



Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

Monthly Health Pack: Number 01

Focus on Mind-set, Nutrition, Exercise, Health

The Original and The Best



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

Prepared by: Lazza, Oliver, and Dean: Saturday 1 May 2021

www.hmhb2016.org.uk



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Our monthly health packs are starting off with 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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**“I think it's great to be flawed. I am hugely flawed, and I like it this way.
That's the fun of life. You fall, get up, make mistakes.
Learn from them, be human and be you.”**

Welcome to Issue 1 of Healthy Minds, Healthy Bods' Monthly Health Packs.

From April 2020 to March 2021, HMHB was providing weekly health packs, all of which can be found in PDF form on our website, with content details: www.hmhb2016.org.uk. This is our new venture. HMHB is a mental health project that is looking to shake up intervention through our own pioneering, unique fresh approach. Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress and anxiety, and show that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

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



**After a year away,
on Thursday April 15th, some of our
group of Izzwalkers finally met again
for our Clissold Park walk.
It was so nice to see friends
interacting again, safely and
following guidelines.
Thanks all for your support.**

We thank our local MP, Jeremy Corbyn, and Councillors, Osh Gantly, Sue Lukes and Caroline Russell for being so supportive about Healthy Minds, Healthy Bods.

Also, thanks also to our partners Highbury Grange Medical Practice and Better Gyms.

WE WANT TO BE ABLE TO SEND PRINTED COPIES

Sadly, we will not be able to mail out copies at this time due to lack of funding. We thank Islington Council for their magnificent help in continuing to get printed copies to us, especially to Mehreen and to Michelle. Your assistance has meant a lot to many people. We will still be hand delivering packs in Islington, Camden and Haringey. But if anyone can help with funding for mailing, that would be terrific.

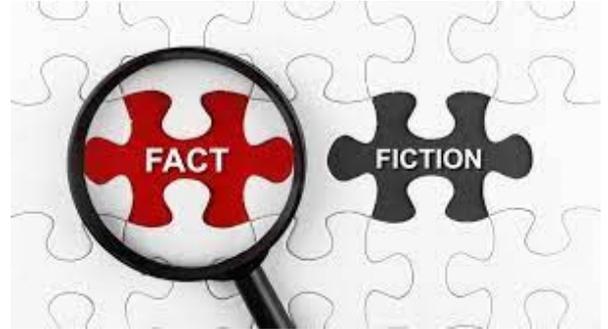
Currently, we do our various work as volunteers. HMHB really needs seed funding to cover salaries and overheads. We are talking to the DWP at this time, so hopefully more news to follow soon. If you can, share on social media our fundraiser www.gofundme/hmhb2016



NEWS PAGE: Covid Vaccine - Facts not Myths: Page 1

Throughout this pandemic, HMHB has been using social media in many ways. Therefore, we have come across quite a few sites that are spreading fear and myths around the vaccine that have a damaging effect. Listen, we are all for people asking questions, and that is a good thing. But, if you do have any thoughts, speak to a health professional at your local medical practice. I am sure they can ease your worries.

Remember nothing is ever 100% safe. Over the last four years I have had six eye operations. Before every one I had to sign forms saying I understood risks explained to me, and then gave my permission for the surgery to go ahead. If you have an operation that will happen too. Would you turn the operation down if it could save your life?? No.



People say the vaccine was “rushed” and is therefore not safe.

“Rushed” implies that researchers weren’t following their usual rigorous standards and that corners are cut, but that isn’t the case. Rapid development and testing of vaccines isn’t common practice but that doesn’t mean to say it isn’t safe. Vaccine development is usually beset with the bureaucracy of process, funding issues, and waiting for panel dates. Due to the emergency situation, Covid vaccines haven’t been faced with these usual delays.

The Covid-19 vaccine has had to meet all the expected robust clinical milestones with no safety shortcuts. No regulatory steps were omitted in the reported vaccine development. The independent medicines regulator (MHRA) have strict quality, safety, and effectiveness metrics that all medications (including vaccines) must pass prior to being administered. All the vaccines licensed within the UK have passed their stringent processes. Obviously, there is no long term data but currently these vaccines have been licensed as safe, effective, and the best option to prevent infection and death.

People report the vaccine will affect your DNA

The types of vaccine that are licensed for use against Covid-19 do not interact with or alter your human genetic code (DNA).

Messenger RNA (mRNA) is a small molecule that is made naturally by your cells, bacteria, and viruses, and provides a blueprint for protein manufacture. The Pfizer-Biotech and Moderna vaccines are based on mRNA which act as chemical negotiators within the body to provide it with a plan on how to develop an immune response against Covid-19.



mRNA never enters the nucleus of the cell which is where our DNA is kept and therefore doesn’t interact with our DNA in any way. To genetically modify your DNA, you would need to insert a foreign DNA into the nucleus of a human cell and vaccines don’t have the capacity to do that.

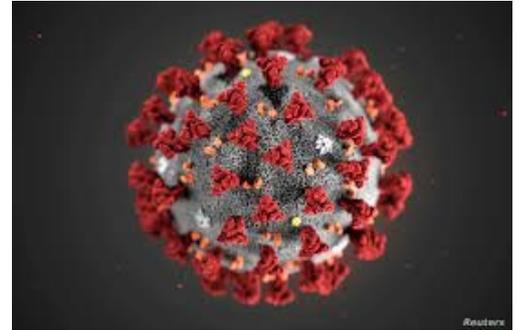
I have even seen a video online with so-called medical professionals claiming the above. This is why you must chat with your local doctors. The information they were giving was wrong.

NEWS PAGE: Covid Vaccine - Facts not Myths: Page 2

People are worried that the vaccine will not deal with new strains.

All viruses mutate, that's their normal strategy to survive. When we discuss the Covid-19 variants that refers to the versions of the virus that have undergone their natural mutation. Scientists and key clinicians currently expect the licensed vaccines available to protect against the existing known variants.

Vaccine efficacy is continually being assessed and explored and we may find that the efficacy could lessen as more variants emerge over time. The ongoing research in vaccine development and efficacy will lead the way in how we manage ongoing immunity against existing and new strains. Early vaccination of the population will drastically cut virus spread and therefore reduce the presence of not only the original strain but also the new variants of that strain.



People say you will get side-effects after receiving a vaccine jab.

All vaccines have the potential to cause side effects as they are engineering an immune response within your body. For most, the vaccine causes mild side effects, like that of the seasonal flu vaccine. Most side effects resolve in a few days, and over the counter medications may ease that sore arm or slight temperature. Remember, your body is learning to fight against the virus. It will naturally have an effect on your body.

Some people are known to have severe allergic responses to numerous things, and for those people any vaccination will be discussed and counselled on. Currently the MHRA has recommended that those with a history of significant allergic reactions should not have the Pfizer vaccine.

The current data is telling us that eleven people in every million (or 0.0011%) will have a moderate to severe reaction. Severe allergic reactions have been found to occur within fifteen minutes of receiving the vaccine. Therefore most vaccination sites are asking recipients to wait to ensure their safety. To put that into context, many people undergo cataract surgery. Side effects are rare from this kind of surgery, but some things that could happen are: Eye infection or swelling. Bleeding. Retinal detachment (the breaking away of a layer of tissue at the back of your eye that senses light), and all these are much higher risk than that of the Covid vaccine.



People say the vaccine contains microchips or food products.

There have been many claims around the ingredients of the Covid-19 vaccine, from foetal cells to microchips, again many are based on fallacy not fact. The vaccine was originally developed through utilising replicated human kidney cells which have been filtered out of the final product. The claim around microchips refers to an interview with Bill Gates who stated that 'we will have some digital certificates'. He was referring to the infrastructure for safe, home-based testing, not the vaccine.

The vaccines also don't contain any egg proteins so is safe to give to anyone with egg allergies. The British Islamic Medical Association have also recommended people who are eligible should have the vaccine as it doesn't contain pork gelatine and negligible alcohol.

NEWS PAGE: Covid Vaccine - Facts not Myths: Page 3

People say the vaccine can affect fertility issues

This really is fake news. Misinformation is appearing online, claiming that the antibodies produced by the spike proteins, which enable the virus to bind with host cells of Covid-19, will bind to placental proteins preventing pregnancy. This would be scientifically implausible but is yet another myth increasing anxiety and worry. Antibodies to the spike protein have not been linked to infertility after Covid-19 infection. If following a natural Covid-19 infection the spike proteins did cause infertility or miscarriage, we would see trends in infertility, miscarriage, and stillbirth. This has not been the case.

There is no evidence to suggest the vaccine affects fertility, which is thought to be secondary to the fact that the vaccine does not contain the live virus. Therefore, the current evidence suggests that it is thought not to increase the risk of infertility, miscarriage, still birth, or congenital abnormalities. This was confirmed in a statement by the World Health Organisation. For those breastfeeding mums, there is no evidence to suggest the vaccine puts your baby at risk through breastfeeding. The vaccine trials, as with most medication and vaccine trials, did not contain any children or pregnancy cohorts so the data available is post trial data.

People believe having the vaccine means they do not have to follow guidelines on safety

Even when you've had your vaccine it's vitally important that we still adhere to the current guidelines. Therefore, the hands, space, face advice is still relevant. The current licensed vaccines all have achieved a good level of efficacy at preventing severe illness which is what the trial protocol's end goal was. It is not yet clear on their impact of transferability and immunity and further research will be able to evaluate this question. Remember, it's still important to have the vaccine to prevent severe illness from Covid-19. It is still possible to catch Covid, and pass it on, if we look at current data. The vaccine will hopefully attack the virus quickly, stopping you getting ill.



The existing rules also apply if you have any medical appointments. Please do ensure that you observe the hands, face, space advice and contact your medical facility for information on their latest process for seeing patients.

People think if they have had Covid 19 they do not need to take the vaccine jab

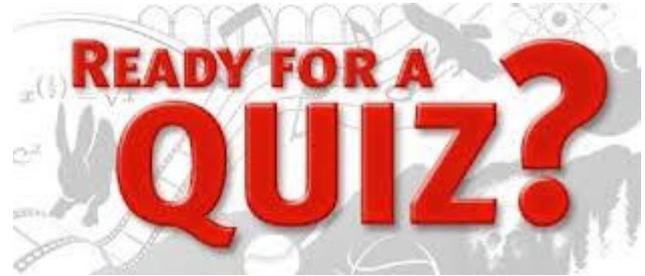
It is not yet apparent what the natural immunity response level reached is, or for how long after infection someone has protection against Covid-19. The current evidence appears to suggest that contracting Covid-19 again is not common but as this is a new developing phenomenon, we still have lots of research to do. It is still recommended, irrespective of your previous immunity response, to have the vaccine when offered. Those who are awaiting a Covid-19 test results, have just been diagnosed with Covid-19, or are still in isolation, should delay their vaccination, the vaccinations centres will be able to advise on the current recommended timescales.

We would like to thank the fantastic Benenden Health for much of the information on our news pages in regards to sorting out vaccine facts from myths. I had my first jab in February, and am looking forward to my second. If you have any problems, talk to someone, do not ignore the issue.

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

Geography

The USA has fifty states.
 Twenty-one of them end with the letter "A".
 How many of these 21 can you name?
 Take your time. See how many you get.



Music

Name the acts for the UK No1 singles in 2000.

1. Oops, I Did It Again
2. It Feels So Good
3. The Real Slim Shady
4. 7 Days
5. Groovejet (If This Aint Love)
6. Take On Me
7. Can We Fix It
8. Beautiful Day
9. American Pie
10. Don't Give Up
11. Spinning Around
12. Rock DJ
13. I Turn To You

Films: Who played these famous characters, and also name the film, all men nominated for a Best Actor Oscar.

1. 1968: Fagin
2. 1974: Hercule Poirot
3. 1976: Rocky Balboa
4. 1982: Michael Dorsey / Dorothy Michaels
5. 1987: Gordon Gecko
6. 1993: Oskar Schindler
7. 2000: Maximus Decimus Meridius
8. 2004: J M Barrie
9. 2005: Truman Capote
10. 2006: Idi Amin
11. 2009: Nelson Mandela
12. 2010: Mark Zuckerberg
13. 2011: George Smiley
14. 2014: Alan Turing
15. 2015: Steve Jobs
16. 2017: Winston Churchill
17. 2018: Freddie Mercury

Television

Who played the following sitcom characters on TV - and the sitcom they were in?

1. Norman Stanley Fletcher
2. Captain Mainwaring
3. Hyacinth Bucket
4. Alan Partridge
5. Dorien Green
6. Manuel
7. Geraldine Granger
8. Denise Best
9. Miss Brahms
10. Patsy Stone
11. Humphrey Appleby
12. Captain Darling
13. Malcolm Tucker



Science

There are currently twelve known gases on the Periodic Table.

How many of these 12 can you name?

A clue: includes number 118, recently discovered

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

MIND-SET: Carrying on with Life

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

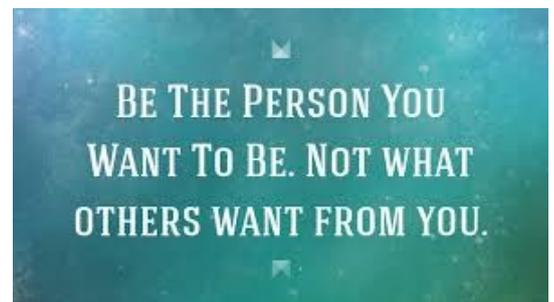
For over a year we have all been trying to find ways to cope with isolation, changes to our work patterns, changes to our daily routines, and maintaining guidelines around distance and cleanliness. It has been tough on most of us, and if you have struggled that is totally fine. Do not knock yourself, it is a natural reaction to circumstances. You have come a long way. Give yourself a pat on the back.

But it is important for your physical and mental health to now find a way to continue your life journey, to keep moving forward, and to put yourself back into the world.

There are some things you can be doing that can help that process. So let's look at a few and see how you feel about them. Nobody says you have to try everything you read about or hear about, but these are good skills to have at your disposal. It's your choice how you use the information.

Be the person you were meant to be

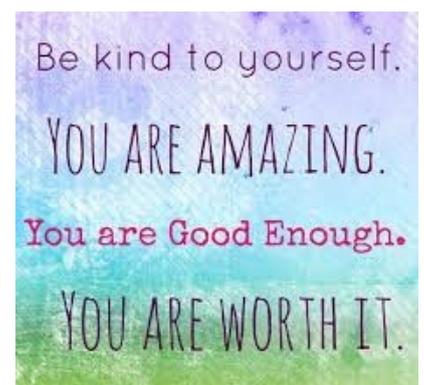
When times get tough, our worst battle is often between what we remember and what we presently feel. In fact, one of the hardest decisions you will ever have to make is when to stay put and struggle harder or when to take your memories and move on. Sometimes you have to step outside of the person you've been, and remember the person you were meant to be, the person you are capable of being, and the person you truly are today..



You may not know but Healthy Minds Healthy Bods has been created by people who have gone through severe depression and difficult times. I still recall some amazing counselling I received that turned my life around. I was holding on to parts of my life that were destroying me inside, and I was not allowing myself the opportunity to restart and have new targets and goals. By letting that part of my life go, which was really hard, I was able to flourish again, and out of it came HMHB. I look back and thank the people that helped me see that life can get better, but you need to be proactive, and occasionally start again.

Stop putting yourself down

Listen, we all do it. Being kind to yourself in thoughts, words and actions is as important as being kind to others. Extend yourself this courtesy. Love yourself: your real self. Work through your fears (dive deep), your insecurities (speak honestly and loudly), and your anger (scream into the pillow, not into the mirror, nor the people you care about as they don't deserve it). Instead of hurting yourself by hiding from your problems, help yourself grow beyond them. That's what self-care is all about. It's about facing the inner issues that make you believe that you are less than you are. It's learning to see that you are already beautiful. Not because you're blind to your shortcomings, but because you know they have to be there to balance out your strengths



MIND-SET: Remember, you are special

Throw away those regrets

When you stay stuck in regret of the life you think you should have had, you end up missing the beauty of what you do have. Not all the puzzle pieces of life will seem to fit together at first, but in time you'll realize they do, perfectly. So thank the things that didn't work out, because they just made room for the things that will. And thank the ones who walked away from you, because they just made room for the ones who won't. As they say, every new beginning comes from another beginning's end.

I guess I can speak for most people, but there are times I look back into the past and think to myself:

- “why did I say that?”
- “why did I do that?”
- “how could I imagine that was a good thing to do?”
- “If only I could change that action.”

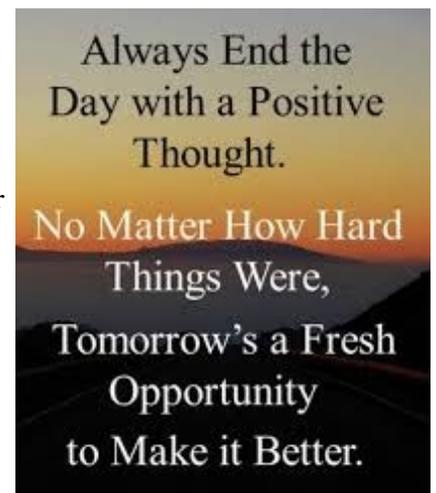
But where does that get you? Just more stress and pain, maybe? You cannot change the past. It happened. It may not be nice, it may be unfair, it may have been out of your control. Part of you may wonder what may have been. But you must ‘let it go’ (to quote “Frozen”).

However, it is the future that is important. That is where you are going. Use the experiences of the past to help you reach your current targets and goals. Learn from mistakes or unfortunate episodes. That is where true strength lies, and I can promise you that you do have it in you, even if you don't believe it yourself. Keep moving forward.

Remove the negativity from thinking

To be positive in negative times, like this pandemic, is not just foolish optimism. It is based on the fact that human history is a history not only of tragedy, but also of success, sacrifice, courage, kindness, and growth. What we choose to emphasize in this complex history will determine how well we live. If we look only for the worst, it destroys our capacity to do our best work. If we remember those times and places, and there are many in which people have behaved magnificently, and things have gone well, this gives us the energy to act, and at least the possibility of sending this spinning world in a different direction.

And if we do act, in however small a way, we don't have to sit around and wait for some grandiose and perfect future. The future is an infinite succession of presents, and to live right now as we think we should live, in defiance of all the negativity around us, is in itself an amazing victory.



**You are only limited
By your imagination**

MIND-SET: Be Your Own Person

Stop wanting to be where others are in their lives

Stop comparing where you're at with where everybody else is. It doesn't move you farther ahead, improve your situation, or help you find happiness. It just fuels feelings of inadequacy and shame, and ultimately keeps you stuck.

The truth is, there is no "one" correct path in life. A path that's right for someone else won't necessarily be a path that's right for you. And that's OK. Your journey isn't right or wrong, or good or bad, it's just different. Your life isn't meant to look exactly like anyone else's because you aren't exactly like anyone else. You're a person all your own with a unique set of goals, obstacles, dreams, and needs.

So stop comparing and start living. You may not always end up where you intend to go, but you will eventually arrive precisely where you need to be, if you put in the effort and belief. Trust that you are in the right place at the right time, right now. And trust yourself to make the best of it.

It is so easy to look at your neighbour, or friend, or even a celebrity online, and think that they have it so much easier. You have no idea of their own inner turmoil or problems. Concentrate on you. You are incredible. You are amazing.

Don't allow the judgements of others to affect you

I know we all want to be loved, and we obviously do not want others to think badly of us. But it is a fine line.

People know your name, not your story. They may have heard what you've done, but don't understand what you've been through. So take their opinions of you with a grain of salt. In the end, it's not what others think, it's what you think about yourself that counts. Sometimes you have to do exactly what's right for you and your life, without giving a damn what your life looks like to everyone who doesn't even know you.

That is not to say it is not good to bring others into your life and ask for advice. That is totally OK. In fact, it can help you develop better skills and improve your social and mental health. Use your own judgement. If people are putting you down unnecessarily, maybe it is time to move them on instead.

A friend will be there for you, and will hopefully be honest with you, in a good way. However, ultimately, you are driven by your own desires and targets. They are the things that are important to you. Others should encourage you forward, not drag you back.

DON'T COMPARE
YOUR LIFE TO
OTHERS. THERE'S
NO COMPARISON
BETWEEN THE
SUN AND THE
MOON. THEY SHINE
WHEN IT'S
THEIR TIME.

**be yourself
trust yourself
love yourself**

"In school, there is always a bully that gained the class's attention by using fear and abuse. At the time, his tactics won by getting the class's attention, and those who followed him either saw his way was working or were fearful of his retaliation, so went along with it. Eventually, his way faded because as his peers grew up, they found fear was only a state of mind that could be replaced by something more constructive, that the system would punish his behaviour, or that others did not like his way and together as a group banded together to not be bothered. It is the short road of the bully that never wins in the end."

MIND-SET:

Believe in you. If you don't, how can anyone else.

Surround yourself with love and support

Not all toxic relationships are agonizing and uncaring on purpose. Some of them involve people who care about you, people who have good intentions, but are toxic because their needs and way of existing in the world force you to compromise yourself and your happiness. They aren't inherently bad people, but they aren't the right people to be spending time with every day. And as hard as it is, we have to distance ourselves enough to give ourselves space to live.

You simply can't ruin yourself on a daily basis for the sake of someone else. You have to make your well-being a priority. Whether that means breaking up with someone, loving a family member from a distance, letting go of a friend, or removing yourself from a situation that feels painful, you have every right to leave and create some healthy space for yourself.

I remember, from my times of severe depression, I am honest enough to admit I started using substances to help me through. At the time, it felt like the only option, but was obviously just me hiding my head in the sand, and I had people around me who for their own best interests were happy to see me struggle with life. I had amazing help from various organisations, stopped using the substances, and these people disappeared from my life. They do occasionally resurface, but I rebuff them quickly. They have no part to play in my life now. Instead, I have new friends and colleagues who have my best interests at heart.

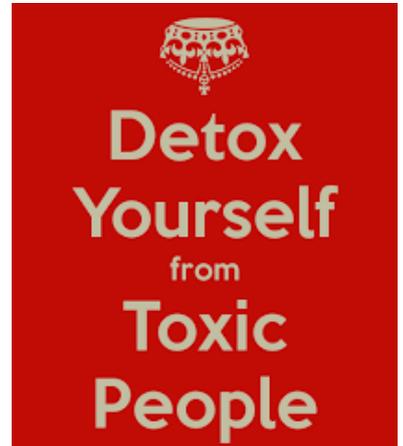
Realise you are strong. Believe it. You can do this.

Yes, life can feel like it is dragging you down, However, It's always possible to go on, no matter how impossible it seems. Honestly. In time, the grief (the lessons) may not go away completely, but after a while it's not so overwhelming. Please do not think we are belittling your issues.

So breathe. You're going to be OK. Remember that you've been in this place before. You've been this uncomfortable and restless and afraid, and you've survived. Take another breath and know that you can survive this time too. These feelings can't break you. They're painful and draining, but you can sit with them and eventually they will pass. Maybe not immediately, but sometime soon they're going to fade, and when they do you'll look back at this moment and laugh for having doubted your resilience.

“Dream Big. Expect Challenges To Pop Up Along the Way. Expect To Fall Many Times. Expect Your Mind To Doubt And Whisper, Give Up. In Those Moments, Recharge, Rethink. Replan The Best You Can And Push Through Because Sometimes Its All You Can Do.”

“If you have a dream, don't just sit there. Gather courage to believe that you can succeed and leave no stone unturned to make it a reality.”



EXERCISE/FITNESS:

Stretches: Page 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.

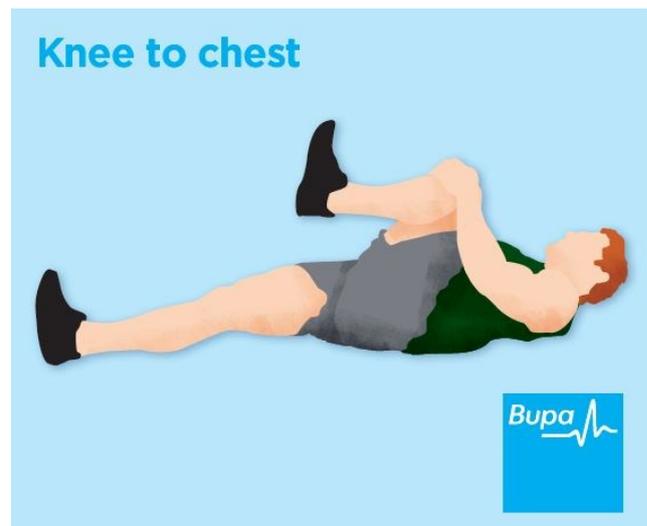
That puts you at risk of joint pain, strains, and muscle damage.

Let’s just do a few stretches 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.

Knee 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 bending both knees at the same time.

You can also do this sitting in a chair!!!
Or standing up - but maybe be close to something to hold on to, or a wall to lean back against, so you do not fall over.



Spinal Twist

Lying on your back, raise one of your knees, and gently roll it over to the opposite side. Make sure both of your shoulders stay in contact with the floor at all times. If it feels comfortable, stretch one arm out to the side, keeping it in line with your shoulders, and slowly turn your head to face your outstretched arm. You should feel the stretch on the sides of your upper body and your lower back. Breathe deeply and repeat on the opposite side



Thanks to the Bupa Website for the fantastic graphics

EXERCISE/FITNESS:

Stretches: Page 2

Upper Back Stretch

Stand up straight. Interlock your fingers in front of you, then reverse your hands so your palms are facing away from you, stretch the arms forward and drop your head down.

After ten to fifteen seconds gently lift your chin back up, and then keeping fingers locked, raise the hands above you (as in pic) with the palms facing towards the sky/ceiling.



Neck Stretches

Very important to do slow movements when doing neck stretches.

There are three. Gently raising your face to the sky, holding for a few second, then dropping chin to chest. Then you can look over to the left, before slowly reversing to look to the right.

Finally, as per pic, you lower left ear to left shoulder (do not raise the shoulder), hold and then do the same on the right side.

Repeating the movements slowly is good.



Shoulder stretches

Standing upright, move one arm straight in front of you. Then bring your opposite hand/wrist to between your elbow and shoulder and pull it in. The lady in the pic is maybe doing it wrong, as it appears she is pressing on the elbow joint (do not do this - be between elbow and shoulder).

To emphasise the stretch you can bend your elbow, bring the straight arm into a hug behind you neck. Repeat on opposite side. Hold them for around 10 to 15 seconds.



Thanks to the Bupa Website for the fantastic graphics

NUTRITION: Lazza's Kitchen

Macaroni Cheese

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

Pasta and cheese casseroles were recorded in the 14th century in the Italian cookbook "Liber de Coquina". A cheese and pasta casserole known as "Makerouns" was recorded in an 14th-century medieval English cookbook. It was made with fresh, hand-cut pasta which was sandwiched between a mixture of melted butter and cheese.



250g/8.75oz Macaroni;
50g/1.75oz butter;
50g/1.75oz plain flour;
500ml milk;
150g mature cheddar cheese - grated (I also did a little red Leicester for the topping)
4 medium tomatoes;
Teaspoon of English Mustard
Salt and Pepper

- ◆ Half fill saucepan with water and cook the macaroni (check pack for time).
- ◆ Preheat the oven to 200C/Gas Mark 6.
- ◆ Whilst pasta is cooking, prepare the sauce.
- ◆ Melt the butter in a saucepan, then add the flour and stir and cook for 30 seconds. Gradually add the milk, and bring to a gentle simmer, stirring constantly.
- ◆ Cook for three minutes until the sauce has thickened a bit and is smooth.
- ◆ Add around two thirds of the cheddar cheese, stirring it in, add mustard, salt and pepper to taste.
- ◆ Cook for another two to three minutes, and keep stirring.
- ◆ Take off the heat. Drain the pasta. Return it to its saucepan and pour in all the cheese sauce and stir so it is all covered.
- ◆ Pour the cheesy pasta into a glass oven proof dish (I used a large bowl).
- ◆ Sprinkle on the remaining cheddar cheese. Place the tomatoes on top. Cover with red Leicester cheese.
- ◆ Bake for 20-25 minutes until the tomatoes are softened and the cheese is lightly browned.



This recipe was in our 6th pack released in May 2020.

I have always enjoyed Macaroni Cheese, but had never made it quite like this before.

The photo was my first attempt.

Came out quite well!!!

I have made more subsequently.

Give it a go. Delicious.

During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.

Why not try out some new recipes and foods yourself?

This was a great and very tasty meal to prepare.

NUTRITION: How is Protein digested?

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.

In the 50 weekly health packs, we constantly talked about one of the Macronutrients - Protein. Protein provides the body with amino acids, which are the building blocks for muscle and other important structures such as the brain, nervous system, blood, skin, and hair.

Protein also transports oxygen and other important nutrients.

In the absence of glucose or carbohydrate, the body can reverse-process protein (a conversion called “gluconeogenesis”) to use as energy.

Your body needs 20 amino acids to stay alive. The body can make 11 of them. However, there are 9 amino acids that your body cannot make (known as "essential amino acids"), which means you need to consume them through your diet.



High-quality protein sources, such as meat, fish, eggs, and dairy products, contain all nine of the essential amino acids. These are also called whole proteins or complete proteins. Other protein sources, such as nuts, beans, and seeds, only contain some essential amino acids. However, you can combine some of these protein sources, such as rice and beans, to create a complete protein that contains all nine essential amino acids. Protein digestion begins when you first start chewing.

There are two enzymes in your saliva called “Amylase” and “Lipase”.

They mostly break down carbohydrates and fats.

Once a protein source reaches your stomach, hydrochloric acid and enzymes called “Proteases” break it down into smaller chains of amino acids. Amino acids are joined together by peptides, which are broken by proteases. From your stomach, these smaller chains of amino acids move into your small intestine. As this happens, your pancreas releases enzymes and a bicarbonate buffer that reduces the acidity of digested food.

This reduction allows more enzymes to work on further breaking down amino acid chains into individual amino acids.

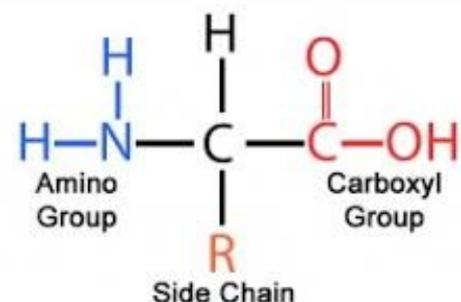
Some common enzymes involved in this phase include:

- Trypsin
- Chymotrypsin
- Carboxypeptidase

Protein absorption also happens in your small intestine, which contains “Microvilli”. These are small, finger-like structures that increase the absorptive surface area of your small intestine. This allows for maximum absorption of amino acids and other nutrients.

Once they’ve been absorbed, amino acids are released into your bloodstream, which takes them to cells in other parts of your body so they can start repairing tissue and building muscle.

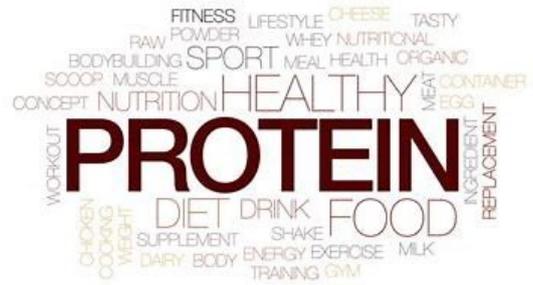
Amino Acid Structure



NUTRITION: So let's talk about "Amino Acids".

We will take an extra look at amino acids, which we mentioned on the previous page. Why do we need amino acids in our daily diet?

There are a lot of things we need in our daily diet. We have mentioned in our weekly health packs that we need six essential nutrients. These six are carbohydrates, fats (fatty acids), proteins, vitamins, minerals, and water. Not too long ago, some experts decided that fibre should also belong in the list of essential nutrients, although some include them in with Carbs. That makes it 7 in total. But then, amino acids are not part of these 7. So do we need them in our daily diet or not? If we need them, why are they not on the list? Well, amino acids may not be on the list, but they are already on the list. How is that possible?



They are the main reasons why we need to eat protein daily, as we indicated on the previous page. The only reason why proteins are useful for us is that they contain amino acids. That is the only thing that proteins contain. Without it, there will be no protein. They are the building blocks that build up proteins. So since proteins are already in the list of essential nutrients, amino acids are already included too. We need them in our daily diet for our bodies to be able to function the way it is expected to.

So what are the 9 Essential Amino Acids (your body cannot make and you must get through your diet). There is a recommended daily intake for each of these EAAs. For each 1kg of your body weight you should get the following quantity of EAAs in your diet daily:

- Histidine: 14mg
- Isoleucine: 19mg
- Methionine: 19mg
- Phenylalanine: 33mg
- Leucine: 42mg
- Lysine 38mg
- Tryptophan: 5mg
- Valine: 24mg
- Threonine: 20mg

Essential	Conditionally Non-Essential	Non-Essential
Histidine	Arginine	Alanine
Isoleucine	Asparagine	Asparatate
Leucine	Glutamine	Cysteine
Methionine	Glycine	Glutamate
Phenylalanine	Proline	
Threonine	Serine	
Tryptophan	Tyrosine	
Valine		
Lysine		

In some situations, however, it may become necessary for you to get some nonessential amino acids through diet. Why should this be since your body can make them? Well, there are times that severe stress or serious illness prevents your body from making enough. In such cases, the amino acid becomes 'conditionally essential'. The conditionally EAAs are as follows:

- Arginine
- Cysteine
- Glycine
- Proline
- Glutamine
- Serine
- Tyrosine

Amino Acids

NUTRITION:

Reasons you need daily Amino Acids

Think of all the things that proteins can do in your body. Those are the reasons why you need amino acids in your daily diet.

You know very well that growth and tissue repair are the major functions of proteins in your body. That is because amino acids are needed in these processes. There is nothing else that makes proteins valuable as an essential nutrient than the Essential Amino Acids in them. The following are some of the reasons why you need amino acid in your daily diet:

- They are necessary for the production of growth hormone. Without growth hormone, children will not grow and develop the way they should. You children surely need to get amino acids in their daily diet for proper growth and development.
- They are important in the process of making a lot of other hormones too. Tyrosine, for instance, is vital for the synthesis of thyroid hormones. These hormones control your rate of metabolism as well as neural maturation.
- Your body needs it to repair damaged tissues. They are basically, the building blocks of life. That is why they help to speed up wound healing and regeneration of damaged tissues.
- You need an adequate daily intake of amino acid also because they boost your immune system. They also support and enhance detoxification. These two processes go a long way in determining your overall state of health.
- Different amino acids regulate different things in your body. For instance, tryptophan helps in the regulation of appetite, sleep, and mood. Leucine, on the other hand, helps in the regulation of blood sugar level.
- Your body cannot make neurotransmitters without amino acids. Neurotransmitters like serotonin, epinephrine, dopamine, and norepinephrine are made with amino acids. The amino acid glutamate, in fact, functions as a neurotransmitter.

Many other things in your body depend on the availability of amino acids. Talk about fat metabolism, joint health, skin health, heart health, energy production, etc. You certainly need amino acids in your daily diet to meet all these needs.

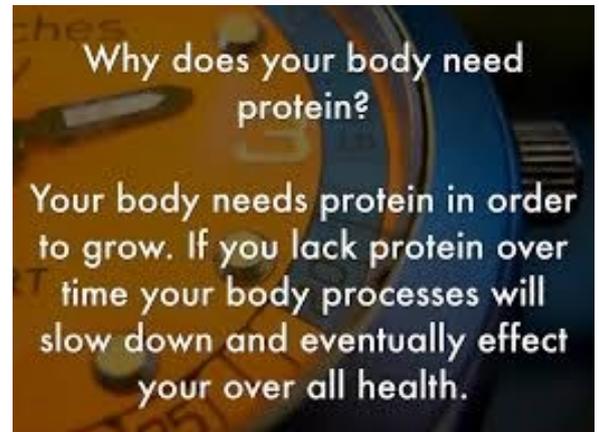
It is not so difficult to get amino acids. The problem is being able to get a balanced dose of all EAAs. However, certain foods are known to be complete proteins. This is because you can get all the EAAs from them. The list of complete protein foods is as follows:

Dairy products, Eggs, Meat, Poultry, Seafood.

The following plant-based foods are also known to be complete protein sources:

Buckwheat, Soy, Quinoa

All other protein foods are also good sources of amino acid. But you may need to mix one or two to get all the EAAs



NUTRITION: Some facts about Protein

The word “protein” is from the Greek word “Proteios”, which means “primary” or “holding the first place.” The term was first used in 1838.

In 2010, 20-year-old athlete Ben Pearson tried to increase his protein intake to boost muscle development. However, no one knew he had a rare genetic disorder that prevented his body from breaking down protein. The increased protein intake increased ammonia levels in his blood that caused brain swelling and death.

Protein, like carbohydrates and fat, is a macronutrient. Macronutrients are nutrients that provide calories or energy.

Protein and carbohydrates each provide four calories per gram. Fat provides nine calories per gram. The only other substance that provides calories is alcohol. However, alcohol is not considered a macronutrient because humans do not need it to survive.

The lifespan of most proteins totals two days or less. This is why you need to have it daily in your diets. However, the recent discovery of extremely long-lived proteins may provide scientists with insight into cell aging and neurodegeneration.

Hair is made up of a protein called “Keratin”, which forms a helical shape. This protein has sulphur bonds, and the more sulphur links it has, the curlier a person’s hair will be.

The older, larger, and more mature a bean grows, the more protein it has. Mature roasted soybeans have the most protein, with 39.6 grams of protein per 100-gram serving.

Researchers have found that a mutation in a specific protein may raise the risk of autism. Specifically, when a protein called the Shank3 protein mutates, it leads to defects in neuron-neuron communication.

Proteins can have bizarre names. For example, the protein Pikachurin is a retinal protein that was named after a Pokémon character Pikachu. The protein Sonic Hedgehog was named after Sonic the Hedgehog. A blue protein is named Ranasmurfin, after the Smurfs.

Cataracts are caused by the denaturation (takes away or alters the natural qualities) of proteins in the lenses of the eyes.

Errors in protein function can cause diseases such as Alzheimer’s and cancers, as well as prion diseases such as Creutzfeldt-Jakob disease (CJD) in which the brain degenerates to a structure that looks like a porous sponge.

Protein is in each of the trillions of cells in the human body. There could be no life without protein. The only other substance more plentiful in the body is water. Approximately 18-20% of the body is protein by weight.

Protein turns into Amino Acids in the body through digestion.

It is in every cell of your body, and is essential for life.

You must get it in your daily diet.

Amino Acids are part of many of the functions of your metabolism.



Nutrition: HMHB look at different Foods

Today: Porridge: from weekly health pack 37

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

Breakfast is often called ‘the most important meal of the day’, and for good reason. As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose to boost your energy levels and alertness, while also providing other essential nutrients required for good health.

Many studies have shown the health benefits of eating breakfast. It improves your energy levels and ability to concentrate in the short term, and can help with better weight management, reduced risk of type 2 diabetes and heart disease in the long term.

Despite the benefits of breakfast for your health and wellbeing, many people often skip it, for a variety of reasons.

One of the best breakfasts is Porridge - so why is this?

The most common Porridge is made from Oats. But, did you know, it can be made around the world from wheat, barley, corn, buckwheat, and triticale (a hybrid type of wheat).

Depending on where you live, it is cooked with water or milk, and people add sugar, salt, fruit, and other flavourings. In the shops you can now buy all the flavoured sachets, but it is much much better and healthier to make from oats and add your own fruits, etc. Once you add fruit, you do not have to add sugar, as the fructose in the fruit will sweeten the dish.



Beta-glucans are sugars that are found in the cell walls of bacteria, fungi, yeasts, algae, lichens, and plants, such as oats and barley. They are sometimes used as medicine.

A 2014 review found that daily intake of at least 3 grams of oat beta-glucan lowers total and low density lipoprotein cholesterol levels by 5–10% in people with normal or elevated blood cholesterol levels. Beta-glucan lowers cholesterol by inhibiting cholesterol production, although cholesterol reduction is greater in people with higher total cholesterol and LDL cholesterol in their blood.

- According to the Oxford English Dictionary, the word porridge, first seen in the 16th century, may be a variant of pottage or porray, both types of stew or broth.
- Traditionally, Scots porridge should be served in a wooden bowl and stirred with a wooden stick.
- Such a porridge stirrer is called a spurtle. The Golden Spurtle is the trophy for the annual World Porridge Making Championships in Carrbridge (a village in Scotland).
- The word “porriginous” has nothing to do with porridge. It means suffering from ringworm or dandruff.
- In Shakespeare’s *The Tempest* is the line: “He receives comfort like cold porridge.”
- The use of the word porridge as UK slang for a prison sentence seems to date back only to 1950 and may refer to prison breakfasts

**Porridge is a carbohydrate, but the “complex” kind.
It means your body takes longer to break down the sugars.
And is therefore a healthier breakfast.**



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

Following a poll of 2000 people, these are the top 15 UK Olympians of all time. Can you name them?

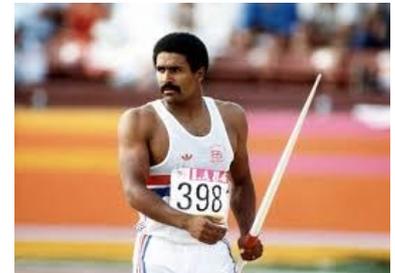
Answers at bottom of quiz page answers (page 35)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen

Ginger Cake

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

This cake is actually a British cake that got its name from using Jamaican ginger. Jamaica was one of the first British Caribbean colonies to produce ginger for export to Britain and Europe. Jamaican ginger became popular and was known for its medicinal properties. It was used to treat stomach or gastrointestinal conditions



100g/3½oz softened unsalted butter
 225g/8oz golden syrup
 110g/4oz soft dark brown sugar
 200ml whole milk
 4 pieces preserved stem ginger (finely chopped)
 4 tbsp syrup from preserved ginger jar
 225/8oz self-raising flour
 1 tsp bicarbonate of soda
 1 tsp each: mixed spice, ground ginger, cinnamon
 1 egg - lightly beaten

Preheat oven to 170C/340F. Grease an approx. 7in square tin and line base with baking parchment. (I am proud to be using that now, as nothing sticks).

Place the flour, bicarb, spices in a large bowl and mix these together.

In a saucepan, heat the butter, syrup, sugar, milk, and ginger syrup, until the butter has melted. Take off heat and leave to cool for around 5 minutes.

Pour the wet mix on top of the dry mix in the bowl and whisk together using a balloon whisk preferably.

Stir in the finely chopped preserved ginger, and the beaten egg, and whisk in.

Pour batter into the tin and cook for 35-45 minutes until skewer in middle comes out clean.

Leave to cool in tin. Turn out onto rack. Enjoy anyway you wish. :-)



I made this recipe for our Pack 44. One of our wonderful Izzwalkers helped me with the recipe, and it tasted divine.

I honestly never thought I could bake something like this, which tasted just like ginger cake my mum used to buy when I was a youngster. Go on, try it!!!

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

EXERCISE/FITNESS

Problems caused by inactivity and sedentary lifestyles.

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 had restarted our Highbury Gym sessions on Tuesdays, thanks to Mark and his team at Better, and look forward to restarting these as soon as we possible can, hopefully May 2021.

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.

According to the NHS, people are less active nowadays, partly because technology has made our lives easier. We drive cars or take public transport. Machines wash our clothes. We entertain ourselves in front of a TV or computer screen. Fewer people are doing manual work, and most of us have jobs that involve little physical effort. Work, household chores, shopping, and other necessary activities are far less demanding than for previous generations.

We move around less and burn off less energy than people used to. Research suggests that many adults spend more than seven hours a day sitting down, at work, on transport, or in their leisure time. People aged over 65 spend ten hours or more each day sitting or lying down, making them the most sedentary age group.



Inactivity is described by the Department of Health as a "silent killer". Evidence is emerging that sedentary behaviour, such as sitting or lying down for long periods, is bad for your health. Not only should you try to raise your activity levels, but you should also reduce the amount of time you and your family spend sitting down.

Common examples of sedentary behaviour include watching TV, using a computer, using the car for short journeys, and sitting down to read, talk, or listen to music. This type of behaviour is thought to increase your risk of developing many chronic diseases, such as heart disease, stroke, and type 2 diabetes, as well as weight gain and obesity.

Previous generations were active more naturally through work and manual labour, but today we have to find ways of integrating activity into our daily lives. Whether it's limiting the time babies spend strapped in their buggies, or encouraging adults to stand up and move frequently, people of all ages need to reduce their sedentary behaviour. This means that each of us needs to think about increasing the types of activities that suit our lifestyle and can easily be included in our day. Crucially, you can hit your weekly activity target but still be at risk of ill health if you spend the rest of the time sitting or lying down.

“Human bodies are designed for regular physical activity. The sedentary nature of much of modern life probably plays a significant role in the epidemic incidence of depression today. Many studies show that depressed patients who stick to a regimen of aerobic exercise improve as much as those treated with medication.”

EXERCISE/FITNESS: The benefits of Exercise

As per the NHS website, exercise can reduce your risk of major illnesses, such as heart disease, stroke, type 2 diabetes, and cancer by up to 50% and lower your risk of early death by up to 30%.

It's free, easy to take, has an immediate effect and you don't need a GP to get some.

Exercise is the miracle cure we've always had, but for too long we've neglected to take our recommended dose. Our health is now suffering as a consequence.

Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life. People who exercise regularly have a lower risk of developing many long-term (chronic) conditions, such as heart disease, type 2 diabetes, stroke, and some cancers.

Research shows that physical activity can also boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress, depression, dementia, and Alzheimer's disease. If exercise were a pill, it would be one of the most cost-effective drugs ever invented.

Given the overwhelming evidence, it seems obvious that we should all try to be more physically active. It's essential if you want to live a healthy and fulfilling life into old age.

It's medically proven that people who do regular physical activity have:

- up to a 35% lower risk of coronary heart disease and stroke
- up to a 50% lower risk of type 2 diabetes
- up to a 50% lower risk of Colon Cancer
- up to a 20% lower risk of Breast Cancer
- a 30% lower risk of early death
- up to an 83% lower risk of osteoarthritis
- up to a 68% lower risk of hip fracture
- a 30% lower risk of falls - (among older adults)
- up to a 30% lower risk of depression
- up to a 30% lower risk of dementia



To stay healthy, adults should try to be active every day and aim to achieve at least 150 minutes of physical activity over a week through a variety of activities. For most people, the easiest way to get moving is to make activity part of everyday life, like walking or cycling, instead of using the car to get around. However, the more you do the better, and taking part in activities such as sports and exercise will make you even healthier.

For any type of activity to benefit your health, you need to be moving quick enough to raise your heart rate, breathe faster, and feel warmer. This level of effort is called “moderate intensity activity”. If you're working at a moderate intensity you should still be able to talk but you won't be able to sing the words to a song. An activity where you have to work even harder is called “vigorous intensity activity”. There is substantial evidence that vigorous activity can bring health benefits over and above that of moderate activity. You can tell when it's vigorous activity because you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

EXERCISE/FITNESS: Basic Exercises: The Squat

Wiki: “A “Squat” is a strength exercise in which the trainee lowers their hips from a standing position and then stands back up. During the descent of a squat, the hip and knee joints flex while the ankle joint dorsiflexes. Conversely the hip and knee joints extend and the ankle joint plantarflexes when standing up.” Don’t you just love big words!!!!

The squat is one of the base exercises, and many others use it as a source material.

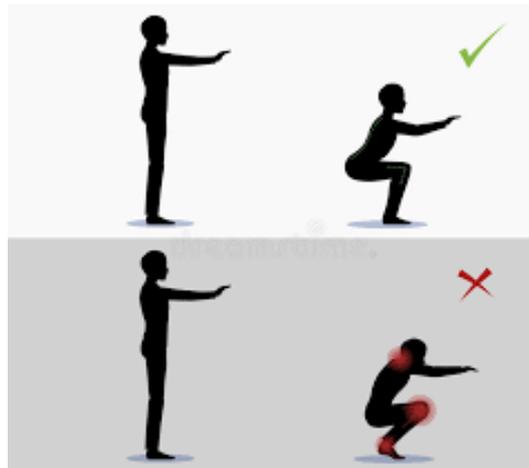
Stand up straight, with a slight bend in the knees, feet shoulder width apart.

The first movement is pushing your bum behind you, as you then lower your knees.

As per the photo, can you see the knees are above the toes, not covering them (as this can put pressure on your knees).

If you want you can have a chair behind you, which is good for older people who may have balance issues.

Come down as deep as you feel you can, then stand back up, putting weight through your heels, not your toes.



There are many variations of the squat. That could be having your feet wider apart, or closer together. You can incorporate a jump as you come up, or kick your legs out instead. You can even hold weights in your hands, or be holding a weight bar above your head, or behind your neck.

If you find yourself falling forwards sometimes when doing the squat exercise, it is usually because you are transferring the weight to the balls of your feet or, if using a weight bar, pushing the bar forward during the squat movement. So to correct this, you should stick your chest out, engage your abs, and focus on driving through your heels instead. The squat exercise is a high intensity compound exercise that engages many different muscles and burns a lot of calories.

The obvious muscles targeted are in the lower body, but in order to do this compound exercise correctly, you also need to use several muscles above your waist.

The lower muscles targeted in a squat include your:

- Gluteus Maximus, Gluteus Minimus, Gluteus Medius (your bum)
- Quadriceps (the front of your thigh)
- Hamstrings (back of the thigh)
- Adductor (your groin)
- Hip Flexors
- Calves

In addition to the lower body, the squat also targets your core muscles. These muscles include the:

- Rectus Abdominis
- Obliques
- Transverse Abdominis
- Erector Spinae.



EXERCISE/FITNESS:

Basic Exercises: The Press Up (Push Up)

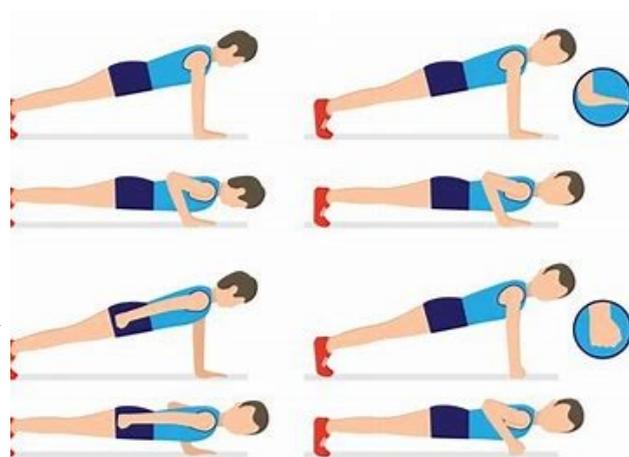
Traditional press ups are beneficial for building upper body strength. They work the triceps, pectoral muscles, and shoulders. When done with proper form, they can also strengthen the lower back and core by engaging (pulling in) the abdominal muscles.

Press ups are a fast and effective exercise for building strength. They can be done from virtually anywhere and don't require any equipment.

Doing press ups every day can be effective if you're looking for a consistent exercise routine to follow. You will likely notice gains in upper body strength if you do press ups regularly.

To perform a traditional press up:

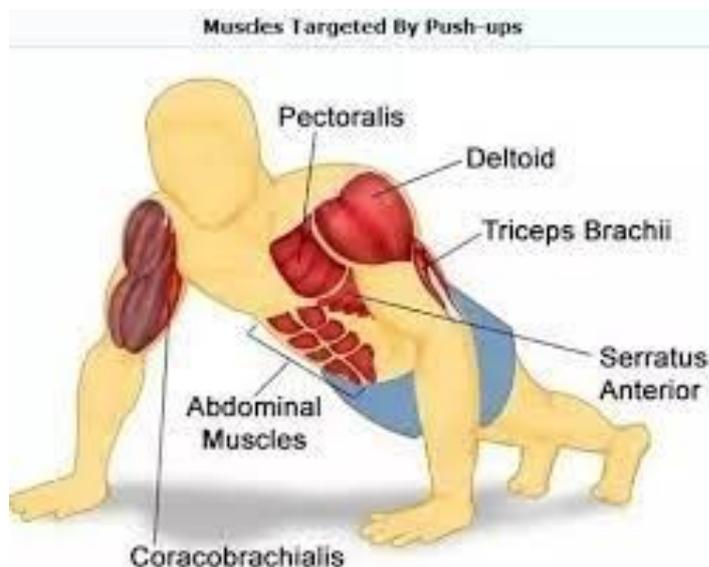
- Start kneeling on an exercise mat or the floor and bring your feet together behind you.
- Bend forward to position yourself in a high plank, the top of a press up position, with your palms flat on the mat, hands shoulder-width apart, and with your fingers facing forward or hands turned slightly in. Your shoulders should be positioned over your hands. Your feet should be together behind you and your back should be flat. Keep your abs pulled in.
- Slowly lower your body toward the floor. Maintain a rigid torso and keep your head aligned with your spine. Don't let your lower back sag or your hips hike upward.
- Continue to lower yourself until your chest or chin touch the ground, or as low as you can get. Your elbows may flare out during the downward movement.
- Press upward with your arms. Continue pressing until your arms are fully extended at your elbows and you're back in the plank, at the top of the press up position.
- Repeat the downward movement. Start with 10 press ups, or however many you can do with proper form, and work your way up as you build strength.



When performing a press up:

Keep your back straight and your core engaged.
Your bum should be down, not lifted.
Your body should form a straight line.
Don't arch your back or let your body sag down.
Ask a friend to make sure your form is correct.
Also keep your hands firmly rooted on the ground or on a mat so that your wrists are protected.
If this is too difficult, start on your knees.

You can even do standing press ups against a wall, or tree if outdoors. They are not the most popular of exercises as many people find them hard. But, give them a go.



EXERCISE/FITNESS: Basic Exercises: The Crunch

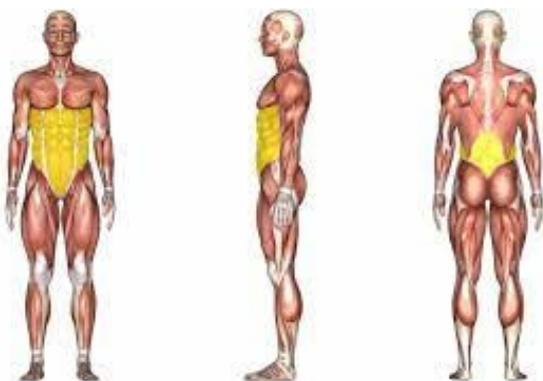
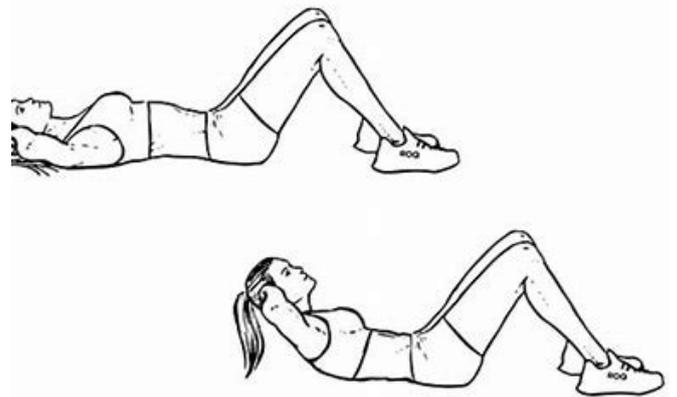
Wiki: “The “Crunch” is one of the most popular abdominal exercises. When performed properly, it engages all the abdominal muscles but primarily it works the Rectus Abdominus muscle and the Obliques. It allows both building six-pack abs, and tightening the belly. Crunches use the exerciser's own body weight to tone muscle, and are recommended as a low-cost exercise that can be performed at home.”

There are people who think crunches and sit-ups, both good for core, will help you lose fat, and get a flatter stomach. Most fitness sites and experts disagree. They can strengthen your core muscles, but would need to be combined with a healthy diet (which we hope you would be doing anyway) to lose tummy fat.

But that is not to say you should not do them. A sit-up will make you come up all the way from the floor, whereas the crunch a smaller movement, means just lifting your shoulders.

The setup for a crunch:

- Lie down on your back.
- Bend your legs and stabilise your lower body.
- Cross your hands over your chest, or place them next to your ears without pulling on your neck. Never put your hands behind your head!!!
- Lift your head and shoulder blades from the ground. Exhale as you rise. It's a small movement. Feel the crunch in your core.
- Lower back down, inhaling as you go.
- It's best to start off with a set of 10 to 25 at a time and add another set as you get stronger.



To be effective, crunches should be performed with slow and controlled movements: no fast jerking moves. Avoid pulling on your head during the upward phase and keep your lower back in contact with the mat throughout the exercise. Stop the exercise if you feel any discomfort in your lower back.

The rectus abdominis, or your six-pack muscles, are the primary muscles targeted when you perform crunches. These muscles run vertically along the front of your stomach. They originate at the pubic bone and insert on the fifth, sixth, and seventh ribs and the xiphoid process, which is a small projection made of cartilage at the lower part of your breastbone or sternum.

The rectus abdominis muscles are instrumental in spinal flexion, the curling of your upper body similar to the movement during a crunch.

Your obliques, which consist of the internal and external obliques, are also involved as synergists. These muscles assist the main muscle being worked. The obliques run diagonally along the sides of your torso with the internal obliques lying beneath the external obliques. These muscles are instrumental in flexing your spine, rotating your torso, and also bending your torso laterally.

HEALTH / ROUTINE

Smoking: What is happening inside your body?

Even if you do not smoke yourself, you probably know some who does. And this is a subject very close to HMHB's heart at this time. One of our fantastic users was recently diagnosed with inoperable cancer, which was a direct response to a history of smoking. It was devastating news, naturally.

One of Healthy Minds, Healthy Bods directives from the start was that we would never tell people what to do. Instead, we would provide information and then people can make up their own minds. And we have tried to do that on our courses, during our fitness sessions and walks, and when we socialise.

I, personally, lost my grandad and my mother to smoking related diseases: lung cancer for my grandad, and emphysema for my mother. Both were clearly upsetting. Our friend, who is being treated in UCHL, has lung cancer (complicated with lung infection and she also had pneumonia), and that has spread in her body to her brain where there are four tumours. She is 46, and has a couple of months. All this as a result of smoking cigarettes. It all feels so needless.

No matter how you smoke it, tobacco is dangerous to your health. There are no safe substances in any tobacco products, from acetone and tar to nicotine and carbon monoxide. The substances you inhale don't just affect your lungs. They can affect your entire body.

Smoking can lead to a variety of ongoing complications in the body, as well as long-term effects on your body systems. While smoking can increase your risk of a variety of problems over several years, some of the bodily effects are immediate.

Mood stimulation: Smoking has been shown to temporarily put people into a good mood. However, dependence is common and withdrawal side effects, like anxiety and irritability, can be challenging to manage.

Early Menopause: Female smokers tend to enter menopause earlier than non smokers. Smoking has also been seen to increase hot flushes.

Poor eyesight: Smoking has been shown to cause future vision problems like glaucoma, macular degeneration, and cataracts.

Unhealthy Teeth: Yellowish or brownish stains on the teeth are tell-tale signs of long term smoking. Smoking also increases your risks of infections or inflammations that can lead to tooth and bone loss.

Bronchitis: Smokers have a much higher risk of bronchitis. Second hand smoking can also seriously increase the risk, especially amongst children. Other respiratory problems, such as tuberculosis and pneumonia, have also been shown to worsen due to smoking.

Persistent coughing: You must have heard of the infamous term: "Smoker's Cough". This is where it comes from. Smoking damages your airways, and hence you get this cough.



HEALTH / ROUTINE

How does Smoking affect your body?

Constricted Blood Vessels: Nicotine causes blood vessels to tighten and restrict blood flow. This increases your risk of high blood pressure, stroke, or heart attacks.

Lung Cancer: Smoking puts you at a significantly higher risk of contracting lung cancer. According to the CNC, this is the most common cause of death due to smoking (although do note the list on the previous page of cancers that are connected to smoking). It is also the most common cause of cancer death among men and women. And, in many cases, it is, sadly, completely avoidable.

Heart disease: Smoking is one of the well-proven life habits that contribute to heart disease. Both people who regularly smoke, and those who are regularly exposed to second hand smoke, are at much higher risk of heart attacks.

COPD: Chronic Obstructive Pulmonary Disease, commonly known as the acronym COPD, is more common in smokers. In fact, research has clearly shown that an incredible eight out of every ten cases of COPD are down to smoking.

Cholesterol Levels: Studies have proven that tobacco smoke will lower your HDL (good) cholesterol levels and increase your LDL (bad) cholesterol levels. It also raises cholesterol overall, as well as the number of triglycerides, the fats in your blood.

Immune System: Especially at this time of the Covid pandemic, we all know just how important it is to look after our immune systems. There is plenty of evidence that smoking lowers your immune system's ability to fight off infection. Studies have also indicated that smokers have more infections of the respiratory tract than non smokers.

Infertility: Both men and women who smoke are more likely to experience both short-term and long-term fertility issues than those who do not inhale tobacco smoke.

Wrinkly Skin: Substances in cigarettes can cause dry skin, and signs of premature aging. Reduced blood flow also affects the blood flow to your skin.

Pregnancy Issues: Women who get pregnant are told not to smoke for good reason. Smoking during pregnancy can increase the risk of miscarriage, asthma, ear infections, and even death in the new-born. It also puts the baby at risk of oxygen deprivation, possible growth problems, physical deformities, and increases the risk of sudden infant death syndrome (SIDS).

Diabetes: Type 2 Diabetes tends to progress more rapidly in people who smoke, because smoking increases the amount of insulin resistance in the body. If you do have diabetes and you smoke, you are also at a higher risk of other complications, such as kidney problems, eye problems, and heart attack.



Nearly
20,000
UK heart and
circulatory disease
deaths are attributed
to smoking each year

**We tend to just concentrate on lung cancer, and forget what else is happening in our bodies.
Stopping smoking is one of the best things you can do for your overall health.**

HEALTH / ROUTINE

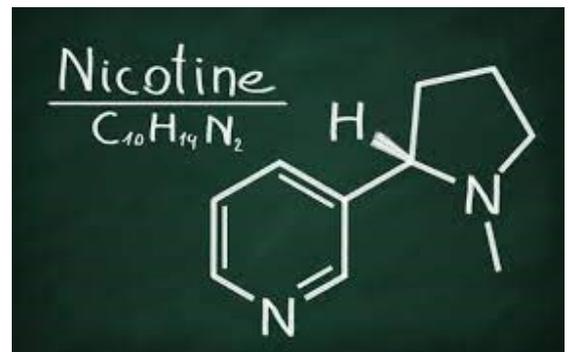
More issues around smoking.

Cigarettes contain about 600 ingredients, many of which can also be found in cigars. When these ingredients burn, they generate more than 7,000 chemicals, according to the NHS, and the American Lung Association. Many of those chemicals are poisonous and at least 69 of them are linked to cancer.

The Centre for Disease Control and Prevention (CDC) says that smoking is the most common “preventable cause of death”. While the effects of smoking may not be immediate, the complications and damage can last for years.

As many people are aware, one of the ingredients in tobacco is a mood-altering drug called “Nicotine”. Nicotine reaches your brain in mere seconds and makes you feel more energized for a while. But as that effect wears off, you feel tired and crave more. Nicotine is extremely addictive and habit-forming, which is why people find smoking so difficult to quit. Physical withdrawal from nicotine can impair your cognitive functioning and make you feel anxious, irritated, and depressed.

Withdrawal can also cause headaches and sleep problems.



Withdrawal from tobacco products can cause temporary congestion and respiratory discomfort as your lungs and airways begin to heal. Increased mucus production right after quitting smoking is a positive sign that your respiratory system is recovering.

The more obvious signs of smoking involve skin changes. Substances in tobacco smoke actually change the structure of your skin. A recent study has shown that smoking dramatically increases the risk of “Squamous Cell Carcinoma” (skin cancer).

Your fingernails and toenails aren’t immune from the effects of smoking. Smoking increases the likelihood of “fungal nail infections”. Hair is also affected by nicotine. An older study found it increases hair loss, balding, and greying.

Smoking increases the risk of mouth, throat, larynx, and oesophagus cancer. Smokers also have higher rates of pancreatic cancer. Even people who “smoke but don’t inhale” face an increased risk of mouth cancer.

- 20 minutes after stopping: your heart rate and blood pressure start to drop
- A few days after stopping: the carbon monoxide levels in your blood return to normal
- Two weeks/Three months after stopping: Your circulation improves and your lung function increases.
- One to Twelve months after stopping: Coughing and shortness of breath decrease. Tiny hair-like structures (called “Cilia”), that move mucus out of the lungs start to regain normal function, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.
- One to Two years after stopping: Your risk of heart attack has dropped dramatically.
- Five to Ten years after stopping: Your risks of cancers of the mouth, throat, and voice box (larynx) has been cut in half. There is also a dramatic decrease in your risk of Stroke.
- Ten years after stopping: Your risk of lung cancer is about half that of a person who is still smoking (after ten to fifteen years). Your risk of cancer of the bladder, oesophagus, and kidney, have all decreased.

HEALTH / ROUTINE

How can I stop smoking?

During our course we talk about health issues, and that includes our bodies, and what we can do to give ourselves the best opportunity of having a good long healthy life. The biggest piece of advice that comes from the National Health Service (NHS) is to quit smoking. People have told HMHB on courses they enjoy smoking. Maybe they do. We are not to say. The facts and data are conclusive. If you smoke, the odds are that you will die of some kind of smoking related disease. Contact your local medical practice for advice too.

We also acknowledge it is tough. So what is recommended for those who want to improve their health and quit tobacco smoke?

Make a Plan

As people who know us know, we do love a plan. Make a promise, set a date and stick to it. Sticking to the "not a drag" rule can really help. Whenever you find yourself in difficulty, say to yourself, "I won't even have a single drag", and stick with this until the cravings pass. Think ahead to times where it might be difficult (a party, for instance), and plan your actions and escape routes in advance.



Links to eating.

Is your after-dinner cigarette your favourite? A US study revealed that some foods, including meat, can make cigarettes more satisfying. Others, including cheese, fruit, and vegetables, can make cigarettes taste terrible (in my personal view, they do already - although I hasten to say that I have never smoked).

You may also want to change your routine at or after mealtimes. Getting up and doing the dishes straight away or settling down in a room where you don't smoke may help. We met up with a stop smoking service in Islington. The person who chatted with us said that many people are not actually addicted to the fags, instead they are addicted to the routine around fags. If you disrupt the routine, it is easier to quit.

When do you crave them?

A craving can last 5 minutes. Before you give up, make a list of 5-minute strategies. For example, you could leave the party for a minute, dance, or go to the bar. You could sing yourself a little song in your head. Try and remove yourself from situations that would lead to smoking. Let your friends know you are quitting so they do not offer you a cigarette, and ask them not to smoke around you.

And think about this: the combination of smoking and drinking raises your risk of mouth cancer by an astonishing 38 times. If that is not an incentive itself, what is? Don't wait for health problems to arise, deal with stopping the problem from ever happening.

Exercise.

A review of scientific studies has proven that exercise, even a 5-minute walk or stretch, cuts cravings and may help your brain produce anti-craving chemicals.

**As we said at the start, we are just providing the information for you to use.
But it is very clear, smoking will probably kill you. And has no health benefits.
This is a great time to review your life options and goals.
Improving your health is vital. Not smoking is one the best things you can do.**

LET'S PLAY A GAME

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

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

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

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

Name 10:

Countries

Cities

Animals

Birds

Insects

Sports

Actors (surnames)

Actress (surnames)

Singers (surnames)

Authors (surnames)

Jobs

Hobbies

Film Titles

Book Titles

Song Titles

Vegetables

Flowers

Fruits

Trees

Things you find in the Kitchen

Things you find in the Bathroom

Things you find in the Bedroom

Things you find in the Garden

Items of Clothing

Means of Transport

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

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

“Fun from games arises out of mastery.

It arises out of comprehension.

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

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

HOW'D WE DO?

NUTRITION: Lazza's Kitchen

Sausage Casserole

**Another New Recipe from Lazza's Kitchen.
Toady he makes his first ever Sausage Casserole from scratch**

Early casserole recipes consisted of rice that was pounded, pressed, and filled with a savoury mixture of meats. Around the 1870s this sense of casserole seems to have taken its current sense. Cooking in earthenware containers has always been common, but the idea of casserole cooking as a one-dish meal became popular in the United States in the twentieth century



1-2 tbsp sunflower oil
12 good-quality sausages
6 rashers bacon or lardons
2 onions and 2 garlic cloves
½–1 tsp smoked paprika
400g tin chopped tomatoes
300ml/10fl oz chicken stock
2 tbsp tomato puree
1 tbsp Worcestershire sauce
1 tsp dried mixed herbs
100ml/3½fl oz red or white wine
salt and freshly ground black pepper

Heat one tablespoon of the oil in a large non-stick frying pan and fry the sausages gently for ten minutes, turning every now and then until nicely browned all over. Transfer to a large saucepan or a flameproof casserole dish and set aside.

Fry the bacon in the frying pan until starting to brown and crisp and then add to the dish with the sausages. Add the onions to the frying pan and fry over a medium heat for five minutes until they start to soften, stirring often. You should have enough fat in the pan, but if not, add a little more oil. Add the garlic and cook for two–three minutes until the onions turn pale golden brown, stirring frequently. Sprinkle over the chilli powder and cook together for a few seconds longer. Stir in the tomatoes, stock, tomato purée, Worcestershire sauce, and herbs. Pour in the wine, or some water if you're not using wine, and bring to a simmer.

Tip the tomato mixture carefully into the pan with the sausages and bacon and return to a simmer. Reduce the heat, cover the pan loosely with a lid and leave to simmer very gently for twenty minutes, stirring from time to time. Season to taste with salt and freshly ground black pepper



**The smell of this cooking was divine.
And it did not taste too bad either.
A cracking meal which I had with some
Spinach and Baby Potatoes.**

**It is definitely worth a try. I had never
cooked this from scratch before.**

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

Why not try an exercise class!!!

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

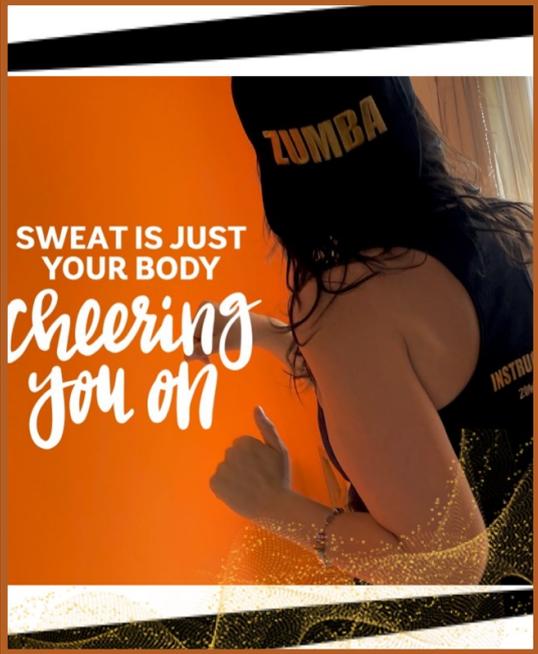
HMHB is partaking on Sundays, so why not join us.

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

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



ZUMBA



ACTIVE WITHIN

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

www.activewithin.com

TIME TABLE

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

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

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

Check out their website for more information.

“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



PILATES

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

**Monday 10-11am:
Pilates for strength**

**Tuesday 6.30-7.30pm:
Pilates evening flow**

**Wednesday 10-11am:
Personal Training for over 50's**

**Friday 9.30-10.30am:
Pilates for over 50's**

Contact her
hello@emmaahlstrom.com
www.emmaahlstrom.com

Review of Challenges and Targets

Mind-set:

So, in the first of our monthly health packs, how about aiming to sit down and plan how you intend to improve your life over the next eight months of this year, and on into the decade?

It may feel like that is a long time, but we all know how fast time seems to fly, and now is as good a time as any. Don't put it off, think about what you need to do, how you can make it happen, and then start implementing it. Regardless of age, let's start believing in change, being proactive, and setting targets.



Nutrition.

Amino Acids are one of the fundamental ingredients our bodies need to function properly, and as it is the main component in Protein, one of the macronutrients, we all have to ensure we get enough to keep us healthy. Are you doing that? Do your own research.

Food and drink is not just about fuelling our body, but providing it with all the right substances so that our metabolism can work properly and we can enjoy good health for a long time.

Why not look into your current diet? How can you improve it?



Exercise

GO Active
Get Healthy

Exercise is a fundamental part of living. Our bodies crave activity, and it is your responsibility to provide it.

Recent lockdowns have encouraged us to be less active, staying in, watching telly, sitting down, and we must now start to reverse this routine.

We have covered three basic exercises to start with, and you can do them standing, sitting, or on the floor. Just do something, even if it is walking a bit more.

Getting fitter and stronger should be an ongoing target for all of us. Think about what you need to do.

Health.

In this pack we took an in depth look at smoking. If you, yourself, do not smoke I am sure you will know someone who does. Yes, it is their choice. But do they know the actual problems they are causing themselves, and that the odds are they will die of a smoking related disease?

None of us think about what it is going on in our bodies until something goes wrong. Maybe surgery is required, or rehabilitation of some kind. Smoking is a massive killer. We wanted to provide as much information to people as we could. Stopping is tough, but not impossible. Speak to your local medical practice about organisations in your area that have been set up with the sole purpose of helping people quit. Make today that day!!! Aren't you worth it? Is your body worth looking after?



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

Quiz Answers from Page 7 + Olympians from Page 20

See if you can beat your family and friends

Music

Name the acts for the UK No1 singles in 2000.

1. OIDA: Britney Spears
2. IFSG: Sonique
3. TRSS: Eminem
4. 7D: Craig David
5. G (ITAL): Spiller
6. TOM: A1
7. CWFI: Bob The Builder
8. BD: U2
9. AP: Madonna
10. DGU: Bryan Adams/Chicane
11. SA: Kylie Minogue
12. RDJ: Robbie Williams
13. ITTU: Mel C

Television

Who played the following sitcom characters on TV - and the sitcom they were in?

1. Ronnie Barker: Porridge
2. Arthur Lowe: Dad's Army
3. Patricia Routledge: Keeping Up Appear'
4. Steve Coogan: I'm Alan Partridge
5. Lesley Joseph: Birds Of A Feather
6. Andrew Sachs: Fawlty Towers
7. Dawn French: The Vicar of Dibley
8. Caroline Ahern: The Royle Family
9. Wendy Richard: Are You Being Served?
10. Joanna Lumley: Absolutely Fabulous
11. Nigel Hawthorne: Yes Minister
12. Tim McInnerny: Blackadder Goes Forth
13. Peter Capaldi: The Thick Of It

Films: The actor, and the film for those characters where they were all nominated for a Best Actor Oscars.

1. Ron Moody: Oliver
2. Albert Finney: Murder On The Orient Express
3. Sylvester Stallone: Rocky
4. Dustin Hoffman: Tootsie
5. Michael Douglas: Wall Street
6. Liam Neeson: Schindler's List
7. Russell Crowe: Gladiator
8. Johnny Depp: Finding Neverland
9. Philip Seymour Hoffman: Capote
10. Forest Whitaker: The Last King Of Scotland
11. Morgan Freeman: Invictus
12. Jesse Eisenberg: The Social Network
13. Gary Oldman: Tinker Tailor Soldier Spy
14. Benedict Cumberbatch: The Imitation Game
15. Michael Fassbender: Steve Jobs
16. Gary Oldman: The Darkest Hour
17. Rami Malek: Bohemian Rhapsody

Geography

The 21 US states ending in an "A" are:

Alabama, Alaska, Arizona, California, Florida, Georgia, Indiana, Iowa, Louisiana, Minnesota, Montana, Nebraska, Nevada, North Carolina, North Dakota, Oklahoma, Pennsylvania, South Carolina, South Dakota, Virginia, West Virginia.

QUIZ ANSWERS

List of Olympians - from Page 20

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

- | | |
|----------------------|-----------------------|
| 1 Chris Hoy | 2 Steve Redgrave |
| 3 Daley Thompson | 4 Mo Farah |
| 5 Jessica Ennis-Hill | 6 Kelly Holmes |
| 7 Andy Murray | 8 Bradley Wiggins |
| 9 Sebastian Coe | 10 Roger Bannister |
| 11 Paula Radcliffe | 12 Victoria Pendleton |
| 13 Ben Ainslie | 14 Sally Gunnell |
| 15 Steve Cram | |

Science

There twelve known gases on the Periodic Table.

Hydrogen, Helium, Nitrogen, Oxygen, Fluorine, Neon, Chlorine, Argon, Krypton, Xenon, Radon, Oganesson.

(Oganesson is a member of the Noble Gas Group)

THE LAST PAGE

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

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

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

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

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

Please follow and like our blogs:

www.hmhb2016.blogspot.com ; this about HMHB as a whole

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

We thank the wonderful Cripplegate, Islington Giving Covid 19 Fund who helped to sponsor early packs. With their help, we established the Packs.

We also thank the National Lottery Communities Fund for extra funding, that enables us to continue these packs, reach further and do more.



Cripplegate Foundation
Helping since 1500

Be Safe, Be Active, Be Well