

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 06

Focus on:

**Mind-set, Nutrition, Exercise, Health**

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*Tuesday 1st August 2022*



[www.hmhb2016.org.uk](http://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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**Average leaders raise the bar on themselves.  
 Good leaders raise the bar for others.  
 Great leaders inspire others to raise their own bar.**

***Welcome to Issue 6 of Healthy Minds, Healthy Bods' Revamped 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](http://www.hmhb2016.org.uk).

We then went monthly, providing seven issues.  
 This is our new venture for 2022.  
 A revamped Monthly Health Pack for everyone.

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.

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

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

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



Some of the gang at our recent visit to the British Museum.  
 Friday 6th July 2022.

Some incredible exhibits.  
 Nibbles after the Elgin Marbles.  
 We had 14 people, and all had a good time.

## HEALTH NEWS PAGE

### How the intestine replaces and repairs itself.

A new study suggests that stem cells are able to integrate cues from their surroundings and coordinate their behaviour across tissue through networks of vasculature in their close vicinity. The vasculature is a network of blood vessels connecting the heart with all other organs and tissues in the body.

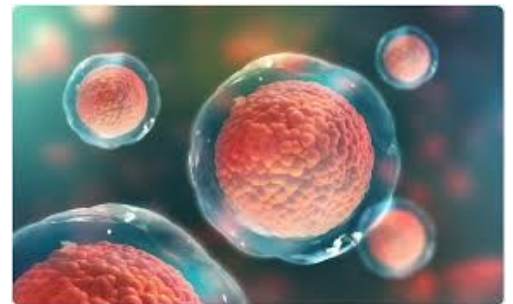
Arteries and arterioles bring oxygen-rich blood and nutrients from the heart to the organs and tissues, while venules and veins carry deoxygenated blood back to the heart.

To act as a robust barrier against pathogens while also absorbing needed nutrients, the lining of the intestines must regenerate on a daily basis to remain equal to the task. The intestine's resident stem cells are responsible for meeting this need for constant repair and replenishment, but each stem cell faces decisions that depend on the overall conditions of the intestine and the needs of the moment. Bad decisions and poor coordination could result in intestinal diseases or cancer.

Rockefeller University scientists (based in New York) found that lymphatic capillaries, which are fine vessels that transport immune cells and drain fluids from tissues, represent a signalling hub that communicates with stem cells to regulate their activity. With molecular guidance from the lymphatics, the stem cells produce daughter cells to repopulate the intestinal lining or self-renew to restock the stem cell reserve.

The findings, published in the journal "Cell Stem Cell", provide new insights about primary intestinal components whose disrupted communication may contribute to intestinal disorders, such as inflammatory bowel disease. "The key to treating these diseases will be to figure out who talks to whom in this ecosystem and how we can reset the communication networks," says Rachel Niec, a clinical scholar in the laboratory of Elaine Fuchs.

The intestinal stem cells reside in so-called crypts, found at the base of densely packed indentations in the intestinal lining. The stem cells may renew and stay in the crypt, or differentiate into specialised cells, which then migrate out of the crypt to replenish the gut lining. "To understand how stem cells balance self-renewal with differentiation, we needed a more complete picture of crypt niches," says Marina Schernthanner, a graduate student in the Fuchs lab. To zoom in on the crypt, the team used a suite of techniques, including single-cell and spatial transcriptomics, which allowed them to identify cell types at specific locations and study their signalling molecules. The results showed that lymphatic capillaries, which form an intimate connection with the stem cells in the crypt, produce a number of proteins known to be important for stem cell functioning.



One previously underappreciated protein, REELIN, emerged as a top candidate for mediating communications between lymphatics and stem cells. By manipulating the amount of REELIN in lab-grown intestinal organoid cultures in some experiments and genetically suppressing it in mice in others, the researchers found that REELIN directly governs the regenerative behaviour of intestinal stem cells. The involvement of the lymphatic system in stem cell functioning is a relatively new concept. A previous study by the Fuchs team revealed that lymphatics are also closely involved with stem cells of the skin and play a key role in hair regeneration. There, however, it is the hair follicle stem cells that signal to lymphatic capillaries. By controlling their interactions with lymphatics, the stem cells synchronize hair regeneration across the tissue.

"This suggests that lymphatics may be a conserved feature of stem cell niches, but their relationship to stem cells are likely tailored around the needs of each tissue," Niec says.

## HEALTH NEWS PAGE: Exercise in a Pill? We look at research.

Researchers have identified a molecule in the blood that is produced during exercise and can effectively reduce food intake and obesity in mice. Researchers at Baylor College of Medicine (Houston, Texas), Stanford School of Medicine (California) and collaborating institutions report today in the journal "Nature" that they have identified a molecule in the blood that is produced during exercise and can effectively reduce food intake and obesity in mice. The findings improve our understanding of the physiological processes that underlie the interplay between exercise and hunger.

"Regular exercise has been proven to help weight loss, regulate appetite and improve the metabolic profile, especially for people who are overweight and obese," said co-corresponding author Dr. Yong Xu, Professor of Paediatrics - Nutrition and Molecular and Cellular Biology at Baylor. "If we can understand the mechanism by which exercise triggers these benefits, then we are closer to helping many people improve their health."



"We wanted to understand how exercise works at the molecular level to be able to capture some of its benefits," said co-corresponding author Jonathan Long, MD, Assistant Professor of Pathology at Stanford Medicine and an Institute Scholar of Stanford ChEM-H (Chemistry, Engineering & Medicine for Human Health). "For example, older or frail people who cannot exercise enough, may one day benefit from taking a medication that can help slow down osteoporosis, heart disease or other conditions."

Xu, Long and their colleagues conducted comprehensive analyses of blood plasma compounds from mice following intense treadmill running. The most significantly induced molecule was a modified amino acid called Lac-Phe. It is synthesized from lactate (a by-product of strenuous exercise that is responsible for the burning sensation in muscles) and phenylalanine (an amino acid that is one of the building blocks of proteins).

In mice with diet-induced obesity (fed a high-fat diet), a high dose of Lac-Phe suppressed food intake by about 50% compared to control mice over a period of 12 hours without affecting their movement or energy expenditure. When administered to the mice for 10 days, Lac-Phe reduced cumulative food intake and body weight (owing to loss of body fat) and improved glucose tolerance.

The researchers also identified an enzyme called CNBP2 that is involved in the production of Lac-Phe and showed that mice lacking this enzyme did not lose as much weight on an exercise regime as a control group on the same exercise plan.

Interestingly, the team also found robust elevations in plasma Lac-Phe levels following physical activity in racehorses and humans. Data from a human exercise cohort showed that sprint exercise induced the most dramatic increase in plasma Lac-Phe, followed by resistance training and then endurance training.

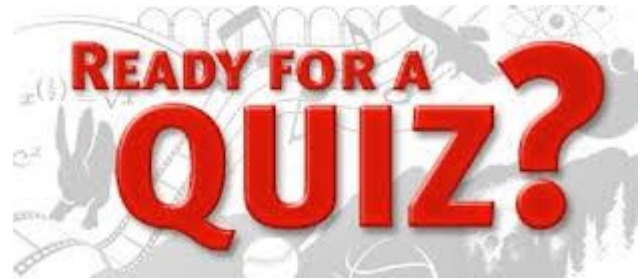
"This suggests that Lac-Phe is an ancient and conserved system that regulates feeding and is associated with physical activity in many animal species," Long said.

"Our next steps include finding more details about how Lac-Phe mediates its effects in the body, including the brain," Xu said. "Our goal is to learn to modulate this exercise pathway for therapeutic interventions."

**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)**

**London** (*apologies to non-Londoners*)

Can you name all 16 stations on the London Victoria Underground Line?  
How about in the right order? Or any?  
Sorry - but this is meant to be tough!!! (lol)



**History: Who captained these famous ships? Some real and some fictional.**

1. HMS Victory
2. The Golden Hind
3. The Black Pearl
4. The Pequod
5. The Black Pig
6. Titanic
7. The Unicorn
8. The Nautilus
9. HMS Endeavour
10. The Bounty
11. The Hispaniola
12. The Poseidon
13. The Mayflower *how did you do?*

**Music:** These songs were all in the top 20 selling singles of the 1990s. Name the year, and the band/singer.

1. Spaceman
2. Tragedy
3. Never Ever
4. Killing Me Softly
5. Wannabee
6. My Heart Will Go On
7. I Will Always Love You
8. Baby One More Time
9. Perfect Day
10. Believe
11. Barbie Girl
12. Love Is All Around
13. Unchained Melody
14. Gangsta's Paradise
15. Something About The Way You Look Tonight
16. (Everything I Do) I Do It For You
17. Think Twice

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

1. Mambo No. 5
2. Three Times A Lady
3. Goody Two Shoes
4. Fifty Ways To Leave Your Lover
5. Three Little Birds
6. Summer of 69
7. Nothing Compares 2 You
8. I'm Gonna Be (500 Miles)
9. ...Baby One More Time
10. 2 Become 1
11. Seven Seas Of Rye
12. Nineteen
13. 99 Red Balloons
14. Eight Days Week



**Sport:**

Can you name the twenty teams competing in the Football English Premier League this season?

That's 2022/2023.

How about in alphabetical order too?

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

# HMHB Activity: News



Our Izzwalkz Thursday walk has partnered up with Clissold Park User Group to try and promote the walk and the park, and reach out to health organisations and community projects to grow our numbers. We have to thank Caroline at CPUG for her assistance, and in the next few months we are looking to really push this fantastic event. Going since November 2016, in partnership with Highbury Grange Medical Practice, we have brought group walking to many people.

Our group enjoyed a fabulous visit to the London Docklands Museum, which is close to West India Quay and Canary Wharf. It was a fascinating place covering the history of that area of London from the 1500s to the present day. We were lucky to be able to hear an interesting talk about the second world war and how the bombing around the area was so intensive. Thanks to everyone who came. More trips are planned.



A large group of HMHB visited the British Museum in July. (more pics page 3). I cannot believe that I have not been there more often considering how close it is. We took in lots of Egyptian mummies and relics, which were truly wonderful. Later, we visited the room with the famous Elgin Marbles, and to see the quality of the sculpture and the size of work was astonishing. We will have to go back some time, but we have plenty more places to visit.



HMHB approached Islington Council re funding following our Islington Mayor Civic Award for our “outstanding contribution within the community” over the last two years during the pandemic. Lawrence had a very good online chat with a councillor and others, and they are happy to try and help us at this time. We also said we wanted to take a more active part with the council in providing intervention in the borough. More news will undoubtedly follow. I have asked for a certain figure to help with sessions. We will see, but anything is better than nothing.



## MIND-SET: How can I improve my focus?

*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.*

I know that some people do not believe it, but we can all learn skills to get us through life. As we get older, we are constantly thrown into situations that we have to find a way to get through. New projects, career opportunities, family events and, of course, dealing with friends.

Sometimes we get it right, and sometimes we get it wrong. But we can improve our odds by using our know how and thinking and to focus on what we need to do. Is there a way we can actually improve our concentration and focus?

We've all been there: we have a deadline approaching and you need to get something done. Despite your best efforts, things are not progressing. You need to focus on the task in front of you. You're motivated to do it. But you just can't concentrate. In this digital world, we are easily distracted. Information is everywhere and we feel the need to deal with increasing and multiple forms of information. It drags on our time and our attention.



Concentration means control of attention. It is the ability to focus the mind on one subject, object, or thought, and at the same time exclude from the mind every other unrelated thought, ideas, feelings, and sensations. That last part is the tricky part for most of us. To concentrate is to exclude, or not pay attention to, every other unrelated thought, idea, feeling, or sensation.

Our daily routine is dominated by switching in and out of our mobile phones and laptops. We get a constant influx of messages from WhatsApp, email, Instagram, and the half-dozen other apps that are somehow critical to our job and life. We constantly search for information to help solve our daily problems or get our work done.

Frequent distractions affect productivity. It takes longer to finish a task. We don't listen as well. We don't comprehend things as well, whether with our partner or with colleagues, and end up in misunderstanding, misinterpretation, and conflict. It affects memory. We forget things or can't recall information promptly which affects our personal life.

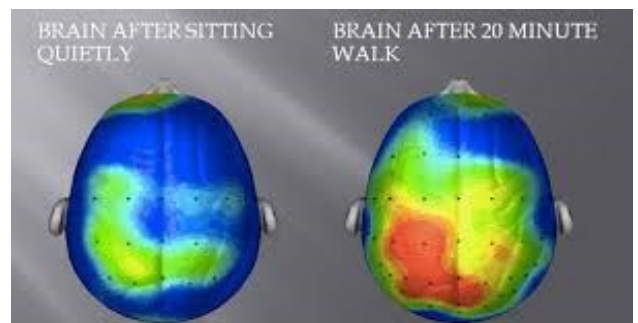
**“You don't get results by focusing on results.  
You get results by focusing on the actions that produce results.”**



## MIND-SET: What affects our concentration?

Some days it seems like our concentration is under attack from all sides. In fact, concentration is affected by both internal and external or environmental factors. If you want to learn how to improve focus and memory, it helps to understand what's getting in the way now.

- **Distraction.** We are bombarded by a constant flow of information, whether new or old, during the process of doing something. Researchers have found that our brains are so primed for this distraction that just seeing our smartphone impairs our ability to concentrate. We constantly assess whether the information is useful, sufficient, or meaningless. The sheer quantity coming in muddles our assessment of whether we actually need more information to make decisions.
- **Insufficient sleep.** Scientists have found that lack of sleep can lead to lower alertness, slower thought processes, and reduced concentration. You will have more difficulty focusing your attention and may become confused. As a result, your ability to perform tasks especially relating to reasoning or logic can be seriously affected. Chronically poor sleep further affects your concentration and memory. Dr. Allison T. Siebern, from the Stanford University Sleep Medicine Centre in New York, notes that if you cannot concentrate on what is at hand, it is unlikely to make it to either your short- or long-term memory.
- **Insufficient physical activity.** Have you ever noticed how vigorous exercise leaves you feeling more relaxed and energetic throughout the day? When you don't do physical activity, your muscles can become tense. You may feel tightness in your neck, shoulder, and chest and such persistent, low-level discomfort can affect your concentration. HMHB is constantly promoting the benefits of exercise. In adults, research does still show that acute bouts of physical activity, such as a 20 minute walk or jog, enhance concentration for up to one hour afterwards. Studies have also shown that having people take breaks for physical activity during the work day improves self-reported concentration and mood, both of which could improve productivity. Physical activity and higher levels of physical fitness have even been shown to benefit many parts of brain function, including concentration, in people aged 65 and over.
- **Eating habits.** What we eat contributes to how we feel, including our mental sharpness and clarity, throughout the day. If we don't fuel our brains with the proper nutrients, we start to experience symptoms like memory loss, fatigue, and lack of concentration. Low-fat diets can ruin focus because the brain needs certain essential fatty acids. Other restrictive diets may negatively affect concentration by not providing the nutrients the brain needs or by creating hunger, cravings, or feeling of unwellness in the body that are themselves distracting. It is also good to stay hydrated properly.
- **Environment.** Depending on what you are doing, the environment can affect your focus. Obviously, a noise level that is too loud is a problem, but many people also have difficulty concentrating when it is too quiet. It isn't just the overall noise level but the type of noise that matters: the high-energy, anonymous hum of a coffee shop might bring focus while the overheard conversation of two people nearby derails it. A favourite song quickly has you singing along, happily distracted, while less distinct instrumentals might keep you attuned to the task. Lighting that is too bright or too dim can affect your vision. A room that is too hot or too cold creates discomfort.



## NUTRITION: Lazza's Kitchen Adventure

### Moussaka

**A Recipe from Lazza's Kitchen. - first published in monthly pack 006  
Lazza made his first Moussaka from scratch**

The English name for moussaka was borrowed from the Greek "mousakás (μουσακάς)" and from other Balkan languages, all borrowed from Ottoman Turkish, which, in turn, borrowed it from Arabic "musaqqa'a (مسقعة)", literally "that which is fed liquid", or from "muṣṣaqqā'a (مصقعة)", literally "pounded or cold". The word is first attested in English in 1862, written *mùzàkkà*.

#### Ingredients

2 Aubergines (Eggplant) - cut and sliced.  
750 g mince (I used beef, but can use lamb).  
Large Onion diced, and two garlic clove crushed.  
Oregano, Cinnamon, Bay Leaf. 200ml Red Wine.  
400g Can Chopped Tomato: Plus Tomato Puree  
500g Potatoes, sliced - I kept skin on.  
Sauce:  
40g unsalted butter: 40g flour: 40g cheese  
450ml milk: 1 egg, plus 1 egg yolk. Nutmeg

Cook the aubergine for 10 min in oil until golden, then put aside.

Fry the mince for around 10 minutes, until browned, also put aside.

Fry the onion for 10 minutes until softened and browning.

Add the oregano, cinnamon, garlic, bay leaf,.

Add the meat back in and stir in the red wine. Cook for 5 mins.

Add tomatoes, good dollop of puree, plus 100ml water (optional).

Lower heat and simmer for 20 minutes.

Meanwhile cook the sliced potatoes for 10 mins and put aside.

Melt the butter and add the flour stirring for a few seconds.

Take off heat and add the milk slowly, making a paste.

Add cheese, eggs, nutmeg. Whisk.

Make moussaka. Layer meat. Layer avocado and potato. Meat. Potato/Avocado. Meat. Then the sauce.

Cook 180C for around 45-50mins till brown on top.



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

## EXERCISE/FITNESS: STRETCHING

### Core Stretches

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

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

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

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

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

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

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

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

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

#### Child’s Pose

Sit on your knees with your ankles extended and toes pointed back. Spread your knees slightly wider than your shoulders, then lean forward and place your forehead on the floor. Flex your hips and knees to sit back, moving your buttocks toward the back of your ankles. Place the back of your hands on the floor just outside your feet.

Hold this position for 10 deep breaths. Extend your arms in front of your head, placing your palms flat on the floor at shoulder width, to deepen the stretch, if desired.



**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.**

#### Cobra Pose

Lie on your stomach with your hands on the floor below your shoulders. Keep your forearms close to your sides, with your elbows pointed up. Extend your ankles so your toes point back.

Press your hips into the floor, and lift your head and torso, arching your spine upward until you feel a gentle stretch through your abdomen.

Hold this position for 15 to 30 seconds, then lower back down

Do note, this can cause lower back pain, so be careful.



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

## EXERCISE/FITNESS:

### Stretches: Page 2: More Core Stretches

#### Seated Spinal Twist (Rotation)

Sit on the front edge of a chair with your feet flat on the floor.

Rotate your torso to the left and grasp the back of the chair with both hands.

Tense your core muscles for five to 10 seconds, then release the tension and press into the chair with your hands to turn slightly farther.

Repeat this contraction/relaxation cycle several times, then repeat in the opposite direction, rotating to the right.



#### Cat Cow Stretch - also Cat/Dog

Begin on your hands and knees. Exhale as you round your back, pull the belly button toward your spine and tuck your chin toward your chest.

Starting at the tailbone, release one segment of your spine at a time, relaxing through the lumbar spine, thoracic spine (mid-back) and finally, your cervical spine as you lift your chin upward into full flexion.

Then reverse the motion. Be aware of what segments feel stuck. Breathe into these spaces and remember to move slowly.

Complete 10 to 15 rounds



#### Wheel Pose - if you can

Lying on your back, bend your knees, placing your feet hip-width distance apart.

Place your hands by your ears, slightly wider than shoulder-width distance apart.

Press directly into the floor through the hands and feet to rise into a full back bend.

Take five deep breaths and then slowly lower back down to the ground.

Repeat six times



**You core consists of the muscles within your abdomen, hips and lower back.**

**These muscles support your pelvic girdle and spine and facilitate movements of your hips and torso.**

**Your core contains some of the hardest working muscles in the entire body and are often overlooked when it comes to stretching. But stretching it is super important, namely for posture, mobility and flexibility. It also helps decrease the risk of injury and back pain.**

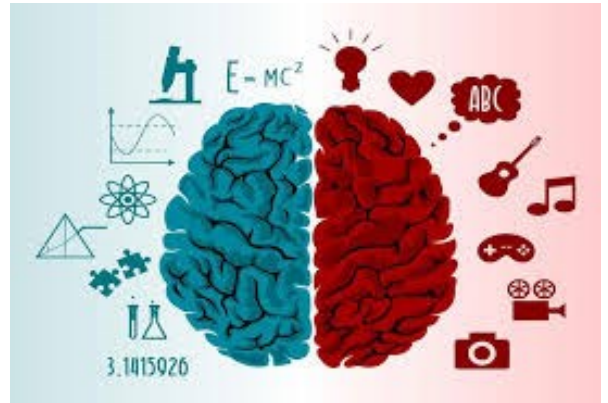
## MIND-SET:

### Tips to improve concentration

Did you know that by playing certain types of games you can help to get better at concentrating? How about,

- sudoku
- crossword puzzles
- chess
- jigsaw puzzles
- word searches or scrambles
- memory games

A Study in 2015, of 4,715 adults, suggests that spending 15 minutes a day, 5 days a week, on brain training activities can improve concentration.



Brain training games can also help develop your working and short-term memory, as well as your processing and problem-solving skills. But maybe try and find ways to do them not using your mobile phone. There is nothing wrong with pen and paper!!!

The effects of brain training games may be particularly important for older adults, since memory and concentration often tend to decline with age.

Research from 2014, that looked at 2,832 older adults, followed up on participants after 10 years. Older adults who completed 10 to 14 sessions of cognitive training saw improved cognition, memory, and processing skills. After 10 years, most study participants reported they could complete daily activities at least as well as they could at the beginning of the trial, if not better.

#### Try Video Games

Brain games may not be the only type of game that can help improve concentration. Newer research also suggests playing video games could help boost concentration. A study in 2018, looking at 29 people, found evidence to suggest an hour of gaming could help improve visual selective attention (VSA). VSA refers to your ability to concentrate on a specific task while ignoring distractions. This study was limited by its small size, so these findings aren't conclusive. The study also didn't determine how long this increase in VSA lasted. Study authors recommend future research to continue exploring how video games can help increase brain activity and boost concentration.

A 2017 review looked at 100 studies examining how video games could affect cognitive function. The results suggest playing video games may lead to various changes in the brain, including increased attention and focus. This review had several limitations, including the fact that the studies focused on widely varying topics, including video game addiction and possible effects of violent video games. Studies specifically designed to explore benefits of video games could help support these findings.



I recently played a duo computer game with my friend Ollie (It Takes Two) where I had to team up. I apologised many times as I am not good at this, but we completed the game, and was incredible!!!

## MIND-SET:

### More tips to improve concentration

#### Improve Sleep

People already know that I too suffer from sleep issues but we need to try and find ways to combat this.

Sleep deprivation can easily disrupt concentration, not to mention other cognitive functions, such as memory and attention. Occasional sleep deprivation may not cause too many problems for you. But regularly failing to get a good night's sleep can affect your mood and performance at work.

Being too tired can even slow down your reflexes and affect your ability to drive or do other daily tasks. A demanding schedule, health issues, and other factors sometimes make it difficult to get enough sleep. But it's important to try and get as close to the recommended amount as possible on most nights. Many experts recommend adults aim for 7 to 8 hours of sleep each night.

Here are some tips for improving your quality of sleep:

- Turn off the TV and put away screens an hour before bed.
- Keep your room at a comfortable but cool temperature.
- Wind down before bed with soft music, a warm bath, or a book.
- Go to bed and get up around the same time each day, even on weekends.
- Exercise regularly, but try to avoid a heavy workout just before bed.



#### Get Outdoors

If you want to boost your concentration naturally, try to get outside every day, even for a short while. You might take a short walk through a park. Maybe, meet up with some friends, or sit in the garden. This can also help. Any natural environment has benefits. According to the American Psychological Association, spending time in nature can have a positive impact on both physical and mental health.

In fact, spending time walking among or simply looking at trees lowers blood pressure and reduces the stress-related hormones cortisol and adrenaline. It also improves mood. Researchers have found that nature simply makes us happy.

#### Think of your diet.

The foods you eat can affect cognitive functions like concentration and memory. To boost concentration, avoid processed foods, too much sugar, and very greasy or fatty foods.

Instead try eating more of the following:

fatty fish (think salmon and trout), eggs (white and yolk both), blueberries, spinach.

Staying hydrated can also have a positive impact on concentration. Even mild dehydration can make it harder to focus or remember information.

Eating breakfast can help by boosting your focus first thing in the morning. Aim for a meal that's low in added sugars and high in protein and fibre. Porridge, plain yogurt with fruit, or whole-grain toast with eggs are all good breakfast choices. But if having porridge do not add sugar!!! Let's not defeat the process.



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

Since last summer, 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 was important that anyone could win, so we decided to make it funny, but no knowledge was required. If you enjoy the questions on this page, why not come and join us on Thursdays? If you contact us, we can send a link.

**All Answers are at the base of Page 31 - don't look till you have done the whole page!!**

**ROUND ONE: Odd Two Out**

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

- |   |   |   |
|---|---|---|
| 1 Kryptonite from Superman types<br>Pink Kryptonite<br>Harlequin Kryptonite<br>Fast Kryptonite<br>Platinum Kryptonite | 2 Genuine KitKat Flavours<br>Apple Vinegar<br>Banana Split<br>Peanut and Pistachio<br>Baked Potato  | 3 Genuine Frogs<br>Small Trench Frog<br>Copper-Eyed Tree Frog<br>Tomato Frog<br>Vietnamese Mossy Frog |
| 4 Toy Story 3 Characters<br>Lenny The Binoculars<br>Bookworm<br>Dolly<br>Mr Cuddles                                   | 5 People aged over 70<br>Steven Spielberg<br>Bruce Springsteen<br>John Malkovich<br>Sharon Osbourne | 6 Born in Canada<br>Chloe Grace Moretz<br>Dwayne Johnson<br>Julianne Moore<br>William Shatner         |

**ROUND TWO: Give Me a Number**

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

1. How tall in centimetres is Daniel Radcliffe (Harry Potter)?
2. According to the UN, how many countries in Asia?
3. On average, how far away is the moon in miles?
4. The world record of live cockroaches eaten in one minute?
5. How many seconds is the fastest racewalking Mile?



**ROUND THREE: When Did That Happen**

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

1. When was the Taj Mahal completed?
2. In what year were the first Commonwealth Games held?
3. In what year was the novel Frankenstein published?
4. When did Superman first appear in comics?
5. In which year was the film The Fifth Element released?

**ROUND FOUR: What links these five people below? Make something up and see if right. For this game, it is more fun to come up with absurd silly answers that are funny.**

Alan Rickman, Carrie Fisher, Muhammad Ali, Zsa Zsa Gabor, Fidel Castrol.

We hope you played with friends, and enjoyed guessing. This is just a taster of our quiz. We have other rounds too. We give the answer and three statements, and they have to guess which is correct. We have a question with four answers and they have to put them in order. It is a fun, interactive, and fun quiz. We love it.

## NUTRITION:

### Fat

**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.**

We have covered fats before, many times, but it is always going to go back and see what else we can discover about one of the major Macronutrients that we need in our diet to stay alive and function properly.

The chemical name for fats and related compounds, such as cholesterol, is “Lipids”. This comes from the Greek work “lipos”, meaning “fat”. Liquid fats are called “Oils”. Solid fats are called “Fats”, and the fat in our food is called “Dietary Fat”.



Dietary fats are essential to give your body energy and to support cell function. They also help protect your organs and help keep your body warm. Fats help your body absorb some nutrients and produce important hormones, too. Unfortunately some forms of this tasty nutrient may also be hazardous to your overall health. The trick is to separate the good from the bad.

We must point out, a healthy body needs fats to build tissues and manufacture biochemicals such as hormones. It can have a bad name, and it is right that we do need to limit certain levels of fat. It is understanding and building awareness, which is what we are doing here, that can help you make changes to your diet.

Some of the fatty tissue (called “Adipose”) in your body is plain to see. It certainly is on me, especially around my midriff currently. But you can also see fat deposits in female breasts, your hips, thighs, buttocks, face, as well as the belly (that’s me covered!!!).

Visible fat is not all bad.

- It provides a source of stored energy
- It gives your body shape
- It helps to cushion your skin - can you imagine having to sit at any length of time in a chair if you did not have the protection of your buttock pillows?
- It acts as an insulation blanket that helps to reduce heat loss.

Other fat is tucked in and around your internal organs. This fat is:

- Part of every cell membrane (that’s the outer skin that holds each cell together)
- A component of “Myelin”, a fatty material that sheathes nerve cells and make it possible for them to send the electrical messages that enable you to think, see, speak, move, and perform a multitude of tasks natural to your living body. Your brain is actually around 60% fat.
- A constituent of hormones and other biochemicals such as Vitamin D and bile.
- A shock absorber that helps to protect your organs if you fall or are injured - obviously depending on the severity of the action.

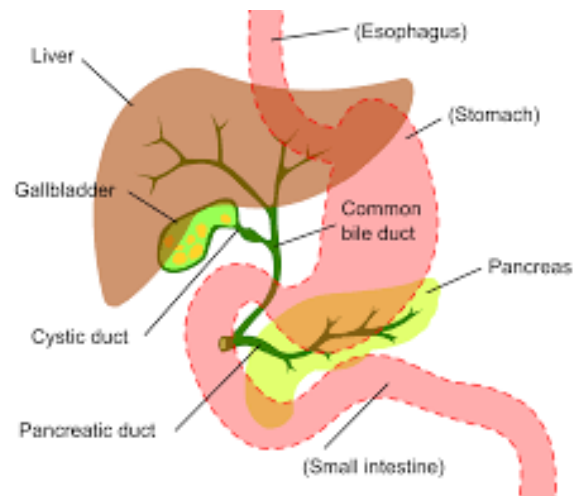


## NUTRITION: Energy from Fat

Although dietary fat has more energy (calories) per gram than protein and carbohydrates, your body has a more difficult time pulling the energy out of fatty foods than out of foods high in protein and carbohydrates.

Think of it like this.

Imagine you have a long chain of balloons - you know, the kind of balloons that entertainers are able to twist into shapes that resembles animals, flowers, faces, etc. If you blow one up and drop it into water it floats. That is what happens when you eat and swallow fat-rich foods. The fat does not mix with the other liquids but floats on top of the watery-food-and-liquid mixture in your stomach. This limits the effects of “Lipases”, the enzymes that break fats apart so your body can digest them. As a result, fat is digested more slowly than both proteins and carbohydrates - the other two macronutrients your body needs to survive. This means you feel fuller, a condition called “Satiety”, longer after eating high-fat food.



When the fat moves down your digestive tract into your small intestine, an intestinal hormone called “Cholecystokinin” alerts your Gallbladder to release a substance called “Bile”. This is an emulsifier, which means it is a substance that enables fat to mix with water so that lipases can start breaking the fat down into “Glycerol” and “Fatty Acids”. These smaller fragments can be absorbed into special fat cells in the tissue, or they may be absorbed into cells in your intestinal wall where:

- They are combined with oxygen, or burned, to produce heat/energy, water, and the waste product carbon dioxide.
- They are used to make “Lipoproteins” that drive fats, including cholesterol, through your bloodstream. Remember, Vitamin A, D, E, and K are all fat soluble and need fats to move around the body.

We have already discussed before that the main source of energy for your body comes from carbohydrates, where the body digests carbs and produces “Glucose”. Burning glucose is easier and much more efficient for your body than burning fat, so your body will always go for carbohydrates first.

However, if you have used up all your available glucose - for some reason you have not eaten for a few days - your body will then start to use your body fat. This is when you start losing weight too.

The first step is for an enzyme in your fat cells to break up stored “Triglycerides” - this is the form of fat in your fatty tissue. The enzyme action releases glycerol and fatty acids, which travel through your blood to body cells, where they combine with oxygen to produce energy and water.

Many people will tell you, burning fat for energy produces “Ketones” (a type of chemical that your liver produces when it breaks down fats). However, if too many ketones accumulate in the body, they can become toxic. This is because they make the blood more acidic. Our bodies are amazing, but also fragile. Another reason why it is so important we keep learning about ourselves, and make better choices.



## NUTRITION:

### Fats in Food

Food contains three kinds of fats:

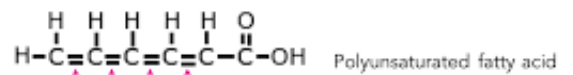
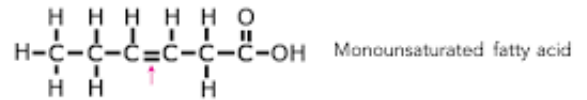
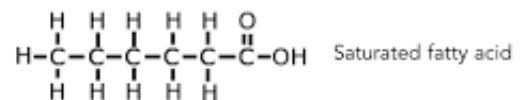
1. “Triglycerides” - Your body uses these fats to make adipose tissue and burns for energy
2. “Phospholipids” - These are hybrids (part fat, part phosphate - a molecule made with the mineral phosphorous). They ferry hormones and the fat soluble Vitamins A, D, E, K through your blood and back and forth in the watery fluid that flows across cell membranes.
3. “Sterols” - These are fat and alcohol compounds with zero calories. Did you know, Vitamin D is a Sterol? So is the sex hormone “Testosterone”. And cholesterol, the base on which your body builds hormones and vitamins.

Like amino acids, which are the building blocks of proteins, fatty acids are the building blocks of fats.

Chemically speaking, and we at HMHB love breaking things down to chemicals, a fatty acid is chain of carbon atoms with hydrogen atoms attached, and a carbon/oxygen/oxygen/hydrogen group at one end (it's that group that makes it an acid).

All of the fats in food are a combination of fatty acids.

Nutritionists categorise fatty acids depending on how many hydrogen atoms are attached to the carbon atoms. The more hydrogen atoms, the more saturated the fatty acid. These are listed as:



**Monounsaturated:** Monounsaturated fats are healthy fats most commonly found in olive oil, nuts, seeds and some animal-based foods. Diets high in monounsaturated fats can help with weight loss and may reduce risk factors for heart disease, as long as they don't add extra calories to your diet. Foods that contain these fats, especially olive oil, may also help reduce cancer risk, inflammation and insulin resistance. Although it is also important to eat other types of fat, replacing unhealthy fats with monounsaturated fats can provide a number of health benefits.

**Polyunsaturated:** Omega-3 and omega-6 fatty acids are two main types of polyunsaturated fats. Fatty fish is particularly rich in omega-3s, while plant-based oils made from safflower or flax and grape seeds are good sources of omega-6s. Especially, omega-3 may promote heart health, healthy infant development and brain function in older adults. Still, there are certain risks associated with consuming copious amounts or improper storage and cooking. Nonetheless, you should aim to make polyunsaturated fats — especially omega-3s — a healthy part of your diet.

**Saturated:** Saturated fats have been viewed as unhealthy for decades. Yet, current research supports the fact that nutritious high fat foods can indeed be included as part of a health-promoting, well-rounded diet. Although nutrition research tends to focus on individual macronutrients, it's far more helpful to focus on your diet as a whole when it comes to overall health and disease prevention. Rather than focusing on a low fat or high fat diet, it's best to make sure you're getting enough of all the major macronutrients from your daily diet. Future well-designed studies are needed to fully understand the highly complex relationship between individual macronutrients and overall health, including saturated fat. However, what is known is that following a diet rich in whole, unprocessed foods is most important for health, regardless of the dietary pattern you choose to follow.

**If you have concerns over whether you're getting the right balance of macronutrients for your health, talk with a doctor or dietitian for advice.**

## Nutrition: HMHB looks at Vitamins

### Today: Vitamin K

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

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

Vitamin K is a fat-soluble vitamin. This means it is similar to oil and does not dissolve in water. Fat-soluble vitamins are most abundant in high fat foods and are much better absorbed into your bloodstream when you eat them with fat.

Vitamin K plays a key role in helping the blood clot, preventing excessive bleeding. Unlike many other vitamins, vitamin K is not typically used as a dietary supplement.

Vitamin K is actually a group of compounds. The most important of these compounds appears to be vitamin K1 and vitamin K2.

- Vitamin K1 is obtained from leafy greens and some other vegetables.
- Vitamin K2 is a group of compounds largely obtained from meats, cheeses, and eggs, and synthesized by bacteria.

Vitamin K1 is the main form of vitamin K supplement.

Recently, some people have looked to vitamin K2 to treat osteoporosis and steroid-induced bone-loss, but the research is conflicting. At this point there is not enough data to recommend using vitamin K2 for osteoporosis.

Many drugs can interfere with the effects of vitamin K. They include antacids, blood thinners, antibiotics, aspirin, and drugs for cancer, seizures, high cholesterol, and other conditions.

Experts say: “You should not use vitamin K supplements unless your health care provider tells you to. People using Coumadin for heart problems, clotting disorders, or other conditions may need to watch their diets closely to control the amount of vitamin K they take in. They should not use vitamin K supplements unless advised to do so by their health care provider.”

While vitamin K deficiencies are uncommon, you may be at higher risk if you have a disease that affects absorption in the digestive tract, (such as Crohn's disease or active celiac disease) take drugs that interfere with vitamin K absorption, are severely malnourished, or drink alcohol heavily.



**Like all Vitamins, this micronutrient is “essential for life”.  
Your body cannot create it so you have to get it through your diet.  
Why not research this Vitamin this month, and what foods you need to consume?  
It’s your body, and your choice.**



# HMHB's Name Game Page: a little easier this month

Here are fifteen items you can find in the kitchen.

How many can you name?

Answers at bottom of quiz page answers (page 35)



1



2



3



4



5



6



7



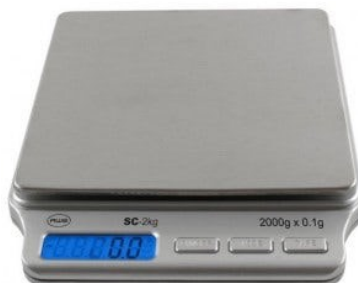
8



9



10



11



12



13



14



15

## NUTRITION: Lazza's Kitchen Adventure

### Dorset Apple Cake

A Recipe from Lazza's Kitchen. - first published in weekly pack number 7  
Lazza made his first Dorset Apple Cake from scratch

The term "cake" has a long history. The word itself is of Viking origin, from the Old Norse word "kaka". The ancient Greeks called cake "plakous", which was derived from the word for "flat". It was baked using flour mixed with eggs, milk, nuts, and honey. During the Roman period, the name for cake became "placenta" which was derived from the Greek term. A placenta was baked on a pastry base or inside a pastry case.

#### Ingredients

225g/8oz Cooking Apples (I used Bramley, peeled, cored, and chopped)  
Juice of a Lemon: 225g/8oz Plain Flour  
1½ tsp Baking Powder  
115g/4oz softened diced Butter  
165g/5½oz soft brown sugar:  
1 egg (beaten)  
1 tsp Cinnamon  
2-3 tbsp of milk

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

Grease and line your baking tin (around 18cm/7inch round)

Toss the chopped apple in with the lemon juice and set aside.

In a bowl put the flour, baking powder, and rub in the butter, till breadcrumbs

Stir in around 120g/4oz of the brown sugar, the apple, and the egg.

Mix well, and add a tad of milk for soft consistency.

Pour the mixture into the tin.

Mix remaining sugar with the cinnamon and pour over the top of the mixture.

Bake for 45-50 minutes until golden. Leave to cool in the tin for 10 minutes.

Tfr to wire rack to cool, and then enjoy.



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

## EXERCISE/FITNESS

### Upper Body

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 our regular Highbury Gym sessions with Dean on Tuesdays, thanks to the team at Better, and have restarted outdoors too. Zumba also begins outdoors again in May.

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.

For many people, when they think of exercise it is normally all concentrating on the legs and core. Just consider running, jogging, walking, as prime examples. People think they have exercised just by going out and walking for thirty minutes. But there is a lot more to your body than that, and much can get overlooked.

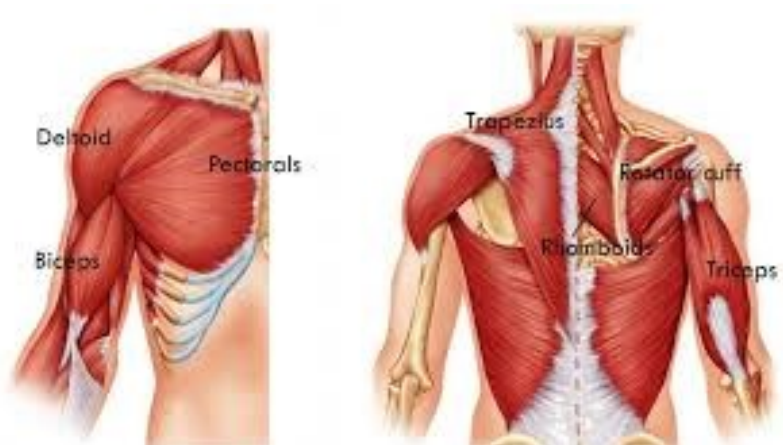
A prime example is your upper body.

The upper body refers to your arms, forearms, shoulders, chest, and hands. These muscles create a bridge from the chest, limbs, and torso to your spinal column.

Strengthening can help improve posture, athletic performance, confidence with everyday tasks, and decreases age-related atrophy.

**This specific region includes muscles like:**

- The Rotator Cuff
- Deltoids or shoulder muscles
- Biceps and triceps
- Pectoralis or chest muscles
- Trapezius



**In good form, these stabilising muscles:**

- Improve how firmly you can grasp, clench and hold onto objects.
- Contribute to your fine motor skills.
- Improve your ability to push, pull, and press with your arms, shoulders, back, and chest.
- Ensure you have a full range of motion, including moving your arms in all directions.
- Help you extend and flex your hands, wrist, and forearm.
- Move your shoulders up and down.
- Draw your shoulder blades toward the centre of your back.

**"No matter how slow you go, you're still lapping everybody on the couch."**

## EXERCISE/FITNESS: Benefits of working Upper Body

Why should you focus on upper body strength? Consider the following benefits.

### Helps to Improve Posture

Muscle imbalances can emerge in many people who have sedentary desk jobs. The chest muscles become tight, the back is loose and the shoulders begin to roll forward, causing you to hunch. Having good posture is important to your overall health, as it can help you avoid muscle tension, pain, fatigue, and many other common ailments and medical conditions.



Strengthening the back and shoulder muscles can make it easier to correct this posterior imbalance and contributes to greater core strength.

Beyond the effects of an office job, workouts focused on the upper body benefit runners and cyclists, as they tend to lean forward and develop resulting posture issues.

### Improved Metabolism

Strength training is key for targeting your upper body muscles and can increase muscle mass. This assists with raising your metabolic rate, causing your body to burn more calories when at rest.

### Maximizing Your Workout

A strong upper body can have a ripple effect through the rest of your workout and physical activities by:

- Improving coordination, no matter the activity.
- Developing stronger arms, which are key for swimming, running, and cycling.
- Decreasing injury risks, which can increase when you work out with poor posture.
- Strengthening your arms and core.
- Helping your body burn calories at a faster rate.
- Increasing your speed by propelling your lower body forward.
- Improving your balance and agility.
- Building endurance.

### Better Heart Health

The upper body also encompass the heart. Strengthening your cardiac muscle can have a positive effect on the circulatory and cardiovascular systems by:

- Elevating oxygen levels.
- Helping with weight control.
- Reducing artery damage related to high blood pressure, blood sugar, and cholesterol.
- Lowering heart attack and heart failure risks.

### Injury Prevention

For athletic activities, a stronger back and shoulder muscles improve your posture, which can lessen injuries related to poor form. When it comes to everyday tasks, stronger upper body muscles help you lift heavy items. Without strengthening these areas, your lower back muscles often have to compensate for the arms and shoulders, which can result in strain, unexplained pain, or an overuse injury.

## EXERCISE/FITNESS: Three Upper Body exercises for you



### **Diagonal Single Arm Fly**

Dean has used a bottle as a weight. You can use any household object, but the weight is important. Notice he has a bend in his elbow, and his arm is not straight.

He is clenching the bottle and that engages the muscle in his arm, and activates the muscles in his shoulder and chest.

It's quite a simple small move but you are working your muscles, and you can do this standing if you want.

This exercise targets the sternal heads of your pectoralis major muscles, which are found in your chest, but also strengthens your deltoids, biceps, triceps, wrist flexors, and brachialis muscles. Obviously, switch arms after ten.



### **Single Arm Shoulder Press**

Again, Dean is gripping the bottle tight, and this helps to engage the muscles. Look at his starting position.

Fist facing towards him with the knuckles towards the ceiling. Then it is just a simple movement of the arm, keeping it slightly bent so you do not put strain on the elbow, and then lower again. Do use a weight.

The shoulder press is one of the best exercises for strengthening your shoulders and upper back. The biggest benefactor of the shoulder press is the front portion of your shoulder muscle (anterior deltoid) but you'll also be working out your deltoids, triceps, trapezius, and pecs. Do ten, then switch arms.



### **Single Arm Lateral Raise**

Dean has decided to switch arms but the principal is very much the same. Clenching the bottle he keeps that bend in his arm and raises it up in front of him. Make slow movements as you are engaging the muscles.

Lower, do ten, and then switch to the other arm.

The lateral raise or side lateral raises are effective shoulder-strengthening exercises that help tone your shoulder muscles and a part of the upper back muscles.

Lateral raise exercise targets the deltoid muscles and some trapezius fibres as well.

You don't want to lean too far forward or you are going to put strain on your lower back.

**Your body will thank you for working it hard.**



**EXERCISE/FITNESS:**  
**Three more Upper Body exercises for you**



**Single Arm Forward Jab**

All of these are pretty simple moves, but form is important. Try and concentrate on your shape. That slight bend in the arm and grip. Here, palm forward, Dean holds the bottle close to his shoulder and then pushes forward, keeping that slight elbow bend, and arm parallel to floor. Do ten, then swap arms. It's like a jab in boxing. The shoulder, chest, back, biceps, triceps, and specifically the Serratus Anterior, also known as the boxer's muscle, are used to extend the arm and punch. The chest muscles are your upper body core muscles. Their most important functions are to connect your shoulders, arms, and lats into one combined force.



**Single Arm Shoulder Shrug**

A very simple move that you might be thinking does not do a lot. But think again. See how Dean is gripping the bottle and allowing his shoulder to drop. Then keeping the same arm shape he brings his shoulder up, maintaining shape, as if shrugging his shoulders. If you're looking to boost the strength of your shoulder, neck, or upper back muscles, and improve your posture, add shoulder shrugs to your workout routine. Strengthening your trapezius muscles can help stabilize your neck and upper back and reduce the strain on your neck and shoulder muscles.



**Single Arm Rotator Cuff**

This is more of a sideways movement across the body - do check out the pics. Same arm shape protecting the elbow with the bend. Tight grip. Simple moves but to good effect. Strength: Strengthening the muscles that support your shoulder will help keep your shoulder joint stable. Keeping these muscles strong can relieve shoulder pain and prevent further injury. Flexibility: Stretching the muscles that you strengthen is important for restoring range of motion and preventing injury.

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

## Lazza's Page of Fascinating Facts

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.

### **Black Apples of Tibet**

Yep, that's a real apple, and it is "Black".

Black diamond apple is a variety of apple grown in Tibet, notable for its deep violet colour. It belongs to the family of Huaniu apples, known as the Chinese Red Delicious, which is an apple cultivar that originated from China. They are considered one of the most luxurious types of apples. The colour of black diamond apples is attributed to its geographical location in the small city of Nyingchi found in the mountains of Tibet. Its high location is exposed to high levels of ultraviolet light during daytime. The warm temperature and sudden changes to low temperatures at night is what causes this variant to adapt to its excessive changes in climate in the area. This enables it to grow and adopt its unique colour on the outside.



### **Kangaroo Mice don't need to drink water**

Yes, is that not one of the cutest animals you have seen?

This is the Kangaroo Mouse. It is one of the two species of jumping mouse native to the deserts of the southwestern United States, predominantly found in the state of Nevada. The name "kangaroo mouse" refers to the species' extraordinary jumping ability, as well as its habit of bipedal locomotion (using two legs).

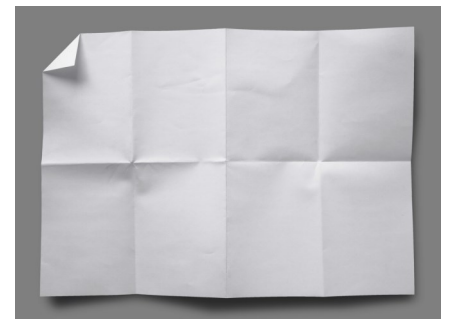
An extraordinary fact is that they can spend several extended periods of time, even lifetimes, without consuming water. This is due to their efficient kidneys and ability to extract sufficient water from food and is essential in their survival in desert areas. The fat they get from their food is also stored in their tail. Wow!!



### **If you could fold a piece of paper 42 times it would reach the moon.**

I know this sound ludicrous at first, but let me explain. It all boils down to mathematics.

If you fold a piece of paper in half, it doubles in thickness. And if you fold it in half again, it doubles in thickness again. With that type of exponential growth, it would take just 23 folds for a .1-millimeter piece of paper to be one kilometre thick, and 30 folds for it to be thick enough to reach outer space (100,000 kilometres). Unfortunately, the world record for the number of folds is 12.



### **And finally, your heart will beat approximately 2.5 billion times.**

Your heart may beat faster when you're excited and could slow down when you're relaxed, but in most cases, it tends to keep a regular pace.

In fact, most human hearts beat an average of 60 to 70 times per minute and 100,000 times per day. That's about 35 million times a year, and more than 2.5 billion times during an average lifetime.

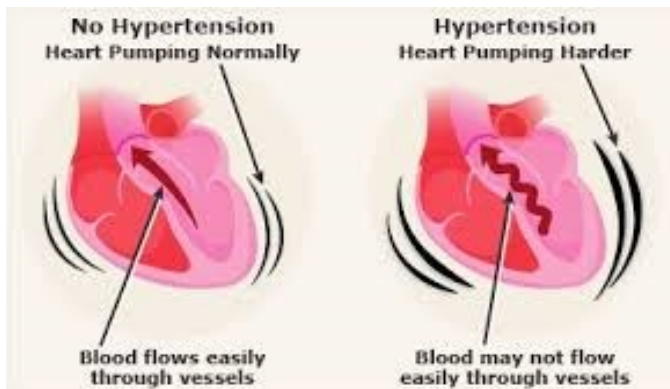
## HEALTH / ROUTINE

### What is Blood Pressure?

I decided to cover this subject as it has become personal to me. I have been waiting for a Hiatus Hernia operation for a few years and was delighted to be asked in July to a “pre-operation” tests visit last week to UCH Euston. I had my ECG and other tests only to discover that my blood pressure was unusually and unhealthily high!!! A bit of a shock to the system.

- But why should I worry?
- What are the symptoms?
- How can I lower it?
- Do I need medication?
- How will it affect my daily life?
- Can it kill me?

All these were questions that went through my mind.



Normal blood pressure is vital to life. Without the pressure that forces our blood to flow around the circulatory system, no oxygen or nutrients would be delivered through our arteries to the tissues and organs.

However, blood pressure can become dangerously high (hypertension), and it can also get too low.

Blood pressure is the force that moves blood through the circulatory system. It is an important force because oxygen and nutrients would not be pushed around the circulatory system to nourish tissues and organs without blood pressure.

Blood pressure is also vital because it delivers white blood cells and antibodies for immunity and hormones such as insulin.

Just as important as providing oxygen and nutrients, the fresh blood that gets delivered is able to pick up the toxic waste products of metabolism, including the carbon dioxide we exhale with every breath and the toxins we clear through the liver and kidneys.

Blood itself carries a number of other properties, including its temperature. It also carries one of the defences against tissue damage, the clotting platelets that prevent blood loss following injury.

But what exactly causes blood to exert pressure in the arteries? Part of the answer is simple. The heart creates blood pressure by forcing out blood when it contracts with every heartbeat. Blood pressure, however, cannot be created solely by a pumping heart.

Circulation is similar to a highly sophisticated form of plumbing - blood has “flow,” and arteries are “pipes.” A basic law of physics gives rise to blood flow, and this law also applies in a garden hose pipe. Blood flows through the body because of a difference in pressure. Blood pressure is highest at the start of its journey from the heart - when it enters the aorta - and it is lowest at the end of its journey along progressively smaller branches of arteries. That pressure difference is what causes blood to flow. Arteries affect blood pressure in a similar way to the physical properties of a garden hose pipe affecting water pressure. Constricting the pipe increases pressure at the point of constriction.

## HEALTH / ROUTINE

### Reading Blood Pressure

The device used to measure blood pressure is a “Sphygmomanometer”. It consists of a rubber armband, the cuff that is inflated by hand or machine pump. Once the cuff is inflated enough to stop the pulse, a reading is taken either electronically or on an analog dial. The reading is expressed in terms of the pressure it takes to move mercury around a tube against gravity. This is the reason for pressure being measured using the unit millimetres of mercury, abbreviated to mm Hg. Measuring blood pressure typically does not cause any pain or discomfort. However, it can temporarily feel tight around the arm.

A stethoscope can identify the precise point when the pulse sound returns (or the machine does it automatically), and the pressure of the cuff is slowly released. Using the stethoscope enables the person measuring the blood pressure to listen out for two specific points.



Your blood pressure is recorded as two numbers:

- **Systolic blood pressure:** (the first number). This indicates how much pressure your blood is exerting against your artery walls when the heart beats.
- **Diastolic blood pressure:** (the second number). This indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats.

Typically, more attention is given to systolic blood pressure (the first number) as a major risk factor for cardiovascular disease for people over 50. In most people, systolic blood pressure rises steadily with age due to the increasing stiffness of large arteries, long-term build-up of plaque and an increased incidence of cardiac and vascular disease.

However, either an elevated systolic or an elevated diastolic blood pressure reading may be used to make a diagnosis of high blood pressure. According to recent studies, the risk of death from ischemic heart disease and stroke doubles with every 20 mm Hg systolic or 10 mm Hg diastolic increase among people from age 40 to 89.

1. Blood pressure numbers of less than 120/80 mm Hg are considered within the normal range. If your results fall into this category, stick with heart-healthy habits like following a balanced diet and getting regular exercise.
2. Elevated blood pressure is when readings consistently range from 120-129 systolic and less than 80 mm Hg diastolic. People with elevated blood pressure are likely to develop high blood pressure unless steps are taken to control the condition.
3. Hypertension Stage 1 is when blood pressure consistently ranges from 130-139 systolic or 80-89 mm Hg diastolic. At this stage of high blood pressure, doctors are likely to prescribe lifestyle changes and may consider adding blood pressure medication based on your risk of atherosclerotic cardiovascular disease (ASCVD), such as heart attack or stroke.
4. Hypertension Stage 2 is when blood pressure consistently ranges at 140/90 mm Hg or higher. At this stage of high blood pressure, doctors are likely to prescribe a combination of blood pressure medications and lifestyle changes.

## HEALTH / ROUTINE

### What can I do to lower my Blood Pressure?

HMHB advocates a healthy lifestyle - and clearly I need to listen to this advice myself. I am going to make some changes as this could seriously affect my own physical health. I won't say what my reading was recently, but it was alarming enough to make me realise I must overhaul my efforts.

#### **Maintain a healthy weight**

Blood pressure often increases as weight increases. Being overweight also can cause disrupted breathing while you sleep (sleep apnoea), which further raises blood pressure.

Weight loss is one of the most effective lifestyle changes for controlling blood pressure. If you're overweight (like myself) or have obesity, losing even a small amount of weight can help reduce blood pressure. In general, blood pressure might go down by about 1 millimetre of mercury (mm Hg) with each kilogram (about 2.2 pounds) of weight lost.

Also, the size of the waistline is important. Carrying too much weight around the waist can increase the risk of high blood pressure. (I have struggled with this for a long time).

In general:

Men are at risk if their waist measurement is greater than 40 inches (102 centimetres).

Women are at risk if their waist measurement is greater than 35 inches (89 centimetres).

These numbers vary among ethnic groups. Ask your health care provider about a healthy waist measurement for you. I honestly can empathise with anyone struggling with extra weight. But we can do something about it if we push 100%. :-)



#### **Do some exercise.**

HMHB have constantly advocated the great results exercise can bring. Regular physical activity can lower high blood pressure by about 5 to 8 mm Hg. It's important to keep exercising to keep blood pressure from rising again. As a general goal, aim for at least 30 minutes of moderate physical activity every day.

Exercise can also help keep elevated blood pressure from turning into high blood pressure (hypertension). For those who have hypertension, regular physical activity can bring blood pressure down to safer levels.

Some examples of aerobic exercise that can help lower blood pressure include walking, jogging, cycling, swimming, or dancing. Another possibility is high-intensity interval training. This type of training involves alternating short bursts of intense activity with periods of lighter activity.

Strength training also can help reduce blood pressure. Aim to include strength training exercises at least two days a week. Talk to a health care provider about developing an exercise program.

**Unfortunately, high blood pressure can happen without feeling any abnormal symptoms. Moderate or severe headaches, anxiety, shortness of breath, nosebleeds, palpitations, or feeling of pulsations in the neck are some signs of high blood pressure.**

## HEALTH / ROUTINE

### More ways to control Blood Pressure

#### Eat Well

HMHB are always asking you to look at your nutritional input. You control your diets. Eating a diet rich in whole grains, fruits, vegetables, and low-fat dairy products, and low in saturated fat and cholesterol can lower high blood pressure by up to 11mm Hg. Examples of eating plans that can help control blood pressure are the Dietary Approaches to Stop Hypertension (DASH) diet and the Mediterranean diet.

Potassium in the diet can lessen the effects of salt (sodium) on blood pressure. The best sources of potassium are foods, such as fruits and vegetables, rather than supplements. Aim for 3,500 to 5,000 mg a day, which might lower blood pressure 4 to 5 mm Hg. However, just ask your care provider how much potassium you should have.

#### Lower Salt content

Even a small reduction of sodium in the diet can improve heart health and reduce high blood pressure by about 5 to 6 mm Hg.

The effect of sodium intake on blood pressure varies among groups of people. In general, limit sodium to 2,300 milligrams (mg) a day or less. However, a lower sodium intake - 1,500 mg a day or less - is ideal for most adults.

To reduce sodium in the diet:

- **Read food labels.** Look for low-sodium versions of foods and beverages.
- **Eat fewer processed foods.** Only a small amount of sodium occurs naturally in foods. Most sodium is added during processing.
- **Don't add salt.** Use herbs or spices to add flavour to food instead.
- **Cook.** Cooking lets you control the amount of sodium in the food so get back into that kitchen.

#### Improve your sleep

Now, I personally know just how hard getting a good night's sleep can be. Poor sleep quality, getting fewer than six hours of sleep every night for several weeks, can contribute to hypertension (I think this is one of my problems). A number of issues can disrupt sleep, including sleep apnoea, restless leg syndrome, and general sleeplessness (insomnia). For me it is acid reflux caused by my hernia.

Let your health care provider know if you often have trouble sleeping. Finding and treating the cause can help improve sleep. However, if you don't have sleep apnoea or restless leg syndrome, follow these simple tips for getting more restful sleep.

- **Stick to a sleep schedule.** Go to bed and wake up the same time each day. Try to keep the same schedule on weeknights and on weekends.
- **Create a restful space.** That means keeping the sleeping space cool, quiet and dark. Do something relaxing in the hour before bedtime. That might include taking a warm bath or doing relaxation exercises. Avoid bright light, such as from a TV or computer screen.
- **Watch what you eat and drink.** Don't go to bed hungry or stuffed. Avoid large meals close to bedtime. Limit or avoid nicotine, caffeine and alcohol close to bedtime, as well.
- **Limit naps.** For those who find napping during the day helpful, limiting naps to 30 minutes earlier in the day might help night-time sleep.



## LET'S PLAY A GAME

### Plus quiz answers from Page 15

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: **E**

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

Name 10:

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

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

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

**“Fun from games arises out of mastery.**

**It arises out of comprehension.**

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

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

**HOW'D WE DO?**

Answers to Fun Quiz from Page 15

Round One: 1 Pink, Platinum: 2 A Vinegar, B Potato: 3 Tomato, V Mossy  
4 Bookworm, Dolly: 5 Spielberg, Springsteen: 6 Johnson, Shatner

Round Two: 1, 165: 2, 48: 3, 238,855: 4, 36: 5, 331.

Round Three: 1, 1643: 2, 1930: 3, 1818: 4, 1938: 5, 1997.

Round Four: Link: They sadly all passed away in 2016

## NUTRITION: Lazza's Kitchen Adventure

### Coconut Macaroons

A Recipe from Lazza's Kitchen. - first published in weekly pack number 16  
Lazza made his Coconut Macaroons from scratch

Most historians are inclined to believe that the macaroon originated in Italy, probably Venice, and was transported to France by sailors where it was further refined by French pâtissier techniques.

The consensus is that the word "macaroon" comes from the Italian word ammaccare which means to crush.

A macaroon is coconut based, whereas a macaron is meringue based.

#### Ingredients

- 3-4 sheets of rice paper
- 100g desiccated coconut
- 100g caster sugar
- 2 (medium-sized) egg whites
- 1tbsp plain flour
- 1 pinch of salt
- 1tsp vanilla extract
- Dark chocolate

One of the simpler recipes here. But quality is just as important.

Preheat oven to 160C/fan.

Line a baking tray with greaseproof paper and then the rice paper

Mix the desiccated coconut, sugar, flour, salt, vanilla extract and egg whites together in a bowl. The mixture should be 'gloopy' and sticky.

Spoon the mixture into rounded 'dollops' onto the rice paper and cook in the oven, on the middle shelf, for 16-20 minutes until the macaroons are lightly golden brown.

Allow to cool.

Melt the dark chocolate over hot water or in the microwave, then drizzle over the macaroons



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](http://www.hmhb2016.org.uk)  
This was a great and very tasty bake to prepare.



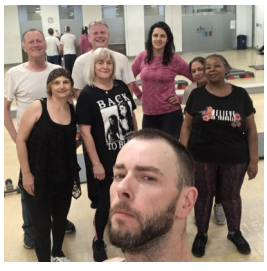
**Why not try an exercise class!!!**

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

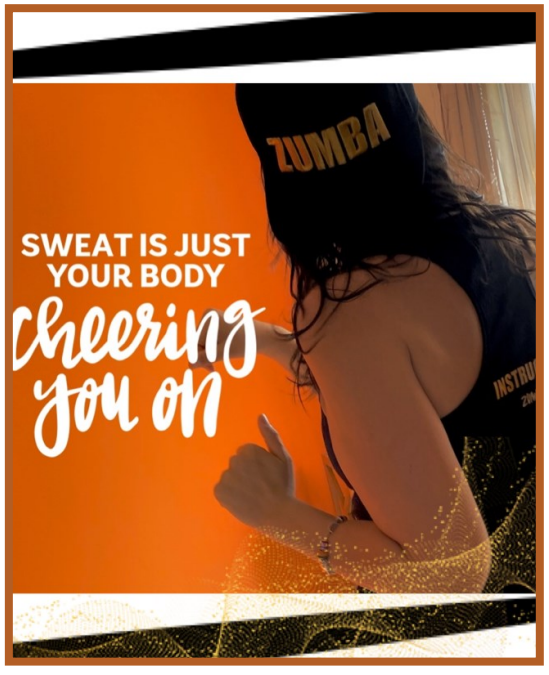
HMHB is restarting our Sunday Zumba outdoor session in Highbury Fields from May 2022. Why not join us at 12pm.

Nothing in August.  
 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!!  
[yummymummyzumba@gmail.com](mailto:yummymummyzumba@gmail.com)



ZUMBA



**ACTIVE WITHIN**

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

[www.activewithin.com](http://www.activewithin.com)

**TIME TABLE**

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

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

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

Check out their website for more information.

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

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

[www.walkwithadoc.org](http://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](mailto:hello@emmaahlstrom.com)  
[www.emmaahlstrom.com](http://www.emmaahlstrom.com)

## Review of Challenges and Targets

### Mind-set:

Targets and goals only happen if we focus and concentrate on what we are doing, and allowing outside influences to distract us is a big problem.

There are a few tricks we can use to help us concentrate more, and we covered a few in this pack, but there are others so please do some research yourselves.

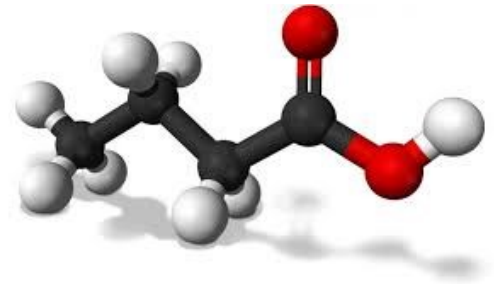
Life can be very hard at times and it is very easy to slip us and stay in that position. Being able to make changes, and focus on that, is fundamental to being successful in what we want to do.



### Nutrition.

This pack we had a more in depth look at fat and fatty acids, which like a lot of stuff to do with the body boils down to chemicals and how they are out together.

We need fat to survive, but there are different types of fat, some better than others. It is up to us to ensure we are getting more of the healthy kind!!! However, it is a macronutrient and vital to our survival. Why not do some of your own research, look at what you are eating and see if you can be doing better. I know I can!!!



### Exercise.

**STRONGER  
UPPER  
BODY -  
EXERCISES  
WITH  
WEIGHTS**



Our very own PT Dean demonstrated a few simple but effective exercises this week around Upper Body strength. It is an area that can easily get overlooked, but we all need to do some work ensuring these muscles are used. When it comes to everyday tasks, stronger upper body muscles help you lift heavy items. Without strengthening these areas, your lower back muscles often have to compensate for the arms and shoulders, which can result in strain, unexplained pain or an overuse injury

### Health.

Because of a high reading for myself recently, I decided to cover the subject of Blood Pressure as it can cause us some very nasty problems if we do not look after it.

We took a good deep look at what it is, how to read it, and how we can improve it.

Do get a check if you do not know how you sometimes there are no visible symptoms to make you take note.

A healthy lifestyle is vital to maintaining a good level, and I have to work hard myself to make some changes. Be aware!!!



**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 + Kitchen Utensils from Page 20

See if you can beat your family and friends

### History: Who captained these famous ships? Some real and some fictional.

1. V: Capt. Hardy (Nelson was on it)
2. GH: Sir Francis Drake
3. BP: Capt. Jack Sparrow
4. P: Capt. Ahab (Moby Dick)
5. BP: Capt. Pugwash
6. T: Capt. Edward Smith
7. U: Capt. Francis Haddock (Tintin)
8. N: Capt. Nemo
9. E: Capt. James Cook
10. B: Capt. William Bligh
11. H: Capt. Smollett (Treasure Island)
12. P: Capt. Harrison (Leslie Nielson)
13. M: Capt. Christopher Jones

### Pop Music: Who sang these songs with numbers in the title? Plus year released?

1. 1999: Lou Bega
2. 1978: The Commodores
3. 1982: Adam Ant (first solo single)
4. 1975: Paul Simon
5. 1980: Bob Marley & The Wailers
6. 1984: Bryan Adams
7. 1990: Sinéad O'Connor
8. 1987: The Proclaimers
9. 1998: Britney Spears
10. 1996: Spice Girls
11. 1974: Queen
12. 1985: Paul Hardcastle
13. 1984: Nena
14. 1964: The Beatles

### Music: These songs were all in the top 20 selling singles of the 1990s. Name the year, and the band/singer.

1. 1996: Babylon Zoo
2. 1998: Steps
3. 1997: All Saints
4. 1996: Fugees
5. 1996: Spice Girls
6. 1998: Celine Dion
7. 1992: Whitney Houston
8. 1998: Britney Spears
9. 1997: Various Artists (charity record)
10. 1998: Cher
11. 1997: Aqua
12. 1994: Wet Wet Wet
13. 1995: Robson & Jerome
14. 1995: Coolio featuring LV
15. 1997: Elton John (with Candle In The Wind)
16. 1991: Bryan Adams
17. 1994: Celine Dion

### London—Victoria Line

Walthamstow Central, Blackhorse Road, Tottenham Hale, Seven Sisters, Finsbury Park, Highbury & Islington, Kings Cross St. Pancras, Euston, Warren Street, Oxford Circus, Green Park, Victoria, Pimlico, Vauxhall, Stockwell, Brixton.

QUIZ ANSWERS

### Kitchen Utensils - from Page 20

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

- |                        |                 |
|------------------------|-----------------|
| 1 Measuring Spoons     | 2 Colander      |
| 3 Potato Masher        | 4 Citrus Juicer |
| 5 Garlic Press         | 6 Grill Pan     |
| 7 Casserole Dish       | 8 Broiler Pan   |
| 9 Splatter Guard       | 10 Thermometer  |
| 11 Kitchen Scales      | 12 Blender      |
| 13 Electric Can Opener | 14 Egg Timer    |
| 15 Poached Egg Pan     |                 |

### Sport:

**This year Premier League:**

Arsenal, Aston Villa, Bournemouth, Brentford, Brighton, Chelsea, Crystal Palace, Everton, Fulham, Leeds, Leicester City, Liverpool, Manchester City, Manchester United, Newcastle United, Nottingham Forest, Southampton, Tottenham, West Ham United, Wolverhampton Wanderers.

# 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](mailto:hmhb2016@outlook.com)

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

[www.facebook.co.uk/healthymindshealthybods](http://www.facebook.co.uk/healthymindshealthybods)

Check out our GoFundMe: [www.gofundme/hmhb2016](http://www.gofundme/hmhb2016)

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

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

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

Please follow and like our blogs:

[www.hmhb2016.blogspot.com](http://www.hmhb2016.blogspot.com) ; this about HMHB as a whole

[www.healthymindshealthybods.blogspot.com](http://www.healthymindshealthybods.blogspot.com) our health blog

Our website is: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk) you can contact us through the site

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

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

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

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



ISLINGTON

*Cripplegate Foundation Helping since 1500*

**Be Safe, Be Active, Be Well**