

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 12

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st March 2023



www.hmhb2016.org.uk





CONTENTS



**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. :-)**

- Page 3: Introduction.
- Page 4-5: Health News: Recent Health Research on Various Subjects.
- Page 6: Lazza's Fiendish Quiz (it's meant to take some time).
- Page 7-8: HMHB - Some of our recent news with photos, plus HMHB in March 2023.
- Page 9: Brand NEW Recipe: Lazza's Kitchen: "Banana & Pecan Pudding" from scratch.
- Page 10-11: Mind-set: Positive Thinking.
- Page 12-13: Exercise: Stretching: Moving stretches to work your Core.
- Page 14-15: Mind-set: Tricks to help promote Positive Thinking.
- Page 16: Brand NEW Recipe: Lazza's Kitchen: "Cottage Pie" from scratch.
- Page 17: Lazza's Fun Quiz - challenge your friends and make your best guess!!
- Page 18-20: Nutrition: How can Nutrition affect us?
- Page 21: Nutrition: Vitamin B7.
- Page 22: Lazza's Page of Recommendations, News, Life.
- Page 23: Lazza's Photo Game Page: A Movie theme this month.
- Page 24: Brand NEW Recipe: Lazza's Kitchen: "Ginger Biscuits" from scratch.
- Page 25-26: Exercise: Benefits of High Intensity Interval Training - Tabata.
- Page 27: Exercise: Three Tabata Exercises for your routine.
- Page 28: Exercise: Two More Tabata Exercises, plus Tabata Instructions.
- Page 29: Lazza's Fascinating Facts to astound your friends.
- Page 30: Health: How Does My Spleen Work?
- Page 31: Health: How Do My Kidneys Work?
- Page 32: Health: How Does My Stomach Work?
- Page 33: Health: How Does My Pancreas Work?
- Page 34: Brand NEW Recipe: Lazza's Kitchen: "Apple & Blackberry Traybake" from scratch.
- Page 35-36: Indoor/Outdoor Exercise: HMHB, Healthy Generations, and Age UK Islington.
- Page 37: Outdoor Active Spaces Exercise, plus quiz answers from Page 17.
- Page 38: Targets and Goals around Mind-set, Nutrition, Exercise, and Health.
- Page 39: Quiz answers from P6 and photo game page answers from P23.
- Page 40: All contact details for Healthy Minds, Healthy Bods, plus our Social Media.



**“You can start anew at any given moment.
Life is just the passage of time,
and it’s up to you to pass it as you please.”**

Welcome to Issue 11 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!!!




**This is an exciting year for HMHB Walks.
With help from funding we are launching two new walks.
We currently walk in Hackney - Clissold Park.
New ones will be in Islington - Highbury Fields.
Another new in Haringey - Finsbury Park.
Here a few photos from our Clissold Park relaunch in February 2023.**

HEALTH NEWS AND RESEARCH PAGE

A Study has “revealed the key to a good life”

Harvard University ran the longest study of adult life that’s ever been done. “The Harvard Study of Adult Development” tracked the lives of 724 men for more than 75 years, asking about their work, their home lives, and their health. Here’s a brief look at what they say really keeps people happy and healthy.

“Social connections are good for us, and loneliness kills. It turns out people who are more socially connected to family, to friends, to the community, are happier, they’re physically healthier, and they live longer than people who are less connected. People who are more isolated than they want to be from others find that they are less happy, their health declines earlier in midlife, their brain functioning declines sooner, and they live shorter lives than people who are not lonely.

Keeping your close relationships, closer. It’s not the number of close friends you have, or whether or not you’re in a committed relationship, but the quality of your close relationships that matter. Living in the midst of conflict is bad for your health. High-conflict marriages, or close friendships, without much affection are perhaps worse than getting divorced. And living in the midst of good, warm relationships and friendships is protective.

Good relationships don’t just affect our bodies, they protect our brains. The same study also showed that being in a securely attached relationship to another person in your 80s is protective, that the people who are in relationships where they feel they can count on the other person in times of need, those people’s memories stay sharper and longer.

From this study, we know that nurturing close relationships and friendships is good for our health and well-being. Why is this so hard to get and so easy to ignore? We’re human, we’d like a quick fix, something we can get that’ll make our lives good and keep them that way. Relationships are messy, complicated, and require a lot of hard work. But they are also extremely rewarding.”

HMHB’s reaction to the above.

This is one of the reasons that Healthy Minds, Healthy Bods is successful. It’s not a massive secret. We try and create events and occasions that bring people together, fostering and building relationships and friendships, and seeing the joy that brings.

It’s incredible that something as simple as a group visit to a museum can generate so much pleasure and delight. Being able to share experiences like this, even for just over an hour, then sit down with a coffee/tea and a sandwich and chat together, is great. It’s a special feeling. Being part of life and accepted for who we are.

I feel so lucky to have met many wonderful people through this project, and it is something I want to carry on doing for the next decade. It is really lovely when new people come along and comment on how fantastic the group is, how welcome they feel, and then join in more and more activities. This Harvard study, over many years, just proves what we all know. Being human, we need to have people around us to support, nurture, validate, comfort, and love us. It is one of the things that sets us apart from all other species.



HEALTH NEWS AND RESEARCH PAGE: Teens with COVID-19 knowledge reported better well-being

A pandemic survey found that adolescents who answered more COVID-19 test questions correctly also reported lower stress, anxiety, and depression, as well as lower loneliness and “fear of missing out”, also known as FOMO.

For the study, published in the *Journal of Child and Family Studies*, Washington State University researchers surveyed 215 teens ages 14-17 across the U.S. in July 2020 during the early months of the pandemic.



"Knowledge was a good thing. The teens who did better on our quiz tended to report lower depression, anxiety, and stress: just across the board," said corresponding author Chris Barry, a WSU psychology professor. "This is a one-time snapshot, so we don't really know cause and effect, but one presumption is that having accurate information was connected to feeling a little bit more ease during that time."

Barry and co-authors Zeinab Mousavi and Brianna Halter had participants first answer true or false questions about COVID-19, such as the ways that the virus spreads and its health risks. While there were some low scores on the test, the majority of the participants did well with an average score of 15 out of 18 correct, and 21.9% got all the answers correct. The participants then answered a range of questions about their well-being as well as their social media use.

While nearly all the teens, 98.1%, used social media in some form, those who had good COVID-19 knowledge and checked social media less frequently also reported the lowest levels of anxiety.

While it is difficult to know the reason behind this connection, the researchers said that one possibility was that teens with less accurate COVID-19 knowledge might have used social media more to find answers and, in the process, absorbed more misinformation and fake news which contributed to their anxiety.

"Social media likely has a mixed effect on teens' well-being", said Mousavi, a research assistant in Barry's lab and the first author on the study.

"There are so many factors with social media," she said. "For instance, it's good that you are staying connected with your friends and getting some information, but maybe at a certain point it is making some things worse, giving you more anxiety, rather than helping you cope with the situation."

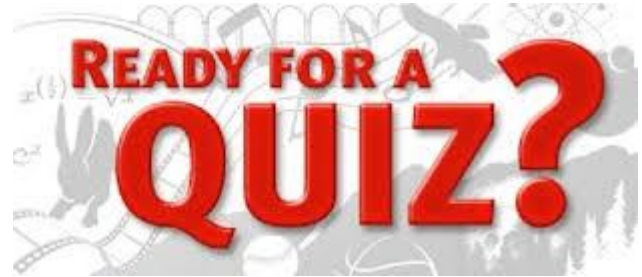
The researchers also surveyed the teens' parents to assess the level of lockdown measures the adolescents were under. They found that the more restrictive quarantine measures were associated with negative well-being for the teens, but that teens' perceptions of the lockdown were particularly important for well-being. This indicates that perhaps the more that adolescents understood the reason for such measures, or perceived there to be some benefits, the more positive they felt in general, said Barry.

HMHB says: I think this is very interesting. The amount of false information, wrong information, and number of conspiracy theories, online is extraordinary. But accurate knowledge is beneficial for mental health.

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)

Geography

Canada has 10 Provinces and 3 Territories.
How many of them can you name?
This quiz is also about learning.
Foreign geography can be useful.



Places: In what city or state or county, plus the country, would you find the following?

1. The Little Mermaid
2. Machu Picchu
3. Mount Kilimanjaro
4. Stonehenge
5. Forbidden City
6. Uluru / Ayers Rock
7. CN Tower
8. Rijksmuseum
9. Sagrada Familia Basilica
10. Rialto Bridge
11. Mount Fuji
12. Burj Khalifa
13. Mount Rushmore

Cinema: In what film did these famous film characters first appear, and the year of that film release.

1. Indiana Jones
2. James Bond
3. Ellen Ripley
4. Han Solo
5. Harry Callahan
6. Maximus Decimus Meridus
7. Clarice Starling
8. Satine and Christian
9. Ethan Hunt
10. Jake Sully and Neytiri
11. Michael Corleone
12. Maria and Tony
13. Chief Brody
14. Buzz Lightyear
15. Mrs Robinson
16. Maverick and Iceman
17. Axel Foley

Pop Music: Name the Scottish Artists for these songs, and the year first released.

1. Walking On Broken Glass
2. For Your Eyes Only
3. Shout
4. Baker Street
5. Vienna
6. Love is All Around
7. Don't Leave Me This Way
8. Road To Nowhere
9. I Should Have Known Better
10. I'm Gonna Be (500 Miles)
11. Alive And Kicking
12. Bye Bye Baby
13. The World Is Not Enough
14. Someone You Loved



Names

According to Baby Centre, what were the top ten baby names for boys and the top ten baby names for girls in 2022.

Write a list and see if you were correct.

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

HMHB Activity: News - page 1



We turned up to watch a fabulous musical performance at the Islington Museum, organised by Healthy Generations. Here are some of us pictured with the fantastic guitarist and vocalist.

It was “Songs From The Movies” and we went through the Forties to the Seventies, including Oscar winning numbers to Bond. A lovely afternoon with friends.

Our Tuesday exercisers were having a coffee after another cracking session and we found £10 tickets online available for The Mousetrap.

Too good to miss that deal.

So, we booked them for ten of our exclusive group. See, there are benefits to coming to our exercise sessions after all, beyond the physical.

Obviously, we are not allowed to give away the ending. Go along and solve it yourself!!



We have to thank Justin for the photo as you can actually see him taking it at the time. Our Thursday quiz, with Lazza’s devious and abstract questions always brings laughter and fun.



We normally have around six to seven teams, but would love some newbies. Do give it a go. If you are interested you can email us at hmhb2016@outlook.com and we can add you to the contact list. It’s every Thursday, online via Zoom, at 7:30pm.

Another terrific turn out for our Free exercise session at Highbury Leisure Centre.

This is a chance to get out, meet up with friends, and improve your physical, mental, and social health all in one go at 9:30am every Tuesday.

All ages, abilities, and fitness can come. Exercises can be adapted so everyone can do them. So just bring along a smile, push yourself, and then head to a coffee after with us at the local Wetherspoons too.



HMHB Activity: News - page 2



Clissold Park Walk Relaunch - Thursday 16th February. 11am to 12:45pm.
Fabulous turn out for our weekly Thursday walk - which has been going since November 2016.
Thanks to all who came out to support us. Do join us any time.

Ten Pin Bowling at Rowans, Finsbury Park.
Our first ever trip to this venue, and for some of the group it was their first taste of ten-pin bowling.
It was a fabulous Sunday afternoon event, and everyone had terrific fun. Congrats to Lazza who got 135.
But winning was not important.
It was laughter, friendship, and fun!!!



As you know, these packs has Lazza cooking in his kitchen, producing recipes he has not tried before. Well, on page 24 there is a recipe for Ginger Biscuits, and Lazza was joined by our friend Robin to produce this recipe.

Lazza was inspired when Robin turned up with some homemade nibbles to the office two weeks prior, and he wanted the recipe immediately, as they were so delicious.

Do try them out, and check out all recipes made so far on our website: PDFs to download.

HMHB in March

After an extraordinarily busy February, we now approach a fascinating March. We are getting ready for multiple courses all happening at the same time in April and May for various groups. So we have to now ensure we get good numbers to each, promote them well, and then produce the goods!! Exciting. We are also preparing to launch a new walk in Highbury Fields in April, and are currently looking for partners for that in the local area. HMHB visits a comedy night in March, as well as a house party.

NUTRITION: Lazza's Kitchen Adventure

Banana and Pecan Pudding

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

The pecan is a tree nut in the hickory family with a crunchy texture and sweet flavour. Richer than other nuts, pecans are prized in the culinary world and are often included in luxury nut mixes and tossed with sugar and spices before being baked as a specialty snack or dessert. Pecans grow wild and cultivated throughout the American South, Midwest, and Texas.

Ingredients

100g Melted Butter: 275g Self-Raising Flour
1 teasp Baking Powder: 350g Light Brown Sugar
150g Pecans (or more if you want - I did)
4 small bananas (slightly over ripe)
250ml full fat milk (although use semi if you like)
3 large eggs
4 tablespoon Golden Syrup
Little sprinkling of Nutmeg

Boil the kettle and heat oven to 180C/160C fan/gas 4 . Grease a rectangular baking dish with butter.

Tip the flour, baking powder, 175g sugar, the Pecans, and 1/ 2 tsp salt into a bowl. Mash two bananas into a different bowl, add the melted butter, milk, eggs and whisk together. Pour the wet ingredients into the dry and mix well. Scrape into the baking dish and level the surface.

Slice the remaining bananas lengthways and place on top of the pudding batter, cut -side up. If you want you can also scatter over the some pecans at this point too.

Mix the remaining 175g sugar with the golden syrup , add 300ml boiling water and stir until the sugar dissolves. Pour the hot liquid over the pudding, sprinkle on a little nutmeg, then put on the middle shelf of the oven and bake for 50 mins to 1 hour until the top is set and the sauce is starting to bubble around the edges. It may seem as if there is a lot of liquid before you put it into the oven, but do not worry - the sponge will rise and the liquid soaks in and sinks to the bottom into a sauce.

Serve with ice cream or custard, or both.



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: Positive Thinking

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

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

The first thing to know about positive thinking is that it doesn't mean that you ignore facts or logic, or force yourself to have only positive emotions. That's not realistic. Positive thinking means that you approach negative news or stressful situations with a positive outlook. You're able to look beyond the crisis or setback rather than being consumed by it.



You may have to acknowledge and process the negative aspects, but you understand that you will get through it. You know that bad news doesn't mean the entire world is bad or that you will never experience good times again. We say in HMHB - there will always be good things and bad things happen. You have to ride out the bad and enjoy the good. That's how life works.

A positive thinker assumes best intentions from others and interprets actions more favourably rather than jumping to negative thoughts and assuming the worst. A positive thinker can visualise good outcomes, and even picture how they can reach that goal.

Positive thinking often starts with self-talk. It is definitely something I do with HMHB. The thoughts running through our heads never end. Some may be from clear facts and unbiased, but many have a positive or negative outlook. We must be careful where we pick up these facts. I had an online chat with someone who was convinced the trails behind planes in the sky were actually chemicals being released to control us. When I pointed out that all the science, from NASA, universities, airlines, and independent scientific organisations all confirm that the combination of water vapour in aircraft engine exhaust and the low ambient temperatures that exist at high altitudes allows the formation of the "contrails", she said I was blind and should watch a YouTube video by a bloke called Darren. Honestly!!!! I kid you not.

If you practice more negative self-talk and think about all the downsides, you're probably more of a pessimist. But that's not to say we can't change our behaviour to adopt a more positive mindset. It takes some effort, but after you practice consciously adopting a more positive approach, your brain will form new ways of thinking. Some optimists work hard to combat their negative emotions, but negative thought patterns can be changed with mindfulness and self-compassion. Self-compassion is the ability to notice our own suffering and to be moved by it, making us want to actively do something to alleviate our own suffering. Self-compassion allows us to be more emotionally resilient in times of success and adversity. It helps us assess situations more objectively and supports us in making sound decisions

EXERCISE/FITNESS: STRETCHING

Stretches: Moving Stretches Working Your Core

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.

Panther Shoulder Tap

Start in press up position. Engage your core, keeping your back flat and your butt down (like you're holding plank), you can do with knees on floor to start if new. Gaze at the floor a few inches in front of your hands to keep your neck in a comfortable position.

Tap your right hand to your left shoulder, and then your left hand to your right shoulder, while using your core strength to keep your hips as still as you can.

Continue alternating sides



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.

Russian Twist

Sit with your knees bent out in front of you, feet flexed, and heels on the floor.

Hold your hands to your chest and lean your torso back until you feel your abdominal muscles engage. For an extra challenge, add a dumbbell (as pictured).

Slowly twist your torso from right to left. Remember to keep your core tight (and breathe!) throughout. This is one rep.



Russian twists are a great move to engage your obliques and warm up your spine

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

EXERCISE/FITNESS:

Stretches: More Moving Stretches Working Your Core

Butterfly Sit Up

Lie faceup with the soles of your feet together, knees bent out to sides. Reach your arms overhead. This is starting position. Using your core, roll your body up until you are sitting upright. Reach forward to touch your toes. That's one rep.

Slowly lower back down to starting position and continue immediately into the next rep.

Putting your legs in the butterfly position eliminates the option to use the hip flexors, basically forcing good form



Dead Bug

Lie faceup with your arms extended toward the ceiling and your legs in a tabletop position (knees bent 90 degrees and stacked over your hips). This is starting position. Slowly extend your right leg straight, while simultaneously dropping your left arm overhead.

Keep both a few inches from the ground. Squeeze your butt and keep your core engaged the entire time, lower back pressed into the floor. Bring your arm and leg back to the starting position. Repeat on the other side, extending your left leg and your right arm.



Half Kneeling Wood Chop

Start on your knees, and then step one leg a few feet in front of the other, foot flat on the floor and knee bent at 90 degrees. Hold a light-to-medium dumbbell by the knee that's on the floor. Grasp onto both ends of the weight. This is starting position.

Bring the weight diagonally up toward the ceiling on the opposite side of your body, twisting your abs as you do. Keep your hips facing forward—only your core muscles should be rotating. Bring the weight back down to starting position. Do all your reps on one side, and then repeat on the other side.



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.

Your abdominal muscles, which are part of your core, consist of some of the hardest working muscles in your body. Stretching your abs regularly can increase your flexibility, improve your posture, decrease your risk of injury and back pain, and help you move and work out with ease.

MIND-SET:

Tricks to help with positive thinking

If you are a regular reader of our health packs then you will know we have covered most of these before in various ways. But, why do you watch a film you have already seen before? Why do you pick up a favourite book and read it again? Maybe you will see something new, or get a different perspective, as well as knowing it makes you feel happy and helps your mental health.

So it is good to keep reminding yourself about how you can improve your life, your happiness, and your physical and mental health.

Surround yourself with positivity.

I am sure we have all known people that have annoyed us, made us feel not worthy, and even taken us on paths of self destruction. When I had two nasty depressions many years ago, I had people around me that only had their best interests at heart. I was taking naughty substances to help me through, and they would make sure I could get them, either for their financial benefit or because they knew I would share.

Creating HMHB has brought me a brand new family. I only know a few people from ten/fifteen/twenty years ago, but they are people who support me. HMHB has brought me a new “family” as such, with terrific friends and it is a joy being around them. That has a natural lift on my own mental health and thinking. If problems arise I actively look for solutions, whereas before I would have sat on my own wondering how I was ever going to get through. Positivity will generate more positivity. So think about who you socialise with. Do they make you feel bad, or do they encourage you to do things that could be harmful to you now or in the future?



Be Responsible for your Actions

Taking responsibility for your actions requires the realisation that you play a part in every situation or experience and, therefore, have some degree of responsibility over the outcomes or consequences. You may have heard it referred to as accountability. It means that your first reaction when a mistake is made, or a conflict arises, is not to blame others, make excuses, twist the facts, or flat-out lie. Instead, you swiftly acknowledge there is a problem, identify your role in it, and implement an action plan to minimise (or entirely eliminate) the chances of it happening again.

Accepting responsibility can help you learn from mistakes and prevent you from blaming others unfairly. But you can turn that around to take positive decisions and actions.

Contribute to the local community

One of the best ways to feel good about what you have, is to focus on what you have to give. Volunteer in some manner and give back to the community. Helping others can give you a new outlook on the world and can assist you with positive thinking.

There was someone online recently who was saying that Islington did not have community anymore. I suggested he went down to the local food bank, or community centre, or health project, and see what he could do. I love HMHB as it does network with so many outside agencies and people. Your local community needs people to muck in and help out. It also makes you feel better about yourself.

MIND-SET:

More tricks around positive thinking.

Recognise those Negative Thoughts

- “I am not good enough”.
- “I can’t do that.”
- “Why is it always me?”
- “I am not strong or clever enough”
- “It’s pointless as it is bound to go wrong anyway”.

Recognise any of these? I certainly do, and they are nothing to be ashamed about. I have thought these many times over the last six and a half years of running HMHB. We all have negative thoughts from time to time. However, when the majority of your thoughts are negative, you are undermining your happiness at the end of the day. Our thoughts directly affect how we feel and, therefore, what we do in life. If you’re feeling sad and are overwhelmed with negative thoughts, you can consider contacting a mental health professional to give your mental health a boost and get you back on track toward positivity.



However, you can just turn them around too. “I can’t do that” becomes “I can’t do that yet, but I am going to find out how to do it.” “I’m not strong enough” becomes “I am strong enough, so let’s sit down and find a solution that works for me.” That positive thinking, growth mindset, can lead to action and success. Believe more in your capabilities.

Practice Self-Care

I do repeat this a lot, but it is so important to our overall mental health. Looking after yourself is paramount, and you need to concentrate on that.

Working with HMHB we come across quite a lot of people who are looking after older parents, for example. Or are volunteering at projects where they interact with others. I, myself, obviously am working with a multitude of people, some of which have various issues or problems.

However, you need to have that “me” time, those hours when you can focus on “you”, not others. I like to keep my Sundays and Mondays fairly separate. Sunday is a day I can settle down with the newspaper, watch the football, and just relax. If people do need me urgently I will obviously help out. But I think people know to leave me alone if possible. Monday, being first day of week, I use to work on emails, paperwork, and organise myself for the week.

But I also find time to go to the cinema a lot - sometimes with a great friend of mine who just happens to be deaf. I really enjoy our trips - in fact I am typing this knowing that this evening we are heading to Odeon Haymarket to see “Knock At The Cabin” - the latest film by M Night Shyamalan (which I am very much looking forward to watching). I have been fortunate to have had quite a few wonderful theatre experiences, some with friends, and many on my own. It’s like an escape for me.

Find things you can do that you enjoy, either on your own or with others. It could be something as simple as walking in the local park, going to a museum, or wondering around the shops. You do not have to spend a lot of money. But at least it lifts your spirits and esteem. You are special. You are important. Treat yourself.

NUTRITION: Lazza's Kitchen Adventure

Cottage Pie

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his ever version of a Cottage Pie from scratch

The term "cottage pie" was first used around 1791, when the potato was starting to be regarded as an affordable, edible crop in England and Ireland.

Perhaps it was only a matter of time before someone figured out that a meaty-potato-laden dish was filling, sustainable, and inexpensive.

Called "Cottage" as it was an affordable thing for peasants, many of whom would live in cottages

Ingredients

750g Mince Beef: Oil to fry
Chopped Onions: Chopped Carrots
Frozen Peas: Frozen Sweetcorn
Garlic: Tin Tomatoes
Tomato Puree: Garlic Puree.
3TblSpoon Flour: Worcestershire Sauce
850ml Beef Stock: Potatoes, Cheese
Milk: Butter: Salt, Pepper
Mixed Herbs, Parsley, Sage

Heat oil in a large pot and fry the beef mince until browned. Set aside.

Put more olive oil into the pan, add chopped onions, chopped carrots and garlic and cook till onions start to brown.

Add the flour, tomato puree, garlic puree, frozen peas and sweetcorn, and tin of tomatoes and cook for couple of minutes before returning the meat to the pan.

Add the 850ml beef stock, 4 tbsp Worcestershire sauce and herbs, and then simmer, allowing the juices to thicken.

By this time the gravy should be thick and coating the meat. Check after about 30 mins – if a lot of liquid remains, increase the heat slightly to reduce the gravy a little. Season well.

Meanwhile, make the mash. In a large saucepan, cover the potatoes which you've peeled and chopped, in salted cold water, bring to the boil and simmer until tender.

Mash well with the milk, butter, and three-quarters of the mature cheddar cheese, then season with freshly grated nutmeg (if you want) and some salt and pepper.

Spoon the meat into an oven dish. Pipe or spoon on the mash to cover. Sprinkle on the remaining cheese. Heat oven to 220C/200C fan/gas 7 and cook for 25-30 mins, or until the topping is golden.



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?

Walt Disney was scared of?	Smallest Human Body Bone is?	Closest Constellation to Earth
Dogs	Maxilla	Ursa Minor
Cats	Ulna	Centaurus
Spiders	Humoid	Orion
Mice	Stapes	Ursa Major

ROUND TWO: Give Me a Number

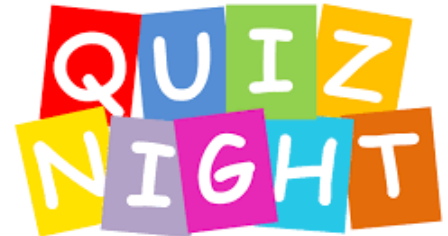
Every answer to the question is a number. Can you get close?

1. On original release in 1975, how many weeks was Bohemian Rhapsody a UK number one single?
2. How many times has the UK won Eurovision?
3. In 1912, how much, in dollars, did it cost to build the Titanic?
4. How many Pilgrim passengers were on the Mayflower in 1620 to the New World?
5. How many moons does Uranus have?

ROUND THREE: When Did That Happen

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

- In what year was the first Christmas Card sent?
When did Celine Dion win Eurovision for Switzerland?
When did Richard The Lionheart die?
When did the first robotic rover land on Mars?
Nostradamus made many predictions. When was he born?



ROUND FOUR: What specifically links these famous people? Hint: Holidays.

Paris Hilton, David Beckham, Matthew McConaughey, Tom Hanks, Leonardo Di Caprio

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

1. There are mosquitoes on Iceland.
2. The smallest denomination bank note in Hong Kong is the ten-dollar note?
3. McDonalds only has two restaurants in Jamaica.
4. The largest ever audience at a music festival was in Brazil.
5. Switzerland has the highest rate of twins born in the world.
6. Greenland cannot join FIFA Football League due to all the ice.
7. The current country of Japan was founded in 1260BC.
8. France has twelve different time zones.
9. The tallest mountain in the world is in the USA.
10. The country of Monaco is smaller than Central Park in New York.



NUTRITION:

How does Nutrition affect Exercise?

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 muscles you engage during exercise, whether it's cardio, resistance training or flexibility work, rely on the nutrition you provide them through your diet.

Supplying your body with nutrients before you work out, after you work out and in the recovery period between workouts can impact the quality of your session and affect your fitness goals

PROTEIN:

Obviously Protein is involved in a multitude of functions for your health, but this is just in relation to exercise here. Your dietary protein serves several functions related to exercise. As the predominant component of muscle tissue, protein helps build new muscle fibres and repairs tissues damaged during your workout. Including sufficient

high-quality protein in your daily diet – up to 2 grams for each kilogram you weigh – allows the increase in muscle mass that can, over time, boost your physical power during subsequent workouts. In addition, consuming protein that contains branched-chain amino acids, such as those found in the milk protein whey, can promote muscle recovery so you can work out again sooner.

Importance of Healthy Diet and Exercise



CARBOHYDRATES

Carbohydrates, both starches and sugars, provide the energy your muscles need to perform work. The carbohydrates you eat before you exercise not only burn as fuel but also accumulate in your muscles and liver as glycogen, a storage form of starch your muscles call on during exercise to keep them going. This nutrient is also important after you exercise, because intense physical activity depletes your glycogen stores. Replenishing glycogen during or following a workout speeds recovery in preparation for your next exercise session. Taking in between 1 and 1.5 grams of carbohydrates per kilogram of body weight soon after exercising helps maximize the process.

VITAMINS AND MINERALS

Vitamins and minerals are involved in many of your body's functions that come into play during exercise, such as energy production and muscle contraction. Lack of any of these nutrients can therefore affect your ability to work out as you would like to. For example, your blood cells carry oxygen that is bound to an iron-rich protein, and if your dietary iron is low, you may become easily winded and fatigued during exercise. Vitamin C can help you absorb iron, and a deficiency of this vitamin can indirectly affect your iron levels. Electrolytes, such as sodium, help maintain fluid balance in your cells by pulling in water, and too little sodium in your diet can lead to muscle cramps as you exercise.

NUTRITION:

How does Nutrition affect your Immune System?

Viruses can affect every body system, including the respiratory tract, gastrointestinal tract, skin, liver and brain. We are still going through the Covid pandemic, but cold and influenza viruses are the most recognizable, with millions of cases of both plaguing the world every year.

But your body is equipped with a powerful ally, the immune system, to fight viruses off and prevent future infections from taking hold. What you eat plays a big role in how well your immune system is able to wage war against invading viruses.

Your immune system is best prepared to take action against viruses when you choose foods that provide a steady stream of key nutrients. Diets centred around whole plant foods in particular appear to stimulate natural killer cell activity. Natural killer cells are part of the innate immune response that hones in on pathogens, including viruses responsible for common respiratory infections.



Immune System Booster Foods

Some plant-based foods have properties that make them top choices for strengthening the immune system:

- **Mushrooms:** particularly medicinal varieties like chaga, contain antioxidants and polysaccharides to regulate immunity and reduce inflammation.
- **Fruits and vegetables:** the brighter the better! Vibrant colours signal the presence of antioxidant and anti-inflammatory phytochemicals like carotenes, polyphenols, flavonoids, and anthocyanidins.
- **Bitter greens:** like dandelion and arugula promote liver health to support robust natural killer cell production and proper T cell function.
- **Whole grains and legumes:** provide fibre for a healthy gut. Since the gut is a major centre of immune activity, it's important to keep it balanced! These foods also contain B vitamins and zinc for added immune support.
- **Flax seeds:** are a good source of anti-inflammatory omega-3 fatty acids. Plus, adding healthy fats to meals aids in the absorption of fat-soluble vitamins like A, D and E, which are crucial for immune health.

Other key nutrients for stronger immunity include vitamin C, magnesium, and selenium. It's important to get a wide range of nutrients from a variety of whole plant foods to ensure a strong immune response against viruses and other pathogens.

Some foods hinder immune function, which can make you more susceptible to viral infections:

- Fried foods promote inflammation, which dampens overall immune response.
- Highly processed foods, including refined grains and sugars, deplete nutrients and prevent proper immune function.

These foods also have a negative effect on gut health, which can have serious consequences for all body systems. The combination of pro-inflammatory compounds and low fibre content skews the balance of bacteria in the gut, leading to a weakened gut wall and increasing the risk for chronic inflammation.

NUTRITION:

How does Nutrition affect your Appearance?

A healthy diet provides many important beauty nutrients that affect how you look and feel every day.

PROTEIN: Did you know that your hair, skin, and nails are made mostly of proteins like elastin, collagen, and keratin? These essential building blocks provide strength, elasticity, and keep wrinkles at bay.

If your diet includes meat, poultry, fish, eggs, dairy, and legumes, you probably get plenty of high-quality protein through your diet. But, if you're on a restricted diet that requires you to limit some of those foods, you may not be getting enough, and that will eventually show in your nails, hair, skin, and even your muscle tone.

Nutrients for **Ultimate Beauty**



Beta-carotene



Biotin



Copper



Selenium



Vitamin C



Zinc

IRON: Chronic fatigue and lack of energy are symptoms of iron deficiency, but the skin, hair, and nails also suffer when you have an iron deficiency. Skin, for example, can become itchy or overly pale, and you might even notice cracking at the corners of your mouth. Nails break easily, develop ridges or stripes, and in severe cases, become spoon-shaped. Besides that, you may experience hair loss, or your hair might become dull and brittle.

Meat is the best dietary source of iron, especially red meat. If you're on a plant-based diet, you can get iron from whole grains and legumes, although it's not as easily absorbed. Vitamin C can enhance iron absorption, so consider having orange juice or another vitamin C-rich food with your meals.

B VITAMINS: Swapping out white bread and breakfast cereal for whole-grain bread and oatmeal will boost your intake of several key nutrients. Whole grains are rich in vitamin E (a potent antioxidant), B vitamins, and essential fats.

B vitamins are super important to your beauty routine. When you're deficient, you'll likely have dull, itchy, dry skin. Your skin will also heal more slowly, and you may notice more breakouts and hyperpigmentation if your diet is short on B vitamins. A B-Vitamin deficiency can also lead to hair loss, brittle or weak hair, and an itchy scalp. And, vitamin B 12 is also essential for healthy and strong nails. In addition, whole grains, eggs, dark green leafy vegetables, seeds, and nuts are all rich in B vitamins.

WATER AND FLAVANOIDS: Antioxidants and flavonoids can both protect your skin from sun damage, while hydration is essential for the overall appearance and health of your skin, nails, and hair. Staying well hydrated and consuming flavonoids also improved the delivery of nutrients throughout the body by increasing blood flow. Of course, drinking lots of water is essential for staying hydrated, but what are flavonoids? Well, they're abundant in fruits and vegetables, plus green, black, and white tea. Or, if you're having "one of those days" you can get your daily flavonoids from a glass of red wine or by eating some dark chocolate. (Just don't forget that moderation is key!)

Eating a healthy diet will not only enhance your beauty routine, but it will also have a positive impact on your overall health and energy levels on a day-to-day basis

Nutrition: HMHB looks at Vitamins

Today: Vitamin B7

**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 B7 (also known as Biotin) 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.

Biotin plays a vital role in assisting enzymes to break down fats, carbohydrates, and proteins in food. It also helps to regulate signals sent by cells and the activity of genes.

A RDA (Recommended Dietary Allowance) does not exist for biotin because there is not enough evidence to suggest a daily amount needed by most healthy people. Instead, there is an AI (Adequate Intake) level, which is assumed to ensure nutritional adequacy. The AI for biotin for men and women 19 years and older and for pregnant women is 30 micrograms daily. Lactating women need 35 micrograms daily.

Biotin supplements are often glamorised as a treatment for hair loss and to promote healthy hair, skin, and nails. Although a deficiency of biotin can certainly lead to hair loss and skin or nail problems, evidence showing a benefit of supplementation is inconclusive.

Food Sources include:

- Beef liver
- Eggs (cooked)
- Salmon
- Avocados
- Pork
- Sweet Potato
- Nuts and Seeds



A biotin deficiency is rare, as most people eat enough biotin in a varied diet. Alcoholism can increase the risk of biotin deficiency and many other nutrients as alcohol can block their absorption, and also because alcohol abuse is generally associated with a poor dietary intake. About a third of pregnant women show a mild biotin deficiency despite eating adequate intakes, though the exact reason is not clear. A protein in raw eggs called “Avidin” can bind to biotin, preventing its absorption. Cooked eggs are not an issue because avidin is broken down when heated

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. I just wanted to talk a little more about me and the people behind HMHB, and maybe talk about how I have improved my own mental health.

Shakespeare Globe Theatre

It is a fantastic roofless (open air) theatre, located on the bank of the River Thames, in the Bankside Cultural Quarter. Cannot miss it!!!

Their full address is 21 New Globe Walk, SE1 9DT.

It's close to Southwark Bridge.

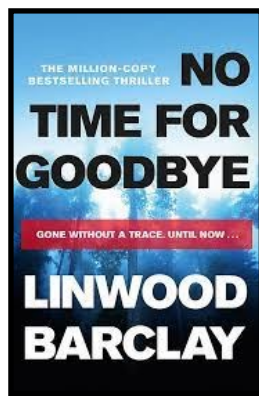
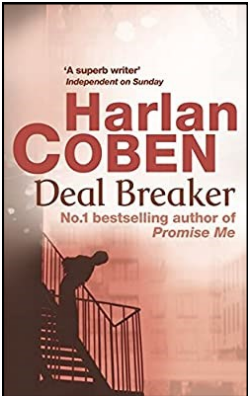
The reason I am promoting them is that I was fortunate to enjoy some theatre experiences last year, but they can cost more money than people would be able to pay.

However, if you are prepared to stand, and I was, you can get "standing tickets" for £5 if you go direct to the Globe theatre website (if you use some of the ticket agency places they will add on a surcharge).

I have already booked five tickets for HMHB people for the four Spring/Summer shows in 2023:

A Midsummer Night's Dream, The Comedy Of Errors, Macbeth, and As You Like It.

I was fortunate to see King Lear, Henry VIII, Julius Caesar, Much Ado About Nothing, and The Tempest in 2022. If you feel you can stand for that time (normally around 3hrs with an interval) it is an experience you will really enjoy. Add a bit of culture to your life!!! An evening out for £5.



I love thriller books and wanted to introduce you to two of my favourite authors. Both are prolific.

The two I have pictured: Linwood Barclay is one of the kings of the "twisty thriller" and this was his first proper thriller which I found difficult to put down. Check this one out and if you like it try his others, in order.

Harlan Coben writes amazing thrillers with lots of twists, and this was the first in a series that featured a character called Myron Bolitar, who would investigate murders. I would urge you to give them both a go and then read more - and you will definitely enjoy!!!

I am a massive cinema fan, There is something about the big screen that I find so exciting. I like it as it feels like an escape. Admittedly I tend to watch more action, adventure, sci-fi, thrillers, fantasy, etc. Not really a romantic. Lol.

This year, typing this on the 19 Feb, I have seen Avatar, Babylon, Knock At The Cabin, A Man Called Otto, Plane, The Fablemans, M3GAN, and The Whale and hoping to see Puss In Boots, this coming weekend. Looking forward to AntMan, Mission Impossible, and many others this year. Again, people might say that's a lot of money. But I pay £14.99 a month for Odeon Limitless. That means I can see all

those films and just pay that one price. It may go up this year, but it has to be amazing value. I have been seeing films with a deaf friend of mine called Robin for the last 25 years, so I do see a lot of subtitled movies. But do get down to your local cinema and enjoy. It helps me with my mental and social health too.





HMHB's Name Game Page:

Can you name all of these Disney Characters?
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

Ginger Biscuits

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

In the eighteenth century, sweet ginger-flavoured biscuits were known as gingerbread nuts. The word bread was removed in the nineteenth century.

**The element "nut" presumably refers to the biscuits' smallness and roundness (ginger nuts seem originally to have been smaller than their twentieth-century descendants).
Just dunk in your tea and enjoy.**

Ingredients

100g Salted Butter, cubed and softened
75g light brown sugar
1 tblspn grated fresh ginger
Couple of thinly sliced/cubed stem ginger
3-4 tblspn of ground ginger
100g golden syrup
250g Self Raising Flour
1 teaspn Bicarbonate of Soda
1 Egg Yolk, beaten

You will need two bowls.

In one bowl, add the flour, bicarbonate, and ground ginger and mix together.

In second bowl, put the softened cubed butter, the sugar, the grated ginger, the stem ginger, and golden syrup, and mix together.

Pop this wet mix into a microwave and heat for 30 seconds, then mix again. We are trying to melt the butter and have it blended so you may have to do for a further 20 seconds if necessary.

Once this mixture is complete, pour one third into the dry flour ginger mix, with half the beaten egg yolk, and gently stir it in till starts clumping. Add another third of mix with rest of egg and mix again, before the final third.

Keep mixing until you form a dough.

Cut the dough into pieces. These need to be large enough to form into balls.

Place the balls on greaseproof paper on oven trays (keeping distance between as they will expand) and cook at 190C for between 10 to 13 minutes, careful not to burn base.

Take out to cool, and enjoy.



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

EXERCISE/FITNESS

Tabata (a HIIT exercise session)

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.

HIIT training stands for “High Intensity Interval Training” - a form of cardiovascular exercise. HIIT can be further broken down into two main categories: SIT, which stands for “sprint interval training” and HIT, which stands for “high intensity training”.

SIT is a form of very intense interval training that should only be performed by already well-conditioned people who have no contrary health conditions. You perform 3–5 intervals of very short maximal-intensity exercise working until you can't sustain the intensity, followed by a prolonged recovery period. This would typically be 20–30 seconds of work followed by a 3–5 minute rest interval.

HIT is much more appropriate to the general public or our HMHB average gym-goer. This involves work periods ranging from 30 seconds to three minutes, working between 80–100% of your maximum heart rate with shorter recovery periods than SIT. There is no specific formula to HIT, but as a rule of thumb it is recommended your recovery period should be at least the same as your work interval, and can become shorter as you get fitter.



HIIT training is great for those who are short on time as a way of maximising your time spent in the gym. A typical HIT session, not including your warm up, would last a maximum of 20 minutes.

HIIT training leads to greater EPOC (excess post-exercise oxygen consumption) when compared to continuous exercise. This means that after you have finished exercising, your body will continue to burn calories at a higher rate than normal. The evidence base is small, but at least one study has shown that you can match the training effect of continuous training in less time using a proper HIIT protocol.

Research has also found that HIIT is a great way of improving your VO2 Max. This is essentially a measurement of how fit you are and is linked to all-cause mortality (your chance of dying). Those with a higher VO2 max have a lower risk of death compared to those with a lower VO2 max. If a proper HIIT training protocol is followed with the correct intensity (how hard you are working) and duration (how long you are working for) it is certainly a time-efficient way of improving your fitness levels.

EXERCISE/FITNESS: So Let's talk about Tabata

We have covered Tabata before in the health packs, but that was quite a while ago. On the following two pages of exercises we are going to use them to suggest a Tabata program for you to try, plus instructions.

So what exactly is Tabata.

Tabata is a style of high-intensity interval training that involves a certain timed bit of exercise (normally 20-30 second) at maximum effort, followed a period of rest (typically 10-20 seconds), for a certain number of rounds. It was founded by Japanese scientist Izumi Tabata, who compared the effects of moderate vs high intensity training.

An ideal Tabata workout is about 15–25 minutes.. If you go for much longer, your muscles will start to fatigue and not perform at maximum power, or you'll start to compromise on your form. Hitting maximum effort while still maintaining good form is the goal.



Izumi Tabata's research found his four minute HIIT workouts can improve cardiovascular fitness by working your anaerobic and aerobic energy systems, but what does that mean?

You might remember those terms from Physical Education at school! Your anaerobic system is the short burst, high intensity, explosive energy system (activated by exercises like sprinting and squats). Your aerobic system is that long-burn, conditioning, endurance system (get it moving with swimming and long-distance running).

What Tabata does is force your body to use both systems at once. This means you can improve your fitness across in a shorter amount of time: two for the price of one. Tabata can help you feel fitter, more energetic and empowered knowing you made it through a tough workout. There is no better feeling than finishing a workout after you absolutely crushed it, so get those endorphins flowing.

Operating at this level increases your body's lactic acid production, so you can't maintain it for too long. Work to a guide of 1–20 minutes at the start, the higher the heart rate, the lesser the duration.

Along with making your muscles burn, lactic acid can also make you feel heavier, like it's harder to move, or a bit sick in the stomach. When we push ourselves, sometimes there isn't enough oxygen to be used as energy for the muscles, so the body says, "Wow, hold on, let me produce this acid to make up for that." The body then burns up the acid and uses it as fuel, but often not as quickly as it's being produced, which leads to the overflow and discomfort.

Sure, it hurts when that lactic acid kicks in, but it will fade pretty quickly. It's your body's defence mechanism telling you you're working hard — which is not a bad sign!

After a solid workout, if you're feeling that burning or heavy sensation in your muscles, the best thing to do is try to flush it out. Gentle cardio like a light walk on the treadmill or a slow cycle to push oxygen around your body and into your muscles is a good way to do this

EXERCISE/FITNESS:

A Five Exercise Tabata for the Whole Body

Clap Press Up

If necessary, you can do this on your knees (in plank position still), or against a wall (with correct position). Start in the high plank position, and lower your body down. As you raise yourself back to the high plank, push up with additional force, enabling your hands to leave the ground/wall. You can just start with lifting your hands, but for an added challenge, clap your hands together. Place the hands lightly on the ground/wall before moving back down to the push-up position.



Push-ups activate the pectoralis muscles, deltoids, triceps, and serratus anterior. And a plank position works the abdominals, erector spinae, glutes, and hamstrings.

Sumo / Plié Squat

Start with your feet wider than shoulder-width apart, toes pointed out.

Bend your knees, dropping until your thighs are parallel to the ground, or as far as you can go. Keep your chest up throughout the movement.

Push through your heels to return to start.

Plié squats are great for targeting muscles in your legs and glutes that aren't worked so hard in regular squats. As well as strengthening and firming, plié squats also challenge your balance and help improve your poise and stability



Reverse Crunch / Bent Leg Lifts

Start on your back with your hips and knees bent at 90-degree angles. Your shins should be parallel to the floor. Place your arms alongside your body with your palms facing down.

Exhale as you contract your lower abdominal muscles to lift your butt and lower back off the ground.

Inhale as you release back to the starting position.

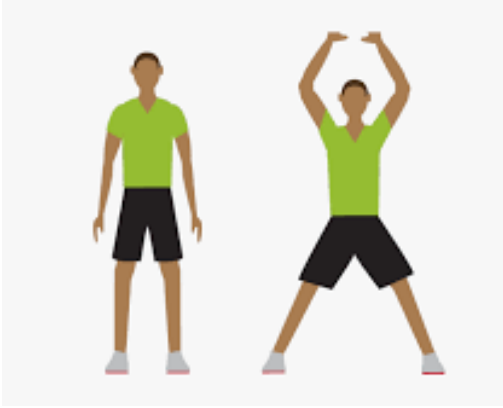
Your upper body remains on the mat as you contract your abs to draw your legs towards your chest. It exercises the full length of the rectus abdominis muscle (the six-pack muscle), getting to the deep lower abs



Your body will thank you for working it hard.

EXERCISE/FITNESS:

Your Five Exercise Tabata - with Instructions on Timing



Jumping Jacks

Begin by standing with your legs straight and your arms to your sides.

Jump up and spread your feet beyond hip-width apart while bringing your arms above your head, nearly touching.

Jump again, lowering your arms and bringing your legs together. Return to your starting position.

Plyometric exercises, like jumping jacks, are intended to help people run faster and jump higher. That's because plyometrics work by rapidly stretching the muscles (eccentric phase) and then rapidly shortening them (concentric phase).

Intermittent Sprints on the Spot

This is quite basic, but also a great cardio indoor workout.

For a count to three you jog on the spot, and then for a count of three you sprint with arms pumping and your knees high. Then you return back to the jog for three and sprint for three again, and carry on until the time is up.



Sprinting is an exercise that can help you build muscle mass and burn calories. Potential benefits of sprinting training include improvements in speed, cardiovascular health, blood pressure, and blood sugar levels.

How to put your Tabata Exercise Together

These five exercises are just our suggestion, but they do use your whole body in different ways. A Tabata now puts them together into a program, based on number of repetitions, time of same exercises, time of rest between same exercises, and time between different exercises. That may sound complicated but it is not, and I will explain.

First exercise (press ups): Repeat 5 times - exercise for 20 seconds, rest for 10 seconds each time. Then rest for 30 seconds.

Second exercise (squats): Repeat 5 times - exercise 20 seconds, rest for 10 seconds each time. Then rest for 30 seconds.

Repeat same for the next three exercises.

The beauty of Tabata is you can change all of those parameters. Different exercises, you can make exercise longer, rest longer, repetitions longer. I used to do 8 exercises, 30 seconds on, 15 seconds rest, with 30 between exercises.

Good luck. It's up to you. Build it up. Do different exercises. Just Do Something!!!!

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

Lazza's Page of Fascinating Facts

Some knowledge to amaze your friends.

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

Here are some fascinating facts for you to share.

Dr Seuss invented the word "Nerd"

Theodor Seuss Geisel was an American children's author and cartoonist. He is known for his work writing and illustrating more than 60 books under the pen name "Dr Seuss". His work includes many of the most popular children's books of all time, selling over 600 million copies and being translated into more than 20 languages by the time of his death. He first used the word 'nerd' (which he meant as a 'comically unpleasant creature') in a book called "If I Ran To The Zoo" in 1950. Little kids reading Dr Seuss loved the word and passed it on to their older siblings. After that, the meaning of the word began to change to mean someone who wasn't very cool. Then it changed further to loosely mean someone with an obsessive interest in something. Either way, who doesn't love a nerd? I am a nerd, for sure!!!!



There is a colour called Eigengrau.

Close your eyes for a moment. What colour do you see? You might think it is Black, but is it?

Actually, the colour you see in pitch darkness is not black. It's lighter than black and is called "eigengrau".

Let's do a little experiment. Find a black object and stare at it for a few seconds. Close your eyes for a few seconds and open them and look at the black object again. You will notice that the black object appears darker than the black of total darkness you saw when your eyes were closed. Eigengrau is the shade of dark grey you see when there is no light. It is said to be the result of visual signals from optic nerves. Eigengrau is a German term that roughly translates to 'intrinsic grey' or 'own grey'. The German word 'eigen' means 'own' and the word 'grau' means 'grey'.



Japan has some interesting Ice Cream Flavours.

When I use that word "interesting", what I mean is "they have some very weird ones".

While Japan has the basic ice cream flavours like chocolate, vanilla, and strawberry, they also have very unique (and sometimes very questionable) flavours like: Wasabi, Deep-fried Oyster (honestly!!), Corn, Eggplant, Ox Tongue (who buys this?), Black Sesame, Green Tea (a common and delicious food flavour in Japan), and Ramen. While I have wondered if maybe some of the flavours could be used to get kids to eat foods they don't like (because while vegetables can sometimes be yucky, ice cream is always delicious!...or is it?..), I'm not sure why anyone would eat some of these flavours otherwise.



I also found flavours of Horse, Eel, and Garlic. I think I will stick to my Rum & Raisin, Mint Choc Chip, and Pistachio (my favourites).

HEALTH / ROUTINE

How does my Spleen work?

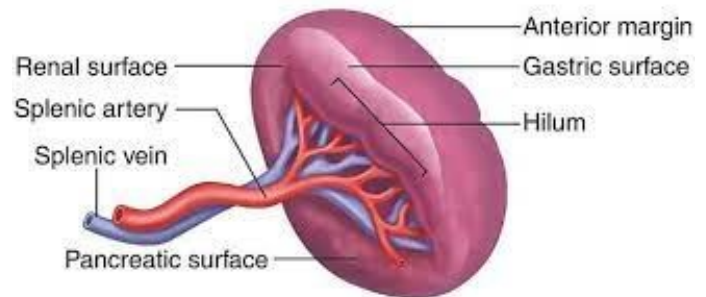
The spleen is an organ in the upper far left part of the abdomen, to the left of the stomach. The spleen varies in size and shape between people, but it's commonly fist-shaped, purple, and about 4 inches long. Because the spleen is protected by the rib cage, you can't easily feel it unless it's abnormally enlarged.



The spleen filters your blood and also stores your red blood cells, platelets, and white blood cells. But if your spleen is removed, other parts of the lymphatic system can take over these functions.

The spleen is part of your body's lymphatic system. The lymphatic system helps remove cellular waste, maintain fluid balance, and make and activate infection-fighting white blood cells for the immune system. A research study showed that the spleen's also responsible for making substances that play an important role in inflammation and healing.

The spleen is like a security guard for the body, letting healthy blood cells pass through it and stopping unhealthy ones in their tracks. The spleen recognises old, or damaged red blood cells and removes them from your body by breaking them down and saving any useful components, such as iron, in the process. This keeps the blood circulating in your body clean and functioning at its best.



The most common bacteria that cause infections in people without a functioning spleen function are "Pneumococcus", "Meningococcus" and "Haemophilus influenzae Type B". These bacteria can be transferred from person to person through droplets of saliva or mucus, such as when a 'carrier' sneezes or coughs near or on you. In a healthy person, this rarely causes illness, however vulnerable people, such as those living without a functioning spleen, may become ill if their immune system is unable to keep the bacteria in check.

If a person has had their spleen removed, is born without a spleen (asplenia), or is diagnosed with a spleen that is not working (hyposplenism), they have an increased lifelong risk of bacterial infections.

The spleen stores blood and when a person loses a lot of blood, for example in a bad car accident, the spleen can respond by releasing blood back into your blood system.

The healthy adult spleen weighs around 200g. However, it can become significantly larger when a person is unwell. Certain medical conditions place great strain on the spleen and make it big (splenomegaly). Some reasons for an enlarged spleen are infections (malaria), liver disease and some blood cancers.

Glandular fever has also been known to make your spleen large and very rarely can lead to a spontaneous rupture. Fractured ribs, from for example a car accident, can lead to the spleen being punctured by one of the pointy ends of the rib. If this happens it can be life threatening as a large amount of blood can go into the abdomen and leave the circulating blood stream. This type of bleeding can be potentially fatal and surgery to remove the spleen (splenectomy) is often done in an emergency.

HEALTH / ROUTINE

How do my Kidneys work?

The kidneys are two bean-shaped organs, each about the size of a fist. They are located just below the rib cage, one on each side of your spine.

Healthy kidneys filter about a half cup of blood every minute, removing wastes and extra water to make urine. The urine flows from the kidneys to the bladder through two thin tubes of muscle called ureters, one on each side of your bladder. Your bladder stores urine. Your kidneys, ureters, and bladder are part of your urinary tract.

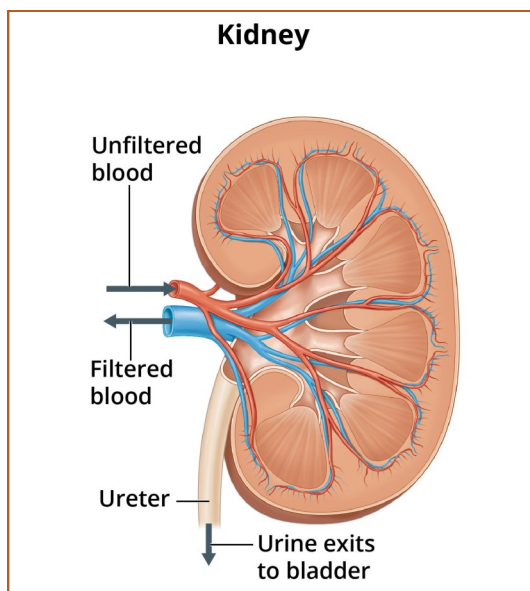
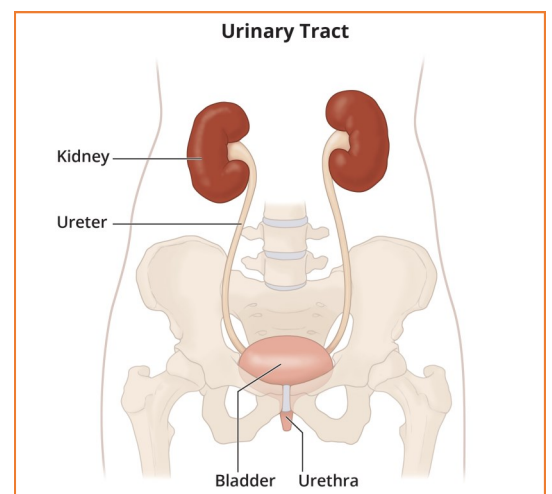
Why are the kidneys important?

Your kidneys remove wastes and extra fluid from your body. Your kidneys also remove acid that is produced by the cells of your body and maintain a healthy balance of water, salts, and minerals: such as sodium, calcium, phosphorus and potassium in your blood.

Without this balance, nerves, muscles, and other tissues in your body may not work normally.

Your kidneys also make hormones that help

- control your blood pressure
- make red blood cells
- keep your bones strong and healthy



Each of your kidneys is made up of about a million filtering units called nephrons. Each nephron includes a filter, called the "Glomerulus", and a "Tubule". The nephrons work through a two-step process: the glomerulus filters your blood, and the tubule returns needed substances to your blood and removes wastes.

As blood flows into each nephron, it enters a cluster of tiny blood vessels, the glomerulus. The thin walls of the glomerulus allow smaller molecules, wastes, and fluid, mostly water, to pass into the tubule. Larger molecules, such as proteins and blood cells, stay in the blood vessel.

A blood vessel runs alongside the tubule. As the filtered fluid moves along the tubule, the blood vessel reabsorbs almost all of the water, along with minerals and nutrients your body needs. The tubule helps remove excess acid from the blood. The remaining fluid and wastes in the tubule become urine.

Your kidneys are vital to your overall health. These organs are responsible for many functions, from processing body waste to making hormones. That's why taking care of your kidneys should be a top health priority. Maintaining an active, health-conscious lifestyle is the best thing you can do to make sure your kidneys stay healthy. Exercise, good nutrition, drinking water, no smoking, and monitoring your weight all promote good Kidney health.

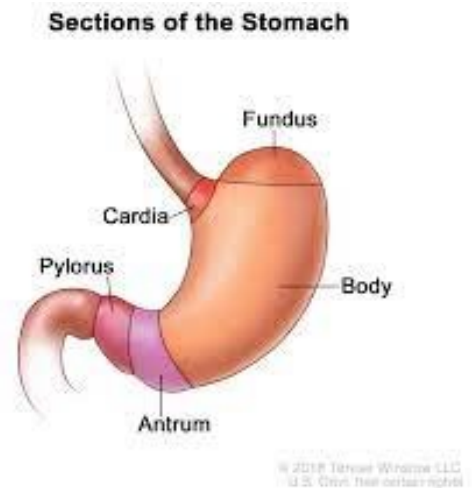
HEALTH / ROUTINE

How does my Stomach work?

The stomach is a muscular hollow organ. It takes in food from the oesophagus (gullet or food pipe), mixes it, breaks it down, and then passes it on to the small intestine in small portions.

The entire digestive system is made up of one muscular tube extending from the mouth to the anus. The stomach is an enlarged pouch-like section of this digestive tube. It is located on the left side of the upper abdomen and shaped somewhat like an oversized comma, with its bulge pointing out to the left. The stomach's shape and size vary from person to person, depending on things like people's sex and build, but also on how much they eat.

At the point where the oesophagus leads into the stomach, the digestive tube is usually kept shut by muscles of the oesophagus and diaphragm. When you swallow, these muscles relax and the lower end of the oesophagus opens, allowing food to enter the stomach. If this mechanism does not work properly, acidic gastric juice might get into the oesophagus, leading to heartburn or an inflammation.



The upper-left part of the stomach near the opening curves upward towards the diaphragm. This part is called fundus. It is usually filled with air that enters the stomach when you swallow. In the largest part of the stomach, called the body, food is churned and broken into smaller pieces, mixed with acidic gastric juice and enzymes, and pre-digested. At the exit of the stomach, the body of the stomach narrows to form the pyloric canal, where the partially digested food is passed on to the small intestine in portions.

The stomach wall is made up of several layers of mucous membrane, connective tissue with blood vessels and nerves, and muscle fibres. The muscle layer alone has three different sub-layers. The muscles move the contents of the stomach around so vigorously that solid parts of the food are crushed and ground, and mixed into a smooth food pulp.

The inner mucous membrane (lining) has large folds that are visible to the naked eye. These folds run toward the exit of the stomach, providing "pathways" along which liquids can quickly flow through the stomach. If you look at the mucous membrane under a microscope, you can see lots of tiny glands. There are three different types of glands. These glands make digestive enzymes, hydrochloric acid, mucus and bicarbonate.

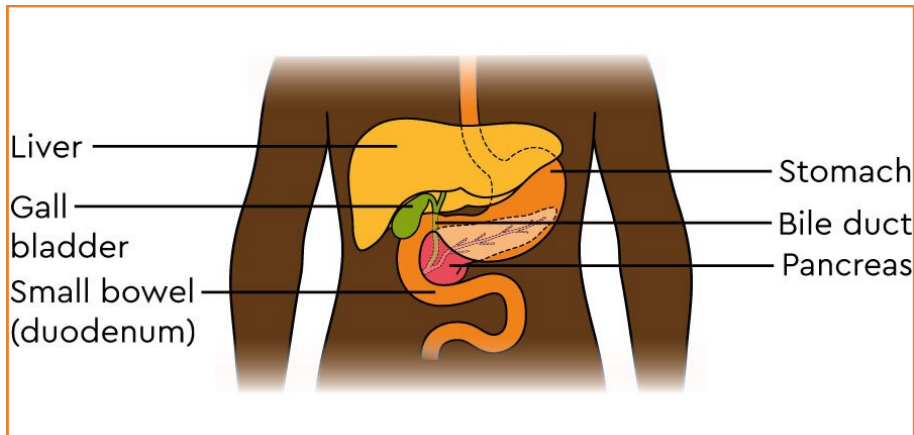
Gastric juice is made up of digestive enzymes, hydrochloric acid and other substances that are important for absorbing nutrients, about 3 to 4 litres of gastric juice are produced per day. The hydrochloric acid in the gastric juice breaks down the food and the digestive enzymes split up the proteins. The acidic gastric juice also kills bacteria. The mucus covers the stomach wall with a protective coating. Together with the bicarbonate, this ensures that the stomach wall itself is not damaged by the hydrochloric acid.

It's a good idea to try to eat more fibre or roughage, as most people in the UK do not get enough. A diet rich in fibre can help digestion. It's important to keep drinking, especially water. It encourages the passage of waste through your digestive system. Cut back on greasy fried foods to ease your stomach's workload. Try to eat more lean meat and fish, drink skimmed or semi-skimmed milk, and grill rather than fry foods. Probiotics are so-called "friendly bacteria" that are also found naturally in the gut.

HEALTH / ROUTINE

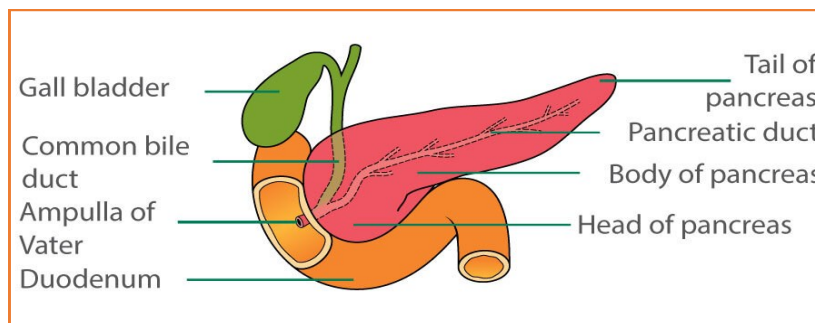
How does my Pancreas work?

The pancreas is part of the digestive system. It is in the upper part of the tummy (abdomen), behind the stomach and in front of the spine. It is level with where your ribs meet at the front of your body. It is about 15cm (6 inches) long.



The pancreas has 3 main parts:

1. The head of the pancreas: the large, rounded section next to the first part of the small bowel (called the duodenum)
2. The body of the pancreas: the middle part
3. The tail of the pancreas: the narrow part on your left side



Digestive enzymes help the body digest food, especially fats. The enzymes are made by the pancreas in cells called exocrine cells. Most cells in the pancreas are exocrine cells. The others are called endocrine cells.

The enzymes travel through the pancreas in small tubes called ducts. They move into a larger duct called the pancreatic duct. It joins with the common bile duct, which carries bile from the liver and gall bladder. Together they empty into the small bowel through an opening called the Ampulla of Vater. The enzymes and bile flow into the duodenum, where they help digest food.

Insulin is a hormone that controls the amount of sugar in the blood. It helps move sugar into the body's cells, so we can convert it into energy.

The pancreas makes insulin in the endocrine cells. The endocrine cells group together in small clusters called islets of Langerhans. These cells release insulin directly into the blood.

NUTRITION: Lazza's Kitchen Adventure

Apple and Blackberry Traybake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Apple and Blackberry Traybake from scratch

Hailed as a "superfood," Blackberries are an excellent source of vitamin A, vitamin B1, vitamin B2, vitamin B3, vitamin B6, folate, vitamin C, vitamin E, and vitamin K. The mineral wealth of blackberries includes calcium, iron, magnesium, phosphorus, potassium, and zinc. They are also a good source of amino acids and essential dietary fibre, and they do not contain any harmful cholesterol. Plus, they are delicious.

Ingredients

175g Unsalted Butter - diced
300ml Carton Extra Thick Double Cream
225g Brown Sugar
3 Eggs
300g Plain Flour
3 Bramley Cooking Apples
300g Blackberries
Lemon Juice
Vanilla Essence

Heat oven to 200C/fan 180C/gas 6.

Grease a tin (30x20cm) with butter, dust with a little flour, then set aside (I actually use the Silicone ones that are non-stick, and fully recommend them).

Peel, core, and slice the apples into small pieces, then toss in a little lemon juice to stop them going brown.

Tip the cream and butter into a saucepan, stir while the butter melts, bring up close to boil, then set aside.

Whisk the sugar with the eggs until they thicken and turn pale, about 3 mins.

Whisk the buttery cream into the eggs, then fold in the flour until completely smooth.

Give another whisk adding a small amount of vanilla essence.

Add the fruit and stir (don't whisk so as not to damage the blackberries).

Pour the batter into the prepared tin. If you want you can scatter over more blackberries, then sprinkle with a little sugar.

Bake for 50 mins - 1 hr until golden and beginning to pull away from the sides of the tin.

Leave to cool in the tin and serve cut into squares.

Absolutely delicious - our HMHB walkers devoured them.



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.

FREE Exercise Opportunities - Islington. Why not try out one or more of these?

**Here are a few FREE opportunities to get out and exercise in Islington.
Try a class, go along and socialise, get out of the house or flat. Your body will thank you.**



HMHB Walk every Thursday 11am.
Meet outside Highbury Grange Medical Practice



HMHB Exercise Session Tuesday 9:30am
Meet outside Highbury Leisure Centre

HMHB have two outdoor exercise sessions weekly (weather permitting).
Friday with Healthy Generations at the very top of Highbury Fields with PT Sarah at 9:45am.
Saturdays with Lazza at the closed off road through the middle of Highbury Fields at 9:45am.



Healthy Generations, like HMHB, “want to make exercise classes available and approachable. If you would like to sit through one and see if it is for you.....come along!”
Here is list of some indoor/outdoor classes they are running.
Check out their website for a full programme.

HG INDOOR PILATES SESSIONS

- Mondays: Pilates: 11:30am to 12:30pm:** At Dove Rooms, 25 Dove Road, London, N1 3FS.
Mondays: Pilates: 2pm to 3pm: At Walter Sickert Community Centre,
 Canonbury Crescent, London N1 2FB.
Thursdays: Pilates: 11:30pm to 12:30pm: At Cat and Mouse Library, 277 Camden Rd,
 London N7 0JN.
Thursdays: Pilates: 1:30pm to 2:30pm: At Walter Sickert Community Centre,
 Canonbury Crescent, London N1 2FB.
Fridays: Pilates: 9:30pm to 10:30pm: At Islington North Library, Manor Gardens,
 London N7 6JX

HG OUTDOOR SESSIONS

- Wednesdays: Outdoor Cardi and Muscles Keep Fit: 10.30am-11.45am** with Gee Dudley. In Caledonian Park. £3 optional donation in partnership with Islington Parks. Meet outside Tolpuddle Café.
Fridays: Outdoor Total Body Workout: 9.45am-10.45am with Sarah Jane Moss. In Highbury Fields (at the very top on the outdoor playing area for the school). £3 optional donation in partnership with Islington Parks, with HMHB.

Outdoor exercise reenergises. Studies have shown that physical activity outdoors lowers a person's blood pressure and heart rate. As a result, exercise outdoors feels less strenuous than similar exercise indoors, which, in turn, pushes you closer to your maximum performance

FREE Exercise Opportunities - Islington.
Why not try out one or more of these?



Healthy Generations run a lot of different programmes and sessions, available to all. Do check out their website:
www.healthygenerations.org.uk

MORE FREE HG INDOOR EXERCISE SESSIONS

Monday 12pm to 1:30pm:	Older Person Strength:	Kings Square Community Centre, Ground Floor, Blackwell House, Central Street, London EC1V 8DY
Tuesday 9:30am to 10:30am:	Live Keep Fit:	Hornsey Lane Estate Community Centre, Hazellville Rd, London N19 3YJ. £3 optional donation
Tuesday 10am to 11am:	Music Keep Fit:	West Library, Bridgeman Rd, London N1 1BD
Tuesday 11am to 12pm:	“Equipped For Life”:	At Sotheby Mews Community Centre, Sotheby Road, London N5 2UT: £3 optional donation
Tuesday 1:15pm to 2:15pm:	Music Keep Fit:	North Library, Manor Gardens, London N7 6JX.
Tuesday 1:30pm to 2:30pm:	Keep Fit:	At Goodinge Community Centre, 2 Goodinge Rd, Market Estate, London N7 9EW. £3 optional donation
Wednesday 11am to 12pm:	Keep Fit:	At Sotheby Mews Community Centre, Sotheby Road, London N5 2UT: £3 optional donation.
Thursday 10:30am to 11:30am:	Seated Keep Fit:	At New Orleans Community Centre, New Orleans Estate, Hornsey Rise, N19 3FD. £3 optional donation.
Thursday 1pm to 2pm:	Keep Fit:	At Light Project Pro International, The Exchange, Watkinson Road, London, N7 8DE. £3 optional donation.
Thursday 1:30pm to 2:45pm:	Men’s Keep Fit:	At Sotheby Mews Community Centre, Sotheby Road, London N5 2UT. £3 optional donation.
Thursday 2pm to 3pm:	Seated Exercise:	At the Sundial Centre, 11 Shipton St, London E2 7RU
Thursday 4pm to 5pm:	Family Keep Fit:	At Islington West Library, 107 Bridgeman Road, London N1 1BD in partnership with Parent House.
Friday 9:45pm to 10:45pm:	Total Body Workout:	At the very top of Highbury Fields. £3 optional donation

Just like Healthy Minds, Healthy Bods, most of Healthy Generations sessions are drop-ins, and there is no sign up period. Try one out. If you don’t like it try another. You are bound to find some to enjoy. All FREE.

Our very own Lazza won an Islington Mayor Civic Award in 2022 for his “outstanding work during the pandemic”. He has been nominated again in 2023.

“The Civic Awards take place every year and aim to recognise the selfless and positive contribution people across Islington make to the lives of others every day.”

He will be attending the Awards ceremony in March, and we will be featuring that in the next issue.

It feels amazing knowing that our passion and effort is recognised in this way.



FREE Exercise Opportunities - Islington. Why not try out one or more of these?

Active Spaces, with Islington Council, are also promoting a few exercise sessions for you to join. Why not try one of these:



Monday: 10am to 11am: Pilates: at Mildmay Community Centre, Woodville Rd, Mayville Estate, N16 8NA: Booking is essential via Healthy Generations office@healthygenerations.org.uk, or call Sam on 07981 142376. If possible, bring your own mat to work on, but if that a problem let them know before.

Monday: 1pm to 2pm: Dance Fit: at Mildmay Community Centre, Woodville Rd, Mayville Estate, N16 8NA: Booking is essential: contact winston.the.geezer@gmail.com, and suitable for everyone.

Wednesday: 10am to 11am: Women's Fitness: at King Square Community Centre, King Square Estate, EC1V 8DY: Free to just drop in and join in. Led by a female instructor.

Thursday: 2pm to 3pm: Beginners Capoeira: at Nailour Hall Community Centre, Blundell Street, N7 9BH. Introduction to the Brazilian music, movement, martial art of Capoeira. Capoeira is fun, energetic and the perfect way to exercise and socialise. Booking essential: info.cdob@gmail.com

Friday: 10:30am to 11:30am: Pilates: at Andover Community Centre, Corker Walk, N7 7RY: Booking is essential via Healthy Generations office@healthygenerations.org.uk, or call Sam on 07981 142376. If possible, bring your own mat to work on, but if that a problem let them know before.

Here are some photos from HMHB outdoor classes that have happened in the past. In the late Spring, over Summer, and early Autumn, we use the grass area on Highbury Fields for both an exercise session on Saturday mornings and a Zumba session (followed by a picnic) on Sundays. Do look out for more information on these Free Drop-In events.



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

- Round One: 1 Mice 2 Stapes. 3 Centaurus
 Round Two: 1, 9: 2, 5: 3, 7.5million: 4, 102 5, 27.
 Round Three: 1, 1843: 2, 1988: 3, 1199: 4, 1997. 5, 1503.
 Round Four: Link: They are all qualified Scuba Divers.
 Round Five: 1 False (none): 2 True: 3 False (none): 4 False (Austria): 5 False (Borneo)
 6 True: 7 False (660BC): 8 True: 9 True: (tallest, not highest) 10 True:

Quiz Answers from Page 6 + Disney Characters from Page 23

See if you can beat your family and friends

Places: These are the cities/states/counties, plus country for those places

1. Copenhagen, Denmark
2. Andes Mountains in Peru
3. Tanzania
4. Wiltshire, England
5. Beijing, China
6. SW Northern Territory, Cent Australia
7. Toronto, Canada
8. Amsterdam, Netherlands
9. Barcelona, Spain
10. Venice, Italy
11. Central Honshu, Japan
12. Dubai, United Arab Emirates
13. South Dakota, United States of America

Cinema: These are the films those characters first appeared, and the year of release.

1. 1981: Raiders of the Lost Ark
2. 1962: Doctor No
3. 1979: Alien
4. 1977: Star Wars
5. 1971: Dirty Harry
6. 2000: Gladiator
7. 1991: Silence of the Lambs
8. 2001: Moulin Rouge
9. 1996: Mission Impossible
10. 2009: Avatar
11. 1972: The Godfather
12. 1961: West Side Story
13. 1975: Jaws
14. 1996: Toy Story
15. 1968: The Graduate
16. 1986: Top Gun
17. 1985: Beverly Hills Cop

Pop Music: These are the Scottish artists, and the year the song was first released.

1. 1992: Annie Lennox
2. 1981: Sheena Easton
3. 1965: Lulu
4. 1978: Gerry Rafferty
5. 1980: Midge Ure/Ultravox
6. 1994: Marti Pellow/Wet Wet Wet
7. 1986: Jimmy Somerville/Communards
8. 1985: David Byrne/Talking Heads
9. 1985: Jim Diamond
10. 1988: The Proclaimers
11. 1985: Jim Kerr/Simple Minds
12. 1975: Bay City Rollers
13. 1999: Shirley Manson/Garbage
14. 2019: Lewis Capaldi

Geography

The 10 Provinces and 3 Territories of Canada, in alphabetical order are:

Alberta, British Columbia, Manitoba, New Brunswick, Newfoundland and Labrador, Northwest Territories, Nova Scotia, Nunavut, Ontario, Prince Edward Island, Quebec, Saskatchewan, Yukon

QUIZ ANSWERS

Film: Disney Characters - from Page 23
(how well did you do?)

- | | |
|--------------------------|----------------------------|
| 1: King Louie | 2: Miguel/Coco |
| 3: Jessie/Bullseye | 4: Jiminy Cricket |
| 5: Arthur/Merlin | 6: Grumpy |
| 7: Bernard/Miss Bianca | 8: Gaston/Le Fou |
| 9: Pumbaa/Timon | 10: Russell |
| 11: Flounder/Sebastian | 12: The Cheshire Cat |
| 13: Duchess/Tom O'Malley | 14: Robin Hood/Little John |
| 15: Jafar/Iago | |

Names

The top 10 Boys and Girls Baby names for 2022 are:

Sophia, Lily, Olivia, Isla, Ava
Amelia, Freya, Aria, Maya, Ivy

Muhammad, Noah, Theo, Leo, Oliver
Jack, George, Luca, Ethan, Freddie

THE LAST PAGE

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

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

Check out our GoFundMe: www.gofundme/hmhb2016 (*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.hmhb2016.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

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

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



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well