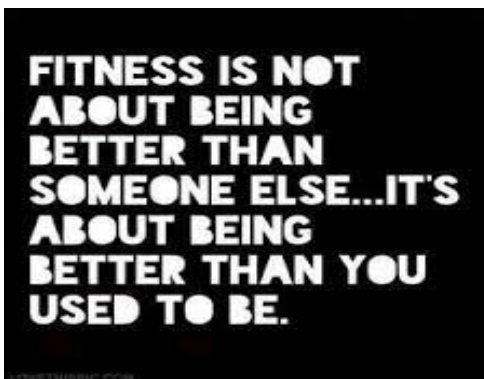


Nutrition.

So, are you going to look at your nutrition this year? It is something that we know we can all improve. And again, like above, it all comes down to you. Are you prepared to actually make some changes to be healthier? You are obviously aware of the significant benefits a healthy diet can bring. It affects many health issues as we grow up, reducing the risk of many diseases. Simple changes can be effective. It's your choice. You choose what you buy and what you eat and drink. You just need to research and believe. Make 2023 your year.



Exercise.



There are a lot of mistakes people make when trying to exercise. I have seen several funny things in a gym. But it isn't funny as poor form, plus mistakes, can cause injury and more.

Getting into shape can be a challenge, but if you can make sure you are performing exercises properly you are half way there. And we can all learn from the professionals. Even simple things like squats can be done wrong.

Work hard this year to improve your overall fitness, and I know you can achieve results.

Health.

Our bodies are truly remarkable. They have so many processes to ensure that we not only stay alive, but are healthy enough to work, rest and play.

Not every process is enjoyable. Some of them make us roll our eyes, laugh, or even wince. In this issue we looked at four different actions that help us function properly as humans. They are all extraordinary in their own way, and vital for our survival.

It is important we understand how our bodies work, so we can make sure we look after them properly.



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

Quiz Answers from Page 6 + Company Logos from Page 22

See if you can beat your family and friends

Sport: Here are the countries for those sports stars and their sports.

1. JL: New Zealand: Rugby Union
2. IK: Pakistan: Cricket
3. RF: Switzerland: Tennis
4. PM: USA: Golf
5. IT: Australia: Swimming
6. MO: Germany: Football
7. NC: Romania: Gymnast
8. SR: England: Rower
9. MP: Philippines: Boxer
10. NL: Austria: Motor Racing
11. ZB: South Africa: Athletics
12. WG: Canada: Ice Hockey
13. CH: Scotland: Cycling

Pop Music: Those songs with jobs in the title and the **original** year released?

1. 1973: Bob Marley & The Wailers
2. 1966: The Beatles
3. 1984: Tina Turner
4. 1983: Bob Marley & The Wailers
5. 1961: The Marvelettes
6. 1984: Sade
7. 1982: Indeeep
8. 1968: Simon & Garfunkel
9. 1975: Glen Campbell
10. 1968: Dusty Springfield
11. 2000: Robbie Williams
12. 1984: Miami Sound Machine
13. 1967: Smokey Robinson & The Miracles
14. 2004: Eminem

Films: Here are the television programme those characters were in, and the year first shown?

1. 1981: Only Falls & Horses
2. 1987: Inspector Morse
3. 1978: Grange Hill
4. 2008: The Inbetweeners
5. 2011: Game Of Thrones
6. 1993: Frasier
7. 1963: Doctor Who
8. 1978: Dallas
9. 1976: Charlie's Angels
10. 1989: Blackadder Goes Forth
11. 1994: The Vicar Of Dibley
12. 2001: The Office
13. 1972: Are You Being Served
14. 2012: Line Of Duty
15. 1998: The Royle Family
16. 1960: Coronation Street
17. 2011: Friday Night Dinner

Business: The top 20 Beer Producing Countries:

China, USA, Brazil, Mexico, Germany
Russia, Japan, Vietnam, Poland
Spain, UK, South Africa, Colombia,
Belgium, Canada, The Netherlands
France, Czechia, Thailand, South Korea

QUIZ ANSWERS

Animal Names - from Page 22

(full names - how well did you do?)

- 1: Hammerhead Shark
- 2: Sloth
- 3: Goliath Bird eater Spider
- 4: Puma
- 5: Emu
- 6: Red Panda
- 7: Indian Elephant
- 8: Gerbil
- 9: Spotted Hyena
- 10: Komodo Dragon
- 11: Orangutan
- 12: Red Admiral Butterfly
- 13: Beluga Whale
- 14: American Alligator
- 15: Caribou Reindeer

Film: All 31 Carry On Films

Sergeant, Nurse, Teacher, Constable,
Regardless, Cruising, Cabby, Jack,
Spying, Cleo, Cowboy, Screaming,
Don't Lose Your Head,
Follow That Camel, Doctor,
Up The Kyber, Camping, Again Doctor,
Up The Jungle, Loving, Henry,
At Your Convenience, Matron, Abroad,
Girls, Dick, Behind,
England, That's Carry On,
Emmanuelle, Columbus

THE LAST PAGE

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

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

You can contact HMHB:

HMHB would prefer you email us: hmhb2016@outlook.com

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

www.facebook.co.uk/healthymindshealthybods

Check out our GoFundMe: www.gofundme/hmhb2016

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

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

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

Please follow and like our blogs:

www.hmhb2016.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

Our website is: www.hmhb2016.org.uk you can contact us through the site

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

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

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

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



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well