

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 25

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st May 2024



www.hmhb2016.org.uk



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

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**"We do not have to become heroes overnight.
Just a step at a time, meeting each thing that comes up,
seeing it is not as dreadful as it appeared,
discovering we have the strength to stare it down." – Eleanor Roosevelt**

Welcome to Issue 25 of Healthy Minds, Healthy Bods' New Monthly Health Packs.

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

We then went monthly for 7 issues.

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 print some copies to post to those who have no internet, our local councillors, Caroline Russell, Benali Hamdache, and Ernestas Jegorovas Armstrong, as well as Sue Lukes and Osh Gantly, all of whom have been HMHB supporters since inception.

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

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



Some fun pictures from 2023 - including meeting a Dalek, cooking Ginger biscuits, and trips to the Globe theatre and Royal Academy. We have delivered across Islington and beyond. HMHB get referrals to us from the NHS and other projects. Lots of outings, social events, terrific exercise sessions, new walks and, of course, our courses. HMHB delivers to all.

HEALTH NEWS AND RESEARCH PAGE

Let's talk about Vaping - especially with younger people

We all know smoking is the worst thing you can do for your body and health. It has NO health benefits, and the odds are if you smoke you will die from a smoking related disease. So many have turned to “vaping” instead. But, let's be clear, this is still not good for you.

E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air. E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.



Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or “mods,” do not look like other tobacco products. They are known by many different name, sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).” Using an e-cigarette is sometimes called “vaping.”

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavourings, and other chemicals that help to make the aerosol. This liquid is sometimes called “e-juice,” “e-liquid,” “vape juice,” or “vape liquid.” Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air.

They are definitely unsafe for younger people. Most e-cigarettes (vapes) contain nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products. A CDC study found that 99% of the e-cigarettes sold in assessed venues contained nicotine. Some vape product labels do not disclose that they contain nicotine, and some vape liquids marketed as containing 0% nicotine have been found to contain nicotine.

Nicotine can harm the developing adolescent brain. The brain keeps developing until about age 25. Using nicotine in adolescence can harm the parts of the brain that control attention, learning, mood, and impulse control. Each time a new memory is created or a new skill is learned, stronger connections – or synapses – are built between brain cells. Young people's brains build synapses faster than adult brains. Nicotine changes the way these synapses are formed. Using nicotine in adolescence may also increase risk for future addiction to other drugs.

When a person is dependent on (or addicted to) nicotine and stops using it, their body and brain have to get used to not having nicotine. This can result in temporary symptoms of nicotine withdrawal.

Nicotine withdrawal symptoms include irritability, restlessness, feeling anxious or depressed, trouble sleeping, problems concentrating, and craving nicotine. People may keep using tobacco products to help relieve these symptoms. Youth may turn to vaping to try to deal with stress or anxiety, creating a cycle of nicotine dependence. But nicotine addiction can be a source of stress.

What may start as social experimentation can become an addiction. Youth e-cigarette and cigarette use have been associated with mental health symptoms such as depression.

HEALTH NEWS AND RESEARCH PAGE: Let's talk about Vaping - especially with younger people

Scientists are still learning about the long-term health effects of e-cigarettes. Some of the ingredients in e-cigarette aerosol could also be harmful to the lungs in the long-term. For example, some e-cigarette flavourings may be safe to eat but not to inhale because the gut can process more substances than the lungs.

Defective e-cigarette batteries have caused some fires and explosions, a few of which have resulted in serious injuries.

Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes. In the US, nationally, approximately 50% of calls to poison control centres for e-cigarettes are for kids 5 years of age or younger.



E-cigarette aerosol is NOT harmless “water vapor”. The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavourings such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

The aerosol that users inhale and exhale from e-cigarettes can expose both themselves and bystanders to harmful substances. It can be difficult for consumers to know what e-cigarette products contain.

E-cigarettes do expose users to fewer harmful chemicals than burned cigarettes. But burned cigarettes are very dangerous, killing over half of all people who smoke long-term. The use of any tobacco product, including e-cigarettes, is unsafe for young people.



JUUL is a brand of e-cigarette that is shaped like a USB flash drive. Like other e-cigarettes, JUUL is a battery-powered device that heats a nicotine-containing liquid to produce an aerosol that is inhaled.

All JUUL e-cigarettes have a high level of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.

JUUL is one of a few e-cigarettes that use nicotine salts, which allow particularly high levels of nicotine to be inhaled more easily and with less irritation than the free-base nicotine that has traditionally been used in tobacco products, including e-cigarettes.

News outlets and social media sites report widespread use of JUUL by students in schools, including classrooms and bathrooms. Approximately two-thirds of JUUL users aged 15 – 24 do not know that JUUL always contains nicotine.

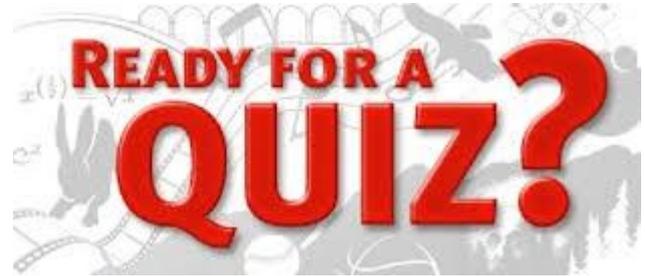
Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 39 this week (no peeking)

Plays:

Twelve of Shakespeare's plays are described as "Tragedies".

How many of them can you name?

It's tough, I know.



The World: What is the Capital City for these countries?

1. Romania
2. Uruguay
3. Sri Lanka
4. Indonesia
5. Poland
6. Estonia
7. Canada
8. Ghana
9. Morocco
10. Montenegro
11. New Zealand
12. Wales
13. Iceland

Music: Who sang these UK No.1 singles, and in what year were they released?

1. Three Times A Lady
2. Flying Without Wings
3. I'm A Believer
4. The Real Slim Shady
5. Don't Stand So Close To Me
6. When Will I See You Again
7. Sacrifice
8. Nothing Compares 2 U
9. Bright Eyes
10. A Hard Days Night
11. Come On Eileen
12. Ooh Aah ..Just A Little Bit
13. My Sweet Lord
14. Don't You Worry Child
15. I'd Do Anything For Love (But I Wont Do That)
16. Dancing Queen
17. There Must Be An Angel

Pop: Who originally sang these songs with the word "girl" in the title plus year of release.

1. Fat Bottomed Girls
2. Uptown Girl
3. Material Girl
4. Brown Eyed Girl
5. Girls On Film
6. West End Girls
7. China Girl
8. Barbie Girl
9. The Most Beautiful Girl In The World
10. I Kissed A Girl
11. Big Girls Don't Cry
12. My Girl
13. Galway Girl
14. Another Girl



Entertainment:

Who were the last fifteen countries to host the Eurovision Song Contest, Including 2024.

If you don't know, have a guess and see how many you got right. :-)

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

HMHB Activity: Photos and Events from April 2024



We enjoyed the first of our six visits this year to the Globe Theatre on the banks of the Thames to catch a modern abridged version of the play Romeo and Juliet.

We were enthralled and entranced by the production that was very modern. Obviously a tragic ending with bloodshed and death, but looking forward to the plays to come.

As you know, we now have three weekly walks going—
Mondays at Finsbury Park
Wednesdays on Highbury Fields
Thursdays in Clissold Park.

Here are our Thursday group on a gorgeous Thursday morning, relaxing on a bench and enjoying the outdoors. Do come along and join us - details of all the walks, and the rest of our activities, are on our website. Nothing like outdoor exercise with friends.



Thanks as always to our photographer Justin for another great pic from our Thursday online Quiz. Professor Lazza sets the questions that are there to deceive, flummox, baffle, and confuse everyone. It's more about laughter, learning, fun and interaction.

Setting the questions seems to take ages, but I thoroughly enjoy finding obscure pieces of knowledge, or just making things up. Anyone can win!!!

Five of us enjoyed a night at the Pleasance Theatre in North Road, Islington, with television star Joe Thomas performing some comedy. He was trying out material for a forthcoming show, and it was great to be able to see him live. This followed on from our trip to see Alan Davies recently, and it is a terrific venue. They get a lot of big names, as well as future comedians, trying out material at a fraction of the price you would pay for a big tour. Try it out.



HMHB Activity: Photos and Events from April 2024



Another one of our exercise groups. We run two a week in partnership with Better Gyms, one in Highbury Leisure Centre on a Tuesday morning at 9:30am, and one at the Sobell Centre on a Saturday at 8:45am. With the warmer weather coming, why not pop along to our classes and give them a go? AS you can see, we have a diverse mix of users, from 25 to 88. You go at your own pace, and there are always options.

Here we are sat outside the Second Chance Café, part of St Mary's Church on Stoke Newington Church Street during our Thursday walk.

We now regularly stop off for some homemade soup, apple crumble and custard, and a nice cup of tea/coffee. People donate cakes, and the atmosphere is always friendly and relaxed. Every Thursday and Friday from 11am to 2pm. Do check it out. It's a voluntary donation, and they recommend around £3 or more.



HMHB has their first ever visit to Hackney City Farm, just off Hackney Road at the bottom of Haggerston Park.

We saw some fairly new born piglets, as well as some frolicking lambs, alongside donkeys, sheep, goats, chickens, ducks, etc.

After a damp start, the day turned into one of warm weather, and we finished off in the café having some tasty food and drinks.

A super evening at Sadlers Wells in April to see Paco Pena Flamenco.

The guitarists were truly exceptional, with wonderful acoustics and speed of finger work. The dancing was exciting and fast. The speed of the footwork was extraordinary. Personally, I had never seen anything like it, and it was great to be able to share the experience with our wonderful group of 20. We have to thank Sadlers Wells for their help in getting great seats and a terrific view.



HMHB Activity: Photos and Events from April 2024

We were delighted to be invited to come to Sotheby Mews Day Centre to enjoy their St George's Day Party. A sit-down meal of Roast Beef, Yorkshire, Potatoes and Vegetables, was followed by a delicious Eton Mess style dessert. There was juice, water, wine, and some beer, and we partook before heading to the dance floor where we flung ourselves around energetically to the tunes. It really was a terrific afternoon of food, fun and entertainment. Thanks so much to Nigel and his team for allowing us into their space. We had a wonderful time.



We have to send huge thanks to our friends at Eagle Recovery Project for inviting us to join them at a thought provoking photographic exhibition at the Saatchi Gallery.

Some huge photos showing the scale of how humans are affecting this planet. From just about every continent.

Here the group are in front of two such pictures - one showing massive rapeseed oil fields stretching for miles, and the other of a Boeing factory, which was enormous. Cheers John for making this happen.

Lazza's weight loss Corner

31 January 2024: I was 108kg.

I've really worked hard this month, and although the loss of weight is quite small I am very happy. This is because I had a week's holiday at a place where the food was plentiful, delicious, and I definitely over indulged myself.

In these packs I talk a lot about how we need to give 100%.

So, getting together with one of our friends, Robin, who luckily also lives in my road, I decided to overhaul my diet and get exercising even more..

And on 30 April 2024: I was 102.5kg

So I have now lost 5.5kg: Which is around 12lbs. Going steady and doing fine.

NUTRITION: Lazza's Kitchen Adventure

Chicken & Tomato Pasta Bake

A Brand NEW Recipe from Lazza's Kitchen.

Lazza made his first ever version of Chicken & Tomato Pasta Bake from scratch

Around 1873, William A. Lawrence, a dairyman in Chester, New York, USA, was the first to mass produce an un-ripened fresh cheese known generically as cream cheese. In 1872, he began manufacturing Neufchâtel cheese. By adding cream to the process, he developed a richer cheese that he called "cream cheese". In 1877, Lawrence created the first brand of cream cheese; its logo was a silhouette of a cow followed by the words "Neufchatel & Cream Cheese".

Ingredients

250g Macaroni Pasta
Olive Oil: 500g Chicken Breast diced
2 Onions Diced: 3 Garlic Clove diced
2 Courgette/2 Red Pepper - sliced and diced
Can 400g Plum Tomatoes: Plum Toms halved
100ml Chicken Stock: Tomato Puree
100g Cream Cheese
Cheese for topping (incl Mozzarella)
Oregano and Basil
Salt and Pepper

First cook the pasta in water for the recommended time. Meanwhile, heat some oil in a pot and cook the chicken for around five minutes. Add the onion and garlic, and cook for further three/four minutes, stirring. Now add the tin of tomatoes, the diced plum tomatoes, and tomato puree. Stir it all in. Now add the stock, and a good helping of oregano and basil.

When the pasta is ready, drain it, and put back into the saucepan. Add the sliced and diced peppers and courgette, as well as the cream cheese. Stir all that together. Now add some seasoning too (salt and pepper to taste).

Pour the pasta/courgette/pepper/cream cheese mix into the pot with the chicken. Make sure it is all combined well before transferring it into an oven proof dish. Over the top sprinkle grated cheese (I used Red Leicester and Cheddar) and slice Mozzarella on top of that. Cook in oven at 190C for around 20-25 minutes, till top is bubbling. Serve.



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: Potential: Are you achieving yours?

If you were to look up the definition of “Potential” it would probably read something like this: “having or showing the capacity to develop into something in the future”. Some of us may not believe we can all achieve, but we are definitely all born with potential.

Think of it like a tree that has grown. At one stage, it was just a small seed. It has the potential to grow into a mighty tree, but it does not just happen. It has to be in the right soil, and get the right amount of water and sunlight. It’s potential has to be cultivated.

That’s the same with all of us and what we do. HMHB, for example, started off as an idea in my head. I wanted to help people who may be depressed or stressed, to lift them out of those black thoughts and times and bring them back into life, demonstrating that good things can happen too. But that takes a lot of time, and effort, and work. My little idea, with cultivation, had grown into a fantastic project, and I have been rewarded with astonishing feedback and humbling awards.



Are you tapping into your own potential? There is an advert in the cinema (which I admit gave me the inspiration for talking on this subject) which focuses on “potential”, and they say exactly what I was thinking—potential is just that, and will always stay just that, unless you take action.

We are so terrified of failure, being unfairly judged, and criticism that we write off our hopes and dreams before we even dare to try. We may have sunk into a pattern of playing not to lose so much that we have forgotten how to play to win. And that’s part of why we don’t reach our full potential.

But something critical to remember is that we always have a choice when it comes to expanding our potential. We can choose, and making the decision is hugely empowering both for our personal growth and potential expansion. By understanding you have a choice when it comes to your potential, you set yourself up for success.

Ask yourself the following questions.

- When you’re present and calm, letting your mind wander, what can you imagine for yourself in the future?
- If you had no limitations, self-imposed or otherwise, what path would you take?
- If you were confident you had the patience and persistence to succeed, what would you attempt?
- If you didn’t have to worry about what anyone else would think, what future would you seek?

The answers to these questions will help you define what you could be, and by doing so, you put yourself in the best possible position to achieve it.

“Consult not your fears but your hopes and your dreams.

Think not about your frustrations, but about your unfulfilled potential.

Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.”

MIND-SET: How can I work towards my Potential?

Develop that Growth Mind-set.

We have talked about this many times in these health packs, and it is something we try and cultivate in our courses too. How we think can determine our actions, and therefore the consequences of those actions. However, not everyone takes the time to think about the way they think and may make assumptions about their skills that can be negative.

A growth mindset is a belief that you can develop your skills and talents through hard work, the right strategies, and guidance from others. By considering how you currently approach challenges, either at work or in education, you can determine your current mindset. Think about something that you're better at now than you were in the past? What did you previously find difficult? Why does it feel easier now? And how did you achieve such a change? These thoughts can prompt you to think about the time and effort you've spent to improve in particular areas, the hallmarks of a growth mindset.



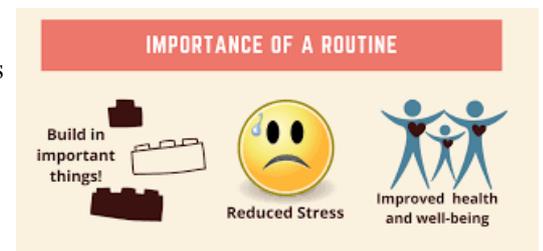
Whether you've been successful in life goals or not, seeking feedback from others is a good way to develop a growth mindset. They may give you insight into where you've developed or what needs improvement. In turn, this can help you to set goals for improvement.

Have a Healthy Routine

Shake up your daily routine. Assess what you are doing now. Are you doing the same things over and over again? I am not saying that is totally wrong. It could be something that is working really well for you at the moment. Routines keep us organised and give us purpose.

However, it is very easy to stagnate and allow life to start passing you by. To reach your potential you should always be looking to see if you can find ways to challenge yourself, experience new things, and not get bored. You will inevitably have targets and that will mean having to get out of that comfort zone sometimes. Are you prepared to do that?

And are you looking after yourself? There is no point in trying to reach new heights, develop new skills, and build new talents, if you are not eating right and exercising too. This is a good time to look at your overall routines and see where you can make good changes.



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.

EXERCISE/FITNESS: STRETCHING

Morning Stretches for you - thanks to Bupa - Pt 1

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

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

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

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

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

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

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

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

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

COBRA STRETCH

Lie on your stomach and place your hands flat beneath your shoulders. Tuck your elbows in by your sides and gently raise your head and chest, keeping your hips and groin on the floor. Keep your chin up and looking straight ahead. Remember to relax your neck and shoulders. Hold for around 10 seconds, lower, and then raise up again. Strengthens the spine and many muscles in the back of the body including spinal extensors, gluteus maximus, and hamstrings.



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.

KNEES TO CHEST

Lying flat on your back, bring one knee to your chest and hold it in position with your arms or hands. You should feel a nice stretch in your lower back. If it feels comfortable, you can also do this stretch by bringing both knees at the same time. Hold this stretch for 30 seconds. The knee-to-chest stretch is a great way to relieve muscle tension in your low back and hips, often related to activities like going up and down the stairs or sitting for long periods of time. Other benefits include improving flexibility and range of motion in the hips, hamstrings, and glutes.



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

EXERCISE/FITNESS:

Morning Stretches for you - thanks to Bupa - Pt 2

SIDE STRETCH

Stand with your feet hip-width apart and clasp your hands above your head. Gently lean your body to one side, feeling a deep stretch along the side of your body. Pause and then return to standing straight. Repeat 8 to 10 times on each side.

By stretching the muscles that attach to the ribs, side stretching allows for increased rib mobility. This improved movement enables the lungs to respond more effectively to changes in volume, thus enhancing respiratory functions.



HAMSTRING STRETCH

Stand upright and gently bend one knee as if you're going into a sitting position. Place the opposite leg outright, keeping your knees next to each other, pointing your toes towards the ceiling. Bend forward from your hips to feel a nice stretch along the back of your outstretched leg. Hold for 30 seconds and then repeat with your other leg. The hamstrings are responsible for standing the body upright. Notice how when we age we hunch over. This is happening from below. The hamstrings are no longer shortening, which tilts the pelvis forward, which in turn pushes the shoulders and neck forward.



QUAD STRETCH

Stand up straight and hold onto the wall or a chair if you need to. Keep your feet hip-width apart. Reach back and grab your left foot with your left hand. Keep your thighs lined up next to each other and your left leg in line with your hip. Feel the stretch in your left thigh and hips and hold for 30 seconds. Repeat with your right leg. The quads keep your kneecap stable and help you maintain your standing posture. They also help you take steps when you're walking or running.



**As long as you're not overdoing it,
the more regularly you stretch, the better it is for your body.
It's better to stretch for a short time every day or almost every day
instead of stretching for a longer time a few times per week.
Being flexible and having full joint mobility can have several beneficial implications on
quality of life, including reducing day-to-day pain and increasing vascular health.**

MIND-SET: Fulfil Your Potential

Get, and accept, Support.

Asking for help can feel so uncomfortable that we would often rather suffer in silence, or try to do everything ourselves. We feel that people may see us as weak or incapable.

For many of us, the tendency to not ask for help has been strongly reinforced over time. Many of us live in cultures in which individual performance and independence are prized. I grew up not knowing how to cook because my mum saw the kitchen as her own domain - and to be fair she was a wonderful cook. But it would have been nice to have shared in some of her recipes.

But if you want to reach your potential, you will need people to help guide you along the way. One of the reasons HMHB is so successful is that I met a terrific mentor back in 2014. He was able to guide me, steer me, and make me realise the important tasks. And, fortunately, I listened - I was not always happy, but he was always right.



The ability to ask for and obtain help is a valuable life skill. Over time, carrying a heavy load without enough support can lead to burnout: the exhaustion and disengagement that results from the chronic stress of having too many demands and not enough resources. A lack of perceived social support has been associated with poorer mental and physical health outcomes. Research suggests that everyday acts of benevolence can increase the wellbeing of both the recipient and the helper.

Focus on your goals

Having goals for things we want to do and working towards them is an important part of being human. The path towards our goals may not always run smoothly or be easy, but having goals, whether big or small, is part of what makes life good. It gives us a sense of meaning and purpose, points us in the direction we want to go and gets us interested and engaged, all of which are good for our overall happiness.



An ancient Chinese proverb says that the journey of 1000 miles starts with one step. Even if your goal isn't to walk 1000 miles, thinking about the first step on the way will really help to get you started. Even if you don't know where to start there's no excuse - your first step could be to research 'how to...' on the internet or think of people you could ask or to get a book on the subject from the library. Then think of your next step...and the next...

And break your goals down. This is especially important for big goals. Think about the smaller goals that are steps on the way to achieving your bigger aim. Sometimes our big goals are a bit vague, like 'I want to be healthier'. Breaking these down helps us be more specific. So a smaller goal might be 'go running regularly' or even 'to be able to run around the park in 20 minutes without stopping'. Write down your smaller goals and try to set some dates to do these by too. Having several smaller goals makes each of them a bit easier and gives us a feeling of success along the way, which also makes it more likely that we'll stay on track towards our bigger goal.

MIND-SET:

Reach your Potential

Be a dreamer

Who says that just because you dream, doesn't mean you are actually doing? The people that tell you to be more realistic are the people that are hindering your belief and ability to achieve your goals. For every person that tells me I can't or doubts my abilities, all they do is fuel my motivation. The motivation to prove them wrong. There is a hint of satisfaction when I can overcome their doubts, because when I do, it's not only reassurance for me that my dreams will have a way of working themselves out but, it proves to them that dreaming gives off the smell of sweet victory.

When I first set up HMHB as a company, way back in 2009, it was a dream. It was a wish that I had in my mind. I just needed to find a way to enable it to happen. Many times I was told along the way that it would probably never happen. That people would not fund me. That is would always remain just a dream and I should instead look for a proper job.

I am not saying it all ran smoothly. Being a dreamer does have negativity. Life is incredibly hard - and when you dream such as myself, you are more vulnerable to failure and disappointment. However, a dreamer is one who can see the bigger picture, one that can see their dream coming to fruition in all the rubble such is life. You see, a dreamer is a doer. You can't have all these dreams without work ethic, motivation, tenacity, and grit to follow. And I like to think I have a lot of that.

I understand the realists. I understand why they are the way they are. They are scared of the outcome, disappointment, and failure. In my opinion, failure is not a setback, its a learning lesson. Anything that I can learn is only going to help me in the long run. Dreamers do have a realistic side. Could it all come crashing down? Yes, of course. Will I always get the funding I need? Possibly not. In fact, it is running quite tight at the moment.

Don't worry about doing things alone.

Self-management starts with doing things alone. You will learn a lot about yourself, including why you think and act in certain ways, what motivates you, what you like and dislike. Humans have a natural tendency to socialise and while this is important, it's equally important to spend time doing things alone. As you get to know yourself, you will understand your strengths and weaknesses which will enable you to improve yourself.

While there is a stigma around people who eat alone or visit the cinema or theatre alone, I take pride in immersing myself. After a few times, it'll start to feel completely normal and it will teach you lessons you won't learn in a group.

Clarity of mind is a prerequisite to fulfilling your potential. That clarity comes from the silence within you. When you embrace your own company and you learn to do things alone, you'll naturally tune in to this internal silence. The kind of conversations you have with yourself have a direct effect on the resilience you build. Everything starts with you.

Dreamer

Never let it be said that to dream is a waste of one's time, for dreams are our realities in waiting. In dreams, we plant the seeds of our future.



NUTRITION: Lazza's Kitchen Adventure

Nutty Banana Bake with Vanilla Cream

A Brand NEW Recipe from Lazza's Kitchen.

Lazza made his ever version of Nutty Banana Bake with Vanilla Cream from scratch

Ingredients

200g Golden Caster Sugar
3 Bananas: 4 Eggs
125ml Rapeseed Oil (flavourless)
125 g Wholemeal Flour: 125g Plain Flour
3 teaspoon Baking Powder
Cinnamon/Nutmeg
Crushed Coconut, Almonds, Walnuts
Frosting
100g Softened Unsalted Butter
100g Icing Sugar: Vanilla Essence
200g Cream Cheese

Rapeseed oil is one of the oldest known vegetable oils. There are both edible and industrial forms produced from rapeseed, the seed of several cultivars of the plant family "Brassicaceae".. Historically, it was restricted as a food oil due to its content of "Erucic Acid". Although wild rapeseed oil contains significant amounts of erucic acid, the cultivars used to produce commercial, food-grade canola oil were bred o contain less than 2% erucic acid, an amount deemed not significant as a health risk.

Crush the bananas in a large bowl, then add the caster sugar, rapeseed oil, and eggs. Whisk them all together till they are nicely combined.

Into that mix add both flours, the cinnamon and nutmeg, and mix it thoroughly. Now add the nuts and the baking powder and combine well.

Be careful as the baking powder will start to work, so now pour the mix into your baking trays and bake at around 190C for approx. 30 minutes.

Check with a skewer as it may need a few more minutes - especially in the middle.

Cool in the trays.

Make the frosting. Combine the butter and sugar first till creamy, then add in the cream cheese and a generous helping of vanilla essence. Spread over the cakes and leave to settle before slicing up.

If you want you can always lightly dust with more nutmeg or cinnamon, or even slice up another banana.



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

HMHB's funny quiz page: It's mostly guessing, but play with friends: Answers Page 37

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

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

ROUND ONE: Multiple Choice

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

Batman Enemies	Elton John Albums	Species of Flower
Madame Masque	Breaking Hearts	Corncockle
Blizzard	The One	Wakame
Hush	Sacrifice	Fly Agaric
Mad Hatter	Electricity	Pussytoes

ROUND TWO: Give Me a Number

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

- How many words in the Lord Of The Rings Trilogy Books?
- In Kilometres, how long is the River Amazon?
- How many teeth does an average Garden Snail have?
- How many years did Rip Van Winkle sleep?
- How many films did Alfred Hitchcock make?

ROUND THREE: When Did That Happen

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

- What year did the Eiffel Tower open?
- When did the Bakerloo line start running trains?
- In what year was Tom Cruise born?
- The first episode of Coronation Street aired.
- Selfridges opened their doors for the first time.



ROUND FOUR: What specifically links these people? - clue places

John Lennon: Elvis Presley: Barack Obama: Martin Luther King: Beyonce: Bob Dylan

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

- | | |
|-----------------------------------|---|
| 1. Won a series of Dancing on Ice | Matt Dawson: Kyran Bracken: Gareth Thomas |
| 2. Place that is furthest South | Exeter: Plymouth: Torquay |
| 3. Longest Underground Line in km | Central: District: Metropolitan |
| 4. The oldest actor | S Stallone: A Schwarzenegger: J C Van-Damme |

ROUND SIX: Which Country is it?

1. With the longest coastline.
2. With the highest population.
3. With no rivers or lakes.
4. With most time zones.
5. With NO vowels in its name.



NUTRITION: Processed Foods

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.

Processed foods, such as ready meals, baked goods, and processed meats, can have negative health effects. Consuming highly or heavily processed foods can lead to weight gain, increase the risk of type 2 diabetes, and more. Most food needs some degree of processing and, let's be clear, not all processed foods are bad for the body.

However, chemically processed foods, also called ultra-processed foods, tend to be high in sugar, artificial ingredients, refined carbohydrates, and trans fats. Because of this, they are a major contributor to obesity and illness around the world. In recent decades, ultra-processed food intake has increased dramatically worldwide. These foods now account for 25-60% of a person's daily energy intake throughout much of the world.



The term “processed food” can cause some confusion because most foods are processed in some way.

Mechanical processing — such as grinding beef, heating vegetables, or pasteurising foods — does not necessarily make foods unhealthful. If the processing does not add chemicals or ingredients, it does not tend to lessen the healthfulness of the food. However, there is a difference between mechanical processing and chemical processing.

Chemically processed foods often only contain refined ingredients and artificial substances, with little nutritional value. They tend to have added chemical flavouring agents, colours, and sweeteners. These ultra-processed foods are sometimes called “cosmetic” foods, as compared with whole foods.

Some examples of ultra-processed foods include:

- frozen or ready meals
- baked goods, including pizza, cakes, and pastries
- packaged breads
- processed cheese products
- breakfast cereals
- crackers and chips
- candy and ice cream
- instant noodles and soups
- reconstituted meats, such as sausages, nuggets, fish fingers, and processed ham
- sodas and other sweetened drinks

NUTRITION: Processed Foods

Let's be honest, ultra-processed foods tend to taste good and are often inexpensive. We find creamy doughnuts, burger and chips, and chocolate biscuits irresistible.

However, they usually contain ingredients that could be harmful if consumed in excess, such as saturated fats, added sugar, and salt. These foods also contain less dietary fibre and fewer vitamins than whole foods.

There was one very large study, involving more than 100,000 adults, and it found that eating 10% more ultra-processed foods was associated with above a 10% increase in the risks of cardiovascular disease, coronary heart disease, and cerebrovascular disorders. Cerebrovascular disease refers to a group of conditions that affect blood flow and the blood vessels in the brain. Problems with blood flow may occur from blood vessels narrowing (stenosis), clot formation (thrombosis), artery blockage (embolism), or blood vessel rupture (haemorrhage).



The researchers reached this conclusion after accounting for saturated fat, sodium, sugar, and fibre intake.

Another large study, involving almost 20,000 adults, found that eating more than four servings of processed food daily was linked with an increased risk of all-cause mortality. For each additional serving, all-cause mortality risk increased by 18%.

Other research indicates that eating highly processed foods can lead to weight gain.

Processed foods tend to contain “Added Sugar” and, often, high fructose corn syrup (not to be confused with the fructose sugar found in fruit - do eat fruit. Added sugar, normally refined sugar, contains no essential nutrients but is high in calories.

Regularly consuming an excess of added sugar can lead to compulsive overeating. It is also linked with health conditions such as obesity, metabolic syndrome, type 2 diabetes, and inflammatory diseases.

Processed foods and beverages are among the major sources of added sugar in the diet. Sweetened beverages are a particularly significant source; people tend to consume much more sugar than they realise in soft drinks. Check the bottle label. Cutting down on added sugar — by drinking sparkling water instead of soda, for example — is a quick and effective way to make the diet more healthful.

Ultra-processed foods are very low in essential nutrients, compared with whole or minimally processed foods. In some cases, manufacturers add synthetic vitamins and minerals to replace nutrients lost during processing. However, whole foods provide additional healthful compounds that ultra-processed foods do not.

Fruits, vegetables, and grains, for example, contain healthful plant compounds with antioxidant, anti-inflammatory, and anticarcinogenic effects. These include flavonoids, anthocyanins, tannins, and carotenoids. The best way to get the full range of essential nutrients is to eat whole, unprocessed, or minimally processed foods.

NUTRITION: Processed Foods

The ingredients list on the back of processed food packaging is often full of unrecognisable substances. Some are artificial chemicals that the manufacturer has added to make the food more palatable.

Highly processed foods often contain the following types of chemicals:

- preservatives, which keep the food from going bad quickly
- artificial colouring
- chemical flavouring
- texturing agents

Also, processed foods can contain dozens of additional chemicals that are not listed on their labels.

For example, “artificial flavour” is a proprietary blend.

Manufacturers do not have to disclose exactly what it means, and it is usually a combination of chemicals.

Official organizations have tested most food additives for safety, though the use of these chemicals remains controversial among doctors and researchers.

Carbohydrates are an essential component of any diet. However, carbs from whole foods provide far greater health benefits than refined carbohydrates.

The body breaks down refined, or simple, carbohydrates quickly, leading to rapid spikes in blood sugar and insulin levels. When these levels then drop, a person may experience food cravings and low energy.

Because refined carbs cause frequent increases and decreases in blood sugar, consuming them is linked with an increased risk of type 2 diabetes.

Highly processed foods are often high in refined carbohydrates. Healthy sources of carbohydrates include:

- whole grains
- vegetables
- fruits
- beans and pulses

Ultra-processed foods are often high in unhealthful, cheap fats. For example, they often contain refined seed or vegetable oils, which can be easy to use, inexpensive, and last a long time. Manufacturers create artificial trans fats by adding hydrogen to liquid vegetable oils, making them more solid.

Trans fats increase inflammation in the body. They also raise levels of low-density lipoprotein, or “bad,” cholesterol, and decrease levels of high-density lipoprotein, or “good,” cholesterol.

Eating trans fats is associated with an increased risk of heart disease, stroke, and type 2 diabetes. For example, according to a 20189 study, a 2% increase in energy intake from trans fats is linked with a 23% increase in cardiovascular risk.

The best way to avoid refined oils and trans fats is to avoid processed foods. A person can replace these with healthful alternatives, such as coconut oil or olive oil.



Nutrition: HMHB looks at Minerals

Today: Iodine

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

In the context of nutrition, a mineral is a chemical element required as an essential nutrient by organisms to perform functions necessary for life. Nutrient minerals, being elements, cannot be synthesised biochemically by living organisms. Plants get minerals from soil. Most of the minerals in a human diet come from eating plants and animals or from drinking water.”

The four major structural elements in the human body by weight (“Oxygen”, “Carbon”, “Hydrogen”, Nitrogen”) are usually not included in lists of major nutrient minerals (Nitrogen is considered a "mineral" for plants, as it often is included in fertilisers). These four elements compose about 96% of the weight of the human body, and major minerals (“Macrominerals”) and minor minerals (also called “Trace Elements”) compose the remainder.

Iodine is a Micromineral. Microminerals are essential and indispensable trace minerals in the human body. However, only in a very small amount to participate in the body's operation.

Iodine helps make thyroid hormones, which help keep cells and the metabolic rate (the speed at which chemical reactions take place in the body) healthy.

Good food sources of iodine include:

- cows' milk and dairy products
- eggs
- sea fish
- Shellfish



Iodine can also be found in plant foods, such as cereals and grains, but the levels vary depending on the amount of iodine in the soil where the plants are grown.

Adults need around 140 micrograms (μg) of iodine a day. Most people should be able to get all the iodine they need by eating a varied and balanced diet.

If you are following a strict vegan diet and do not eat any fish, eggs, cows' milk or other dairy products, then you may want to consider foods fortified with iodine or consider taking an iodine supplement. However, if you are considering taking a supplement seek advice from a healthcare professional

Some types of plant-based drinks (such as soya or oat) are also fortified with iodine. Check the label to see if it includes iodine.

Like all Minerals, these are Elements that are “essential for life”.

Your body can't create them (they are inorganic). You have to get them through your diet.

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

It's your body, and your choice.

Make sure your choices are the best ones you can make.

LAZZA'S PAGE

Recommendations, News, Life!!!

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

People know I love the cinema. It's why I have an Odeon Limitless card - for under £20 I get to see as many films I want in a month. And let's just say I have been taking advantage of that recently.

But I see all types of films, and in March I caught my first ever Hindi film (which was totally awesome - a real action thriller) - and a Japanese film (which was wonderfully written, and the acting terrific).

I would never have thought of seeing them without my card. Why not push your boundaries too?



I am very lucky to have a small garden with my flat - and I am the only one with access to it. But it is quite bland. I am not a gardener. So I have fake grass, and bark to stop things growing. But I am going to get a friend of one of our users along, who is good at this type of thing, and give it an upgrade, in time for a summer barbecue. I'll post the new pics next month.

We all need to look after our health, so I went for a health check recently. I also have to get my bloods tested every six months for a health condition.

I put this as around sixteen months ago my blood pressure and cholesterol levels were causing concerns.

I am happy to say that they are both back at healthy levels.

But it was only because I went to check that I then took action. So maybe think about doing this yourselves?



Last Year - 2023 - Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures: HMHB delivered over 10 courses -working with over 120 people in attendance.

HMHB produced and delivered 10 forty-page Health Packs.

HMHB delivered 101 weekly health walks

HMHB delivered 84 weekly exercise sessions

HMHB delivered 30 weekly Zumba sessions outdoors

HMHB delivered or joined in with 58 social outings/events (many of which were FREE)

HMHB delivered 40 online zoom quizzes – unique delivery and fun.

HMHB made many home visits to our older more isolated users.

Islington Voluntary Community Sector turned us down for funding for a “poor quality” application form.

Please help us: www.justgiving.com/crowdfunding/hmhb2016



HMHB's Name Game Page:

Can you name these Flowers from their photos?
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 39)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Beef and Tomato Casserole

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Beef and Tomato Casserole from scratch

Parsnips were introduced to North America simultaneously by the French in Canada and the British in the Thirteen Colonies for use as a root vegetable, but in the mid-19th century, it was replaced as the main source of starch by the Potato and consequently was less widely cultivated. In 1859, a new cultivar called 'Student' was developed by James Buckman at the Royal Agricultural College in England. He back-crossed cultivated plants to wild stock, aiming to demonstrate how native plants could be improved by selective breeding. This experiment was so successful 'Student' became the major variety in cultivation in the late 19th century.

Ingredients

3 x Chopped Onion. 2 x Crushed Garlic.
Beef Chunks - you can decide how much.
3 x parsnips: 4 x carrot: cut and sliced.
800ml Beef stock: Olive Oil
Baby Potatoes halved. Mushrooms sliced.
Cherry Tomatoes - halved. 1 x Courgette
Two tins Cherry Tomatoes
One tin of Green Lentils
Worcestershire Sauce
Rosemary, Sage, Parsley, Salt, Pepper

In one saucepan I cooked the halved baby potatoes with the sliced parsnips.

In another pot I put in some oil and added the onion and garlic to cook for around four to five minutes.

I then added the stock, stirring all together.

While heating, add in the carrots, mushrooms, diced courgette, and all the tomatoes. Bring to boil, and then start to simmer. Put a nice splash of Worcestershire Sauce.

Add in the lentils and herbs (can add a Bay Leaf or two if you fancy).

The good thing with herbs is you can decide amounts. I was generous. :-)

Leave this to simmer away for around 15 minutes.

Now start the beef in a separate pan, brown it off.

In an overproof casserole dish, put the browned meat at the bottom.

Drain the potatoes and parsnips, and layer that on top of the meat.

Ladle the veg mix on top of the potatoes till the dish is full.

Cook in the oven at 180C for an hour. It came out tasting lovely.



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 dish to prepare.

EXERCISE/FITNESS

Can I exercise to live longer? -1

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

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

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

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

We now have our regular Highbury Gym sessions with 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.

Physical activity guidelines recommend that adults engage in at least 150 to 300 minutes per week of moderate exercise, 75 to 150 minutes each week of vigorous movement or an equivalent combination of both intensities. It turns out that if adults do more than the recommended amount, it can lower their risk of death. Moderate physical activity is defined as walking, weightlifting and lower-intensity exercise. Meanwhile, vigorous exercise is categorized as running, bicycling and swimming.



A recent study, involving over 100,000 adults, found that working out two to four times beyond the minimum vigorous physical activity recommendations led to a lower risk of death from cardiovascular disease. Those who worked out two to four times above the moderate physical activity recommendations—about 300 to 599 minutes each week—saw the most benefit.

Participants who performed two to four times above the recommended amount of moderate physical activity had a 26% to 31% lower all-cause mortality and a 28% to 38% lower risk of cardiovascular disease mortality. On top of that, there was an observed 25% to 27% lower risk of non-cardiovascular disease mortality.

Additionally, adults who worked out two to four times more than the recommended amount of vigorous physical activity —about 150 to 299 minutes per week— were found to have 21% to 23% lower risk of all-cause mortality, according to the study. They were also reported to have 27% to 33% lower risk of cardiovascular disease mortality and 19% lower risk of non-cardiovascular disease mortality.

**HMHB users enjoying a Tuesday session
with our wonderful Fully Qualified Trainer,
PT Zombie - Dean.
Fun, interactive, and sweating!!!**



EXERCISE/FITNESS: Can I exercise to live longer? - 2

“A substantially lower risk of mortality was observed among individuals who had adequate levels of both long-term leisure time moderate and vigorous physical activity”, the study says, noting that higher levels of vigorous physical activity were associated with lower mortality among those with insufficient levels of moderate physical activity each week.

But this was not the case for those who already had high levels of moderate physical activity - more than 300 minutes each week. The study notes that “any combination of medium to high levels” of vigorous (75 to 300 minutes per week) and moderate physical activity (150 to 600 minutes per week) “can provide nearly the maximum mortality reduction,” which is about 35% to 42%.

Additionally, people who are insufficiently active - meaning less than 75 minutes per week of vigorous or less than 150 minutes of moderate physical activity - could get greater benefits in mortality reduction by adding modest levels of either exercise. That’s 75 to 150 minutes per week of vigorous exercise or 150 to 300 minutes each week of moderate physical activity. Meeting the minimum for moderate and vigorous activity can reduce cardiovascular disease mortality by 22% to 31%



A separate study, which was published in “JAMA Oncology”, shows that small amounts of vigorous intermittent lifestyle physical activity were associated with lower cancer risk. This refers to brief and sporadic bouts of vigorous physical activity during daily living such as bursts of very fast walking or stair climbing for about one to two minutes.

While younger people tend to choose vigorous activities more often, older adults choose moderate levels of exercise. Yet there was no evidence to show that one was better than the other in older people compared with younger folks.

Instead, in addition to long-term moderate physical activity, “long-term vigorous physical activity in generally healthy older adults can be an effective means of improving health,” says the study.

“It is well documented that light to moderate regular physical activity prevents” cardiovascular disease, says the study. “But previous studies also showed evidence that long-term high-intensity endurance exercise (e.g., marathons, triathlons, long-distance bicycle races) may cause adverse events such as myocardial fibrosis, coronary artery calcification and atrial fibrillation as well as sudden cardiac death.”

Yet this study suggests there is no harmful effect of high, long-term vigorous physical activity on cardiovascular health. But more studies are needed.

Here at HMHB, we promote exercise and fitness. It’s more about movement and flexibility for us. Working out with a group can also strengthen your social skills and communication skill, boost your happiness, and create friendships. All this is demonstrated to boost your health. Just get out and do something.

EXERCISE/FITNESS: Three Exercises - with PT Zombie



RUSSIAN TWISTS

Sit with bent knees and your feet pressing firmly into the floor, holding your hands next to your chest. Sit back slightly, keeping your spine straight. Exhale as you twist to the left, punching your right arm over to the left side. Inhale back to centre, and then do the opposite side.

This will work your obliques and transverse abdominus, important muscles that help you maintain good posture. Russian Twists also help burn fat and tone your waistline while strengthening your spine muscles and improving balance and flexibility.



PLANK THIGH SLAPS

Lower yourself into the Plank position - yes, you can do this on your knees, or even against a wall. Zombie is using the straight arms upright position, but you could rest on your forearms too.

From the position, move your left hand down and slap your thigh, returning hand to normal position. Then alternate to the right and back to left.

Many experts recommend planking rather than crunches or sit-ups, since planks put less strain on your spine and hip flexors. Plus, a plank will strengthen your back, glutes, hamstrings, arms, and shoulders at the same time.



V-UPS

Lie on your back with your arms extended above your head. Keep your legs straight and feet together. Point your toes and engage your core to lift your feet about 6 inches off the floor. Exhale as you engage your core to lift your torso and legs at the same time to create a 'V' shape with your body.

V sit ups are a more advanced ab exercise than sit ups, and provide a greater challenge to the hip flexors and lower abs. While they can be better than sit ups for strengthening the core, having a strong core is required to perform these correctly

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

EXERCISE/FITNESS:

Three More Exercises - with PT Zombie



CURTSIES

Stand with your feet hip-distance apart and let your arms fall at your sides. Draw a semicircle with your right foot, moving it clockwise until it crosses behind your left foot. Lunge down as deeply as possible, hovering your knee a couple of inches off the floor. Slowly return to the standing curtsy position. Repeat and alternate.

The curtsy lunge is great for building lower body strength and stability. The gluteus medius is an important muscle for stability, but it isn't directly targeted in standard squats and lunges, so strengthening it is often overlooked.



ANKLE TAPS

Lie down on your back, ankles reaching up to your bum, with knees bent. Twist your torso to the side and reach down with your right hand to touch your right ankle. Immediately reach down with your left hand to touch your left ankle. Repeat. Continue this small focused movement and contraction of your core muscles for the duration of the exercise.

A great low impact exercise that target the muscles of the obliques and core. Perfect for people with lower back pain as Ankle Taps don't place extra pressure on the lower back such as traditional crunches do. Keep your head up, do not bring chin to chest, as this can hurt your neck.



SAMURAI (over version)

Stand with slight bent knees, and as if holding a samurai sword in both hands in front of you. In one movement, as if swinging the sword over one shoulder, lift the arms, slightly twisting the body. Then, swiftly bring the arms down as if slicing the sword down to the opposite ankle.

This works your obliques which are two pairs of muscles that run along either side of your torso. Each consists of the external oblique, which is the closest to the surface and the largest abdominal muscle, and the internal oblique, which lies directly beneath. Obliques are important for rotational movements, bending from side to side, and protecting your spine.

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.



The Canary Islands, an island nation off the northwest coast of Africa, got its name from "canis" the Latin word for dog. Early sailors landed on the island, found it overrun with wild dogs, and gave it its name. The bird species canary actually got its name from the islands, not the other way around.

That is Charles De Gaulle - former President of France. He died in 1970, of a heart attack. However, maybe you don't know that lots of people tried to kill him and he survived over 30 attempts on his life, allegedly involving the CIA. His survival owes a lot to trusty chauffeurs, lucky avoidance of napalm bombs and a major role for the Citroën car.



That's Cinderella and the Ugly Sisters from Disney's version of Cinderella. We all know the story about how the glass slipper fell off as she fled the palace and the Prince then seeking the lady who's foot fitted the glass slipper. However, did you know, in the Brothers Grimm version of Cinderella, in order to get their feet to fit inside the glass slipper, one of Cinderella's stepsisters cuts off her own heel, and another cuts off her big toe. Anything for love!!!!

Mozart - one of the finest composers of all time. Two facts: Did you know he was actually christened "Joannes Chrysostomus Wolfgangus Theophilus Mozart". He called himself Wolfgang Amadé Mozart as an adult. Also, his music is obviously still popular today. In fact, Mozart sold a total of 1.25 million CDs in 2016. The CD that caused the success is Mozart 225: The New Complete Edition, a whopping 200-CD collection that spans over 240 hours of music and includes additional hours worth of reading material bundled in.



HEALTH / ROUTINE

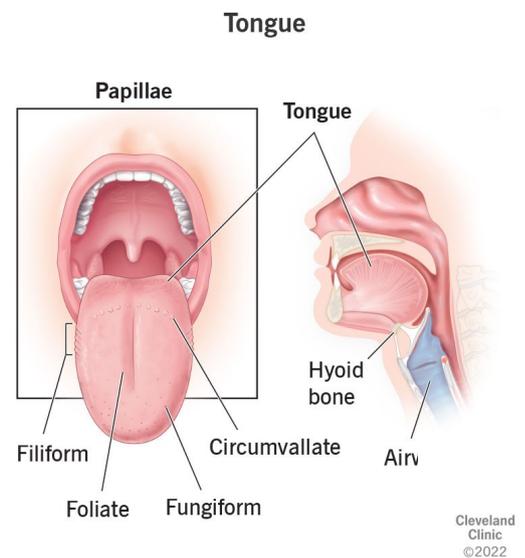
Body Parts: Our tongue.

Your tongue is essential for chewing and swallowing food. It also helps you speak and form words clearly. Changes in the appearance of your tongue could indicate an underlying condition. If your symptoms last longer than a couple of weeks, schedule a visit with your healthcare provider.

Your tongue runs from your hyoid bone (located in the middle of your neck) to the floor of your mouth.

Your tongue is mostly made of muscles. It's anchored inside of your mouth by webs of strong tissue and it's covered by "Mucosa" (a moist, pink lining that covers certain organs and body cavities). Your tongue is also covered with different types of papillae (bumps) and taste buds. You have four different types of taste buds, including:

- **Filiform:** Located on the front two-thirds of your tongue, filiform papillae are thread-like in appearance. Unlike other types of papillae, filiform papillae don't contain taste buds.
- **Fungiform:** These papillae get their name from their mushroom-like shape. Located mostly on the sides and tip of your tongue, fungiform papillae consist of approximately 1,600 taste buds.
- **Circumvallate:** The small bumps on the back of your tongue are the circumvallate papillae. They appear larger than the other types of papillae, and they contain approximately 250 taste buds.
- **Foliate:** Located on each side of the back portion of your tongue, the foliate papillae look like rough folds of tissue. Each person has about 20 foliate papillae, which contain several hundred taste buds.



Your taste buds are clusters of nerve cells that transmit sensory messages to your brain. There are five basic tastes that stimulate your taste buds, including:

- Sweet.
- Salty.
- Bitter.
- Sour.
- Umami (savoury).

There's a common misconception that different areas of the tongue taste different things. In reality, all of your taste buds have the ability to detect all five flavours, it's just that some regions of your tongue are just slightly more sensitive to certain tastes.

To keep your tongue healthy, practice good oral hygiene. When you brush and floss your teeth, don't forget to clean your tongue, too. Quitting smoking, drinking plenty of water and eating a balanced diet can also help keep your tongue healthy.

Cleaning your tongue reduces harmful bacteria in your mouth that can lead to bad breath (halitosis) and plaque build up. The best way to clean your tongue is to brush it. To do this, use your toothbrush to brush your tongue up and down and side to side. Then, rinse your mouth out with water. You can also clean your tongue with a tongue scraper, which can be found in most pharmacies.

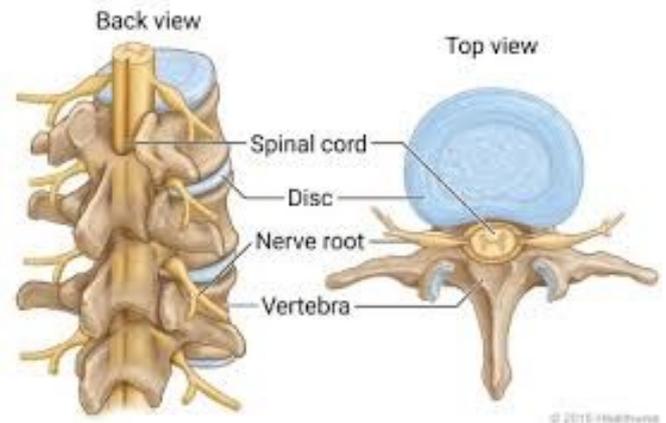
HEALTH / ROUTINE

Body Parts: Spinal Cord

Your spinal cord is a cylindrical structure that runs through the centre of your spine, from your brainstem to your low back. It's a delicate structure that contains nerve bundles and cells that carry messages from your brain to the rest of your body. Your spinal cord is one of the main parts of your nervous system. Any damage to your spinal cord can affect your movement or function.

People often refer to the spinal cord and vertebral column together as the spine. Your spinal cord is a band of tissues, nerves and cells. A protective layer of bone called the vertebral column covers and protects your spinal cord.

The bones in the vertebral column are called vertebrae (plural of one spine bone, a vertebra). Your vertebrae stack on top of each other, from your pelvic bones to your skull. Between each pair of vertebrae, you have a spinal disk. Disks have a tough outer shell and a gel-like interior. They act as shock absorption and cushion for your vertebrae and spinal cord.



Your spinal cord's main purpose is to carry nerve signals throughout your body. These nerve messages have three crucial functions. They:

- **Control body movements and functions:** Signals from your brain to other body parts control your movements. They also direct autonomic (involuntary) functions like your breathing rate and heartbeat, as well as bowel and bladder function.
- **Report senses to your brain:** Signals from other parts of your body help your brain record and process sensations like pressure or pain.
- **Manage your reflexes:** Your spinal cord controls some reflexes (involuntary movements) without involving your brain. For example, your spinal cord manages your patellar reflex (involuntarily moving your leg when someone taps your shin in a certain spot).

Your spinal cord has three main parts: Cervical (neck): Thoracic (chest): Lumbar (lower back). Like your brain, layers of tissue called meninges cover the spinal cord. These protective tissues include: Dura mater - the outer layer that protects your spinal cord from injury: Arachnoid mater - the middle layer between the epidural and subarachnoid space: Pia mater - the inner layer that covers your spinal cord.

You have 31 pairs of nerves and nerve roots in your spinal cord. These include: 8 cervical nerve pairs (nerves starting in your neck and running mostly to your face and head): 12 thoracic nerve pairs (nerves in your upper body that extend to your chest, upper back and abdomen): 5 lumbar nerve pairs (nerves in the low back that run to your legs and feet): 5 sacral nerve pairs (nerves in the low back extending into the pelvis). You also have a nerve bundle at the base of your spinal cord called the cauda equina. The cauda equina comes from the Latin words for "horse's tail," because early anatomists thought the nerve collection looked like a horse tail. The cauda equina includes nerves that provide sensation to your lower body.

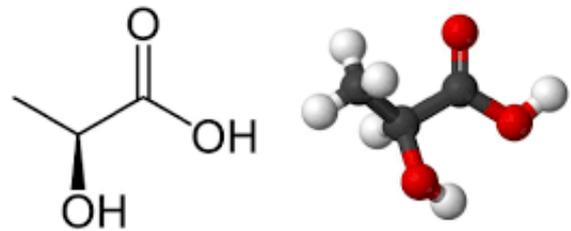
Your spinal nerves send electrical signals between your brain, spinal cord and the rest of your body. These electrical nerve signals help you feel sensations (sensory nerve) and move your body (motor nerves).

HEALTH / ROUTINE

Body Parts: Lactic Acid

Lactic acid is a chemical your body produces when your cells break down carbohydrates for energy. You might see it referred to as lactate. Muscle cells and red blood cells make the most lactic acid, but it can come from any tissue in your body.

Most people think of lactic acid in their muscles during a tough workout. Your muscles do produce lots of lactic acid when you're exercising, but that's not the only activity that can create it. Anything that makes your body use more oxygen than usual can cause your cells to produce lactic acid.



Lactic Acid

A workout, doing gardening, or carrying heavy boxes while you're helping a friend move, can all cause a short-term increase in lactic acid in your body. That temporary rise in lactic acid isn't dangerous and usually won't cause any symptoms. Your liver and kidneys filter lactic acid out of your blood and break it down into glucose (blood sugar).

Your body usually fuels your muscles with oxygen (aerobically). If you start doing intense physical activity faster than your body can get oxygen to your muscles and other tissues, your cells break down glucose to create the energy you need to keep moving (anaerobically). Lactic acid is created when you're generating energy anaerobically.

Lactic acid has three main functions, including:

- **Energy:** Your body makes lactic acid to fuel cells when they're working harder than usual.
- **Generating glucose (gluconeogenesis):** Your liver and kidneys filter lactic acid out of your blood after it's created in other tissue. They break it down and convert it into new glucose that your body can use for energy in the future.
- **Molecular signalling:** Lactic acid in your blood is a signal molecule throughout your body. Think of it like a set of flags or markers a construction crew puts down before they begin working in an area. Lactic acid attracts cells in your immune system to heal wounds and fight infections.

It's a common myth that lactic acid makes your muscles ache or burn after a workout. Experts used to think a buildup in lactic acid caused some of the soreness you feel in the days after intense activity. But studies have found that lactic acid is flushed out of your muscles so quickly that it doesn't damage your cells or cause pain.

Usually, the soreness you feel in the days after a workout is caused by microtears (tiny tears in your muscle fibres). This can be a good thing as repairing these microtears makes muscles grow bigger and stronger. But if you're experience severe muscle pain, you might have an injury like a pulled muscle (a muscle strain).

Health conditions and infections that make it harder for your body to get fresh oxygen to your cells can raise your lactic acid levels. This can lead to lactic acidosis: a dangerously high lactic acid level. Lactic acidosis is a serious health condition that can be fatal. You can develop lactic acidosis if you push your body beyond its usual limits during a sport, workout or any type of intense physical activity. Working out and playing sports can safely test the limits of your endurance, but don't "play through pain" or force yourself to keep moving when you're physically exhausted. If you have concerns, see your medical practitioner.

HEALTH / ROUTINE

Body Parts: Adam's Apple

An Adam's apple is the bump or protrusion on the front of many people's throats. It's the cartilage that covers the front of your "Larynx" (voice box). Everyone has cartilage in this area that grows larger during puberty. But it's typically larger in people assigned male at birth than women people assigned female at birth.

The medical term for Adam's apple is "Laryngeal Prominence." The term "Adam's apple" likely comes from the Judeo-Christian folktale about Adam and Eve. According to ancient legend, God caused an apple to become stuck in Adam's throat after he ate the forbidden fruit from the tree of knowledge.

The purpose of the Adam's apple is to protect your voice box from injury. Apart from that, an Adam's apple has no known function. Many researchers believe that a larger Adam's apple plays a role in voice deepening and maturation. But no concrete evidence yet exists.

Even if you can't see a bump over your larynx, sometimes you can feel it. Try touching the front of your throat while you hum. When you find the area where the vibrations are the strongest, you've found your larynx.

Your Adam's apple consists of thyroid cartilage which is the largest of nine cartilages in your larynx. Other parts of your voice box and "Trachea" (windpipe) consist of other types of cartilage, including cricoid cartilage, epiglottic cartilage and arytenoid cartilage.

From the outside, your Adam's apple looks like a small, round bump on the front of your throat. Inside your body, the thyroid cartilage that surrounds your Adam's apple contains two cartilage plates. These two plates join at the front of your throat, forming a V-shaped notch. The size of an Adam's apple can vary.

It's possible to develop pain in your Adam's apple. This can result from:

- Pharyngitis (sore throat)
- Common Cold
- Acute thyroiditis
- Esophagitis (Inflammation of your oesophagus)
- Candida esophagitis (thrush in your oesophagus).

There are also conditions that may cause swelling in your larynx. This can result in an Adam's apple that's bigger than usual. Conditions that can affect your larynx in this way include:

Laryngitis (inflammation of your voice box).

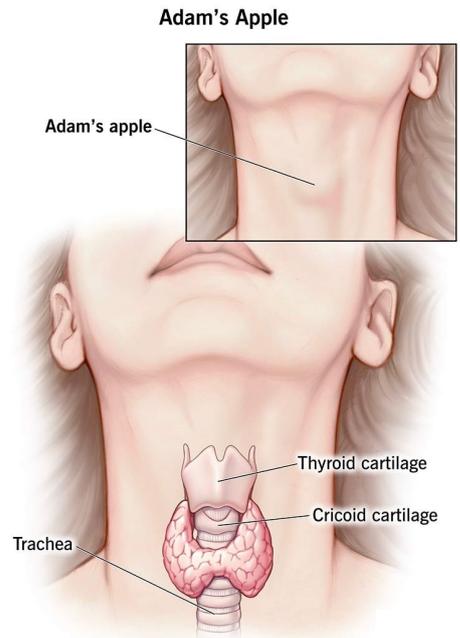
Goitre (enlarged thyroid gland).

Sore throat.

Thyroid Cancer

Laryngeal Cancer.

As always, if you have any concerns or worries, always speak to your doctor for guidance.



NUTRITION: Lazza's Kitchen Adventure

Orchard Streusel Cake

A Brand NEW Recipe from Lazza's Kitchen.
This was Lazza's first ever Orchard Streusel Cake from scratch

Also called a crumble or streusel crust, streusel originated in Germany, and the name translates as "to strew or scatter." The three essential ingredients are butter, sugar and flour. Combinations of spices, nuts and other extras are also commonly included in this dessert. Variations to the three ingredients are vast. Cinnamon is regularly added, as are some types of nuts, which are usually chopped before being added to the mixture.

Ingredients

Pastry: 250g Self Raising Flour: 1 Egg
100g Sugar: 125g Unsalted Butter
2 teasp Baking Powder: Vanilla Extract
Streusel: 100 g Self Raising Flour: Vanilla Extract
100g Crushed Oats: 50g Brown Sugar
Coconut / Nuts for Texture and Taste
175g Unsalted Butter (room temp)
Filling: 3 x Apples: 3 x Pears: Lemon Juice
2 tablesp Brown Sugar: Cinnamon. Nutmeg.

This was the first time I had ever made pastry in my life!!! Seriously.

Pastry: Into a large bowl, add the flour, baking powder, and sugar, and combine. Mix in the butter (at room temp in small chunks) and vanilla, and egg, and combine with your fingers until it becomes a dough. Wrap in clingfilm, and put in fridge for one hour.

Streusel: Combine the flour, brown sugar, coconut and nuts, and then add the butter, mixing it all together with your fingers. I also added some almond essence. Put in fridge.

Pastry: Roll out the dough to fit in your tin, and then fit into the tin, trying to have a 3cm high wall. Prick the bottom with a fork a few times.

Filling: Cut and slice the apples and pears, put in lemon juice, and add the sugar and cinnamon and mix up. Pour the mixture into the pastry tin. Then add the streusel topping.

Bake at 180C for around 50 minutes - you may need slightly more. Leave in tin to cool before removing.



**I completely forgot to
take my normal
ingredients picture.**

Oops.



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 dish to prepare.

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



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

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

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

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

HMHB ran a successful course with them this Spring, this following a successful course we did with them before. We are hoping this will be the start of a working relationship with them.



HMHB is very proud of its collaboration with Better Gyms in Islington and Camden. We have run various classes at Pancras Leisure Centre and the Sobell Centre in the past, and currently have our Tuesday indoor morning session at Highbury Leisure Centre, who have been very supportive of our work. They are one of our Highbury Fields walk partners, and we hope to have more classes with them in the near future.

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



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

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

HMHB and our Amazing Partnerships Promoting Projects and Organisations - Pt 2



Help on Your Doorstep

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

Do contact them if you have an issue, and they can signpost you to the relevant people. connect@helponyourdoorstep.com

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

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

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

We keep in contact, send them our health packs, and are on their social media and beyond. www.walkwithadoc.org



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

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

www.shp.org.uk 0204 509 8300

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

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

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

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

**Voluntary
Action
Islington**

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

- Round One: 1 Hush/Hatter 2 Hearts/One 3 Corn/Pussy
 Round Two: 1, 481103: 2, 6992: 3, 14000: 4, 20: 5, 53:
 Round Three: 1, 1889: 2, 1906: 3, 1962: 4, 1960. 5, 1909.
 Round Four: All of them have at least one street named after them.
 Round Five: 1 Bracken: 2 Plymouth: 3 Central: 4 Stallone
 Round Six: 1 Canada: 2 China: 3 Vatican City: 4 France: 5: Kyrgyzstan



Review of Challenges and Targets

Mind-set:

Ultimately, realizing your true potential can lead to a sense of purpose, accomplishment, and a more fulfilling life. There are several factors that can hinder individuals from reclaiming their true potential. These obstacles can be both external and internal, and they vary from person to person. Ultimately, potential will remain just that unless you decide to take action. Making things happen can have such a huge impact on your life. Seeing you can achieve is an amazing feeling. Make it happen.

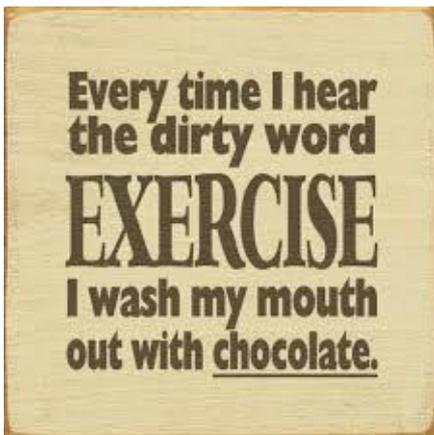


Nutrition.

A processed food is one that has undergone changes to its natural state—that is, any raw agricultural commodity subjected to washing, cleaning, milling, cutting, chopping, heating, pasteurizing, blanching, cooking, canning, freezing, drying, dehydrating, mixing, packaging, or other procedures that alter the food from its natural state. The food may include the addition of other ingredients such as preservatives, flavours, nutrients and other food additives or substances approved for use in food products, such as salt, sugars, and fats. Be aware.



Exercise.



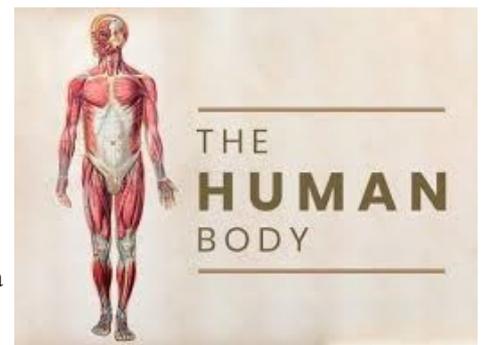
Is exercise a dirty word, or can it actually help you live longer? Exercise makes your muscles work and burns calories. Exercises are activities designed to improve fitness, enhance health, and prepare your body to meet the demands of life. Physical activities like running, swimming, walking, jogging, and dancing are often used synonymously with exercise.

Regular exercise can help you live longer. It lowers the chance of dying early from conditions like cancer and heart disease. Try to be active for at least 150 minutes a week.

Health.

We have said it over and over, but you have to admit that the human body is a complete miracle of nature. Every part working together with other parts to function properly, keep us alive and healthy, giving us the opportunity to have a great life.

But do you know just how extraordinary the individual parts are? In this issue, and more to come, we will look at various parts we take for granted, and have a deeper look at what they do. Another reason to have a healthy lifestyle, so that these parts can do what they need to do.



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

Quiz Answers from Page 6 + Flowers from Page 24

See if you can beat your family and friends

The World: These are the Capital City for those countries?

1. Bucharest
2. Montevideo
3. Sri Jayewardenepura Kotte and Colombo
4. Jakarta
5. Warsaw
6. Tallinn
7. Ottawa
8. Accra
9. Rabat
10. Podgorica
11. Wellington
12. Cardiff
13. Reykjavik

Music: The singers of those UK No.1 singles, and the year they were released?

1. 1978: The Commodores
2. 1999: Westlife
3. 1966: I'm A Believer
4. 2000: Eminem
5. 1980: The Police
6. 1974: The Three Degrees
7. 1989: Elton John
8. 1990: Sinéad O'Connor
9. 1979: Art Garfunkel
10. 1964: The Beatles
11. 1982: Dexys Midnight Runners
12. 1996: Gina G
13. 1970: George Harrison
14. 2012: Swedish House Mafia
15. 1993: Meatloaf
16. 1976: ABBA
17. 1985: Eurythmics

Places: The singers for those songs with the word "girl" in the title + original year of release.

1. 1978: Queen
2. 1983: Billy Joel
3. 1985: Madonna
4. 1967: Van Morrison
5. 1981: Duran Duran
6. 1986: Pet Shop Boys
7. 1983: David Bowie
8. 1997: Aqua
9. 1994: Prince
10. 2008: Katy Perry
11. 1962: Frankie Valli and Four Seasons
12. 1964: The Temptations
13. 2017: Ed Sheeran
14. 1965: The Beatles

Plays:

Shakespeare's 12 Tragedies.
Antony and Cleopatra: Coriolanus: Cymbeline
Hamlet: Julius Caesar: King Lear
Macbeth: Othello: Romeo & Juliet
Timon of Athens: Titus Andronicus
Troilus and Cressida

QUIZ ANSWERS
ANSWERS
TIONS

Flowers: Did you name them? - from Page 24 (how well did you do?)

- | | |
|---------------|---------------|
| 1: Carnation | 2: Tulip |
| 3: Foxglove | 4: Lily |
| 5: Lavender | 6: Magnolia |
| 7: Pansy | 8: Rose |
| 9: Daisy | 10: Buttercup |
| 11: Orchid | 12: Sunflower |
| 13: Snowdrop | 14: Sweet pea |
| 15: Dandelion | |

Entertainment:

The last fifteen countries to host the Eurovision Song Contest, incl 2024

Sweden, United Kingdom,
Italy, Netherlands
Netherlands, Israel,
Portugal, Ukraine, Sweden
Austria, Denmark
Sweden, Azerbaijan
Germany, Norway

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.

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*)

Check out our JustGiving: www.justgiving.com/crowdfunding/hmhb2016

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

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

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

Lawrence & HMHB: WINNER Mayor Civic Award in 2022

Lawrence: WINNER at Volunteer of the Year Awards 2022

Lawrence and HMHB: Official Nominee Mayor Civic Award 2023

Lawrence: WINNER Islington Volunteer of the Year 2023



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Be Safe, Be Active, Be Well



Link to our Website