

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 14

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st May 2023



www.hmhb2016.org.uk





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**Our monthly health packs now contain a massive 40 pages.
To help you get through it, here is a list of contents for you. Something for everyone.
We want to encourage you, inspire you, and motivate you. :-)**

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**"Two things define you:
Your patience when you have nothing
and your attitude when you have everything."**

Welcome to Issue 14 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!!!



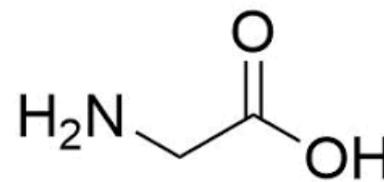
**I was having a look back at some of our older photos.
All these are from 2017.
We had our courses starting, our walk in Clissold Park, and we had began to network with other organisations too.
What is terrific is that several of the people in the pictures are still coming along to HMHB events. Wow!!!**

HEALTH NEWS AND RESEARCH PAGE

Amino Acid Trigger for Depression Discovery (*sciencedaily.com*)

A common amino acid, "Glycine", can deliver a "slow-down" signal to the brain, likely contributing to major depression, anxiety and other mood disorders in some people, scientists at the Wertheim UF Scripps Institute for Biomedical Innovation & Technology have found.

The discovery, outlined in the journal "Science", improves understanding of the biological causes of major depression and could accelerate efforts to develop new, faster-acting medications for such hard-to-treat mood disorders, said neuroscientist Kirill Martemyanov, Ph.D., corresponding author of the study. "Most medications for people with depression take weeks before they kick in, if they do at all. New and better options are really needed," said Martemyanov, who chairs the neuroscience department at the institute in Jupiter, Florida.



Glycine

Martemyanov said he and his team of students and postdoctoral researchers have spent many years working toward this discovery. They didn't set out to find a cause, much less a possible treatment route for depression. Instead, they asked a basic question: How do sensors on brain cells receive and transmit signals into the cells? Therein lay the key to understanding vision, pain, memory, behaviour and possibly much more, Martemyanov suspected.

"It's amazing how basic science goes. Fifteen years ago, we discovered a binding partner for proteins we were interested in, which led us to this new receptor," Martemyanov said. "We've been unspooling this for all this time."

In 2018 the Martemyanov team found the new receptor was involved in stress-induced depression. If mice lacked the gene for the receptor, called GPR158, they proved surprisingly resilient to chronic stress. That offered strong evidence that GPR158 could be therapeutic target, he said. But what sent the signal? A breakthrough came in 2021, when his team solved the structure of GPR158. What they saw surprised them. The GPR158 receptor looked like a microscopic clamp with a compartment -- akin to something they had seen in bacteria, not human cells.

"We were barking up the completely wrong tree before we saw the structure," Martemyanov said. "We said, 'Wow, that's an amino acid receptor. There are only 20, so we screened them right away and only one fit perfectly. That was it. It was glycine.'"

Glycine itself is sold as a nutritional supplement billed as improving mood. It is a basic building block of proteins and affects many different cell types, sometimes in complex ways. In some cells, it sends slow-down signals, while in other cell types, it sends excitatory signals. Some studies have linked glycine to the growth of invasive prostate cancer.

More research is needed to understand how the body maintains the right balance of mGlyR receptors (the team renamed GPR158 "mGlyR", short for "metabotropic glycine receptor") and how brain cell activity is affected, he said. He intends to keep at it.

"We are in desperate need of new depression treatments," Martemyanov said. "If we can target this with something specific, it makes sense that it could help. We are working on it now."

HEALTH NEWS AND RESEARCH PAGE: The time of day you exercise may affect fat loss.

Physical activity at the right time of the day seems able to increase fat metabolism, at least in mice. A new study, from the “Karolinska Institutet” in Sweden and the “University of Copenhagen” in Denmark, shows that mice that did exercise in an early active phase, which corresponds to morning exercise in humans, increased their metabolism more than mice that did exercise at a time when they usually rest. The results are published in the journal *PNAS* (the Proceedings for the National Academy of Sciences).

Physical activity at different times of the day can affect the body in different ways since the biological processes depend on the circadian rhythms of the cells (according to wiki, “A circadian rhythm, or circadian cycle, is a natural, internal process that regulates the sleep–wake cycle and repeats roughly every 24 hours. It can refer to any process that originates within an organism and responds to the environment”).



To ascertain how the time of day at which exercise is done affects the burning of fat, researchers at Karolinska Institutet and the University of Copenhagen studied the adipose (fat) tissue of mice after a session of high-intensity exercise performed at two points of the daily cycle, an early active phase and early rest phase (corresponding to a late morning and late evening session, respectively, in humans). The researchers studied various markers for fat metabolism and analysed which genes were active in adipose tissue after exercise.

The researchers found that physical activity at an early active phase increased the expression of genes involved in the breakdown of adipose tissue, thermogenesis (heat production) and mitochondria in the adipose tissue, indicating a higher metabolic rate. These effects were observed only in mice that exercised in the early active phase and were independent of food intake. Sounds complicated but bear with me.

"Our results suggest that late morning exercise could be more effective than late evening exercise in terms of boosting the metabolism and the burning of fat, and if this is the case, they could prove of value to people who are overweight," says Professor Juleen R. Zierath from the Department of Molecular Medicine and Surgery and the Department of Physiology and Pharmacology, Karolinska Institutet.

Mice and humans share many basic physiological functions, and mice are a well-established model for human physiology and metabolism. However, there are also important differences, such as the fact that mice are nocturnal.

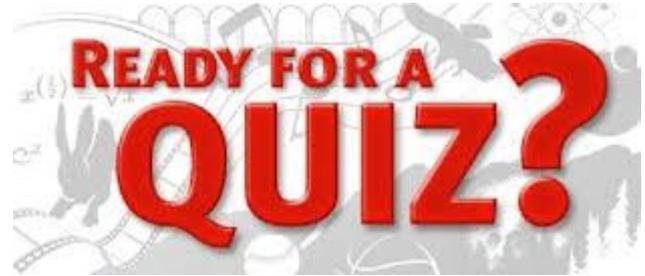
"The right timing seems to be important to the body's energy balance and to improving the health benefits of exercise, but more studies are needed to draw any reliable conclusions about the relevance of our findings to humans," says Professor Zierath.

The study was conducted in close collaboration with the “Novo Nordisk Foundation Centre for Basic Metabolic Research” (CBMR) at the University of Copenhagen and was financed by the Novo Nordisk Foundation, Novo Nordisk, the Swedish Diabetes Foundation, the Swedish Research Council and Karolinska Institutet.

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)

Sport

Since 1930, there have been 22 FIFA World Cups held. Of them, 12 were won by European Teams. Can you name all 12 years, and the name of the winning European Country? (its, tough)



Music: Can you name the musical instrument these famous people played?

1. Yehudi Menuhin
2. George Formby
3. Benny Goodman
4. Freddie Mercury
5. Louis Armstrong
6. Ravi Shankar
7. Patrick Moore
8. Ronnie Wood
9. James Galway
10. Phil Collins
11. Julian Lloyd Webber
12. J S Bach (his primary instrument)
13. Harpo Marx

Cinema: These characters were all killed by James Bond. Name the film they were in, plus the year of release.

1. Peter Franks: Mr Kidd: Mr Wint
2. Franz Sanchez, Dario
3. Dominic Greene
4. Professor Dent
5. Elektra King: Renard
6. Brad Whitaker: Necros
7. Hugo Drax
8. Lyutsifer Safin
9. Oddjob
10. Elliott Carver: Stamper
11. Raoul Silva
12. Mister Big/Kananga
13. Alex Dimitrios: Mollaka
14. Red Grant
15. Francisco Scaramanga
16. Alec Trevelyan: Xenia Onatopp
17. Hinx: Marco Sciarra

Pop Music: Name the Artists for songs with "One" in title, plus original year released.

1. Another One Bites The Dust
2. One Way Or Another
3. Baby One More Time
4. One Night in Bangkok
5. One Love
6. She's The One
7. One More Night
8. You're The One That I Want
9. Love Plus One
10. One Day In Your Life
11. One Moment In Time
12. One (Is The Loneliest Number)
13. One Of These Nights
14. Two Hearts Beat As One



Names

What are the top 20 Tea producing countries In the world.

This is by production in tonnes, according Worldatlas.com.

Good luck.

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

HMHB Activity: News - page 1



HMHB decided to take a trip into London at the start of April. Launching ourselves from Piccadilly Circus, we headed down Regent Street St. James's to the Mall, passing various statues. Then we walked along to the Victoria Memorial outside Buckingham Palace, before a picture in front of the Royal residence. Finally, we had lunch in Green Park. Thank you for the company, and a lovely afternoon perusing the area.

Lazza has a knack for finding spectacular deals for the group. In the Christmas and New Year Sales he found a £10 a ticket deal to see a Reimagined version of Jungle Book at Sadlers Wells. Eight of us enjoyed an extraordinary performance of dance, with exceptional staging. Here we are (far pic), literally at the highest point, and furthest point, from the stage. Mattered not. View and sound were terrific.



We were very fortunate to get some Free tickets to the fascinating Street Art and Graffiti Exhibition at the Saatchi Gallery off Kings Road.

With massive thanks to John at the Eagle Project, nine of us enjoyed a terrific couple of hours viewing the photos and pictures, looking back at the history of what was once called vandalism. Here we are sitting down for coffee afterwards to chat about the afternoon.



Our Tuesday sessions at Highbury Leisure Centre continue to grow and, as you can see, we have a broad mixture of people attending. From ages 30 to late 80s, we enable the session so that people can still enjoy themselves, as well as push harder to improve fitness and movement. As we get older it is vital we continue to move, and offering this FREE session to all is a bonus. Thanks to Better Gyms for their support. Every Tuesday at 9:30am.



HMHB Activity: News - page 2



Between April and May (and slightly into June), HMHB are running at least seven of their Ajani Mind-set Courses with a variety of different organisations and projects.

Here are Lazza and PT Jack with some of the people who came along to our course at King Henry's Walk with Better Lives Islington.

We really have a fabulous time, meeting some amazing people, and the feedback has, once again, been tremendous. Hoping to get proper funding on the back of some of these reports.

Our Thursday walk, coming up for its six and a half year birthday, continues to grow, bringing in new people through our courses and social prescribing.

With the nicer weather starting to appear - although it is still a bit damp - we have enjoyed some terrific mornings in Clissold Park, and enjoy our weekly sit down with a coffee at the House. It is so nice that, after all this time, we still get a group every week, some even coming a fair distance to join us. Yay!!!



Lazza hosted a Get Together event at his flat on the weekend of Saturday 22nd April.

The first time he has opened his doors to the group.

We had a really large number of people pop in throughout the afternoon.

Here are a couple of pics of the event with a few of the attendees sitting in his back garden in Highbury. People brought food (not sure how that helped Lazza's diet!!). And we had a terrific time.

Thanks to everyone that came along. It was a great mix of people from all aspects of HMHB.



As you will see in the June Health Pack on the "Exercise" pages, Lazza went along to a Qi Gong session in Dartmouth Park, delivered by Kasia (pictured with Lazza in the park).

This is another of Healthy Generations large number of FREE sessions available throughout the Borough. Do check out their website and proactively go along to a local session. There is something for everyone.

Check out the Qi Gong feature in June.



HMHB Activity: News - page 3



Every last Friday of the month, Islington Guided Walks takes us to a different Islington Park. April took us to Rosemary Gardens, which is off Southgate Road, towards the old Gainsborough Studios and the canal. Our group joined up with other walkers as we were taken round by Leslie, our guide for the morning, who was telling us about the history of the park and the surrounding area. We gave out flyers for our walks too (well, why not?)

Here is our Saturday group of Exercisers at the end of April in the bright sunshine.

We usually do the session on the grass, but lately, due to the soggy weather, we have been using the closed off road that runs through the middle of Highbury Fields. Organised and managed by Lazza it is a fun start to the weekend, waking our bodies up, and energising us.

Do come along and join us.



On Saturday 29th April we had a terrific visit to the wonderful Pleasance Theatre in North Rd, N1. It was a comedy night with the very funny Joshua Robertson, and we thoroughly enjoyed his performance. He does not allow his disability to get him down, and uses it in his routine brilliantly. Do check out the venue too - it's a great night!!! We thanked Joshua on Twitter and got a lovely reply back from him.

On Sunday 30th April, a few of us took a leisurely stroll up the Regent's Canal from Angel to Regent's Park, passing Kings Cross and Camden (including a wonderful home-cooked food alcove full of wonderful smells).

We even managed to catch the sun as the weather was wonderful. As you can see from the photo, the company was superb, all chatting and laughing, admiring the architecture along the way.



HMHB in April / May

A busy couple of months for HMHB. We are running a number of our courses in Islington, Camden, Haringey, working with local Job Centres, plus other organisations, to provide our unique intervention. HMHB have launched a new walk in Highbury Fields and hoping this will be as successful as our Clissold Park walk (going since November 2016). Lazza has so far arranged our Zumba launch (coronation event), a theatre trip to Stratford, a Shakespeare evening, and we will be doing other trips too.

NUTRITION: Lazza's Kitchen Adventure

Date and Banana Traybake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever version of Date and Banana Traybake from scratch

Dates contain several types of antioxidants that may help prevent the development of certain chronic illnesses, such as heart disease, cancer, Alzheimer's, and diabetes. Dates are high in fibre, which is beneficial for preventing constipation and controlling blood sugar. Dates are a source of bone-friendly minerals including phosphorus, potassium, calcium and magnesium. They are also a source of vitamin K which is needed for healthy, strong bones.

Ingredients

200g finely chopped dates
1 teaspn. Bicarbonate of Soda
150g Unsalted Butter
150g Dark Brown Soft Sugar
3 ripe bananas
Good long squeeze of Honey / or Golden Syrup
200g Self Raising Flour
4 Eggs
1 teaspn. Baking Powder

This is a nice easy traybake.

In a small heatproof bowl mix the dates, bicarbonate of soda and 150ml just-boiled water. It will start to effervesce. Leave to soak for 10min, ensuring all the dates are covered with the water.

Preheat oven to 180°C (160°C fan) mark 4 and thoroughly grease your tins or trays.

Sprinkle the 3-4 tablespoon of brown sugar into base of the greased tin, then arrange the sliced bananas on top. This will caramel nicely.

In a large bowl, using a handheld electric whisk, beat the butter and sugar until light and fluffy, about 5min. Beat in the honey/golden syrup and eggs. Next beat in the flour and baking powder.

Drain the dates and then add them to the mixture, stirring them in. Carefully spoon batter into the tin, on top of the bananas, and smooth to level.

Bake for 35-40min, or until a skewer inserted into the centre of the cake comes out clean. Leave to cool in the tin for 5min.

Then upturn it and the banana pieces will now be on top.



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

MIND-SET: Are we getting more Angry?

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.

Last year, 22% of respondents around the world told the Gallup organisation they felt angry, a record since the question was first asked in 2006. So are we getting angrier?

I am trying to recall how it was when I was a child back in the 70s and 80s. There were riots, there were protests, and there was even war (the Falklands). Perhaps I was seeing things through a young person's eyes though. It did not feel like anger, just people wanting to show their view. Yes, there were even a lot of strikes, especially in the 70s. Feels like we have gone full circle!!

Why Are You So Angry?



Anger isn't a recent thing. For example, as an indication of road rage, in 1817, Lord Byron was reported to the police for delivering a "swinging box on the ear" to "a fellow in a carriage, who was impudent to my horse".

Anger, per say, is not always a bad thing. Look at the Suffragette movement, for example. Look at the awful treatment that various races, genders, and sexualities have gone through throughout the years, and the subsequent movements that were set up to combat this injustice.

I suppose the difference here is that there is a clear purpose for this anger, a positive target to reach, and reason to open discussion.

I think in these pages we are talking more about the personal anger at this time - the 2020s. We have had to endure a Pandemic. We are having to ensure a Cost of Living Crisis. We have had to combat isolation. With social media, we have to face trolls who hide behind a keyboard putting everyone down (I saw the wonderful actress Hilary Swank recently had twins at the age of 46, describing her feelings of being in "pure heaven", and the ignorant idiots on twitter and Instagram sent her abuse about her age and having babies - what is wrong with these people????). It feels like, whatever your own opinion, there is always someone to put you down. Brexit, Refugees, Sports Teams, how you speak, LTNs, and many others - all manifest into vitriol and rage online. It almost feels like people enjoy making others feel small or worthless.

I am not saying that it isn't right to be angry at some things that happen around us. In fact, it can be healthy. It opens up debate and discussion and shows various points of view, as long as it does not then cross over into abuse and violence. How many protests do we see on the news start off with people with placards and end with shop windows being smashed, places being looted, and physical violence towards members of the public and the police. That is unacceptable.

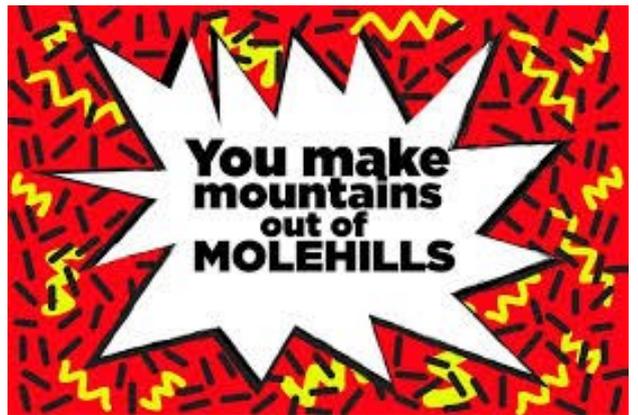
MIND-SET: Why do we get angry?

The Charity “Mind” put it very well: “People can interpret situations differently, so a situation that makes you feel very angry may not make someone else feel angry at all (for example, other reactions could include annoyance, hurt or amusement). But just because we can interpret things differently, it doesn't mean that you're interpreting things 'wrong' if you get angry.”

Whether your anger is about something that happened in the past or something that's going on right now, thinking about how and why we interpret and react to situations can help us learn how to cope with our emotions better. It can also help us find productive strategies to handle our anger.

The fantastic “me-too” movement, that helped to bring notice to a catalogue of abuse over a long time by some prominent people, who may have felt as if they were untouchable, is a good example of a healthy anger. Being able to release that anger of what happened to them, by making statements to the police over various incidents going back some time, hopefully some individuals were able to get some kind of closure as their abusers were publicly humiliated and punished.

As we grow up so much can happen to us. I recall seeing a video online of a school board in the USA inviting people to talk about experiences as they were trying to deal with bullying in the school. One guy came up and spoke at the lectern describing various incidents that had happened to him around 30 years ago at the school where he was bullied mercilessly, and at the end naming the person who had done it - who just happened to be chairing the board meeting in the room. You could have heard a pin drop!!!!



But we also may feel anger when there is no real need to be.

We just need an outlet for frustration, or things may not be going the way we want. That is especially true for teenagers, for example. But also for adults. How often if we make a mistake do we get angry with people around us? I used to go to a Grammar school three miles from where I lived. My sisters and brother went to the Comprehensive at the end of my road. I had to get up an hour before them. If I ever overslept, I sometimes used to shout at my mum for not waking me. I am ashamed of that now. It was not her fault in any way. It was my responsibility.

I think, at this current time - 2023 - we have a lot of reasons to feel anger and frustration. We are having to watch our finances due to the cost of everything around us going up. There are many strikes going on - HMHB is not political in any way so we will not talk about what is justified or not - but they will have an effect on our daily lives - be that medically, how we travel, etc. And maybe we feel anger towards ourselves for not being able to cope with situations. I know I do sometimes. I get especially frustrated with myself over my weight issues, for example. And I have no-one else to blame except myself. In the other Mind-set pages in this Health Pack we will look at ways we can try and control our anger, and even conquer it.

**“Holding anger is a poison. It eats you from inside.
We think that hating is a weapon that attacks the person who harmed us.
But hatred is a curved blade. And the harm we do, we do to ourselves.”**

EXERCISE/FITNESS: STRETCHING

Stretches: To Help With Back Issues - Part One

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.

Stretch One

Stretches do not have to be pages and pages of instructions. Your back is important - but also you need to make sure you do not over extend.

This stretch - as demonstrated by Dean helps to elongate your back. Do note he has clasped his hands together over his head and is reaching up to the ceiling. The arms are very straight. Also there is a small bend in the back - but do take care if you have back issues. Just hold the stretch for around 15-20 seconds. Relax, and repeat again.



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.

Stretch Two

Again, this is a simple stretch, especially down your sides, as well as you back.

If you look closely Dean is holding his right wrist with his left hand and appears to be pulling it down to the left, bringing his whole down on one side.

Hold for around 15-20 seconds and then repeat on the opposite side.

Stretching has been shown to relax and lengthen the muscles of the spine. Supple, well-stretched muscles are less prone to injury, while less flexible muscles and connective tissues restrict joint mobility, which increases the likelihood of sprains and strains.



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

EXERCISE/FITNESS:

Stretches: To Help With Back Issues - Part Two

Stretch Three

All these stretches are static stretches - which means you stay still when getting into the position.

Do note the position of Dean's body. Form is important in both exercises and stretches.

His legs are straight and he is bending from the waist forward.

His fingers are actually intertwined, and the arms are stretched far in front, with his head dropped in between.

The back has a total of 40 muscles. There are 20 muscle pairs, one on each side of the body.



Stretch Four

This feels like a natural progression after the last stretch above.

Check out Dean's stance.

His legs are still straight - this will give a hamstring stretch at the same time.

He has again bent from the waist, but this time his interlocked fingers are pushing downwards, as if pressing something into the floor. Arch your back and tuck your head in.

Again, hold for around 15-20 seconds, then repeat.



Stretch Five

Our first four stretches are all standing up - although do know you can do back stretches sitting in a chair if you have mobility issues, or problems with knees or hips.

This stretch is a bit like child's pose, but you are not sitting back on your ankles.

The arms are straight and equidistant above the head - see in the photo.

Dean has his head down but his bum pointed up. This is really stretching the back out.

If you have any back issues, check with your doctor before starting any exercise.



**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: Controlling Anger

So, in the first section we talked about Anger as a whole, and that it can sometimes be healthy. It is a natural emotion for most living species. But it is also our responsibility to ensure that we do not allow it to take control, that we monitor it, and that we do not allow it to develop into dangerous situations.

How many times do we hear of people being stabbed or punched over something stupid. If people had only been able to understand how dangerous it was to get so angry the results could have been so different.

There are two factors in looking at controlling anger - short term and long term.

Short Term is dealing with the situation at that time. We are living at a time of upheaval and uncertainty, and factors around our lives do make people angry. If you feel that you are developing a rage, recognise it, own it, and think about repercussions of what would happen if you were to cause a scene. One of the best things is to walk away from a situation that is causing that stress, that trigger. Try and place yourself as if you were someone watching the situation. How would you react then?



Experts say that we need to look at our breathing - which is a good idea - as this can really calm you down. Breathe out for longer than you breathe in, and relax as you breathe out. You automatically breathe in more than out when you're feeling angry, and the trick is to breathe out more than in. This will calm you down effectively and help you think more clearly.

But Long Term there are things that can help - and there is no embarrassment in talking to your doctor about anger management if you know you have a problem.

Exercise is a great way to ring down your general stress levels. Running, walking, swimming, yoga and meditation are just a few activities that can reduce stress. Exercise as part of your daily life is a good way to get rid of irritation and anger. It will also release endorphins that will make you feel happier.

Another way is to find your creative side. Many hobbies like painting, singing, dancing, listening to music, and reading can relieve tension and relax you.

One of the best ways - and is on the pic above (which was created by Young Minds) is to talk about it with someone who will listen to you and you trust. Very often we are so angry at something that we do not actually see the full picture. We may be annoyed at the actions of somebody else, but not realise a situation they are in that has facilitated the problem. I recall a story of a mother with three young children on a flight. The kids were being a bit disruptive and it caused a few passengers to get angry. Then they found out that the father had just died in an accident which had, naturally, upset the children. It changed the mood and passengers actually started talking to the kids and playing with them. It solved the problem.

“Forget what hurt you in the past, but never forget what it taught you. However, if it taught you to hold onto grudges, seek revenge, not forgive or show compassion, to categorise people as good or bad, to distrust and be guarded with your feelings, then you didn't learn a thing.”

MIND-SET:

Letting Go of Angry Thoughts

Looking back at my life (he says, sounding as if he was 90!!!), I can see there have been periods of time when I have definitely been angry, for a variety of reasons. That could be angry at myself for things I have said or done, or angry at others for their behaviour that has had a negative impact on my life. There have also been a few times when I felt life was really really tough, and I would be angry at that.

I hasten to add there has also been many times when I have felt happy and upbeat.

Dealing with that myself has been hard. As people know, I started HMHB as I had encountered a couple of crippling depressions, one of which was very powerful. Things had happened, actions of others, that had caused me great heartache, anger, and sadness. Overcoming those emotions was hard.

I had some fantastic one to one counselling that helped me to focus on those emotions and how they were affecting me. I am no psychiatrist or psychologist, but being able to look at what had happened from different perspectives was a massive reason I got better. Being able to acknowledge my emotions about the perceived harm done to me, and being able to recognise how those emotions affect my behaviour, meant I was able to release them. Choosing to forgive the person who hurt me, or at least not allow them into my mind in a bad way, was cathartic. They no longer had the control and power in the situation. I now had the power.

We also build up resentment. Resentment is the chronic bitterness one feels after being treated poorly. Synonyms include anger and umbrage, though resentment is more closely associated with the negative emotions that linger after an incident, rather than those popping up during one. For instance, you may feel anger if someone puts you down in front of your friends, but you'll feel resentment later that day as you recall what happened. Resentment also typically persists over time and becomes second nature, which is why it's so hard to shake. It can also build and build till you want to explode.



So how about using that anger, switching it around, and seeing how you can transfer that negative energy into some positive results?

I have been working with users for nearly six and a half years now - it's been a turbulent ride, but so fulfilling and wonderful. There have been times when it felt funding would not come in time, when I have been patronised by larger organisations, when we have been looked down. And yes, that has made me angry. We have been told we would get major funding and then had it pulled away. But by taking time, sitting back, planning, talking to friends, making to-do lists, and persevering, HMHB is still going, we are delivering seven courses in April and May this year, we have free walks, exercise sessions, and many friends. It's what you do with anger that defines you. You can get violent and disruptive, or turn it around for good. It's your choice.

**“Anger is a bit like the petrol you put in your car.
If you spray it around, and somebody lights a match,
you have an inferno.
However, if you put it inside the engine that drives you,
it can take you to places you never ever dreamed.”**

NUTRITION: Lazza's Kitchen Adventure

Sausage Cassoulet

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

According to tradition, cassoulet was invented in 1355 in the town of Castelnaudary, under siege by the English during the Hundred Years War.

In 1970 *La Grande confrérie du cassoulet de Castelnaudary* – The Grand Brotherhood of the Cassoulet of Castelnaudary - was established to increase the prestige and spread and defend the traditions and quality of cassoulet.

Nowadays, the most common bean used is the Haricot Bean.

Ingredients

8 Cumberland Sausages (or Toulouse)
Pack of Bacon Lard-Ons
Large Onion - finely chopped
Paprika, Garlic, Thyme - to taste
Can Chopped Tomatoes
200ml White Wine: 200ml Chicken Stock
Can Beans - I used Butter and Kidney, but can use Haricot too.
Tablespoon Sugar, plus Vinegar

Cook the sausages first in a pan with some oil. Then put aside.

In a deep pan fry the onions and lard-ons.

Then add the garlic, paprika and thyme. I have deliberately not put amounts as they are for your taste too. I added one teaspoon of paprika, a nice squeeze of garlic paste plus one clove, and a sprinkle of thyme.

Pour in the white wine and vinegar and sugar and simmer away for around ten minutes.

Add the chopped tomatoes - I also added in some tomato puree for my own taste.

Stir all that in before adding the drained beans you have chosen for this dish, and the stock.

Bring to boil again, before reducing the temp.

Add the sausages back into the pot - hence why it needs to be a deep one - and leave to simmer for around 25-30 minutes.

It will thicken up a bit. I would not add salt personally as I think it is strong enough already.

Serve with vegetables or breads. I had some Mash.

I would add - that yes - what they say about beans is true!!! :-)



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.

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

ROUND ONE: Multiple Choice

Only one of the choices are correct: which one is it?

Colour "O"s in Google Logo	Did win Wimbledon?	Didn't Play Professional Football
Red & Yellow	Ivan Lendl	Daley Thompson
Red & Green	Goran Ivanisevic	Sean Connery
Yellow & Blue	Andy Roddick	Ian Botham
Blue & Green	Pat Rafter	Hugh Jackman

ROUND TWO: Give Me a Number

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

1. According to the ONS, how many people lived on the Isle of Wight mid-2021?
2. How many different non-European-based teams have won the Football World Cup?
3. How many Overall Points did Sam Smith get for the UK Entry in Eurovision 2022?
4. Average number of Baked Bins in a normal tin?
5. What is the highest ever score on an episode of Countdown?

ROUND THREE: When Did That Happen

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

The wreck of the Titanic was finally discovered.

Peter Capaldi won an Oscar for Best Live Action Short Film.

Microsoft Windows is first launched.

George Best signed for, and made his debut for, Manchester United.

St Petersburg was founded by Peter The Great.



ROUND FOUR: What specifically links these famous people? Hint: Films

Dolph Lundgren: Sammy Davis Junior: Joanna Lumley: Charles Dance: Gerard Butler: Minnie Driver:

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

- 1) Google was originally going to be called Backrub.
- 2) In Toledo, Ohio, it is illegal to get a fish drunk.
- 3) The most expensive number plate cost over £7,000,000.
- 4) Spider Silk has been used in the manufacture of Guitar strings.
- 5) Winston Churchill was allergic to ink.
- 6) The Sun is a massive ball of fire.
- 7) Pluto has an atmosphere.
- 8) C-3PO is short for Cyborg Series-3 Protocol
- 9) The Indy 500 race is actually raced over 300 miles.
- 10) Donald Duck's middle name is Fauntleroy.



NUTRITION: Nutrition and Liquids

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

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

The most obvious “liquid” that we have in our diets is, of course, water. It is one of the essential nutrients we need to enable us to function properly and stay alive.

- Adult humans are 60 percent water, and our blood is 90 percent water.
- There is no universally agreed quantity of water that must be consumed daily.
- Water is essential for the kidneys and other bodily functions.
- When dehydrated, the skin can become more vulnerable to skin disorders and wrinkling.
- Water is able to break most chemical bonds and dissolve most chemicals. It is very difficult to create pure water even in a laboratory setting, as nearly all chemical compounds will dissolve in water. This makes water one of the most reactive compounds known to man.
- Hot water freezes faster than cold water, and no one knows why. This is known as the Mpemba effect, named after the Tanzanian student who discovered this phenomenon.
- All water on earth has been recycled through animals, plants, rocks, oceans, and clouds. In other words, you’re drinking dinosaur pee (comforting!!!).

Your body relies on a good intake of water - although it is suggested you have 2 litres a day, or eight glasses a day, that is a general amount. However, did you know, drinking too much water can increase the pressure inside the skull? This can cause various symptoms and, in severe cases, become fatal.

- Cartilage, found in joints and the disks of the spine, contains around 80 percent water. Long-term dehydration can reduce the joints’ shock-absorbing ability, leading to joint pain.
- Saliva helps us digest our food and keeps the mouth, nose, and eyes moist. This prevents friction and damage. Drinking water also keeps the mouth clean. Consumed instead of sweetened beverages, it can also reduce tooth decay.
- Blood is more than 90 percent water, and blood carries oxygen to different parts of the body.
- Dehydration can affect brain structure and function. It is also involved in the production of hormones and neurotransmitters. Prolonged dehydration can lead to problems with thinking and reasoning.
- The bowel needs water to work properly. Dehydration can lead to digestive problems, constipation, and an overly acidic stomach. This increases the risk of heartburn and stomach ulcers.
- Water is needed in the processes of sweating and removal of urine and faeces.
- Minerals, some vitamins, and nutrients dissolve in water, which makes it possible for them to reach different parts of the body.



NUTRITION: Alcohol Consumption

The NHS Chief Medical Officers' guidelines for both men and women are:

- to keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week on a regular basis. If you drink less than 14 units a week, this is considered low-risk drinking.
- if you regularly drink as much as 14 units per week, it is best to spread your drinking evenly over 3 or more days
- if you have 1 or 2 heavy drinking episodes a week, you increase your risks of death from long term illness and from accidents and injuries
- the risk of developing a range of health problems, including cancers of the mouth, throat and breast, increases the more you drink on a regular basis
- if you want to cut down the amount you drink, a good way is to have several drink-free days each week.

However, too much alcohol can have a serious negative impact on your body.

BRAIN: Alcohol interferes with the brain's communication pathways, and can affect the way the brain looks and works. These disruptions can change mood and behaviour, and make it harder to think clearly and move with coordination. There are links made with Dementia, Brain Damage, Depression, and Anxiety too.

HEART: Drinking a lot over a long time or too much on a single occasion can damage the heart, causing problems including Cardiomyopathy (stretching and drooping of heart muscle), Arrhythmias (irregular heart beat), Stroke, and Hypertension (high blood pressure).

LIVER: Heavy drinking takes a toll on the Liver, and can lead to a variety of problems and liver inflammations including Steatosis, or fatty liver, Alcoholic hepatitis, Fibrosis, Cirrhosis and Liver Cancer.

PANCREAS: Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

CANCER:

According to the National Cancer Institute: "There is a strong scientific consensus that alcohol drinking can cause several types of cancer. In its Report on Carcinogens, the National Toxicology Program of the US Department of Health and Human Services lists consumption of alcoholic beverages as a known human carcinogen. The evidence indicates that the more alcohol a person drinks, particularly the more alcohol a person drinks regularly over time, the higher his or her risk of developing an alcohol-associated cancer. Even those who have no more than one drink per day and people who binge drink (those who consume 4 or more drinks for women and 5 or more drinks for men in one sitting) have a modestly increased risk of some cancers." Clear patterns have emerged between alcohol consumption and increased risks of certain types of cancer:

- Head and neck cancer, including oral cavity, pharynx, and larynx cancers.
- Oesophageal cancer, particularly oesophageal squamous cell carcinoma. In addition, people who inherit a deficiency in an enzyme that metabolises alcohol have been found to have substantially increased risks of oesophageal squamous cell carcinoma if they consume alcohol.
- Liver cancer.
- Breast cancer: Studies have consistently found an increased risk of breast cancer in women with increasing alcohol intake. Women who consume about 1 drink per day have a 5 to 9 percent higher chance of developing breast cancer than women who do not drink at all.
- Colorectal cancer



NUTRITION:

Other Liquid Choices for Nutrition

FRUIT JUICE

This is a real humdinger as, depending where you look, there appears to be conflicting information, from various excellent sources. The one thing that people do agree on is that real fruit is much better than juices. If you want oranges, apples, etc. in your diet, then choose a piece of fruit.

Lack of fibre is the key problem. Juicing releases the sugars in fruit and removes the insoluble fibre; blending also releases the sugars and tears apart the insoluble fibre. Most of the sugar in fruit is fructose, which can only be processed by the liver. A small amount of fructose, in an apple for example, does us no harm because we consume it along with the fibre. Fibre protects us against the effects of fructose by slowing its absorption, and also makes us feel full. Fruit juice, on the other hand, is absorbed immediately, like all sugary drinks, as the fibre has been removed.



As the official guidelines currently stand, a 150ml glass of unsweetened 100% fruit or vegetable juice counts as 1 of your 5-a-day, but no more. In other words, juice can only ever count as one portion a day, no matter how much you drink, because it doesn't contain the fibre found in whole fruits and vegetables.

The guidelines also recommend restricting fruit juice intake to 150ml per day because of the sugar content. Crushing fruit into juice releases the sugars contained in the fruit, which can cause damage to teeth. The advice is also relevant to smoothies, both unsweetened fruit juice and smoothies are sugary, so limit these to a combined total of 150ml a day.

TEA

Tea is a hydrating beverage with a range of different types and flavours and an important beverage in many different cultures. With no calories, tea is a great addition to a low-calorie diet.

Caffeine levels in tea vary depending on the type you drink, but in general tea has much less caffeine than coffee. One 8 ounce cup of black coffee contains 96 milligrams (mg) of caffeine. The same amount of black brewed tea contains 47 mg and green tea contains only 28 mg. Popular herbal teas such as ginger or peppermint don't contain any caffeine. Tea is also associated with a lower risk of many ailments, including cognitive issues, heart disease, stroke, diabetes, and more.



But there may be many other nutrients and minerals in tea that you may not be aware of, contributing to different aspects of your health. It should be said that they are mostly found as trace amounts, and the boiling process also helps remove nutrients.

Green and black teas also contain important polyphenols, which are micronutrients that are found in plant-based foods. The polyphenols found in these types of tea have been associated with the healthy regulation of cancer cell growth and survival, leading to a lower risk of developing cancer.

Dehydration can impair cognitive and physical performance in mild cases, and in extreme cases can be fatal. It can also be dangerous to drink excessive amounts of water as, in rare cases, water intoxication can lead to hyponatraemia (low levels of sodium in the blood).

Nutrition: HMHB looks at Vitamins

Today: Vitamin B12

**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 B12 (also known as Cobalamin) 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 B12 is required for the development, myelination (Myelin is an insulating layer, or sheath that forms around nerves, including those in the brain and spinal cord. It is made up of protein and fatty substances), and function of the central nervous system; healthy red blood cell formation; and DNA synthesis.

I found this fascinating paragraph online - which I hereby quote in full.
Vitamin B12 is bound to protein in food and must be released before it is absorbed. The process starts in the mouth when food is mixed with saliva. The freed vitamin B12 then binds with “Haptocorrin”, a cobalamin-binding protein in the saliva. More vitamin B12 is released from its food matrix by the activity of hydrochloric acid and gastric protease in the stomach, where it then binds to haptocorrin. In the duodenum, digestive enzymes free the vitamin B12 from haptocorrin, and this freed vitamin B12 combines with intrinsic factor, a transport and delivery binding protein secreted by the stomach’s parietal cells. The resulting complex is absorbed in the distal ileum by receptor-mediated endocytosis
Our bodies are amazing!!!!



Vitamin B12 is naturally present in foods of animal origin, including fish, meat, poultry, eggs, and dairy products. In addition, fortified breakfast cereals and fortified nutritional yeasts are readily available sources of vitamin B12. Your body does not make vitamin B12 on its own, so you have to consume food and drinks that have vitamin B12 in order to get it.

B12 is one of the most widely supplemented vitamins, in part, because of its broad clinical significance. Most people correlate B12 levels to overall energy and vitality, but the broader implications may be more subtle.

If you are Vegan, you must ensure you have diets that include foods fortified with Vitamin B12, as it is the only way you can get it.

**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.**

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.

I do love a bit of Karaoke. Fortunately, especially for anyone having to listen to me, I can sing in tune!! LOL Like many I have favourites: Come What May from Moulin Rouge, Bridge Over Troubled Water, You Know My Name (theme from Casino Royale), You Got It by Roy Orbison, and others. There is something about getting up on the stage and belting out a track that is just a thrill. I know it is not for anyone, but do give it a go if you get a chance.



I've been a James Bond fan ever since seeing films from the 70s onwards. I have also read every novel - and it is not just Ian Fleming. After him came John Gardner (16 books), Raymond Benson (12 - including short stories), and since then five other writers including one novel coming out April 2023.

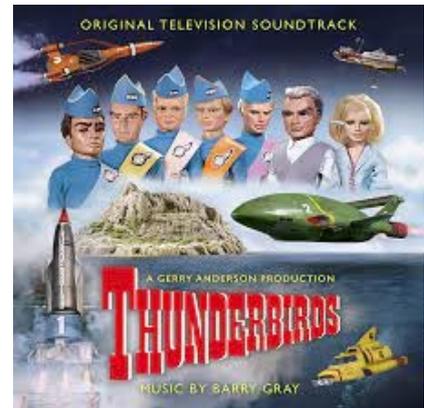
Do I have a favourite actor? - I did like Daniel Craig very much, and Timothy Dalton.

Yes, some of the older films can look a little dated, but that will happen with media. They are pure escapism, and I am looking forward to seeing whoever steps into Craig's shoes.

And talking about being a fan of things from childhood, I have a secret love for Thunderbirds - the original series, naturally. My first crush was Scott (Thunderbird One - and yes, I know he was a puppet!!!).

Considering when they were made I still think they are entertaining today. The stories were exciting, and the production was superb.

I think my favourite machine was Thunderbird Two, just because I would have liked to pilot it!! :-) F.A.B.



This is something quite inane, but I am seriously proud of myself. The picture is from an Action-Adventure Video Game. My friend Ollie has an X-Box and invited me a couple of years ago to play it with him, as it is a two-player game.

I have two thumbs when it comes to games, and am very amateur with the controller.

However, we actually managed to get through all the levels (some of which even now I am not sure how) to finish the game, which was voted Game Of The Year in 2021.

It may sound silly, but he relied on me to do well otherwise he could not finish. I surprised myself. It is possible to step out your comfort zone and achieve. :-)



HMHB's Name Game Page:

Can you name all of these Tom Cruise Films?

Some are easier than others. I've tried to be a little obscure.

Answers at bottom of quiz page answers (page 39)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Peanut Butter, Pecan Brownies

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Peanut Butter, Pecan Brownies from scratch**

Marcellus Gilmore Edson, of Montreal, Quebec, Canada, obtained the first patent for a method of producing peanut butter from roasted peanuts using heated surfaces in 1884. Edson's cooled product had "a consistency like that of butter, lard, or ointment" according to his patent application which described a process of milling roasted peanuts until the peanuts reached "a fluid or semi-fluid state". He mixed sugar into the paste to harden its consistency.

Ingredients

Peanut Butter - I used Crunchy and 400g
Bar of Dark Cook Chocolate - 250g
Soft Light Brown Sugar - most recipes I saw asked for around 280g, however I put in around 200g as I felt that excessive.
3 eggs
100g Self Raising Flour
Teaspoon Vanilla Essence
Bag of Pecan Nuts

Gently melt peanut butter, chocolate and all the sugar in a pan, stirring occasionally.
Wait until all is melted. Don't over cook.
Transfer mix into a bowl to cool down slightly.
Use a wooden spoon to beat in the eggs one by one. Add Vanilla Essence.
Crush the Pecan Nuts and stir into the mixture.
Stir in the flour and scrape into the container you are using.
Heat oven to 180C/160C fan/gas 4.

You can melt some more peanut butter if you want and pour this on top. Or even sprinkle some brown sugar over the top.

Bake in Oven for around 25 minutes (mine took around 30 minutes) - careful not to burn.

You can melt some chocolate and pour over top if you want - I didn't. Leave to cool before chopping into squares.



**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

Legs

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

We now have our regular Highbury Gym sessions with Dean on Tuesdays, thanks to the team at Better, We organise a fantastic outdoor Zumba session on Sundays with our fabulous Karina.

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

However, we guide our users to do some of their own sessions, either on their own or in a group.

Be active, be safe, and go for it.

Your glutes (bum) are the densest piece of muscle in the human body followed by the quads and hamstrings. The muscles on the lower half of the leg are called calves. The two most common fitness goals in the world are to get stronger and to lose weight. When working out, focus on your legs. You can place more load on your legs because they have bigger muscles. More loads equal to more strength and more calories being used. This spikes up your metabolism, which causes intense fat burning.

The power generated from your lower half is essential for nearly every sport. A well-developed lower body will allow you to exert a maximal amount of force in a minimal amount of time, which in turn makes you faster and stronger.

Performing functional exercises, such as lunges and squats, promotes stability in the knee. According to experts, this is your best bet to prevent an anterior cruciate ligament (ACL, which is a type of knee ligament) tear. Also, balance is essential for maintaining control of your body.

Working bigger muscles in multi-joint exercises, such as squats, deadlifts, or lunges, will require more “work” from the heart and lungs and higher levels of metabolism compared to exercising smaller muscle groups. Challenging these larger muscles requires more energy, which means your body will be burning more calories.

Strength-based movements, such as squats and deadlifts, will help develop your hips, which are a typical spot for injury in runners. Research also shows that strength training can help build endurance in athletes. People who strengthened their lower bodies demonstrated more power during the research.

Strength training of legs outperforms standard cardio exercises when it comes to keeping metabolism levels high. Back pain from weak hamstrings and short and tight hip flexors can be cured by routine leg strengthening exercises. Stretching the hip flexors and strengthening the hamstrings, glutes, and abdominal muscles are the best way. Exercises, such as squats, deadlifts, and lunges will improve your range of motion. Once you’ve got the movements and proper mobility down, you’ll be able to safely tackle more weight and ultimately increase your gains.



EXERCISE/FITNESS:

Your Legs

At the back of the legs, the main muscles are the Glutes at the top, your hamstrings above your knee, and the calves below the knee.

From the front you have your quadricep muscles above your knee.

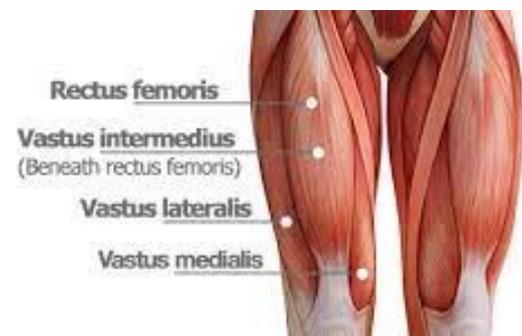
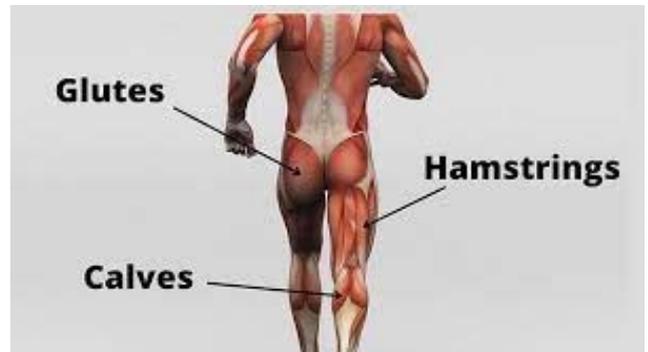
“The hamstrings are muscles which extend the hip and flex the knee. The hamstrings play an important part in the complex gait cycle during walking, which includes absorption of kinetic energy and protection of the knee and hip joints. During the swing phase of walking, the hamstrings decelerate the forward motion of the tibia. There is a complex interplay between hamstrings contraction and quadriceps contraction, which is an antagonist muscle of hamstrings. (an antagonist is something that interferes with or inhibits the physiological action of another).”

“The quadriceps femoris is a hip flexor and a knee extensor. It consists of four individual muscles; three vastus muscles and the rectus femoris. They form the main bulk of the thigh, and collectively are one of the most powerful muscles in the body. The quadriceps all work to extend (straighten) the knee. The rectus femoris also flexes the hip. The vastus medialis adducts the thigh and also extends and externally rotates the thigh and stabilizes the kneecap. In everyday life, they help you get up from a chair, walk, climb stairs and squat. They are used in walking and running at the onset of a stride and get used significantly when going downhill.”

“Your calf muscle consists of two main muscles: the gastrocnemius and the soleus. Because these two muscles come together above your heel and attach to the Achilles tendon, some providers refer to the gastrocnemius and soleus as one large muscle with two sections. In addition to these two large muscles, a small muscle called the plantaris runs between the gastrocnemius and soleus down the length of the lower leg. Providers call these three muscles the triceps surae. But not everyone has a plantaris muscle. About 10% of people only have two larger muscles. The calf muscle is in the back of your lower leg, behind your shin bone. Together, the muscles help you walk, run, jump, stand on your toes and flex your foot (lift your toes up toward your knee).”

Given their (at least potentially) significant size, the leg muscles have a strong contribution to overall metabolic rate, and by extension, your body composition. Leg-powered activities also tend to burn the most calories, and have the potential to send the most powerful anabolic signals throughout your body .

You utilize lower-body strength to do all types of movements, including upper-body movements such as throwing, or reaching overhead



**Whatever you do, you must make time to get a suitable amount of exercise in every week.
Your body needs movement and flexibility. It needs you to provide it.
Sedentary lifestyles are starting to affect our overall health.
It is your responsibility to make sure you give your body every chance to be healthy.**

EXERCISE/FITNESS:

Let's try some Leg Exercises - Part One

Jump Squats - there are alternatives.

Don't worry if you cannot jump, if you need a chair.

For normal ones, you move from standing position to the squat position and as you come up you jump into the air, landing back on your toes, back into squat and keep repeating.

If you cannot jump you can just go up onto your toes.

If you are seated you can stand up onto your toes before sitting back down.

If you cannot get out of the chair, just lift up onto toes, and when you go back down raise your knees into the air.



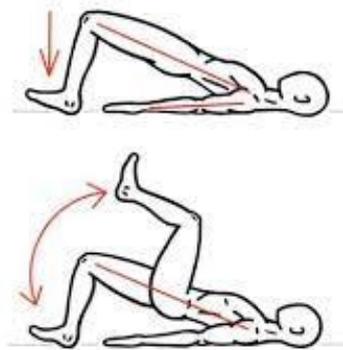
Glute Bridge March

This is an interesting move based on the Glute Bridge stretch. As per the top pic, you get into the Glute Bridge position, with feet on the floor, your arms to the side and shoulders on the floor.

Instead of moving up and down, you lift each leg alternatively up into the air, as if in a walking motion..

The arrows in the picture are showing what a straight line you should have during the exercise.

Try not to rush. Form is important.



Side Lying Inner Thigh Raise

Have a good look at the pic of the starting position. You are sitting down with one leg crossed over the other, using your hands to balance out.

The extended leg, which is through the crossed over leg, is now raised up and down, slowly, concentrating on keeping the foot horizontal to the ground. The temptation is to lead with the toes and have foot at an angle.

Maybe do 10 on one leg and then swap to the other.



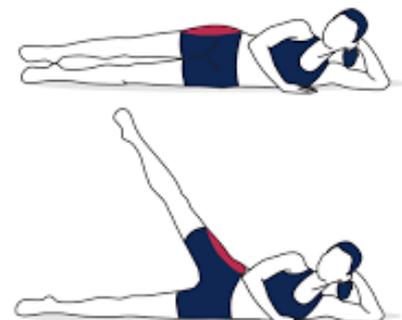
Side Lying Leg Raises

Lie on one side with legs out straight and stacked on top of each other. Prop your torso up with your forearm (as shown) or rest your torso flat on the mat. Bend your bottom leg. This is starting position.

Lift your top leg toward the ceiling in a slow and controlled movement.

Make sure to lift from the hip and butt, not your lower back.

Again, try ten on one side and then move to the other. Slow movements as this will bring the best results.



Your body will thank you for working it hard.

EXERCISE/FITNESS:

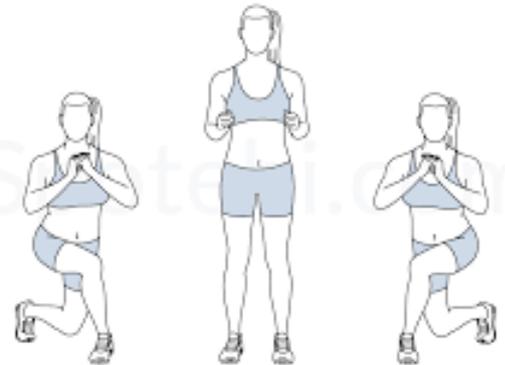
Let's try some Leg Exercises - Part Two

Curtsy Lunge.

Stand with your feet shoulder-width apart and your hands on your hips or hold them together in front of your chest. This is the starting position.

Step your right foot diagonally behind you and lower your right knee until it almost touches the floor. Your front knee should bend to about 90 degrees.

Drive through your left heel to stand back up and return to the starting position. Repeat on the other side. This is 1 rep. Continue alternating.



Reverse Lunge to Single Leg Hop

Step backward with your right foot, landing on the ball of your right foot and keeping your right heel off the floor.

Bend both knees to 90 degrees as you sink into a lunge. Swing your right arm forward, elbow bent, and your left arm slightly back, elbow bent. Focus on keeping your core engaged and your hips tucked (don't stick your butt out). Push through your left foot to jump up as high as possible, driving your right knee toward your chest. Land softly on your left foot and then immediately sink back into another lunge.



Plie/Sumo Squat to Calf Raises

Stand with your feet wider than shoulder-width apart, toes turned out, and hands on hips or in front of your chest.

Squat until your thighs are parallel to the floor. This is starting position.

While staying in a squat, lift both heels off the ground and hold for two seconds.

Lower heels back down for 1 rep.

Do be careful with your balance on this one. You can do this sitting in a chair too.

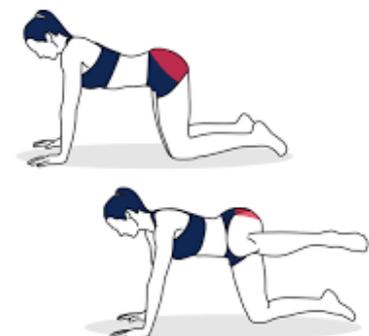


Fire Hydrant

Start in an all-fours position, with your wrists under your shoulders, knees under your hips, and core engaged.

Keeping your leg bent, lift your right knee up to your side toward the ceiling as if it were being pulled by a string. Keep your core engaged and be mindful to not allow your body to tip to the left as you lift.

Lower your knee to the starting position for 1 rep and repeat. Do all the reps on one side, then repeat on the other.



It's Your Body. Choose To Move It, Exercise It, And Look After 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.



Dolphins are incredible creatures. They can hold their breath for nearly ten minutes, they have three stomachs, and are highly intelligent.

Here is an example. At a Marine Mammal Studies Institute, dolphins were trained to turn in any rubbish that fell into their pools in exchange for fish.

One dolphin was smart enough to hide pieces of paper under a rock, tearing off smaller pieces from the paper in order to get more fish out of it. That's extraordinary.

You don't want to be hit by lightning as a lightning bolt can reach 54,000 degrees Fahrenheit, about five times hotter than the surface of our sun. In 1918, while Walker Summerford was riding his horse, he was struck by lightning and paralysed from the waist down. Six years later, he was struck for a second time while fishing in a local river. Another six years later, he was struck yet again, paralysing him completely. Then, after his death in 1932, his grave was struck by lightning. It feels like it was getting a bit personal!



The VASA is a Swedish warship built between 1626 and 1628. The ship sank after sailing roughly 1,300m (1,400yd) into her maiden voyage on 10 August 1628. Her valuable bronze cannons were salvaged in the 17th century. She was then located again in the late 1950s in a busy shipping area in Stockholm harbour. The ship was salvaged with a largely intact hull in 1961. The ship is one of Sweden's most popular tourist attractions and has been seen by over 35 million visitors since 1961. It is the world's best preserved 17th century ship.

On December 24, 1971, Juliane Koepcke, 17, and her mother boarded a flight in Lima, Peru, bound for Pucallpa, the city with an airport closest to Panguana, to visit her father for Christmas.

Something horrific happened to the plane, and she found herself falling back to earth still strapped into her seat from 10000 feet.

Astonishingly, she landed in the Peruvian rain forest with virtually no injuries and was found eleven days later by some forestry workers.

She is a biologist and librarian at the Bavarian State Collection of Zoology. Ninety-One people died that night. She was the only survivor.



HEALTH / ROUTINE

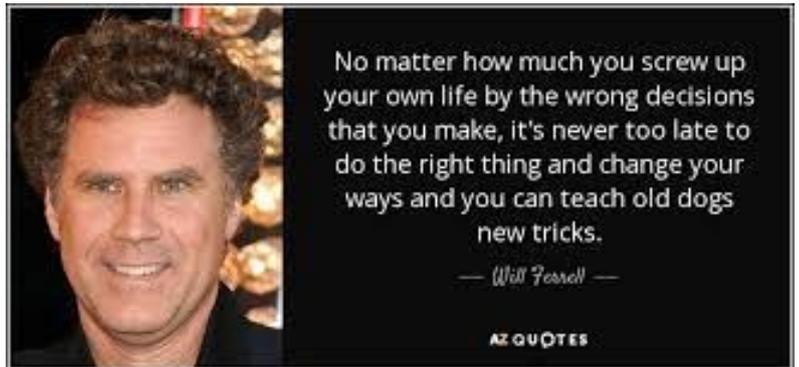
Common Health Questions: Page 1

I thought in this issue we would look at a few of the most common health questions, and see if we can find suitable answers for them. These questions can obviously be posed in other ways, but I hope you get the drift. Do remember, HMHB are not health professionals. We scour and research for knowledge, but if you have your own issue you need to try and solve do speak to a medical professional first. But it does not help to do some personal research too.

At What Age Should I Start Getting Serious About My Health?

Be honest. Have you ever decided to make a healthy lifestyle change but quickly given up, telling yourself that it's too late to learn new habits? Well, it's time to take charge and not let your age stop you, because there's surprisingly not that much difference between an 18-year-old brain and a 100-year-old brain.

In a Johns Hopkins-led Multi-Ethnic Study of Atherosclerosis in the USA, which tracked more than 6,000 people ages 44 to 84 for over seven years, those who made good-for-you changes like quitting smoking, following a Mediterranean-style diet, getting regular exercise and maintaining a healthy weight decreased their risk of death in the time period by 80 percent.



At HMHB, we always tell people that your new life starts from today: from this moment onwards. It's like throwing a stone into a pond. It will probably make a small splash, but the ripple affect will grow and grow. A small change here and there can have significant effects over time. We should all be looking at our lifestyles constantly seeing where we can make a tweak now and then. Those tweaks can add up. But it is up to you to do it. It is your choice. We can talk about it till night falls, but only you can take action.

But it rarely happens overnight. Be patient. Take your time. With some planning and self-awareness, you absolutely can make significant changes. There's no limit to how much you can grow, learn, and become a better person.

Is Healthy Living Important? My Uncle lived to his 90s and he ate Bacon every day.

It's funny. Whenever the media report on someone passing their 100th birthday they normally ask for a quote on how they lived that long. Some mention foods, or drinks, and even risky behaviours. Actually, everyone's body is different, and it is fundamentally down to luck.

However, A 2019 British Medical Journal (BMJ) study that had followed more than 110,000 people since the 1980s found that those who adopted healthy lifestyle habits such as controlling their weight, exercising and not smoking lived disease-free for far longer after age 50 (30-plus years) than people who didn't adopt those habits (23 years).

A healthy lifestyle is important for everyone. When we look after our physical health, we feel better too – fitter, more relaxed and better able to cope with things. This is especially important when you are going through some emotional health issues or mental health issues.

HEALTH / ROUTINE

Common Health Questions: Page 2

What is the best diet?

If you are looking to control your weight, and you find something that works for you, then go for it. HMHB does not advocate any fad diets however. For us, losing weight is more about calorie control and understanding what nutrients you need to be getting through your diet.

We constantly talk about making sure you have more complex carbohydrates than simple ones, and having more unsaturated fats than saturated and trans fats. You also need to ensure you get the right amount of vitamins and minerals, antioxidants, fibre, phenols etc.

Research clearly indicates you need to have vegetables and fruits for example. That fish and lean meat is more healthy than red meat.

A recent analysis of 1995 people showed that those who ate greater amounts of fruits, vegetables, nuts, legumes, whole grains and low-fat dairy — and lesser amounts of red and processed meats, sugar-sweetened beverages and sodium — slowed their aging at a cellular level. Foods like sugar and highly processed flour can trigger inflammation in your body and are usually calorie dense as well.

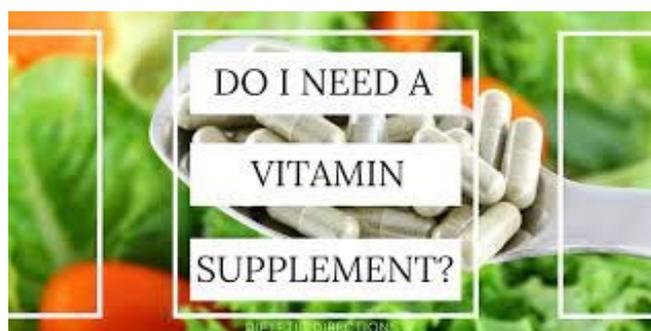
Everyone's body is different. Do you some research yourself. Just ensure that what you do eat has the nutrients your body requires to function properly and stay healthy.

Should I be taking Vitamin Supplements?

Most people do not need to take vitamin supplements and can get all the vitamins and minerals they need by eating a healthy, balanced diet. Vitamins and minerals are essential nutrients that your body needs in small amounts to work properly. Each organism has different vitamin requirements. For example, humans need to get Vitamin C from their diets while dogs can produce all the vitamin C that they need. Most vitamins need to come from food because the body either does not produce them or produces very little.

A 2019 study of more than 30,000 adults found that healthy levels of Vitamins A & K, and the minerals magnesium and zinc, may be associated with a lower risk of death — but only from food, not pills. Apparently, scientists don't fully understand why, though it may have something to do with the way the nutrients in food interact with one another.

For humans, Vitamin D is not available in large enough quantities in food. The human body synthesises the vitamin when exposed to sunlight, and this is the best source of vitamin D. However, do check with your doctor if you are thinking of taking any supplements.



HEALTH / ROUTINE

Common Health Questions: Page 3

Is a Long Walk okay for Exercise?

Listen, any walking is good for you, but as part of an exercise regime. Relying on just a long walk is not good enough. The Government recommend 150 minutes of Moderate Exercise a Week, but that is alongside getting outdoors and walking.

Moderate exercise means:

- Raising your body temperature a bit - which is why people sweat during exercise
- Getting slightly out of breath - so it is not easy to have a clear conversation with someone
- Increasing your heart rate - pumping blood quicker around the body.



Doing a variety of activities, particularly as you get older, will challenge your body, lead to greater fitness and health benefits, and help you avoid injuries. Why not try a few local exercise classes. Working out with other people will mean you will probably push yourself harder, and the interaction can be fun too. It is one of the reasons HMHB loves our exercise sessions, and promotes sessions by other organisations too.

The good thing is there is probably something for everyone. Older people may not have the range or stamina any more, but they could do yoga or chair exercising. You might have back, knee, or other physical injuries, but that does not mean you cannot keep going. Do what you can, but try and get outside that comfort zone.

If possible - as per the picture, try and work on those four subjects - and look to use your legs, arms, and core in all you do.

My Joints Hurt After Exercise. Is it Arthritis?

With "Osteoarthritis", you'll most likely be dealing with joint pain, swelling and limitations on motion. Because we're talking pain, people often think: "I have arthritis — I need to baby it". The opposite is true. Building up muscles around your joints will improve any arthritis symptoms you currently have and prevent more of them in the future. However, do check with your doctor before you launch yourself into an exercise regime if you have joint issues.

However, feeling pain after exercise is a normal thing. You probably have DOMS.



Delayed onset muscle soreness (DOMS) is also known as 'muscle fever'. It is a sore, aching, painful feeling in the muscles after unfamiliar and unaccustomed intense exercise. DOMS is thought to be due to temporary muscle damage and inflammation for which the most common trigger appears to be eccentric exercises. DOMS is considered a type 1 muscle strain injury that has a pain free period of 12-24 hours and muscle soreness peaks between 24-72 hours. Having DOMS is usually a positive sign post exercise. It indicates that the muscle is healing into a stronger state than it was before the activity and hence it means that the training was indeed effective. Stretching after exercise can really help negate this issue.

HEALTH / ROUTINE

Common Health Questions: Page 4

How do I shake this chronic exhaustion I've picked up during the pandemic?

It is very easy to feel this way following the lockdowns and isolation issues after the pandemic. We should also all be aware that Covid will be with us for many many years to come, maybe even indefinitely. Yes, the vaccines have greatly reduced the sad number who passed due to the virus, but we still need to be careful in our daily lives.

Saying that, it is important to get back into life. Eat nourishing foods. Drink lots of water. Change out of your nightwear (Yes, every day). Get outdoors - nature has a wonderful self-heal vibe. And exercise, as moving your body on a daily basis builds the physical and emotional resilience you need to make it through yet another variant. These are all what we might call "the self-care basics".



I am not saying it is going to be easy. It will take effort, and when you feel a lack of energy that is particularly tough. But you can push yourself. You are more resilient and stronger than you may feel. Do, however, speak to your local medical practice about how they can help. Reach out and talk to people. There are a good number of projects who would love to help you, even if that is just giving you a space to come and sit away from your flat/house.

I do have the occasional cigarette. Does that matter?

HMHB is very anti-smoking. But it is your choice. We all know that smoking has zero health benefits, and will probably kill you. My mother died because she smoked. My grandad died because he smoked. Our wonderful Rosie died two years ago because she smoked.

A review of 141 studies showed that people who smoke just one cigarette a day still have half the heart disease risk of people who smoke 20. Smoking is one of the biggest causes of death and illness in the UK. Every year around 76,000 people in the UK die from smoking, with many more living with debilitating smoking-related illnesses.

The biggest thing you can do for your health is not to smoke. Even one.

How much should I worry about Cancer if I am under 50?

The average age for a Cancer diagnosis in the UK is around 66. That means that half the people diagnosed are younger than that. Sadly, Cancer does not worry about how old you are. It can hit any time. But changing to a healthy lifestyle can help reduce the percentage of people getting it. No promises. But you can make a difference.

Prostate Cancer is the most common cancer in men besides skin cancer, and 40 percent of cases hit men before age 65. Nearly 99 percent of prostate cases, however, are treatable if they are caught early. And don't panic if your PSA is elevated. Most men who have an elevated PSA don't have cancer, and only 25 percent of prostate biopsies find cancer, according to the National Institutes of Health.

It is up to you. It's your choice. Do you make healthy changes in your life or not. Nobody else will make this decision for you. You have one body, and one life. What will you do???

NUTRITION: Lazza's Kitchen Adventure Banana, Coconut and Blackberry TrayCake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Banana, Coconut, Blackberry TrayCake from scratch

Bananas are loaded with valuable micronutrients, especially potassium, which is one of the most important electrolytes in the body. Potassium helps to regulate heart function as well as fluid balance which is a key factor in managing blood pressure. They also contain various antioxidants and plant compounds. Unripe bananas are also rich in resistant starch and pectin, which can provide numerous health benefits

Ingredients

Bananas - I used four
250g Caster Sugar
125g Unsalted Butter
2 Eggs
250g Self Raising Flour
100g Desiccated Coconut
Blackberries to fill base of one tray

This is probably one of the easier bakes I will make, but I still managed to make my own take on it.

Heat the oven to 190 c or gas mark 5 and grease and line two deep-sided baking trays.

Cream the mashed bananas and sugar together in a mixer until fluffy

Add the butter and beat until evenly combined.

Add the coconut and whisk it in gently.

Beat in the eggs, one at a time. Adding a spoonful of flour with each.

Sift in the remaining flour, then carefully fold in.

Into the base of one of the trays pour in the blackberries so they cover the whole area.

Spoon the mixture into the baking trays, ensuring the blackberries are covered in that one.

Bake each separately for around 25-30 minutes (check after 25).

When they come out allow them both to be cool.

Up turn the blackberries bake so that they are at the top. Place the other back on top - to make a cake.

I was going to decorate with chocolate (hence in photo above) but decided to leave as it is.



**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.**

HMHB and our Amazing Partnerships Promoting Projects and Organisations - Pt 1



Age UK are both national, international, and local. They do tremendous work, especially with older people, running many classes around health and well-being, as well as helping people with care and support, financial and legal matters, education and retirement. Age UK Islington would be very happy to speak with you. Look at www.ageuk.org.uk/islington/ Or Call: **020 7281 6018**: HMHB are doing a couple of one off 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 are running our course with them this Spring, this following a successful course we did with them before. 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, who have been very supportive of our work.

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



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 (see last pack!!!). 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

North London Cares brings older and younger people together to share time, laughter, new experiences and friendship .

They want to try and combat loneliness and isolation by providing opportunities for people of all ages to get to know each other and their community.

They run a lot of events and social clubs, and HMHB has provided some circuit training events, which had terrific feedback.

Do check them out: www.northlondoncares.org.uk



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 0204 509 8300

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

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

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

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

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

- Round One: 1 Red & Yellow 2 Ivanisevic. 3 Jackman
 Round Two: 1, 140,889: 2, 3: 3, 466: 4, 465: 5, 154:
 Round Three: 1, 1985: 2, 1993: 3, 1985: 4, 1963. 5, 1703.
 Round Four: They have all had parts in James Bond films.
 Round Five: 1 True: 2 False: 3 True: 4 False: 5 False
 6 False: 7 True: 8 True: 9 False: 10 True:



Review of Challenges and Targets

Mind-set:

We all get angry sometimes - it is a natural human reaction. But it can become an issue, and that can have a devastating effect, not only on the person but also on those around them. Being able to control your anger is fundamental. You may need to seek professional help, and do not be embarrassed to do that. But you can do things yourself. You know yourself more than others. Make the right choice.



Nutrition.

Our body obviously needs liquids to survive. They say you should have around two litres of water every day - but that is very much based on an average body. In this issue we looked at some drinks, but there are of course many others around. Shakes, Coffee, Chocolate etc. Just think about the make up of the liquid you have. Milky coffees have more calories than those with water, for example. Again, all this comes down to you looking after that body of yours, that walking miracle. Feed it right!!!



Exercise.



This month we decided to focus on our legs. Leg workouts engage the major muscle groups of your body, which helps to improve overall athletic performance and support healthy movement patterns in your daily life. A strong lower body will also help to prevent injury and manage chronic conditions such as arthritis, heart disease, and diabetes. Leg workouts and leg exercises are crucial aspects of a balanced, whole-body fitness routine that builds strength, speed, and stability. It's important to stay consistent when training your legs since these large muscles are an integral part of your overall fitness.

Health.

Our bodies are so amazing, and our health so important, that there are naturally many questions people ask to ensure they are doing the right things to live a healthy life. We have tried to cover a few of the most common, but these just touch the sides. If you have any worries, or thoughts, do some research yourself, but also maybe check in with a health professional as there is also a lot of fake idiots spouting awful advice around, especially on social media.



**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 + Films from Page 24

See if you can beat your family and friends

Music: Here are the musical instruments those famous people played?

- | | | |
|-----|---------------------|-------------|
| 1. | Yehudi Menuhin | Violin |
| 2. | George Formby | Ukelele |
| 3. | Benny Goodman | Clarinet |
| 4. | Freddie Mercury | Piano |
| 5. | Louis Armstrong | Trumpet |
| 6. | Ravi Shankar | Sitar |
| 7. | Patrick Moore | Xylophone |
| 8. | Ronnie Wood | Bass Guitar |
| 9. | James Galway | Flute |
| 10. | Phil Collins | Drums |
| 11. | Julian Lloyd Webber | Cello |
| 12. | J S Bach | Organ |
| 13. | Harpo Marx | Harp |

Pop Music: The Artists for songs with "One" in title, plus original year released.

- 1980: Queen
1978: Blondie
1998: Britney Spears
1984: Murray Head (from "Chess")
1965 - The Wailers: 1984 - Bob Marley
1999: Robbie Williams
1985: Phil Collins
1978: John Travolta, Olivia Newton-John
1982: Haircut 100
1975: Michael Jackson
1988: Whitney Houston
1968: Harry Nilsson
1975: The Eagles
1983: U2

Cinema: Those characters were all killed by James Bond. These are the films they were in, plus the year of release.

- | | | |
|-----|-------|-----------------------------|
| 1. | 1971: | Diamonds Are Forever |
| 2. | 1989: | Licence To Kill |
| 3. | 2008: | Quantum Of Solace |
| 4. | 1962: | Dr. No |
| 5. | 1999: | The World Is Not Enough |
| 6. | 1987: | The Living Daylights |
| 7. | 1979: | Moonraker |
| 8. | 2021: | No Time To Die |
| 9. | 1964: | Goldfinger |
| 10. | 1997: | Tomorrow Never Dies |
| 11. | 2012: | Skyfall |
| 12. | 1973: | Live And Let Die |
| 13. | 2006: | Casino Royale |
| 14. | 1963: | From Russia With Love |
| 15. | 1974: | The Man With The Golden Gun |
| 16. | 1997: | Goldeneye |
| 17. | 2015: | Spectre |

Sport: FIFA World Cup

The 12 years a European Team won, plus the Team.

- 1934 - Italy: 1938 - Italy: 1954 - West Germany:
1966 - England: 1974 - West Germany:
1982 - Italy: 1990 - West Germany: 1998 - France:
2006 - Italy: 2010 - Spain:
2014 - Germany: 2018 - France:

QUIZ ANSWERS

Film: Tom Cruise Films - from Page 24
(how well did you do?)

- | | |
|--------------------------------|------------------------------|
| 1: Tropic Thunder | 2: Oblivion |
| 3: Minority Report | 4: Rain Man |
| 5: Mission Impossible | 6: War Of The Worlds |
| 7: A Few Good Men | 8: Jack Reacher |
| 9: Edge Of Tomorrow | 10: Eyes Wide Shut |
| 11: Top Gun | 12: Legend |
| 13: Jerry Maguire | 14: Interview With A Vampire |
| 15: Born On The Fourth Of July | |

Names

The top 20 Tea Countries:

China, India, Kenya
Sri Lanka, Vietnam, Turkey
Iran, Indonesia, Argentina
Japan, Thailand, Bangladesh
Malawi, Uganda, Burundi
Tanzania, Myanmar, Mozambique
Rwanda, Nepal

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, a story, or just 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.com/hmhb2016 (*being updated*)

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

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

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

Please follow and like our blogs:

www.hmhbmainblog.blogspot.com ; 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.

HMHB: Nominee 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



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well