



Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Monthly Health Pack: Number 04

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



Plus: quiz, recipes, news, games, fitness classes and more.

Prepared by: Lazza, Oliver, and Dean: Sunday 1st August 2021

www.hmhb2016.org.uk



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

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



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**“Every great dream begins with a dreamer.
Always remember, you have within you the strength, the patience,
and the passion to reach for the stars to change the world.”**

Welcome to Issue 4 of Healthy Minds, Healthy Bods' Monthly Health Packs.

From April 2020 to March 2021, 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. This is our next venture. HMHB is a mental health project that is looking to shake up intervention through our own pioneering, unique, 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.

Life should be fun, with us focusing on responsibility, change, choice, and being proactive



We are back walking in Clissold Park.
This was the first ever venture by HMHB, and we started way back in November 2016.
We managed to walk every Thursday up to the first lockdown last year.

Thankfully we were able to restart in May, and it has been great getting back to the Park, feeding the ducks with birdseed, and laughing and chatting with our friends once more. :-)

We thank our local MP, Jeremy Corbyn, and Councillors, Osh Gantly, Sue Lukes and Caroline Russell for being so supportive about Healthy Minds, Healthy Bods.
Also, thanks also to our partners Highbury Grange Medical Practice and Better Gyms.

WE ARE ABLE TO SEND PRINTED COPIES

With amazing thanks to Islington Council, Cripplegate, and Islington Giving, we are able to post copies out once more due to some fantastic funding, for which we are thankful. If you would like a postal copy, please let us know.

Currently, we do our various work as volunteers.
HMHB needs seed funding for salaries and overheads.
We are talking to the DWP and North London CCG at this time, so hopefully more news to follow soon.
If you can, share on social media our fundraiser
www.gofundme/hmhb2016



NEWS PAGE

We are all being bombarded by Scams: Beware.

As you can imagine, Healthy Minds, Healthy Bods is on quite a few email lists. We need to be. It helps us connect to our local community organisations, as well as those further afield. But it also means that we get a fair number of fake emails, con emails, fraudulent emails. Thankfully I am very good at noticing them.

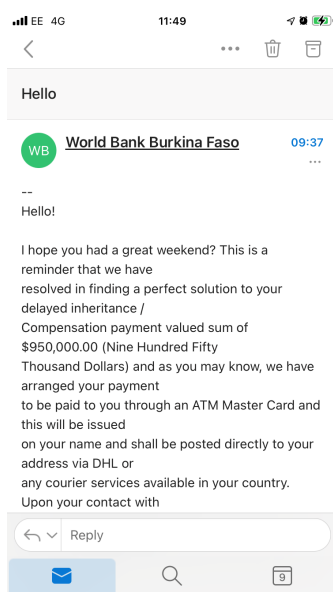
They can appear as if they are real. Take this one (pic) for example.

During lockdown many people who were self-employed had to claim money through the government scheme online. I actually helped a wonderful friend of mine, who plays piano at theatre schools, claim. I wonder if that is why I received the email opposite.

It appears to come from "Gov.Uk" and advises people to click the link to "sign in to HMRC online services self assessment". It will catch some people out.

I am very sensible, and never click links I do not know - and you should also never click a link that you do not know.

The email mentions "fifth" grant - only recently has a fifth been posted. It mentions a "tax claim grant" and a "tax refund". Grants are not for that purpose.



It used to be the famous "Nigerian" email, but now they seem to have branched out to other countries, I received the fake/con email opposite allegedly from the "World Bank Burkina Faso" re the perfect solution to my "inheritance/compensation" (they clearly cannot make up their minds) for \$950,000.

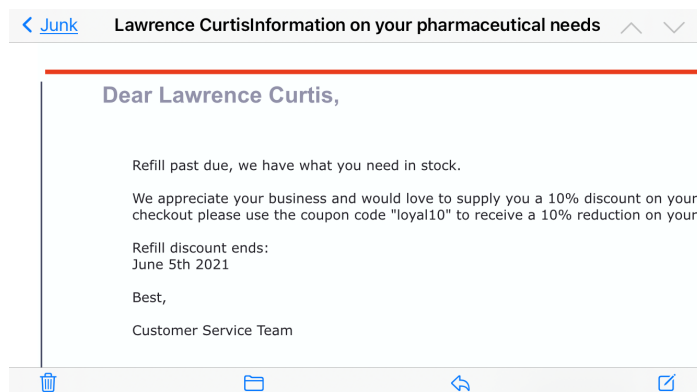
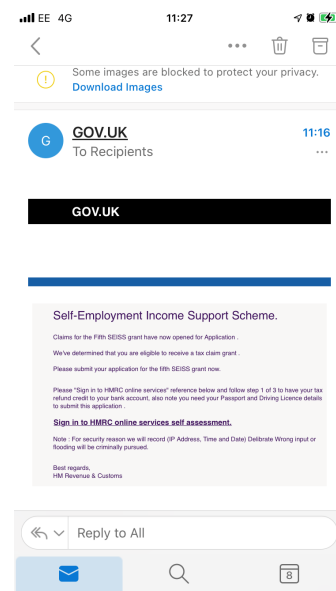
Does anyone actually fall for this one? Seriously?

I get them from other countries, and other excuses too. People having medical problems wanting to leave their assets. There are so-called corrupt bank officials with dead accounts wanting to move the money.

It always involves handing over personal details. If anyone you do not know, especially from abroad, wants your personal details, please do not hand them over. And the money on an "ATM Master Card" that has to be couriered? What happened to the good old fashioned bank transfer??? Don't get caught!

The one opposite is a little cleverer. If you do get medication posted to you, then it may seem real. It looks, from the message, as if this is a "refill" and you even get a "discount". The link to click is lower down so you cannot see it. But that is what they are enticing you to do. Never click the link.

It even has my name. I can understand why some might get caught out. These scammers can be clever, and they play on your trust and faith.

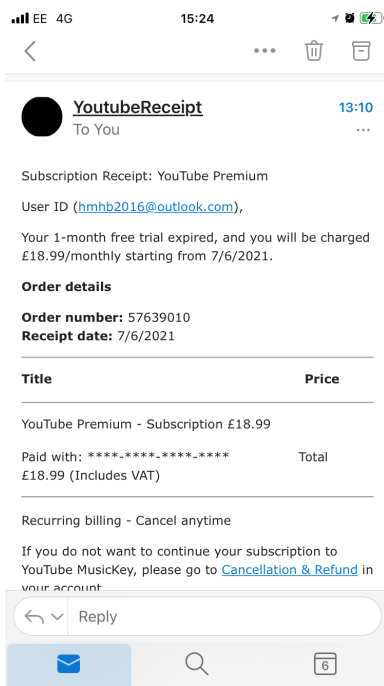
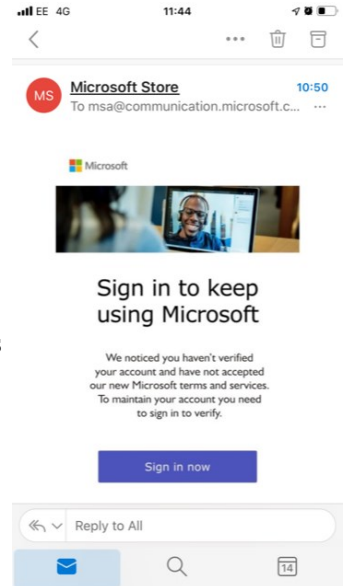


NEWS PAGE: More fake commen.

One of the best ways these scammers work is to use the name of big companies. I have received fake emails, phone calls, or texts, from Amazon (claiming a purchase has been made and checking up - always a lie). If you do have doubts, contact amazon yourself directly, or go online and check your account. I have had alleged contact from Paypal, DVLA, HMRC, TV Licence, Microsoft, etc. All lies.

The one opposite is quite well known. It can come from Microsoft or Hotmail or something like that. It normally says that you need to click a link to reactivate your account, or click the link to stop it being deleted. Or to verify your account. That is what this message wants. You have to “click the link” to “sign in now”.

It is all a fake. Looks real? Yep it does. It even has the Microsoft logo. I can see some people would worry and do what they ask. And then they have access to your computer, possible passwords, possible bank details etc. Please do not help them.



They do play on your fear of people taking money from your accounts when you do not want them to (even though that is their ultimate target too). The email opposite, supposedly from YouTube, is just such an example. As a business we do use YouTube, and the email looks quite real. According to them, they will start taking £18.99 from our account, unless we cancel - and , so kind of them, they offer a link to click where we can head to “cancellation and refund”.

You can start to see just how inventive they can be. And an unsuspecting administration person, maybe someone starting out, would probably go and click that link, as it sounds like a real problem that might occur.

It as also normally the case that the English language and grammar used was very poor, and it was an obvious fake because of that. Instead, now they probably spell check, grammar check, and try to make the wording sound plausible. Do not get caught out!!!!

It is not just email either. There was the famous “post office” text message recently that said they had tried to deliver a parcel, or that not enough postage had been paid, and you had to click a link to get your parcel redelivered. Instead they were emptying bank accounts. I have had alleged texts from banks saying my account had been used. Again, if you do have doubts, just call up your bank separately to chat.

They also phone up - many times with a recorded message. A problem with your home computer, where they want you to download software (NEVER DO THIS). Or the recorded voice wants you to press 1 to speak to someone about spending on an account. It’s just a con!!!! Even the tax people saying you will be arrested if you do not pay tax due. Astonishing that people get caught out, but they do. Please be aware!!!!

NEWS PAGE:

How to deal with fake emails.

You can help disrupt fraudsters by reporting the email to Action Fraud. It shouldn't take you any longer than 2 minutes to make a report and they do not collect any of your personal information. You should only use this tool to report phishing campaigns where you have not lost any money or exposed your personal details. The reports received by Action Fraud will be forwarded to the National Fraud Intelligence Bureau (NFIB) run by the City of London Police for collation and analysis.

Fake emails often (but not always) display some of the following characteristics:

- The sender's email address doesn't tally with the trusted organisation's website address.
- The email is sent from a completely different address or a free web mail address.
- The email does not use your proper name, but uses a non-specific greeting like "dear customer".
- A sense of urgency; for example the threat that unless you act immediately your account may be closed.
- A prominent website link. These can be forged or seem very similar to the proper address, but even a single character's difference means a different website.
- A request for personal information such as user name, password, or bank details.
- The email contains spelling and grammatical errors.
- You weren't expecting to get an email from the company that appears to have sent it.
- The entire text of the email is contained within an image rather than the usual text format.
- The image contains an embedded hyperlink to a bogus site.



If you think you may have been the victim of fraud or cybercrime and incurred a financial loss or have been hacked as a result of responding to a phishing message, you should report this to Action Fraud. If you have received an email which you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): "report@phishing.gov.uk". Also, speak to your bank immediately if worried.

- The message might be from a company you don't normally receive communications from, or someone you do not know. You may just have a hunch. If you are suspicious, you should report it.
- Your report of a phishing email will help us to act quickly, protecting many more people from being affected.
- The National Cyber Security Centre (NCSC) will analyse the suspect email and any websites it links to. They'll use any additional information you've provided to look for and monitor suspicious activity.

If they discover activity that they believe is malicious, they may:

- seek to block the address the email came from, so it can no longer send emails
- work with hosting companies to remove links to malicious websites
- raise awareness of commonly reported suspicious emails and methods used (via partners)

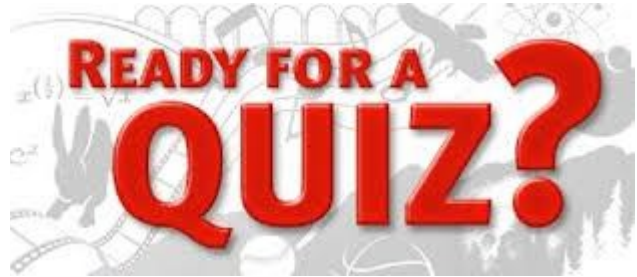
Whilst the NCSC is unable to inform you of the outcome of its review, they can confirm that they do act upon every message received. I say it again: **"Never click a link you do not know. Never"**.

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 35 this week (no peeking)

Geography

According to the UN, there are 48 Asian countries. 16 of them begin with letters between R and Z.

How many can you name?



Music

In 1988, 19 UK songs topped the singles chart. Can you name these singers/bands?

1. Orinoco Flow
2. A Groovy Kind Of Love
3. The Only Way Is Up
4. I Owe You Nothing
5. Perfect
6. Don't Turn Around
7. I Should Be So Lucky
8. I Think We're Alone Now
9. Heaven Is A Place On Earth
10. Desire
11. Mistletoe and Wine
12. One Moment In Time

Film: In which Sci-Fi film were the following characters first seen, and name the year it was released.

1. Rick Deckard, Rachael, J F Sebastian
2. Ash, Kane, Parker, Dallas
3. Wedge, Governor Tarkin, Owen Lars
4. Trinity, Cypher, Agent Smith
5. Hal 9000, David Bowman, Frank Poole
6. Elliott, Mary, Keys
7. Fischer, Cobb, Eames, Mal
8. ED-209, Clarence Boddicker, Dick Jones
9. Ian Malcolm, Dennis Nedry, Alan Grant
10. Leonard McCoy, Christine Chapel, Pavel Chekov
11. Jake Sully, Neytiri, Grace
12. Dutch, Billy, Dillon, Mac, Anna
13. Sarah Connor, Kyle Reese, Dr Silberman
14. Marty McFly, Biff Tannen, Dr Emmett Brown
15. Leeloo, Korben Dallas, Diva Plavalaguna
16. Roy Neary, Claude Lacombe, Jillian Guiller
17. Slartibartfast, Marvin the Paranoid Android

Television

Which UK comedy show starred the following actors.

1. James Dreyfus / Kathy Bates
2. Gordon Kaye / Carmen Silvera
3. Julia Sawalha / June Whitfield
4. Wendy Richards / Mollie Sugden
5. Chris Barrie / Craig Charles
6. James Buckley / Simon Bird
7. Phoebe Waller-Bridge / Andrew Scott
8. Hugh Dennis / Claire Skinner
9. Peter Capaldi / Rebecca Frost
10. Peter Kay / Paddy McGuinness
11. Mackenzie Crook / Martin Freeman
12. Ruth Jones / Rob Bryden / Larry Lamb
13. David Mitchell / Robert Webb



Sport

Can you name the last 15 different men that have won the Wimbledon Tennis championship.

You have to go all the way back to 1982.

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

MIND-SET: Dealing with “What’s the Point?” emotions.

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 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.

We at Healthy Minds, Healthy Bods have, over the years, hit the “what’s the point?” buffer on many occasions. Normally when we have met someone who says they will help us, and a few weeks later absolutely nothing has changed. That has happened several times. It can be the most frustrating of events.

And this can happen to us all, for various situations. You feel like you are wading through mud, that your destination is well out of reach, and there is no point in trying to get there as everything appears to be ganging up against you.

There have been a lot of times I have thought of giving up. Countless. Finding the strength to carry on, especially when you are not motivated, is difficult - but also imperative.

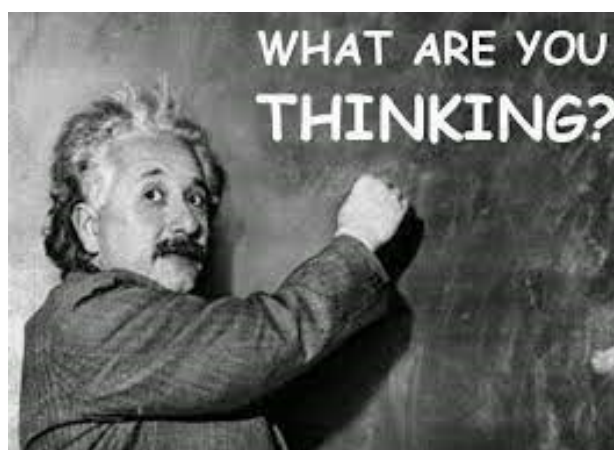
But there are a few tricks you can use to help you. There is, of course, no guarantees of success. You may have goals and targets that, for a lot of reasons, may just not work out. And that is life!!!! However, they have no chance of happening if you give up too soon.

Are you thinking properly?

Your brain might tell you that things are awful, horrible, and dreadful. It may try to convince you that you can’t succeed or tell you that there’s no chance things are going to get better. But just because you think it, doesn’t mean it’s true. Your thoughts may be distorted, inaccurate, or downright wrong. Hopeless feelings fuel hopeless thoughts. And it’s easy to get caught up in a negative cycle that makes it hard to see that things can get better.

You might even think things like, “I’ve tried everything already and nothing works!” But that’s probably a cognitive distortion. You may have tried a few things, or even 10 things, but you likely haven’t tried everything. It is far too easy to just give up. Let’s have a little puzzle as an example.

You have five bags, all of which contain 20 pound coins. But one of them is full of counterfeit coins. The real coins weigh one gram each. The fake ones weigh one point one gram. You need to weigh the bags and remove the fake coins, but your electronic scales only have enough battery to use them once. How can you find the bogus bag of coins by only using the scales once? Have a think about it before turning the page, as the answer will be at the top. Go on, try and solve this first. The answer is pretty simple. Honest!!!



MIND-SET: **Are you feeling lost?**

I hope you have not just turned the page without trying to solve the problem. If you have, ask yourself why that is. Why did you not even try? Did you give up very quickly? Do you do that for other problems in life? Maybe that is part of your own life journey you need to review.

Anyway, what is the very simple solution to that money puzzle. What you need to do is take one coin from bag one, two from bag two, three from bag three, four from bag four, and five from bag five. You place these coins on the scales. You have 15 coins. If all were real it would show 15 grams. But if bag one was fake, it would read 15.1 grams. If bag two was fake it would be 15.2g, and so on. You have used the scales once and know which bag is fake!!!! When you think about it, it is obvious. Congratulations if you took the time to solve it.

For many of our life problems, if we do take the time, we can normally come up with some kind of solution that resolves the issue. Yes, it may sometimes not be the ideal answer, or one that we like, but that is life. It is not like the movies where everything seems to work out perfectly in the end.

You control your emotions

It may feel like you are constantly trying to reach a goal but everything is working against you - hence the “what’s the point in trying?” emotion. That is your fixed mind-set taking over. You need to allow your growth mind-set to come to the fore.

This also demands you realise that you have far more control than you realise. You decide how you react to setbacks, failure, or unfairness. You decide who you ask for help, or even if you interact with others. You look after your physical state (exercise, fitness, and movement), and your nutrition and diet. You decide how hard you work, and the amount of effort you use.



When we feel lost and alone we will likely feel negative about most things around us at that time. We slip into the victim mindset. The only person in control of our thoughts and feelings is ourselves, so identify that and be aware of how you react to things as well as your attitude towards them too. Learn to recognise when this happens.

Some experts say that when we are looking at things negatively we can sometimes focus on the things we aren't good at. We then might try to spend time trying to be better at those things, and if we fail then that will have a knock on effect. Instead, focus on your strengths and the things you are good at and work on becoming even better at them. Not only will it make you feel better it'll give you a new focus and make you feel better about yourself. You can always then go back to whatever your weaknesses are at a later date and try to improve.

There is no doubt that everyone feels a little lost at some point in their life.
Not sure where they're headed, happy in some areas but not others, we've all been there!
And there's no shame in being there now.
It can sometimes appear that others around us have it all figured out,
but let me assure you, everything is not always as it seems.
Although feeling lost can be tough and difficult,
it can also be seen as an opportunity to become a new and improved version of yourself.

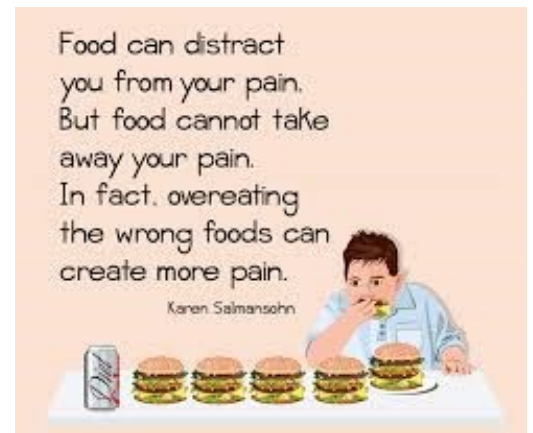
MIND-SET:

Ditch the unhealthy habits!!

It is very easy to develop habits that have a negative effect on our health, confidence, focus, and thinking. We all do it. Here are a few I can think of, but I am sure there are others:

Stress eating

I can speak from personal experience here. I used to be a serious stress eater, and I still have a bit of a problem today. I would eat whenever I felt unhappy, stressed, disappointed, anxious, or even happy! My eating had nothing to do with being hungry, and everything to do with using food to fill my emotional voids. It is the same reason people use drugs or alcohol to deal with depression. While eating would comfort me, this feeling was momentary and would disappear right after I was done eating. Instead, what I had left would be the same emotional void that triggered me to eat in the first place (be it unhappiness or stress), a large calorie intake over what I should have eaten for the day, and anger at myself for having stress ate. That itself would then cause me to eat more. A vicious circle.



But like drugs and alcohol, there is treatment. Also, you can recognise what you are doing and get support from people around you, if you have them. Whatever you do, do not allow it to overwhelm you. You watch those programs on television of my "600lb life" etc. Every person blames depression or stress for their food intake. And look how far it has gone. Don't be ashamed. But do get help, and you can overcome this.

Mix with positive people, remove the negative

HMHB have said this before but think about the people you mix with. Do they encourage risky behaviour, or do they have your best interests at heart? Do they encourage and motivate you to your goals, or do they knock you?

We all know these people. People who play devil's advocate to every idea you have and every goal you want to pursue. We are already our greatest self-critics, so it doesn't help when there's someone beside us, ever ready to pounce on what we say and tear it down. Hang out less with these "naysayers" and spend more time with supportive people who share constructive feedback instead. You will be much happier this way.



Haven't all of us been in this situation before? Trying to please people who don't appreciate us? Bending over backwards to be there for people when they are never there for us?

While we give without expectations of return, we need to draw a line with people who don't value us because these people damage our souls. Stop spending time with people who don't appreciate you, and spend more time with people who do instead. That's not to say we should not ask other people's advice, or take in their opinions. But do not allow negativity to affect you.

MIND-SET:

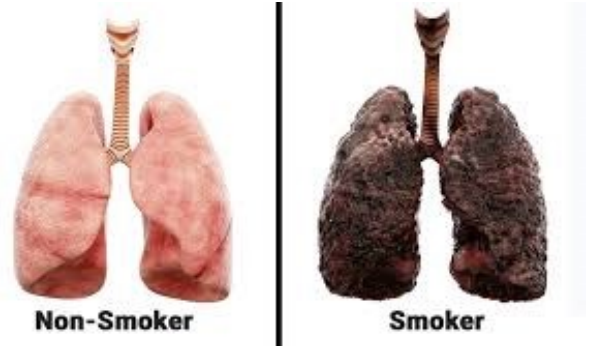
More unhealthy habits to ditch for positivity

Smoking

I have never understood smoking. Zero health benefits, the odds are you will die of a smoking related disease, and it costs a lot of money over a lifetime.

Fact: Smoking is one of the leading causes of preventable death globally.

In 2019, over 90,000 UK residents died through smoking related disease, and many others had negative health effects through smoking. A recent study estimated that as much as one-third of China's male population will have significantly shortened life-spans due to smoking! Gender-wise, male and female smokers lose an average of 13.2 and 14.5 years of life respectively. That's over a decade of life right there.



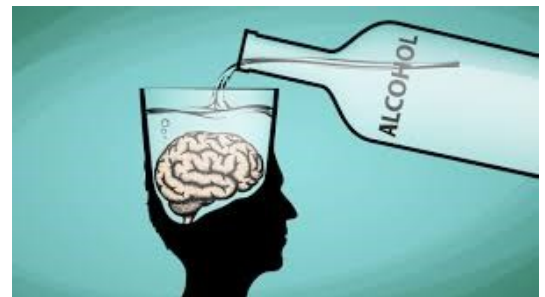
Not only that, smoking causes premature skin aging (i.e. wrinkles), yellowing of teeth, bad breath, and worse of all, jeopardy of the health of people around you, including your loved ones. Studies have shown that non-smokers exposed to second-hand smoke are at risk to many of the health problems associated with direct smoking.

- It is estimated that for lifelong smokers, each cigarette will take roughly 11 minutes of their life.
- Smoking is the biggest cause of cancer in the world. It can cause cancer almost anywhere in your body. Being smoke free can prevent 15 types of cancer.
- 72% of lung cancer cases in the UK are caused by smoking. 71% caused by active smoking, and 1% caused by second-hand smoke). I have known three people who died because they smoked!!!
- Smoking harms nearly every organ of the body and affects a person's overall health.
- Tobacco is the only legal drug that kills many of its users when used exactly as intended by manufacturers.

Excessive Drinking

According to the National Institute on Alcohol Abuse and Alcoholism, drinking too much (be it on a single occasion or over time) can seriously damage your health.

- Brain problems: Alcohol interferes with the brain's communication pathways, making it harder to think clearly and move with coordination.
- Heart diseases: Cardiomyopathy: Stretching and drooping of heart muscle: Arrhythmias: Irregular heart beat, stroke, high blood pressure.
- Liver diseases: Steatosis or fatty liver, alcoholic hepatitis, fibrosis, cirrhosis.
- Pancreas problems: Pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.
- Different types of cancer: including: Mouth, Oesophagus, Throat, Liver, Breast.



If you drink a lot, perhaps cutting it out right away will be tough. Cut down the number of glasses you drink each time, followed by the number of times you drink a week. But do seek professional help.

EXERCISE/FITNESS:

Stretches: Page 1: Upper Body

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 May, June and July packs for other stretches.

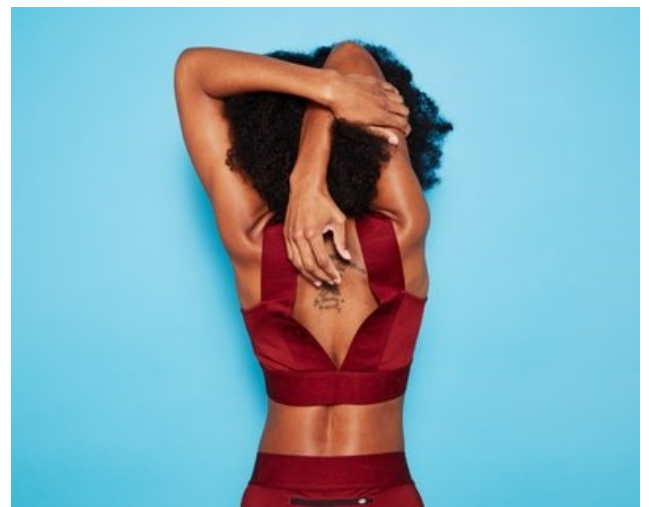
Overhead Triceps and Shoulder

Start standing or sitting tall. Bring one arm overhead and drop your forearm behind you, resting it on your back between your shoulder blades.

With your other hand, grab right above your bent elbow and pull gently, until you feel a stretch in your shoulder and the back of your arm. You never want to pull on your elbow.

Try to keep your bicep close to your ear, and don’t force it past. Hold for at least 30 seconds and then repeat on the other side.

stretch



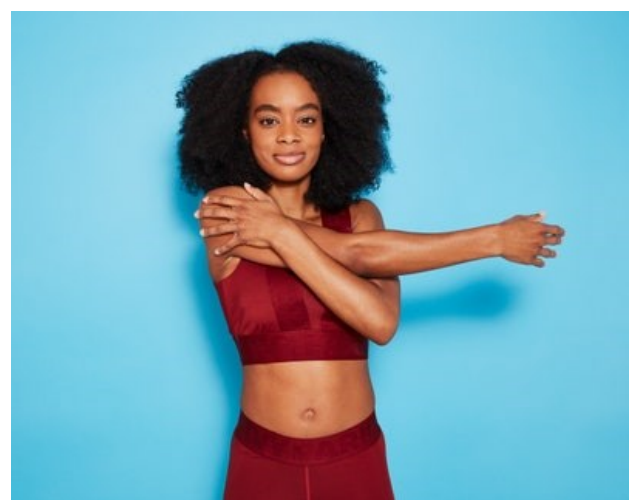
Cross Body Shoulder

Start standing or sitting tall. Grab one arm above your elbow with your opposite hand, and pull it across your body toward your chest until you feel a stretch in your shoulder.

Make sure to keep your elbow below shoulder height. For an extra stretch, you can then fold the arm up to give yourself a hug. You can feel it in your shoulder, and a hug is always nice.

Hold these for 10 to 12 seconds and then repeat on the other side.

Simple but effective.



Thanks to the Self.com Website for the fantastic graphics

EXERCISE/FITNESS:

Stretches: Page 2: Upper Body

Biceps Stretch

Sit on the floor with your feet flat and knees bent. Place your palms on the floor behind you with your fingers pointing away from your body. Keeping your hands in place, slowly slide your bum away from your hands until you feel a stretch in your biceps. You'll also feel a stretch in your chest and shoulders.

Hold for at least 30 seconds



Reclined Spinal Twist

Lie faceup with your arms out to your sides, either straight or bent into the shape of a goal post (pictured opposite).

Keeping one leg extended, pull one knee into your chest, and then let it slowly drop over the extended leg.

Keep your shoulders flat on the floor as you feel a stretch in your back.

Hold for at least 30 seconds, and then repeat on the other side



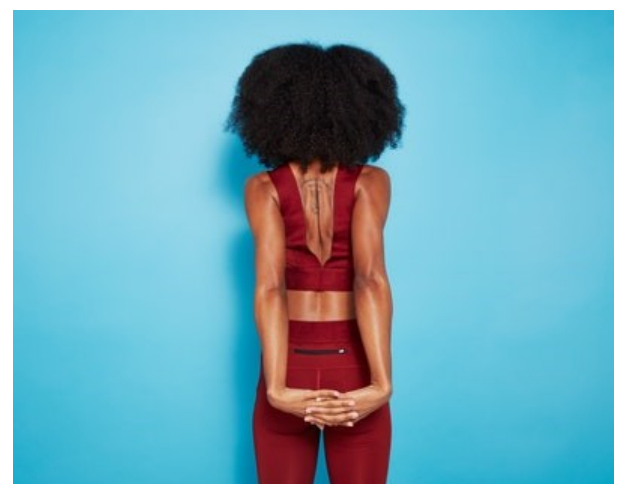
Chest Stretch

Start standing tall, fingers interlocked behind you near your bum.

Keeping your back straight and shoulder blades together, push your arms up until you feel the stretch in your pecs.

Hold for at least 30 seconds.

You can also do this at the front, fingers interlaced, palms pointing away, stretching arms out, head down. Upper back stretch.



Thanks to the Self.com Website for the fantastic graphics

NUTRITION: Lazza's Kitchen

Banana Loaf

Another New Recipe from Lazza's Kitchen.
Today he makes his first ever Banana Loaf from scratch

National Banana Bread day is February 23. Bananas appeared in the US in the 1870s and it took a while for them to appear as ingredient items for desserts. The modern banana bread recipe began being published in cookbooks around the 1930s and its popularity was greatly helped by the introduction of baking powder on the market



100g/3oz unsalted softened butter
175g/6oz caster sugar
2 eggs
2 ripe bananas
225g/8oz self-raising flour
1 teaspoon baking powder
2 tablespoon milk
I also added some vanilla essence
(note pic has more ingredients as I made two)

Lightly grease the loaf tin and line it with non-stick baking parchment.

Pre-heat the oven to 180°C/350°F/Gas Mark 4.

Measure all the ingredients into a mixing bowl and beat for about two minutes, until well blended;

An electric mixer is best for this but of course you can also beat by hand with a wooden spoon.

Spoon the mixture into the prepared tin and level the surface.

Bake for about one hour, until well risen and golden brown. A fine skewer inserted in the centre of the cake should come out clean.

Leave the cake to cool in the tin for a few minutes, then loosen with a small palette knife and turn the cake out. Remove the lining paper and leave on a wire rack to cool completely. Slice thickly to serve.



These banana loaves came out so well.
They were moist, with a terrific texture.
I took them to my exercisers and handed slices out, and the general consensus was that they tasted fantastic.

It's a basic cake recipe base, but make sure your bananas are ripe, soft, and squidgy.

During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
This was a great and very tasty bake to prepare.

NUTRITION:

Can your nutrition help fight stress?

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.

Everyone knows that exercise can help you manage depression and stress. Being active is one of the best free medicines around. But your diet can be just as good.

Eating a healthy diet can reduce the negative effects of stress on your body. A healthy diet builds a solid, more enduring foundation for your body by reducing oxidation and inflammation and by helping to reduce weight gain.

Of course, and especially when we're extra busy and, subsequently, more likely to be stressed, eating healthy is certainly not an easy habit to maintain. For many, prepping healthy meals doesn't always fit into a busy schedule and dining out is the norm more often than not. This also seems to be the same if we are out of work and stressed at home. Prepping food can feel like a real chore.



If we do eat out, this generally contributes to a less healthy diet. We all know how easy it is to treat ourselves to that rich, high-fat meal we have been craving (and they always seem to taste so nice!!) but would usually not fix for ourselves. That could be both fast food, or a local restaurant. For this reason, building a healthy food prep habit into your daily or weekly routine can greatly improve your overall diet, and eventually lead to reduced stress levels.

Eating at home generally increases the likelihood that you will eat a healthy diet. One way to make it easier to eat a healthy diet is to keep fresh nutritious foods on hand. Many can also be kept frozen or dried (like nuts, fruits, and high fiber cereals.). And is it not a lot more fun to be preparing our own meals?

Stress negatively affects blood pressure and blood flow. There is a strong relationship between fluctuations in brain blood flow and brain health and these compounds over time. Nutrients from healthy foods can help improve blood flow in the body.

Examples of nutrients that improve blood flow include omega-3s (EPA and DHA), vitamin E, and polyphenols found in red wine, blueberries, and dark chocolate. In this way, a healthy diet has a 'cascading effect' on brain health because as it improves blood flow, the delivery of key nutrients to the brain is also improved.

Consistent with this, physical fitness is one of the strongest 'anti-cognitive decline' factors and it acts by maintaining healthy blood flow to the brain. Omega-3s are found in fish like salmon and tuna and also provide anti-inflammatory effects. You can find vitamin E in foods like sunflower seeds, almonds, spinach and avocados.

More recent studies are uncovering the stress-fighting effects of plant compounds. Like polyphenols and carotenoids found in foods like green leafy vegetables and bright coloured peppers.

NUTRITION:

Foods to help you relax

Green Leafy Vegetables

There is a good reason why we are encouraged to eat a lot of vegetable, and that is because they contain a huge amount of nutrients to keep us healthy.

It's tempting to reach for fast food and sweet things when we feel stressed, but all the experts say the best thing is to go green at lunch instead.

Green leafy vegetables like spinach, kale, cabbage, lettuce, contain “Folate”, which produces dopamine, a pleasure-inducing brain chemical, helping you keep calm. A study in the “Journal of Affective Disorders” of 2,800 middle-age and elderly people found that those who consumed the most folate had a lower risk of depression symptoms than those who took in the least.



Another study from the University of Otago in New Zealand discovered that college students tended to feel calmer, happier, and more energetic on days they ate more fruits and veggies. It can be hard to tell which came first, upbeat thoughts or healthy eating, but the researchers found that healthy eating seemed to predict a positive mood the next day.

Three examples.

Kale is rich in minerals, antioxidants and vitamins, particularly vitamins A, C and K. To reap the most benefits, it's best eaten raw, as cooking reduces the nutritional profile of the vegetable.

Cabbage has thick leaves and comes in various colours. It has cancer-protective properties and can be turned into sauerkraut, which offers additional health benefits.

Bok choy is popular in China and often used in soups and stir-fries. It contains the mineral selenium, which benefits your brain health, immunity, cancer protection, and thyroid health.

Oats

Oat groats, the most intact and whole form of oats, take a long time to cook. For this reason, most people prefer rolled, crushed, or steel-cut oats. Instant (quick) oats are the most highly processed variety. While they take the shortest time to cook, the texture may be mushy. Oats are commonly eaten for breakfast as porridge, but they're also often included in muffins, granola bars, cookies, and other baked goods.



Oats are rich in carbs and fiber, but also higher in protein and fat than most other grains. They are very high in many vitamins and minerals. They contain many powerful antioxidants, including “Avenanthramides”. These compounds may help reduce blood pressure and provide other benefits. Benefits include lower blood sugar and cholesterol levels, protection against skin irritation, and reduced constipation. In addition, they are very filling and have many properties that should make them a weight loss friendly food. At the end of the day, oats are among the healthiest foods you can eat.

NUTRITION:

Foods to make you feel better

Yoghurt

There are many types of yogurt that provide varying levels of nutritional benefit. Whether yogurt is a healthful choice depends on the person consuming it and the type of yogurt.

Yogurts can be high in protein, calcium, vitamins, and live culture, or probiotics, which can enhance the gut microbiota. These can offer protection for bones and teeth and help prevent digestive problems.

Low-fat yogurt can be a useful source of protein on a weight-loss diet, but you need to be aware of the sugar levels. Many companies replace the fat with added sugar, which is not good.

Probiotics may boost the immune system. Some argue that they could also impact brain functioning, too, although more research is necessary to confirm some of these claims.

In 2014, researchers found that consuming yogurt may help protect against type 2 diabetes. Other types of dairy product did not appear to impact the likelihood of developing the condition.

Other scientists have suggested that yogurt containing probiotic bacteria successfully protects children and pregnant women against the effects of heavy metal exposure.

Non-dairy yogurts offer an alternative for people who do not consume dairy or animal products or have allergies or intolerances. Yogurt contains less lactose than milk because the lactose is used up in the fermentation process.

Not all yogurts are healthful. Those without added sugar or unnecessary additives can be a healthful addition to the diet, but some products have high quantities of added sugar and other ingredients that may not be beneficial. Natural yogurt can be a low-calorie, high-nutrient food packed with protein.

All yogurts contain some natural sugars, but consumers are advised to look for a product with less than 15 grams of sugar per serving. The lower the sugar, the better, as long as it does not contain any artificial sweeteners.

It should be said that some studies have refuted the view that yogurt consumption is linked to good health, causing authorities to question whether health claims can be made for commercial purposes. However, people who eat yogurt are more likely to have an otherwise healthy diet.

Packaged products like cereals and bars claiming to be “made with real yogurt,” yogurt-covered raisins and other products with yogurt coating, contain only a small amount of yogurt powder.

Yogurt powder is heat-treated, and heat kills the beneficial bacteria. Yogurt coatings are made of sugar, oil, whey, and yogurt powder.

I admit that I do enjoy a yoghurt for dessert, and I do like to mix it up. But I am also aware of the sugar content. Pots are normally small. It's your choice. Natural yoghurt is clearly healthier.



NUTRITION:

Other foods to help with stress

Salmon

Stress can ratchet up levels of anxiety hormones, such as adrenaline and cortisol. The omega-3 fatty acids in salmon have anti-inflammatory properties that may help counteract the negative effects of stress hormones.

In a study funded by the National Institutes of Health, Oregon State University medical students who took omega-3 supplements had a 20% reduction in anxiety compared to the group given placebo pills

Salmon are well-known for being one of the most abundant sources of docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), which are two kinds of brain-essential omega-3 fatty acids. The duo decreases inflammation and promotes healthy brain function, as well as regulates neurotransmitters. When you're feeling tense or stressed, these acids help keep cortisol and adrenaline from spiking, thereby reducing anxiety.



Blueberries

When you're stressed, there's a battle being fought inside you. The antioxidants and phytonutrients found in berries fight in your defence, helping improve your body's response to stress. Research has also shown that blueberry eaters experience a boost in natural killer cells, a type of white blood cell that plays a vital role in immunity, critical for countering stress.

Antioxidants protect your body from free radicals, which are unstable molecules that can damage your cells and contribute to aging and diseases, such as cancer.

Blueberries are believed to have one of the highest antioxidant levels of all common fruits and vegetables.

The main antioxidant compounds in blueberries belong to a family of polyphenols antioxidants called flavonoids.

One group of flavonoids in particular, "anthocyanins", is thought to be responsible for much of these berries' beneficial health effects.



Blueberries have been shown to directly increase antioxidant levels in your body.

Preparing healthy food may be the last thing you want to do when you're pressed for time and stressed. But rest assured that your time and effort will pay off in a big way. You will likely notice the benefits of this plan when your stress levels are at their highest.

What you'll potentially be getting out of this healthy diet?

More energy, a calmer mind, a boosted immune system, and even a slimmer waistline.

Why not do your own research?

Nutrition: HMHB look at different Foods

Today: Onions: from weekly health pack 39

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

How many of our homecooked meals seem to start with an onion being cooked? Whether it be meaty stews or casseroles or vegetarian courses, onions appear to be the base of so many recipes.

The Onion, sometimes known as the bulb onion or common onion, is a vegetable that is the most cultivated of the genus "Allium". It is also related to the garlic, shallot, leek, and chive.



Traces of onions recovered from Bronze Age settlements in China suggest that onions were used as far back as 5000 BC, not only for their flavour, but the bulb's durability in storage and transport. Ancient Egyptians revered the onion bulb, viewing its spherical shape and concentric rings as symbols of eternal life. Onions were used in Egyptian burials, as evidenced by onion traces found in the eye sockets of Ramesses IV.

Pliny the Elder of the first century AD wrote about the use of onions and cabbage in Pompeii. He documented Roman beliefs about the onion's ability to improve ocular ailments, aid in sleep, and heal everything from oral sores and toothaches to dog bites, lumbago, and even dysentery.

While the large, mature onion bulb is most often eaten, onions can be eaten at immature stages. Young plants may be harvested before bulbing occurs and used whole as spring onions or scallions. When an onion is harvested after bulbing has begun, but the onion is not yet mature, the plants are sometimes referred to as "summer" onions.

Additionally, onions may be bred and grown to mature at smaller sizes. Depending on the mature size and the purpose for which the onion is used, these may be referred to as pearl, boiler, or pickler onions, but differ from true pearl onions which are a different species. Pearl and boiler onions may be cooked as a vegetable rather than as an ingredient and pickler onions are often preserved in vinegar as a long-lasting relish.

Onions are available in fresh, frozen, canned, caramelised, pickled, and chopped forms. The dehydrated product is available as kibbled, sliced, ring, minced, chopped, granulated, and powder forms.

Onion powder is a seasoning widely used when the fresh ingredient is not available. It is made from finely ground, dehydrated onions, mainly the pungent varieties of bulb onions, and has a strong odour. Being dehydrated, it has a long shelf life and is available in several varieties: yellow, red, and white.

Most onion cultivars are about 89% water, 9% carbohydrates (including 4% sugar and 2% dietary fibre), 1% protein, and negligible fat. Onions contain low amounts of essential nutrients and have an energy value of 166 kJ (40kilocalories) in a 100g (3.5oz) amount. Onions contribute savoury flavour to dishes without contributing significant caloric content

**Onions are a useful vegetable adding taste to many dishes.
Why not do some research yourself?**



HMHB's Name Game Page - trickier than you think.

After Mixed Breed, these are the most popular UK dog breeds for the UK in 2020. How many can you name?

Answers at bottom of quiz page answers (page 35)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen

Goulash

**Another New Recipe from Lazza's Kitchen.
Today he makes his first ever Goulash from scratch**

One 1450 recipe for "grete pyes" contained what Charles Perry called "odds and ends", including: "...beef, beef suet, capons, hens, both mallard and teal ducks, rabbits, woodcocks and large birds such as herons and storks, plus beef marrow, hard-cooked egg yolks, dates, raisins and prunes



Oil for frying: I had two cubed Beef Steak boxes
Plain flour to dust meat: two diced Onions:
3 thinly sliced Garlic cloves.
3 diced Peppers
2 tablespoon of tomato puree
2 tablespoon of Paprika
3 large diced tomatoes
300ml of beef stock: 150ml of sour cream
Parsley

- In a large stock pot, after mixing the meat with flour, fry the meat until browned, and then put aside.
- In same pot, (add more oil if needed) add the onion, garlic, and peppers, and fry them until they are softened (5-7 minutes)
- Add the meat back into the pot, with tomato puree and paprika, and cook for further couple of minutes, stirring it so no sticking.
- Add the tomatoes and beef stock, and cook gently on the hob for 40 minutes.
- Add in some parsley, and the sour cream, and stir in, cooking another 5 mins.
- Serve as you wish.



This was my first ever goulash and it turned out really well. There is quite a lot of chopping up, but well worth the trouble.

It was like a beef casserole with paprika and sour cream, but the taste was sublime.

Do give this one a try. :-)

**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
This was a great and very tasty meal to prepare.**

EXERCISE/FITNESS

Working out when it is hot

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 are part of two health walks in Islington, one of these 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 have restarted our Highbury Gym sessions on Tuesdays, thanks to Mark and his team at Better, and look forward to restarting the others as soon as we possible can. We do have two FREE outdoor sessions.

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.

Healthy Minds, Healthy Bods love our outdoor exercise sessions and walks. There is something truly wonderful about getting outdoors into nature, and then mixing it up with some exercise too.

But with summer months here, we all need to be careful of the sun. The heat can be a major drawback for people looking to work out in the summer. If you're not careful, you can end up suffering from a heat-related health condition such as a heat stroke, heat exhaustion, or extreme dehydration, all of which can greatly derail you from your fitness goals.

But there are some things you can do to help you.

Cold shower before you start

That's right: cold showers. The ones you dread to take. But if you give them a fair chance, you might find that you actually like how you feel after taking one. When that cold spray hits your body, there's a bit of shock. This shock increases oxygen intake, heart rate, and alertness.

Benefits of taking a cold shower include:

- calming itchy skin
- waking you up
- increasing circulation
- reducing muscle soreness post-workout
- potentially boosting weight loss
- glowing hair and skin



Stay Hydrated

Water is your best friend on a hot day for staying hydrated. However, if you're planning to exercise for more than 60 minutes, you may also want to consider sipping on a sports drinks.

Sports drinks are important when working out for prolonged periods of time, especially in the heat, because they contain potassium and electrolytes that can rehydrate and replenish your body. The high levels of sodium may actually be good for your body as well as sodium is a key ingredient for a hot day. As with everything, moderation is key.



EXERCISE/FITNESS:

Exercising outdoors in the heat

Wear some sunscreen

I remember running around as a kid in the summer, and returning home a deep shade of red. I would burn so quickly, and my mum would have the cotton wool and camomile lotion (this thickish pink liquid) which would be dabbed all over me.

Up to 80 percent of the sun's rays can pass through clouds, so if you assume it's OK to forgo protection on an overcast day, think again. Some experts say it should be maintained all year, including the winter months. Snow can reflect up to 80 percent of ultraviolet (UV) rays, increasing your risk of exposure to sun damage. Also, the higher the altitude, the greater the UV exposure, so sunscreen is crucial for family ski vacations, too. When in doubt: always wear sunscreen!



Sun damage from UV rays causes photoaging of the skin, which is characterized by a thick, leathery look; discoloration; and a breakdown of collagen, which contributes to lines, sagging and wrinkles. Studies show that those below age 55 who apply sunscreen regularly have 24 percent less chance of developing these signs of aging than those who don't. Also, by applying sunscreen each day, you cut your risk of contracting skin cancers in half.

Timing is crucial

We do our exercise sessions between 9:30am and 10:30am. Admittedly we were doing Sunday Zumba at 11am, but we are breaking till September.

10 a.m. to 3 p.m. is known for being the hottest time of the day in the summer. If you're planning an outdoor workout, maybe try to do it either before or after this time slot.

Many professional athletes prefer to work out earlier in the morning as it can help them to stay energized throughout the day and to sleep better at night.

Know your limits

At HMHB, we are very vocal to all our exercisers and walkers that they are not competing against anyone but themselves. Everyone is different. Their energy levels can be stronger or weaker, they may have injuries or ailments, their age may mean they cannot do as much. You know your body!!! Yes, push yourself, but don't overdo it.

Listen to your body and if you begin to feel dizzy, nauseous, or tired, give yourself a break. Taking some time off for rest is better than overdoing your workout and getting sick or injured and having to stop working out altogether.

If the summer heat proves to be too much of a challenge for your standard high-intensity workout, break it up into multiple smaller workouts throughout the day. This will allow your body time to rest and refuel without jeopardizing your fitness and workout goals.

**YOU WILL NEVER
KNOW YOUR LIMITS
UNLESS YOU PUSH
YOURSELF TO THEM.**

EXERCISE/FITNESS:

Basic Exercises: Mountain Climber

So far in these packs we have covered some fairly simple exercises: squats, crunches, lunges, plank, push ups etc. You can find them in our other packs. In this pack we are going to up the ante a little bit, but these are also available to all. Never be put off thinking an exercise is too hard. Virtually every exercise can be adapted to people's needs.

“Mountain Climbers” is an explosive bodyweight exercise which engages multiple muscle groups at once helping to improve your balance, agility, coordination, strength, flexibility, and blood circulation. I can immediately see some people thinking, “wow, this is going to be hard”. But don't worry.

As a compound exercise that utilises multiple muscle groups in your whole body, mountain climbers are an effective way of strengthening your arms, back, shoulders, core, and legs. Another benefit of using multiple muscles at once is an increased heart rate, which will help you burn more calories. That makes this a great exercise if your goal is to get more definition in your abdominal region.

Mountain climbers can also improve your reflex speed, joint movement, and overall stability. The good news is you don't need to trek to your nearest mountain to give this exercise a go! In fact, you don't need any equipment at all as you can perform mountain climbers anywhere and at any time.

How to do Mountain Climbers.

- Start in a press-up position with your hands shoulder-width apart directly beneath your shoulders.
- As quickly as you can, pull your right knee towards your chest without letting it touch the floor then return to the start position.
- Repeat step 2 with your left leg.
- Continue until you have completed the required amount of reps.
- Note: You can do it slower by stepping forward and touching the floor with your foot.
- You can also do these standing up leaning against a wall if you find it too difficult to get to the floor. See what works best for you, but always try the hardest version first.



MOUNTAIN CLIMBER TIPS

1. Keep your abdominals tight when performing mountain climbers
2. Try to avoid hunching your back by thinking about keeping a tall spine
3. Try to keep light on your toes
4. This should be a fast movement so try to move your feet as fast as you can, but if you're new to mountain climbers, take it slowly, and increase your leg speed as you get more confident and experienced at the exercise.
5. To get the most from mountain climbers be sure to check that your bottom is not rising into the air and that your hands remain in place directly beneath your shoulders.

A mountain climber is a bodyweight exercise that is useful for burning calories, building stamina and strengthening the core

EXERCISE/FITNESS:

Basic Exercises: Russian Twist

The Russian twist is an effective way to build your core and shoulders. It's a popular exercise among athletes since it helps with rotational movement, which happens often in sports. It may look like a simple movement, but it can require a lot of strength and support. Thankfully, there are variations and versions that make it an exercise accessible to all. So do not worry.

Fun fact: The Russian twist is thought to be named after one of the exercises developed for Soviet soldiers during the Cold War, though its popularity today makes it a universal exercise.

How to do a Russian Twist

- Sit down on the floor and, with your legs together, lift your feet away from the floor, keeping your knees bent. (you can do this with your feet on the floor if this is too difficult, but do try it with feet off first).
- Lean backwards and elongate and straighten your spine at a 45-degree angle from the floor, creating a V shape with your body and thighs. (depending on your own capabilities, how far you lean back is up to you).
- Reach your arms straight out in front, interlacing your fingers or clasping your hands together. (another way to do this is to hold a ball, or similar object).
- Use your abdominals to twist to the right, then back to centre, and then to the left. The action is if you are trying to place that ball on the floor next to you. So you twist side to side to do that. (see pic)
- This is 1 repetition. Do 2 to 3 sets of 8 to 16 repetitions.



Here are a few pointers to keep in mind as you get started:

- For beginners, press your feet into the floor or extend them straight out as you get a feel for the movement.
- Breathe steadily and deeply. Exhale with each twist, and inhale to return to the centre.
- As you twist, keep your arms parallel to the floor or reach down to tap the floor beside you.
- Engage your abdominal and back muscles throughout the exercise.
- For more stability, people find if they cross their lower legs it can be easier.
- Maintain a straight spine, and avoid slouching or rounding your spine.
- Allow your gaze to follow the movement of your hands.

There are other variations. You can do this sitting in a chair, for example.

You can hold a ball, weights, or just have clenched fists.

Some people uncross and cross their legs as they twist.

There is a version that has people punching out in front of them as they twist.

As you can see, you can adapt and change to fit your own requirements.

In general, the Russian twist is safe for most people. Talk with your doctor or personal trainer if you have any injuries or health conditions that may be affected by this exercise.

Use caution when starting this exercise if you have or develop any concerns about your neck, shoulders, or low back. This exercise has the potential to cause or exacerbate pain in these areas.

EXERCISE/FITNESS:

Basic Exercises: Plank to Push Up

In previous packs we have covered the “press up/push up” and the plank exercise, but this one manages to incorporate them both into one.

Hybrid exercises are one of the best ways to multitask while you are working up a sweat.

Combining a few specific movements into a compound exercise makes the most of every workout. That's especially true for the plank push-up, which tests your upper body and core strength as you're shifting between the two movements as gracefully as possible.

The concept of a plank push-up is simple. You are moving from a high plank (press up position) to a forearm plank with control, then pushing your body back up one arm at a time. But while the concept is simple, doing it perfectly isn't.

There are a lot of common mistakes made along the way that can prevent you from reaping the muscle-boosting benefits. There are three common form mistakes.

Allowing your hips to sway back and forth.

Allowing your head and neck to drop.

Allowing your hips to drop.

How to do a plank push-up

- Start in a Press Up (high plank) position with your body in a straight line from your head to your toes and your hands directly under your shoulders.
- Without losing your form and in a very controlled motion, lower onto your right forearm, then onto your left forearm.
- Place your right hand onto the ground. Then engage your core and push your body back up into a high plank (press up). Your right arm will be doing the work as your left arm follows.
- Perform 12 reps starting with your right hand, then 12 reps starting with your left hand. Or, alternate sides.



This exercise can quickly show you where your body is lacking strength depending on what area of the body you notice movement compensations.

1. If your hips sag, your transverse muscles and anterior core (your six-pack muscles) need work.
2. If you struggle to push yourself out of the bottom position, it's your chest and shoulders that are lacking.
3. If your hips poke upward, your glutes and hips likely need attention.

Planks are a static exercise: You assume a stationary posture, stabilize the core, and hold it till it hurts. But life isn't static. We're constantly reaching, bending, stepping, running, and moving, and if you can't stabilize your torso while you do all that, you'll fall down, or pull something, pretty quickly. Plank push-ups force you to stabilize your spine while you move, a key life skill, and a key function of the core musculature.

HEALTH / ROUTINE

Let's look at muscles

How often do you actually think of the miracle which is your body? How everything connects up together to enable you to live the life you do. You are a walking miracle!! And part of that miracle are your muscles.

They have a lot to do. They help you pull things up and push things down and around. They move things inside you and outside you. And they move you too, of course. They work together with all the other systems of your body, but more than any organ system, the muscular system specialises in movement; of food and air into and out of your body; of the circulation of your blood within your body; of different parts of the body relative to one another, as when you change position in bed; and of your body through space (which is what you would normally think of as 'movement').



All muscles are strong. Most are incredibly enduring. A muscle cell is full of "mitochondria", thousands of little factories constantly turning out molecules of a refined fuel called ATP. The muscle cells use this fuel to manufacture strong and flexible proteins (amino acids), with which they build and repair themselves and do work. Mitochondria produce around 90% of the chemical energy that cells need to survive. Muscle activity accounts for most of the body's energy consumption.

Muscles help the body deal with gravity.

Gravity is very important to our everyday lives. Without Earth's gravity we would fly right off our planet! We'd all have to be strapped down all the time and if you kicked a ball, it would fly off forever. While it might be fun to try for a few minutes, we certainly couldn't live life on Earth without gravity.

Gravity also is important on a larger scale. It is the Sun's gravity that keeps the Earth in orbit around the Sun. Life on Earth needs the Sun's light and warmth to survive. Gravity helps the Earth to stay just the right distance from the Sun, so it's not too hot or too cold.

One way of looking at gravity is to think of it not as a force like magnetism, but instead as a natural result of the way mass bends space. Any object with mass (like a star) pushes on space and bends it, so that other objects (like planets) that are moving in a straight line are also going around the star. It looks to us like the star is pulling on the planet, but really the star is bending space. Confused? Maybe. :-)

So how does that link with your muscles?

Well, your body is actually quite heavy (some of us have heavier ones than others). As it does with everything, gravity pulls your weight downward (towards the planet's centre). But gravity does not only pull on the soles of your feet. It pulls on all of your weight. If gravity had it's way, you would be lying on the floor right now. Thankfully, gravity is also managed by your mass. Compared to the earth, our mass is very small. Your muscles pull your weight up, therefore opposing the pull of gravity, and hold you upright. Eventually gravity will win, but while you are still alive and fighting, you can resist gravity, but it is important to fuel and rest your muscles too.

We don't actually "feel" gravity.

We only feel the effects of trying to overcome it by jumping or when we fall

HEALTH / ROUTINE

Muscles do incredible things

Muscles are attached to bones on the inside of your body and skin on the outside, with various types of connective tissue between the layers. Therefore, they hold your body together. Without them you would just be a blob on the floor. Along with your skin and your skeleton, your muscles shield your internal organs from injury, from impact, and from penetration.

Contracting and releasing a muscle moves the bone it is attached to relative to the rest of the body. The movement of the bone, in turn, moves all the tissue attached to it through space, for example when you raise your arm. Certain combinations of these types of movement contribute to move your entire body - as when you walk, run, swim, or dance.

Muscle contraction does not have to be large - it is muscles that help you to blink your eyes, dilate your pupils, or smile.

Much of your muscle movement is outside of your conscious control. In fact, a close interaction between some muscles cells and your nervous system does not just keep you upright, but also balanced.

Nerve impulses throughout your muscular system cause muscles to contract and relax to oppose gravity in a more subtle way when, say, you are shifting your weight from one side to the other as you walk. This interaction is called “muscle tone”, and it is what is enabling you to hold your head up right now. Yep, that’s a fantastic example of your muscles working properly.

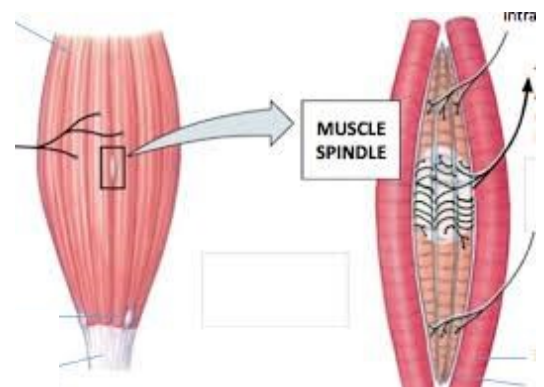
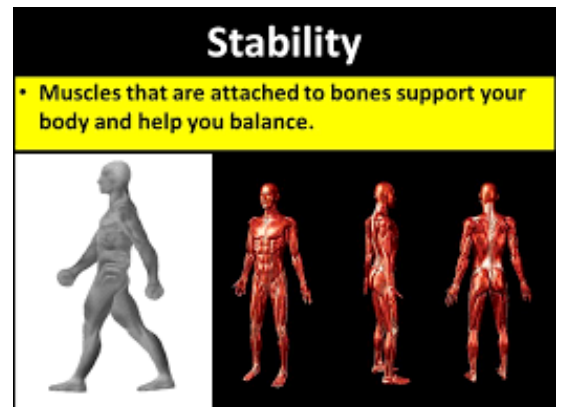
If you were walking down a steep incline on rough terrain, your muscle tone brings your abdominal muscles and your back muscles into action in a different way than if you were walking across your living room floor, which would be flat. The mechanism of muscle tone may move your arms up and away from your body to counterbalance the pull of gravity with an accuracy and precision you could never consciously calculate. In fact, using your unconscious, the mechanisms of muscle tone are active every minute of every day, even when you are asleep. Extraordinary!!! We take all this for granted!!!

How does it work?

This is a very, very, simplified version. It is worth doing your own research.

Muscle tone relies on “muscle spindles” - these are specialised muscle cells that are wrapped with nerve fibres. Your central nervous system stays in contact with your muscles through these muscle spindles.

Spindles send messages about your current body position through your spinal cord to the brain. To make any movements or adjustments, the brain then sends signals through the spinal cord and nerves back to the muscle spindles about which muscles are needed to contract and which to release. Bloody clever. And all this goes on without us having to think about it.



HEALTH / ROUTINE

A few other muscles

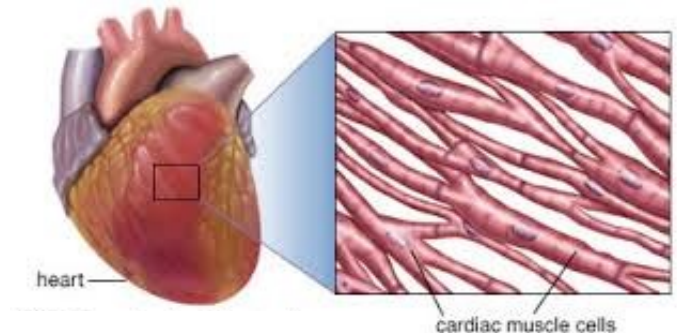
When we think of muscles we tend to concentrate on the big ones we all know - glutes, quadriceps, calves, biceps, triceps, abdominals, etc. The ones we work on the most when we are doing exercises.

So let's have a peek at some we may not focus on.

Cardiac Muscle

Your cardiac muscle is extremely important. It makes up the walls of your heart and contracts rhythmically, pumping the blood into the arteries. It hits with so much force that the artery walls briefly stretch, and this is what you feel as your "pulse". However, there must be enough force from the blood pushing on the walls by the time it reaches the capillaries to push out the plasma. This is why blood pressure is so important. Smooth muscle in the walls of the arteries help control this by contracting to constrict the vessel or relaxing to dilate it.

Damage to this layer is one cause of "arteriosclerosis" - hardening of the arteries - which takes away the arteries' subtle control of blood pressure.



Diaphragm

When I was younger I used to play a Euphonium (a brass instrument that resembles that of a Tuba, but is smaller, around the same size as a Baritone). I was always told I needed to use my diaphragm when I was learning breathing techniques - although I don't think I really understood what the teacher was saying.

The "Thoracic Diaphragm" is a dome-shaped sheet of muscle separating the base of the lungs from the liver, and, on the left side, from the stomach and the spleen.

The diaphragm pushes up beneath the lungs to control their contraction and expansion during ventilation (when you are breathing). The motor fibres in the "phrenic nerves" (the phrenic nerve originates from the cervical nerves in the neck and descends through the thorax to innervate the diaphragm. It is the only source of motor innervation to the diaphragm and therefore plays a crucial role in breathing) signal to the diaphragm when to contract and relax. The diaphragm can also exert pressure on your abdominal cavity, and that helps with the expulsion of vomit, faeces, and urine.



Sphincter

You find sphincters at various places in the digestive system, from the very beginning, to the end, and in other parts of the body as well. They are essentially valves; rings of smooth muscle that are fully contracted on their resting state, holding material in place, and then briefly relax to allow material to move through. Thankfully most are not under conscious control. Two of them though, urinary and anal, we do control from around the age of two. This control allows the release of these body wastes in ways we find acceptable, and is considered one of the milestones of a child's development.

Fact: males have much stronger urinary sphincter muscles than females, meaning they can retain about twice as much urine in the bladder for twice as long!!!!

HEALTH / ROUTINE

Looking after your Muscles

Like all parts of the body, things can go wrong with your muscles.

For example, Muscular Dystrophy.

There are actually more than thirty diseases characterised by progressive weakness and degeneration of the skeletal muscles. All are inherited, each with its own pattern. The disorders can differ in terms of the distribution and extent of muscle weakness, age, and onset of symptoms, and rate of progression.

The general prognosis for people with Muscular Dystrophy (MD) varies according to the type and progression. Some cases may be mild and progress very slowly over a normal life span, while others produce severe muscle weakness and functional disability beginning at a young age. Sadly, some may even die.



The most common is “Duchenne Muscular Dystrophy” (DMD). It is more common in males. The symptoms become evident usually before the child is three years old. Muscles slowly weaken, shorten, and degenerate. Fat and connective tissue replace normal muscle tissue, thus causing problems for the heart and lungs. Very often, by the age of twelve, a wheelchair is needed, and, very sadly, early death often happens.

Another type, “Myotonic Muscular Dystrophy” (MMD) affects males and females of any age. Progressive muscle weakness and stiffness is usually evident first in the muscles of the face and neck. Turning the head becomes difficult. Eventually, those afflicted have problems with actions such as swallowing, because their muscles don’t relax after contractions. Then the arms and legs become affected. In the end, the patient may require a wheelchair or to be confined to bed. Sadly, there is no specific treatment to stop or reverse any form of MD. Treatment is more about managing symptoms, and some may need to use ventilators.

How can we look after our muscles today??

Stretch - we cover this on pages 12 and 13. Look back and read.

Diet:

- **Protein:** Muscles are mostly made up of proteins. It’s important to include protein in your diet to replenish what is lost during workouts. Proteins include meat, poultry, seafood, eggs, and milk products.
- **Carbohydrates:** These provide fuel so you can perform physical activities. They also promote the release of insulin so your muscles can build new tissue. Include whole grains, fruits, and vegetables in your diet for carbohydrates. More complex carbs, less simple carbs.
- **Fats:** Unsaturated fats are helpful in muscle recovery. These fats are found in walnuts, flaxseed, fish oils, peanut oil, and olive oil. Less saturated fats.
- **Vitamins and Minerals:** Eating a balanced variety of healthy foods will provide you with the essential vitamins and minerals you need for healthy muscles. Taking a daily multivitamin can also help your body obtain the nutrients it needs.

Exercise: This may seem obvious, but exercise is very important for maintaining muscle health. People who exercise have stronger muscles than others in their age group. Any kind of exercise that causes the body to work against gravity will help build muscle. Muscles will break down as time goes on without exercise. Practice weight-bearing exercises such as running, jogging, jumping rope, and dancing. Adults should get at least 30 minutes of exercise daily.

Hydrate: Water is also important for muscle health. It provides essential electrolytes that are necessary for muscle strength and control. It’s also necessary for building muscle

LET'S PLAY A GAME

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

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

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

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

Name 10:

Countries

Cities

Animals

Birds

Insects

Sports

Actors (surnames)

Actress (surnames)

Singers (surnames)

Authors (surnames)

Jobs

Hobbies

Film Titles

Book Titles

Song Titles

Vegetables

Flowers

Fruits

Trees

Things you find in the Kitchen

Things you find in the Bathroom

Things you find in the Bedroom

Things you find in the Garden

Items of Clothing

Means of Transport

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

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

“Fun from games arises out of mastery.

It arises out of comprehension.

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

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

HOW'D WE DO?

NUTRITION: Lazza's Kitchen

Sweet and Sour Chicken (*health pack 43*)

From April 2020 to March 2021, Lazza produced a recipe each week that he had never made from scratch before. Here he picks one of his favourite savoury dishes.

Sweet and sour sauces have been used in English Cuisine since the Middle Ages, with recipes for sweet and sour meat and fish in the 1390 cookery book "The Forme of Cury".



500g Chicken Breast (cubed)
White/Red Wine Vinegar
Soy Sauce
Cornflour
Pineapple (cubed)
Red Pepper, Onion, Carrot, cut small
Tomato Ketchup
Brown Sugar
Oil to fry

Place the chicken in a bowl, add 2tbsp of the vinegar and 2tbsp of Soy Sauce, stir well to marinate, and leave for around 20 minutes.

Meanwhile, cut up the pepper (removing seeds), carrot, into small pieces, and onion, sliced and diced. Put to one side.

Create the sauce.

Mix 1 large tbsp of ketchup, 1 tbsp of brown sugar, 1 tbsp soy sauce, 2 tbsp of the red/white wine vinegar, with 2 tbsp cornflour which has already been blended with 3 tbsp of cold water.

Cook chicken in oil in a work or large saucepan until browned. Remove and put to one side. Add the pepper/ carrot/onion mix to pan, plus the pineapple and cook for around 5-10 minutes, then readd the chicken and the sauce.

Cook for another 5-10 minutes, taste, and serve as you wish.



I was so impressed at how this turned out when I made it for in weekly health pack 43.

I have always liked the taste of sweet and sour and to be able to replicate it was a truly wonderful experience. I never thought I could do anything like that.

During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking. Why not try out some new recipes and foods yourself? This was a great and very tasty meal to prepare.

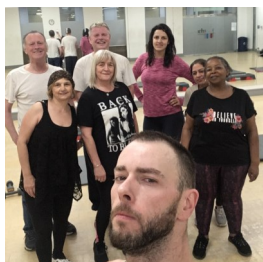
Why not try an exercise class!!!

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

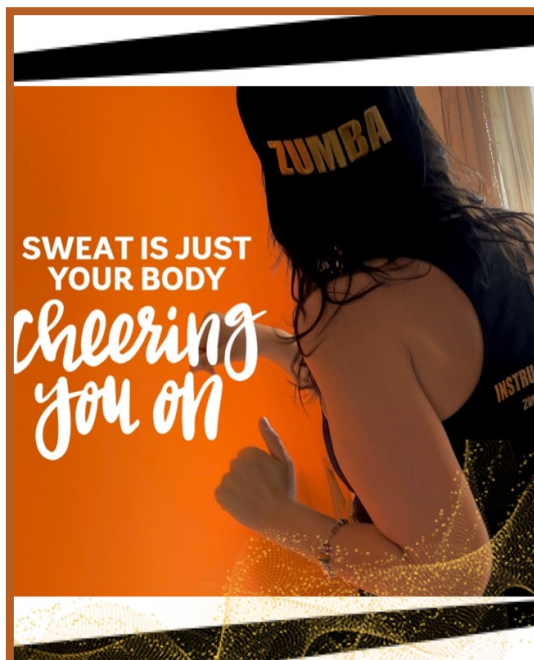
HMHB is outdoors on Highbury Fields on Sunday 11am. Join us!

Karina is based in Islington, but her online classes are fabulous.

Please contact her. They are fun, but also great for your overall health. Treat yourself!!



ZUMBA



ACTIVE WITHIN

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

www.activewithin.com

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

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

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

[Check out their website for more information.](http://www.walkwithadoc.org)

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

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

www.walkwithadoc.org



HEALTHY GENERATIONS PILATES

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

Monday 10-11am:
Intermediate Pilates

Tuesday 10-11am:
Intermediate Pilates

Tuesday 2-3pm:
Beginners Pilates

Thursday 10-11am:
Gentle Pilates

Saturday 9.30-10.30am:
Beginners Pilates

hello@emmaahlstrom.com
www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

Overcoming that “what’s the point” moment can be difficult. I am sure we have all come across occasions when we have wondered what the hell we were doing, and why were we doing it. I have definitely felt that way several times while working to get HMHB off the ground.

Recognising we have bad habits to remove can be a good thing. They affect our focus, our confidence, and our overall health. But also finding ways to motivate yourself is crucial. Believe in yourself more. You are stronger than you realise.



Nutrition.

Incredibly, what you eat can have a direct affect on your mental health. The nutrients your body needs to work, repair, renew, and function, come directly from your diet. It is vital that you try and eat healthy to maintain focus, energy levels, and confidence.

There are some foods that are better than others, but why not do your own research. It’s your body. Feed it properly.

**"The act of nutrition
has been proven in research
to have a direct correlation with
the improvement of mental health"**

Exercise



We all need to exercise, but we also have to ensure we look after ourselves when we are doing that.

With the summer months here, hopefully people will be getting outdoors more, and that means being more careful of the heat, and how that can affect us.

Exercising outdoors is fun, and we actively encourage people to do that. But stay hydrated, put on that sunscreen, and make sure you wear suitable clothing.

There is no point in hurting yourself, or putting yourself at risk. It’s your body. Look after it.

Health.

We all take our bodies for granted, but have you ever thought about just how amazing your muscles can be?

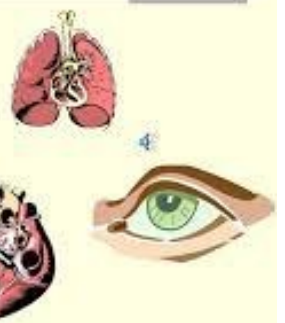
They are active in everything we do. When we walk, when we relax, when we talk, when we smile, when we breathe.

Our muscles are truly incredible, and therefore it is vital we do all we can to make sure they stay healthy.

And, yes, it is all the usual suspects once more. Exercise, eat well, sleep, hydrate, etc. etc. It sounds like we are a broken record, just saying the same thing over and over, but it is your choice!!!

My muscles are important because they...

- Hold my organs in place
- Hold my bones together so that I can move
- Help me chew my food
- Open and close my eyelids
- Pump my blood
- Allow me to run and play
- Help me to smile!



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

Quiz Answers from Page 7 + Dogs from Page 20

See if you can beat your family and friends

Music

In 1988, 19 UK songs topped the singles chart.
These are the singer/band for the songs earlier.

1. Enya
2. Phil Collins
3. Yazzy And The Plastic Population
4. Bros
5. Fairground Attraction
6. Aswad
7. Kylie Minogue
8. Tiffany
9. Belinda Carlisle
10. U2
11. Cliff Richard
12. Whitney Houston

Television

These are the UK comedy shows starring the actors from the question.

1. Gimme Gimme Gimme
2. Allo Allo
3. Absolutely Fabulous
4. Are You Being Served
5. Red Dwarf
6. The Inbetweeners
7. Fleabag
8. Outnumbered
9. The Thick Of It
10. Phoenix Nights
11. The Office
12. Gavin and Stacey
13. Peep Show

List of Dog Breeds - from Page 20

(it's meant to be tricky - how well did you do?)

- | | |
|----------------------------------|------------------------------|
| 1 Labrador Retriever | 2 Cocker Spaniel |
| 3 Jack Russell Terrier | 4 Staffordshire Bull Terrier |
| 5 Cockapoo | 6 French Bulldog |
| 7 Border Collie | 8 Shih Tzu |
| 9 Chihuahua | 10 Dachshund |
| 11 German Shepherd | 12 Yorkshire Terrier |
| 13 English Springer Spaniel | 14 Pug |
| 15 Cavalier King Charles Spaniel | |

Film: These are the Sci-Fi films where the characters were first seen, and the year it was released.

1. 1982: Blade Runner
2. 1979: Alien
3. 1977: Star Wars
4. 1999: The Matrix
5. 1968: 2001, A Space Odyssey
6. 1982: ET. The Extra Terrestrial
7. 2010: Inception
8. 1987: Robocop
9. 1993: Jurassic Park
10. 1979: Star Trek. The Motion Picture
11. 2009: Avatar
12. 1987: Predator
13. 1984: The Terminator
14. 1985: Back To The Future
15. 1997: The Fifth Element
16. 1977: Close Encounters Of The Third Kind
17. 2005: Hitchhikers Guide To The Galaxy

Geography

16 Asian countries between letters R and Z.
Russia, Saudi Arabia, Singapore, South Korea
Sri Lanka, Syria, Taiwan, Tajikistan
Thailand, Timor-Leste, Turkey
Turkmenistan, United Arab Emirates,
Uzbekistan, Vietnam, Yemen

QUIZ
ANSWERS
IONS

Sport

Last 15 different men Wimbledon champions. Goes back to 1982.

Djokovic, Federer, Murray
Nadal, Hewitt, Ivanovic,
Sampras, Krajicek
Agassi, Stich, Edberg,
Becker, Cash
McEnroe, Connors

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 next week's pack. 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

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 enabled us to continue packs last year, to reach further and do more.



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well