

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 26

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st June 2024



www.hmhb2016.org.uk



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

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**“There is moment in everyone’s life where a door opens and lets the future in.” – author Graham Greene
(The goal is to be aware when a creative opportunity presents itself, instead of being so busy we overlook it.)**

Welcome to Issue 26 of Healthy Minds, Healthy Bods’ New Monthly Health Packs.

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

We then went monthly for 7 issues.

This is our new venture for 2022/2023.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering, fresh approach.

Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB looks to prevent people from experiencing depression, stress, and anxiety, and show that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

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

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

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



Some fun pictures from 2022- including being attacked by a Spider, theatre visits, walks, and even meeting a dinosaur. We have delivered across Islington and beyond. HMHB get referrals to us from the NHS and other projects. Lots of outings, social events, terrific exercise sessions, new walks and, of course, our courses. HMHB delivers to all.

HEALTH NEWS AND RESEARCH PAGE

Should I really be aiming for 10000 Steps a day?

Fairly recently, you might have seen articles featuring slightly overweight celebrities using an expensive new obesity drug, but what you may have missed is news of the best “drug” of all—walking 10,000 steps.

Studies published by the Journal of American Medical Association (JAMA) in “JAMA Neurology” and in “JAMA Internal Medicine” seem to show that walking is actually the prescription we should all be seeking. Walking around 10,000 steps a day appears to be linked to less dementia and less cardiovascular disease overall, with less heart disease, less heart failure and fewer strokes. It may significantly reduce your risk of thirteen types of cancer while also lowering your risk of dementia by fifty percent.



If we could put physical activity into a ‘pill’ it would likely be the most powerful medication that we have across a variety of health conditions.

The study in JAMA Neurology, published in September 2022, found that walking 9,800 steps per day was associated with steady declines in dementia risk, and even fewer steps than the 9,800 threshold were still associated with a decline. The study also found that greater walking intensity was related to significantly lower dementia risk. The companion study showed that for every 2,000 steps a day, you could lower your risk of premature death by 8% to 11%.

Evidence suggests that accumulating up to 10,000 steps per day is helpful for reducing chronic conditions such as cardiovascular disease, type 2 diabetes, and some forms of cancer. And more recent evidence supports the benefits of reducing the risk of dementia. There are benefits for people who are patients with pre-existing diseases as well as for those who are just healthy adults looking to prevent illness and enhance their longevity, resulting in more quality of life.

A large contributor to many health problems is linked to excess body weight, which suggests that weight loss will help to reduce those health risks. However, weight loss can be challenging for many. If you want help to lose weight, walk 10,000 steps a day. For patients interested in weight loss, when coupled with a modest reduction in calorie intake, progressing to 10,000 steps per day has also been shown to enhance long-term weight loss and the prevention of weight regain following weight loss.



Walking properly with the right technique and posture has many benefits.

It can reduce unnecessary stress and strain on your muscles and joints, prevent back pain and muscle aches, reduce your risk of injuries, and much more.

Walking with the correct gait and posture isn't hard to do, but it may take some practice.

HEALTH NEWS AND RESEARCH PAGE: Why 10000 Steps?

Most health-conscious people know by now that the original 10,000 steps number, often associated with good health, was simply a number selected by a Japanese pedometer company in the 1960s. So, if there really is something to 10,000 steps, what is it? What exactly makes walking (or even vigorous walking) so good for our bodies?

Some of the answers may be simple, and some may be incredibly complex.

Sandra Billinger, Ph.D, professor of neurology in Kansas University (KU) School of Medicine, studies exercise, brain health and stroke recovery. She notes that there are proven benefits to pumping blood through your system as we do when we walk.

“Movement and physical activity in general confer benefits on the vascular system, the heart and delivering oxygen rich blood to the muscles and organs,” she said. “There are so many molecules released that have positive effects on our body for blood pressure, cholesterol, glucose regulation and more.”



Billinger points to a 2020 study, featured in a New York Times article, that showed 9,815 molecular changes caused by exercise. That’s a lot of change, and scientists are doing more studies to understand all of it. Some work was done by Russell Swerdlow, M.D., co-director of the KU Alzheimer’s Disease Research Centre (KU ADRC) and professor of neurology at KU School of Medicine. Swerdlow looks closely at mitochondria, an organelle some call the “powerhouse of the cell” since it produces the chemical energy powering the cell. Failure of the mitochondria is connected to Alzheimer’s and cognitive decline, though scientists like Swerdlow are still figuring out why and how to boost mitochondria. Might exercise be part of the answer?

It turns out that exercise produces changes in mitochondria that we’re just beginning to understand.

“Mitochondria and exercise are intertwined,” Swerdlow said. “When you exercise, you create oxidative stress in the muscle and that boosts mitochondria production, in the muscle and elsewhere in other tissues in your body.”

And that lactic acid, which naturally builds up with vigorous exercise and contributes to the fatigue you feel when exercising? It’s boosting mitochondria in your muscles. It’s also boosting mitochondria all over your body, including your brain.

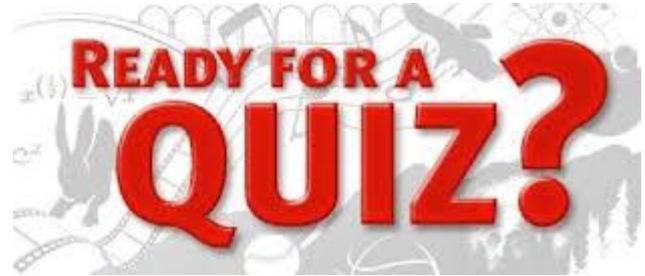
“We often think of oxidation as bad,” Swerdlow said. “But in this case, it might be very good indeed.”

Maintaining an active lifestyle is important for preventing and surviving cancer, Studies are beginning to confirm the benefits of the popular goal of 10,000 steps per day as the optimal number of steps for health and longevity, including for cancer prevention. But some is much better than none. There are significant benefits seen with increasing steps at different increments, up to this optimal goal. Something is better than nothing!

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

Food:

According to an online poll (and that's what I am using) what are the favourite top 20 Chocolates in the UK as at start of 2024.
 See if you can match the results.



The World: In which Countries would these towns/cities be found?

1. Winnipeg
2. Wellington
3. Fukushima
4. Antwerp
5. Asuncion
6. Debrecen
7. Zaragoza
8. Chennai
9. Cleveland
10. Cairns
11. Innsbruck
12. Alexandria
13. Bloemfontein

Film: Who played these characters, and name the year the film was released.

1. Professor Henry Higgins: My Fair Lady
2. The Artful Dodger: Oliver
3. Martin Brody: Jaws
4. Betty Rizzo: Grease
5. Captain Dallas: Alien
6. Baron Von Trapp: The Sound of Music
7. P. T. Barnum: The Greatest Showman
8. Pepper Potts: Iron Man
9. Sam Wheat: Ghost
10. Ernst Stavro Blofeld: Spectre
11. King George VI: The King's Speech
12. Jim Lovell: Apollo 13
13. Alfred Pennyworth: Batman Begins
14. Alex Forrest: Fatal Attraction
15. C-3PO: Star Wars VI: Return of the Jedi
16. Norman Bates: Psycho
17. Elliott: E.T. The Extra Terrestrial

Pop: Who originally sang these songs with a question in the title plus year of release.

1. What Have You Done For Me Lately?
2. How Am I Supposed To Live Without You?
3. What's Love Got To Do With It?
4. Would I Lie To You?
5. How Deep Is Your Love?
6. Will You (Still) Love Me Tomorrow?
7. Do You Really Want To Hurt Me?
8. Should I Stay Or Should I Go?
9. What Have I Done To Deserve This?
10. What Is Love?
11. Can You Feel The Love Tonight?
12. Who Let The Dogs Out?
13. Are You Gonna Go My Way?
14. How Will I Know?



The World:

According to Britannica Online, what are the top 15 largest cities in the US by size of Population.

Quite tricky, but see what you can come up with.

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

HMHB Activity: Photos and Events from May 2024



We headed to Canary Wharf one Sunday to take part in the Guide Dog Paw Trail. Equipped with our map, we had to track down 25 different guide dog sculptures, all painted by different artists. The various ideas were interesting and clever, and we thoroughly enjoyed our tour of the Wharf and Quays. The 25 dogs will eventually be auctioned off, raising money for Guide Dogs.

I love this group so much. Our wonderful walkers, who always inspire and motivate me. Here we are sat on the ground in the garden of Clissold House in Clissold Park. Quite a few are going through various kinds of treatment for physical or mental problems, but we are full of encouragement and love for each other. I really hope this continues on and on.



We love our outings with HMHB, and we also love a good deal. We have been fortunate enough to join up with Sadlers Wells Community People and have already enjoyed their hospitality.



Last year, we came to several amazing productions, and even in April, as shown in the last Health Pack, we caught a fabulous Flamenco performance.

Well, this time we headed to the Sadlers Wells affiliated Peacock Theatre, just down from Holborn, for an evening of Opera and Comedy with the stunning Opera Locos.

Some astonishing voices, coupled with comedic presentation, meant for a glorious evening, which even involved some audience participation in some opera.



A terrific evening for our group.

HMHB Activity: Photos and Events from May 2024



We have started delivering our groundbreaking Ajani mind-set course with projects that has garnered so much incredible feedback. Here is Lazza outside the Pirate Castle venue, based on Regents Canal. Working with Islington and Camden residents through Change Grow Live and Islington Single Homeless Project.

We have quite a few courses organised with various projects and intervention companies, and am also working with the DWP Job Centres.

We ventured up again to the highest Free Viewing Platform overlooking London this month.

Yep - the Horizon 22 - Bishopsgate.

A gripping 58th floor panoramic view, and we picked a corker of a day too with the weather bright and sunny; we could see for miles. We spent a very enjoyable time picking at various landmarks and places, and the height certainly makes London look extraordinary.

Thanks to all those who came.



Our quizzers were back on great form this month. We love our usual interactive and fun weekly quiz. (ED. Well it's almost like a lecture really).

Anyone can win as we navigate rounds on true/false, numbers, years, guessing the story, and enjoying Lazza's wonderfully funny jokes too.

Do come and join us online.



We enjoyed our regular visit to the brilliant Second Chance Café based at St. Mary's Church, Stoke Newington Church Street.

Different homemade soups followed by delicious Apple Crumble and Custard, plus a cake or two washed down with coffee/tea/juice.

The volunteer staff are incredible, and always make us feel very welcome.



Our second Shakespeare visit to the Globe this year was to see Much Ado About Nothing.

This incredible venue has become one of our usual haunts, seeing five shows two years ago, and four last year. For just £5 for a standing ticket (I know not everyone can do that) it's astonishing value for money. Do look out yourselves.



HMHB Activity: Photos and Events from May 2024

We had another fascinating visit to the Natural History Museum, and learnt a lot of about the natural world.

We even managed to get some special pics of us travelling on some creatures.

It was a warm Sunday afternoon, and thanks to everyone who joined us.

More fabulous trips planned.



Here are the group on the 31 May, joining with Islington Guided Walks presentation at the New River Walk, between Canonbury and Essex Rd. Really interesting history, we learned a lot. Check out their website for more guided walk sessions.

We were so lucky to catch the powerful play “Now I See” at the Theatre Royal Stratford East this month.

Thought provoking and emotional.

It’s a wonderful theatre, and our group had front row seats to take in the action.

Thanks for looking after us.



HMHB has developed a strong friendship with John and Eagle Recovery Project. We were fortunate to be invited to join them at the Saatchi Gallery on Fri 31st May for the fabulous exhibition titled “Beyond Fashion”.

We had a great time, which even involved doing some drawings of our own, inspired by the exhibits at the show as well as two drag queens posing on the first floor.



Lazza’s weight loss Corner

31 January 2024: I was 108kg.

This last month of May has been tricky. I have had quite a lot of stress, and I feel I could have focused a lot more on my weight loss journey. That will happen for sure in June.

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

So, getting together more with one of our friends, Robin, who luckily also lives in my road,

I have been working on overhauling my diet and get exercising even more.

I have been attending a gym near Tottenham Court Road for a 12 week programme.

And on 31 May 2024: I was 102.5kg.

My goal is to be under 100 by the end of June. Onwards!!!

NUTRITION: Lazza's Kitchen Adventure

Sausage Tomato Pasta Bake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever version of Sausage Tomato Pasta Bake from scratch

Baby Bella Mushrooms are good for you.
They are the same variety as white button mushrooms but picked when they're more mature, which results in a more developed flavour.
They are one of the only vegan sources of dietary vitamin D, as well as a good source of B vitamins.
They contain a decent helping of potassium and phosphorous, and small amounts of calcium, magnesium, sodium and folate.
Baby bella mushrooms also contain selenium, niacin, copper and pantothenic acid.

Ingredients

12 Sausages - I used Cumberland
Onion, Garlic: Tomato and Garlic Puree
2 Tin Tomatoes: 1 Tin Baked Beans
Baby Mushrooms - chopped
Plum Tomatoes - halved
Macaroni - 250g: Chicken Stock - 300ml
Red Pepper: Paprika:
Grated Cheese + Mozzarella for topping
Basil: Parsley: Italian Herbs
Salt and Pepper: Spinach to accompany

I cooked my Sausages in the oven, but you can do in a pan. Oven means you can leave them and concentrate on the rest of the dish.

I also started cooking some macaroni in a saucepan.

I fried up some onion and garlic in some oil in a large pot.

Into that I then added some tomato and garlic puree to taste, before pouring in the two tins of tomatoes and the tin of beans.

I allowed that to cook for a few minutes before adding in the chopped baby mushrooms and the chopped red pepper.

I stirred in around 300ml of chicken stock and allowed it to cook.

Once the sausages are done, you can chop them up into three or four sections each and put them at the bottom of an oven proof dish.

Season the tomato mix with Paprika, Basil, Parsley, and some Italian Herbs to taste. Be generous.

I drained the macaroni, and poured that over the top of the sausages. I then poured the tomato mix onto that.

I spread the grated cheese over the top and then sliced up some Mozzarella to top too.

Cooked in the oven at 180C for around 20-25 minutes. Then serve. Lovely with some Spinach.



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

MIND-SET: Build Curiosity

Are you a curious person? Do you like to learn? Do you like to challenge yourself?

You have probably heard the phrase “curiosity killed the cat” - this is warning people to not ask too many questions as that could get you into trouble. This paints curiosity as a negative thing.

However, there are many science-backed positives to curiosity, including its ability to increase empathy, strengthen relationships, and boost our knowledge. With this in mind, why don't we explore some of the benefits of being curious and how it can enhance your life.

Can keep your brain active

Research has revealed that curiosity is good for brain health. Unlike being passive, studies have found that being curious and learning about new things encourages the brain to produce new neurons and create new neural pathways.

These processes are associated with boosting memory, language, thinking, attention, and reasoning skills; all of which can help to reduce the risk of cognitive decline.



Can help with relationships

Some research has suggested that curiosity may lead to stronger relationships. This is because being curious about another person involves asking questions to find out more about them. When someone's genuinely interested in what we have to say, it can encourage us to be more open, share more, and ask questions in return. According to experts, this type of exchange can help to create intimacy and closeness, and may be an effective way to strengthen relationships.

For example, a Study posted online in the “Journal of Social and Clinical Psychology, where strangers asked each other personal questions, those who showed genuine curiosity in the other person were rated as warmer and more attractive.

Another Study, posted in the National Library of Medicine, found that after engaging in both small talk and deep conversation, people who were more curious felt closer to those they spoke to, while the less curious people didn't.

Can help with difficult situations

Studies have linked curious behaviour with a greater ability to cope with and handle unwanted emotions, accept conflict, and cope with difficult situations, such as rejection. This is largely due to the fact that when we aren't curious, we rely on assumptions and past experiences to decide how we feel. But unfortunately, what we already know already doesn't always serve us well in new situations. Curious people, however, are more likely to gather all of the available information before coming to a conclusion.

“The important thing is not to stop questioning. Curiosity has its own reason for existing. One cannot help but be in awe when one contemplates the mysteries of eternity, of life, of the marvellous structure of reality.” Albert Einstein.

EXERCISE/FITNESS: STRETCHING

Some simple Arms stretches for you - 1 (*modelled by me*)

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

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

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

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

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

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

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

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

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

CROSS BODY SHOULDER STRETCH

Start by stepping your feet about shoulders width apart. Take the right arm parallel to the floor and cross it over your body, bringing the upper arm into the chest. Take your left hand to the right arm between shoulder and elbow (never on elbow!!), pulling it even further across your body, and stay here for about 20 seconds. You can do each side three times. Helps reduce stiffness in the muscles, and it helps increase mobility.



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.

ARM CIRCLE STRETCH

Stand up straight, with your feet shoulder-width apart and your hands out and parallel to the floor. Make small circles using your whole arm, being sure to keep your back straight. Start making larger circles with your arm, keeping your movement controlled. As the circles get bigger, you should start feeling something in your triceps (the back of your upper arm). Continue for 10-15 seconds, before reversing the direction. Arm circles are a great dynamic warm-up for the shoulders, trapezius, biceps, and triceps.



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

EXERCISE/FITNESS:

Some simple Arms stretches for you - 2 (modelled by me)

TRICEPS STRETCH

Standing with your feet hip-distance apart, place your right hand at the top of your back then gently apply pressure with your left hand so your right hand travels down the spine. Keep your knees soft, your abdominals tight and your toes pointing forward throughout the stretch. Repeat on the other arm.

Known as the triceps brachii muscle, it sits at the back of your arm and is responsible for the extension of the elbow joint.



WRIST EXTENSION STRETCH

Hold the arm with the elbow straight and the palm facing down. Push downward on the back of the involved hand until a stretch is felt in the muscles on the outside of the forearm.

When you hold your wrist in a slightly extended position, the muscles operating the fingers can pull the tendons (and therefore the finger bones) more easily, which results in better control of the fingers for handwriting. Boosts blood flow to the hands and maintains joint flexibility, reducing numbness and age-related stiffness.



ARMS SCISSORS STRETCH

Stand tall with your feet shoulder-width apart and extend your arms straight out to the sides, parallel to the floor. Your palms should be facing down. Begin the movement by crossing your right arm over your left arm, bringing them in front of your body. Your right arm should cross over your left arm at approximately chest level. Immediately reverse the movement by swinging your arms out to the sides and then crossing your left arm over your right arm, bringing them in front of your body again. Your left arm should cross over your right arm at approximately chest level.



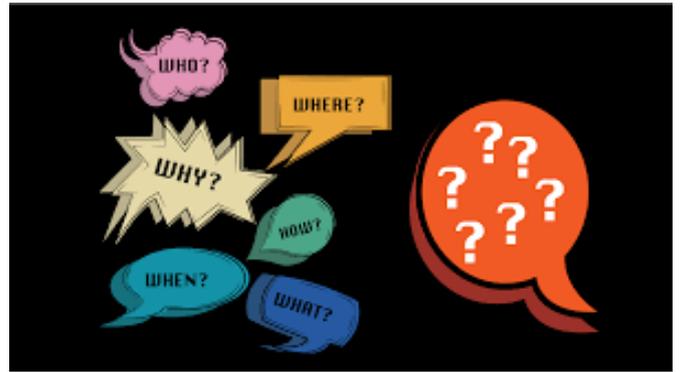
**As long as you're not overdoing it,
the more regularly you stretch, the better it is for your body.
It's better to stretch for a short time every day or almost every day
instead of stretching for a longer time a few times per week.
Being flexible and having full joint mobility can have several beneficial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

MIND-SET: Develop your Curiosity

Can help towards problem solving

When problem solving, according to the experts there are seven steps - maybe we will look at this in another issue. But the first step is always: “recognise and identify the problem”.

Curiosity - maybe also thought of as an open mind - perhaps is important for this first step. If judgment, or preconceived notions, or bias is injected into that first step, it will carry through to all other steps and effect the final solution (which then may not end up being the best solution, at all).



I'm sure we've all seen others, or done ourselves, something along the lines of having a solution in mind before we fully understand the problem. To give a non-

corporate example: if a goal is to lose weight, we automatically think about diet, exercise, or both. Say your solution is to go to the gym more. After a few weeks, you may lose momentum and start beating yourself up over not losing any weight. But maybe the solution that would stick better is to find a way to bike commute or walk on your lunch break, or in the evening. If you'd spent a little more time identifying the problem, which isn't that you don't go to the gym enough but that you need to generally move more, other options become viable. Being curious would have allowed you to look at all available solutions.

Can help with empathy

If we are so tied up with our own views – and lack curiosity in others – it is hard to be truly empathetic. Being open-minded can be really tough sometimes. Most of us are brought up with a set of beliefs and values and, throughout our lives, tend to surround ourselves with people who share the same values and beliefs.

Therefore, it can be difficult to empathetically understand someone else when we're faced with ideas that challenge our own and, though we may wish to be open-minded, we may struggle with it from time to time.

Observing with curiosity fosters empathy. Observing—not judging, not evaluating, but simply using our five senses to take in the present moment. Put yourself and your own perspective aside, and start to look through the eyes of other people. Once you focus your observational attention on someone, it begins to make a qualitative difference in your relationship with that person. The more you continue to observe that person in a thoughtful way, the easier it is to understand their perspective.

Can help with awareness

Self-awareness is about understanding who we are and why; for example, considering how past experiences have shaped us and taking complete responsibility for how we connect with and relate to other people.

Research has linked being self-aware with a range of benefits; including better communication and decision-making skills; increased happiness, confidence, and leadership skills; and a greater ability to regulate emotions.

Being curious about ourselves is an effective way to increase self-awareness because it encourages us to ask questions and reflect.

MIND-SET:

How can I be more curious?

When thinking about ways to develop your curiosity, a good place to start is to consider what that sparks your interest. For example, what topics have you always wanted to learn more about? Are there subjects that you would like to look at more deeply? Are you thinking of learning a new skill, or trying out a new adventure?

However, experts suggest that when it comes to curiosity, it can be beneficial to look beyond general interests and consider exploring things that take you outside of your comfort zone. For example, a topic that doesn't come naturally to you, or that you've never been in contact with before – perhaps a culture or language that's different from your own.

This type of curiosity in particular can lead to a number of the benefits that we have mentioned throughout this section: including increased empathy, problem-solving skills, and strengthened relationships, because it exposes us to alternative views and ideas.

To start being more curious, you might like to construct a reading list on the topic you wish to explore, tune into an audiobook or podcast, attend different events like local art or music festivals, meditate on or journal your thoughts, join a club, or travel either locally or further afield.

Whatever way you decide to engage with your curiosity, the most important thing is to continually ask questions. Often it's the 'silly' questions that can lead to new, unexpected knowledge. And, as I was once told at an office meeting, there are no silly questions. Maybe there are questions that would not be asked if people thought through them properly, but all questions can be relevant.

Did you know, research has identified a link between curiosity and reduced anxiety.

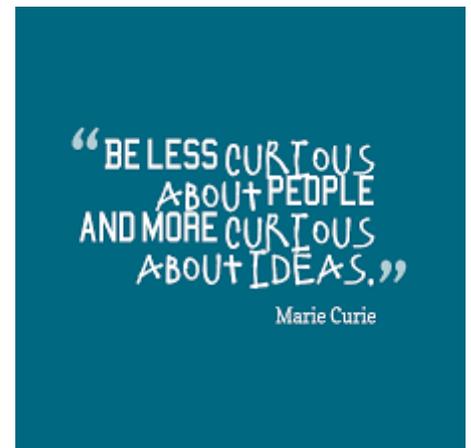
One reason for this is that being curious activates the same areas of the brain as when we accomplish something. It also stimulates the release of dopamine – the 'feel good' hormone – which studies suggest plays an important role in regulating anxiety.

Curiosity has also been found to prevent the brain from focusing on 'worst-case scenarios'. For example, another study revealed that going after new knowledge made people less anxious, uncertain, defensive, and less reactive to stress.

Since it drives us to ask more questions, explore new things, and search for deeper understandings, it's no wonder that curiosity can increase our knowledge.

But curiosity doesn't only expose us to more information, various research has also found that a curious mindset makes learning more effective and enjoyable. This is because it makes us more likely to actively engage with and remember what we learn.

As a result, curiosity has been linked with improved learning, commitment, and performance at work, as well as increased academic achievement. Often, these factors mean that curious people are more likely to seek out new opportunities too.



NUTRITION: Lazza's Kitchen Adventure

Devilled Eggs + Potato/Tomato Salad

A Brand NEW Recipe from Lazza's Kitchen.

Lazza made his ever version of Devilled Eggs with Potato/Tomato Salad from scratch

Ingredients

10 eggs - larger the better
Pack Baby Potatoes - halving or quartering
Plum Tomatoes - halved
Cucumber - chopped
Greek Yoghurt + Sour Cream
Mayonnaise + Salad Cream
English and French Mustard
Horseradish + Vinegar
Paprika + Worcestershire Sauce
Parsley
Salt and Pepper

The Romans were probably the first to experiment with the preparation of mustard as a condiment. They mixed unfermented grape juice (the must) with ground mustard seeds (called *sinapis*) to make "burning must", *mustum ardens* - hence "must ard". A recipe for mustard appears in "De Re Coquinaria", the anonymously compiled Roman cookbook from the late fourth or early fifth century. The early use of mustard as a condiment in England is attested from the year 1390 in the book "The Forme Of Cury" which was written by King Richard II's master cooks.

The Eggs:

I boiled the eggs for around 12 minutes and then put them aside to cool.

Once they had cooled, I de-shelled them, and cut each egg in half.

Into a bowl I placed all the egg yolks.

I added a nice dollop of Greek yoghurt and sour cream.

Then I added a nice squirt of mayonnaise and a small squirt of salad cream.

A half teaspoon of the two mustards, plus a half spoon of horseradish, with a dash of vinegar followed. I then crushed up the yolks into the mixture creating a paste.

I spooned the mixture back into the halved eggs, sprinkling a little paprika on top.

The Salad.

I boiled up the baby potatoes for around 15 minutes - so not too squidgy, but okay to eat.

I left them to cool.

Meanwhile, in a bowl I added a splodge of Greek Yoghurt with some Sour Cream.

Another squirt of Mayonnaise, with a dash of Worcestershire Sauce and a half teaspoon of English Mustard.

I mixed in the halved tomatoes and the chopped cucumber.

I added the Potatoes, stirred it all in with a little Black Pepper and Parsley.



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

Why not try out some new recipes and foods yourself?

More on HMHB recipe pages: www.hmhb2016.org.uk

This was a great, and very tasty, meal to prepare.

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

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

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

ROUND ONE: Multiple Choice

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

Roses named after celebrity	US State Capitals	John in a foreign language
Helen Mirren	Springfield	Zjon
Judi Dench	Houston	Jonko
Julie Walters	Los Angeles	Jang
Tina Turner	Salt Lake City	Juons

ROUND TWO: Give Me a Number

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

- How many people died in the third film of the Scream franchise?
- How many miles is the M1 between London and Leeds?
- How many countries feature in Eurovision 2024?
- How long, in minutes, is the film The Wizard of Oz?
- As at April 2024, how many Ministers are in the UK Government Cabinet?

ROUND THREE: When Did That Happen

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

- When did trains first run on the Victoria London Underground line?
- London's first Post Box was used in what year?
- When was Charlie and the Chocolate Factory first published?
- In what year did Arsenal first win the top division in UK Football?
- When was the Penny Farthing Bicycle invented?



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

Ian McKellen: James Blunt: Ed Sheeran: Idris Elba: Guy Ritchie: David Beckham

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

- | | |
|-------------------------------------|---|
| 1. Did not walk on the Moon | Michael Collins: Alan Shepard: Pete Conrad |
| 2. Shortest London Underground Line | Bakerloo: Circle: Hammersmith and City |
| 3. Youngest Singer | Holly Johnson: Michael Hutchence: Whitney Houston |
| 4. Have won Eurovision | Iceland: Luxembourg: Malta: |

ROUND SIX: Which Country is it?

1. Has the largest Oil Reserves:
2. Has the largest Gold Reserves:
3. Has the largest Gas Reserves:
4. Has the longest school day:
5. Has the most beaches:



NUTRITION:

What do Nutritionists say we should be doing?

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.

Following a healthy, balanced diet helps make sure that our bodies get all the nutrients needed to work well and feel good. There's plenty of evidence that shows eating healthily can also reduce the risk of diseases like heart disease, stroke, type 2 diabetes, and some types of cancer.

Around the world, governments provide guidance on the balance of foods and drinks that make up a healthy diet. The guidelines vary in how they are presented but the message is similar; a healthy diet is about getting a balance and variety of foods from the main food groups.

In the UK, our healthy eating model is called the Eatwell Guide. The guide has been developed scientifically, using modelling to look at the balance of different foods and drinks that provides the nutrients the body needs in the recommended amounts.

The Eatwell Guide shows the proportions that each of the food groups should make up in our diet and is designed to apply to most of us (although not to children under 2 years old as their dietary needs are different). Yes, each of us are individuals, and some people may have health issues around eating. Plus, you do not need to achieve this balance with every meal, but try to get the balance right over several days in the week.



Most of us still are not eating enough fruit and vegetables. They should make up just over a third of the food we eat each day.

Aim to eat at least 5 portions of a variety of fruit and veg each day. Choose from fresh, frozen, tinned, dried or juiced.

Remember that fruit juice and smoothies should be limited to no more than a combined total of 150ml a day.

Fruit and vegetables are a good source of vitamins, minerals and fibre.

Starchy food should make up just over a third of the food we eat. Choose higher fibre or wholegrain varieties, such as wholewheat pasta and brown rice, or simply leave the skins on potatoes.

There are also higher fibre versions of white bread and pasta.

Starchy foods are a good source of energy and the main source of a range of nutrients in our diet.



NUTRITION:

Listen to the Nutritionists and take action.



These foods are good sources of protein, vitamins and minerals. Pulses, such as beans, peas and lentils, are good alternatives to meat because they're low in fat and they're a good source of fibre and protein, too.

Choose lean cuts of meat and mince, and eat less red and processed meat like bacon, ham and sausages.

Aim for at least 2 portions (2 x 140g) of fish every week, 1 of which should be oily, such as salmon, sardines or mackerel.

Milk, cheese, yoghurt and fromage frais are good sources of protein and some vitamins, and they're also an important source of calcium, which helps keep our bones healthy.

Try to go for lower-fat and lower-sugar products where possible, like semi-skimmed, skimmed or 1% fat milk, reduced-fat cheese or plain low-fat yoghurt.



Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils.

Remember all types of fat are high in energy and should be eaten in small amounts.

These foods include chocolate, cakes, biscuits, sugary soft drinks, butter, ghee and ice cream.

They're not needed in our diet, so should be eaten less often and in smaller amounts. Yes, I know they are delicious, and I love them too. But they should be treated as "treats". It's your body. It's up to you.



Drink around 6-8 glasses a day. Water, lower-fat milks, lower-sugar or sugar-free drinks and tea and coffee all count.

Fruit juice and smoothies also count towards your fluid consumption, but they contain free sugars that can damage teeth, so limit these drinks to a combined total of 150ml a day.

NUTRITION: The UK Eatwell Guide

The Eatwell Guide divides the foods and drinks we consume into 5 main food groups.

Try to choose a variety of different foods from each of the groups to help you get the wide range of nutrients your body needs to stay healthy.

It's important to get some fat in your diet, but foods that are high in fat, salt, and sugar, have been placed outside of the main Eatwell Guide as they're not necessary as part of a healthy, balanced diet and most of us need to cut down on these.

Unsaturated fats from plant sources (for example, vegetable oil or olive oil) are healthier types of fat.

But all types of fat are high in energy (calories), so they should only be eaten in small amounts.

On average, women should have around 2,000 calories a day (8,400 kilojoules) and men should have around 2,500 calories a day (10,500 kilojoules). We all need different amounts of energy (or calories) from food to be a healthy weight. How much you need depends on lots of things, including how active you are.

Many foods, such as pizzas, casseroles, stews, pasta dishes and sandwiches, are combinations of the food groups in the Eatwell Guide.

With these meals, check the ingredients and think about how these fit with the sections on the guide to help you achieve a balanced diet.

The Eatwell Guide applies to most of us, whether we're a healthy weight or overweight, whether we eat meat or are vegetarian, and no matter what our ethnic origin.

Anyone with special dietary requirements or medical needs might want to check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs.

Just looking at the 5-a-day vegetables and fruit.

To get the most nutritional benefit out of your 5 A DAY it's important to have a variety of fruits and vegetables. This is because different types and colours of fruits and vegetables contain different combinations of important nutrients such as:

- Vitamin C - important for keeping body tissues, such as skin and cartilage healthy.
- Vitamin A - important for normal vision, skin and the immune system.
- Folate - important for making red blood cells, and supporting the immune system
- Potassium – important for healthy blood pressure and to support the nervous system
- Fibre – helps to maintain a healthy gut and can reduce the risk of diseases like type 2 diabetes and heart disease.



Nutrition: HMHB looks at Minerals

Today: Copper

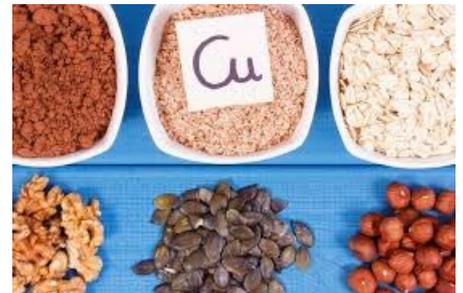
**On this page, we will take a brief look at Minerals.
Why we use them, what they do for us, etc.**

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

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

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

Copper is a naturally occurring metal found in soil, water, and rocks. Nutritionally, it is an essential trace mineral found in some foods and in supplements. It works to assist various enzymes that produce energy for the body, break down and absorb iron, and build red blood cells, collagen, connective tissue, and brain neurotransmitters.



Copper also supports normal brain development and immune functions, and is a component of superoxide dismutase, an antioxidant enzyme that dismantles harmful oxygen “free radicals.” Copper is absorbed in the small intestine and found mainly in bones and muscle tissue.

Because dozens of enzymes use copper to perform metabolic processes throughout the body, it is believed that both an excess and deficiency of copper may interrupt these normal processes and a stable level is required for optimal health. The body is typically efficient at stabilizing copper levels (absorption increases if copper intake is low, and vice versa).

Abnormal copper levels result from genetic mutations, aging, or environmental influences that may predispose to conditions such as cancer, inflammation, and neurodegeneration.

Copper is found in highest amounts in protein foods like organ meats, shellfish, fish, nuts, and seeds as well as whole grain and chocolate. The absorption of copper in the body will increase if the diet contains less copper, and decrease if the body has enough copper.

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

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

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

It's your body, and your choice.

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

LAZZA'S PAGE

Recommendations, News, Life!!!

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

I recently had the amazing opportunity to go Paddle Boarding and Kayaking - with my good friend, and fellow HMHB Director, Georg.

I will add he is deliberately frowning, and had a terrific time, just like myself.

The PB was so cool, and I even managed to stand up without falling in, which for me was a big plus.

We then went in a double Kayak - Georg steering at the back, and it felt amazing. Do keep challenging yourself to try new things too. :-)



The last time our group were at the London Coliseum, I struggled to read the caption words above the stage. So I popped into Specsavers (other stores are available) and got some glasses. It's like a whole new world. I cannot believe I have been going to the theatre and cinema for three years with, what I know now, to be poorer sight.

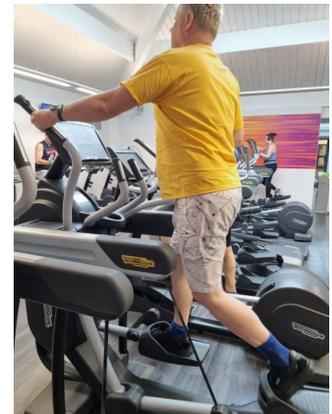
I am so delighted with them.

It's good to say, get your eyes checked!!!

They say that there is no gain without pain. They aren't wrong. Just to prove I am working hard on my weight-loss, here are a couple of photographs from my local Highbury gym, taken by my friend Robin who I sometimes go with.

He's great, as I do heavier weights, and push harder with him around. I know this takes time.

Just wish it would fall off quicker!!!



Last Year - 2023 - Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures:

HMHB delivered over 10 courses -working with over 120 people in attendance.

HMHB produced and delivered 10 forty-page Health Packs.

HMHB delivered 101 weekly health walks

HMHB delivered 84 weekly exercise sessions

HMHB delivered 30 weekly Zumba sessions outdoors

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

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

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

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

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



HMHB's Name Game Page:

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



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2



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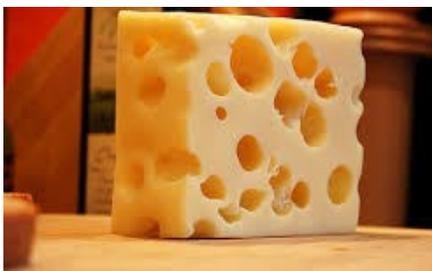
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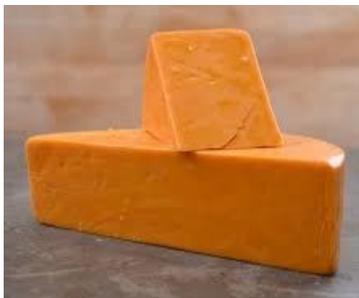
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15

NUTRITION: Lazza's Kitchen Adventure

Lemon and Coconut Cupcakes

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Lemon and Coconut Cupcakes from scratch**

In late 19th- and early 20th-century England, homemade lemon curd was traditionally served with bread or scones at afternoon tea as an alternative to jam, and as a filling for cakes, small pastries, and tarts. Nowadays, commercially made Curds are a popular topping for many snacks.

Fruit curds can also be used as a flavouring for desserts or yoghurt. Lemon Meringue Pie - made with lemon curd and topped with meringue - has been a popular dessert in Britain, Canada, Australia, and the United States since the nineteenth century.

Ingredients

Sponge: 250g Unsalted Softened Butter
250 g Caster Sugar: Desiccated Coconut
300g Self Raising Flour
4 Eggs: Lemon Curd: Sour Cream.
2 Lemons, zested and juiced
Topping
Tub Mascarpone
Lemon Curd
150g Icing Sugar
Lemon Juice: Half Walnuts to decorate

In a large bowl, for the Sponge, Mix the butter, sugar together.
Add the eggs one by one, whisking as you go. Plus a nice dollop of Sour Cream.
Now add the lemon juice and zest to taste - add more juice if you fancy.
Add the amount of coconut you fancy - I did around 100g - and stir.
Now gradually add the flour, mixing thoroughly, so it is all incorporated.
Finally add a little lemon curd, and one final mix.
Into your cupcake tray, add the cupcake cases, and spoon in mix.
Bake for around 20-25 minutes (check on them) at 180C.
Take them out to cool - I did mine in two batches as I made around 22.
While cooling, make the special topping.
I used Mascarpone - not butter - with the Icing sugar in a bowl.
Mix that together with a generous spoon of lemon curd, and a little lemon juice.
Spoon onto the top (you can pip if you wish) of each cupcake.
Top that with a half walnut to decorate - obviously you can do as you want.



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

EXERCISE/FITNESS

Exercise and Chronic Disease.

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

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

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

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

We now have our regular Highbury Gym sessions with Dean on Tuesdays, thanks to the team at Better,

We organise a fantastic outdoor Zumba session on Sundays with our fabulous Karina.

We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza.

However, we guide our users to do some of their own sessions, either on their own or in a group.

Be active, be safe, and go for it.

People with long-lasting disease, also known as chronic disease, need to exercise. Exercise can help people with long-lasting conditions cope with symptoms and improve their overall health. Long-lasting condition can include heart disease, diabetes, depression, or back or joint pain. It's important to talk to a health care provider before starting to exercise, if you have concerns. Find out from your local gym what exercises to do and how to do them safely.

Besides helping prevent many long-lasting conditions, regular physical activity can help make life better for people who have them. A complete program includes exercise that raises the heart rate, builds muscle and helps keep joints moving well.

Exercise that raises the heart rate is known as aerobic exercise. It can help improve heart health, stamina and weight control.

Strength training, such as lifting weights, can improve muscle strength. Strength training can make it easier to do daily activities. It can slow disease-related losses of muscle strength. And it can help keep joints stable.

Flexibility exercises, such as stretching, can help joints keep moving, so they can work well.

Another important part of exercise, especially for older adults and people who have trouble moving, is balance. Balance exercise might prevent falls and lessen injuries from falls. Tai chi, walking backward and practicing standing on one leg are examples of exercises that can improve balance.

Depending on your condition, a health care provider might suggest some safety actions before exercising. People with diabetes, for example, need to know that exercise lowers blood sugar. Checking the blood sugar level before activity is important. People who take insulin or diabetes medicines that lower blood sugar might need a snack before exercise to help prevent low blood sugar. People with arthritis might take a warm shower before exercise. Heat can relax joints and muscles and relieve pain. Also, shoes that absorb shock and keep joints stable during exercise are important.



EXERCISE/FITNESS:

Exercise can help with, as well as prevent, issues.

Here are ways exercise can help some illnesses.

Arthritis. Exercise can ease pain, build muscle strength around joints and lessen joint stiffness. It also can help people with arthritis move better and improve quality of life.

Asthma. Often, exercise can help control how often asthma attacks happen and how bad they are.

Back pain. Low-impact aerobic exercise is regular exercise that raises heart rate without putting stress on the body. It can build back strength and make muscles work better.

Stomach and back muscle exercises, also known as core-strengthening exercises, can help ease symptoms by making the muscles around the spine stronger.

Cancer. Exercise can improve the quality of life for people who've had cancer. It also can improve fitness. And it can lower the risk of dying of breast, colorectal and prostate cancers.

Dementia. Exercise can improve thinking skills in people with dementia. People who move regularly are at less risk of dementia and problems with learning and thinking.

Depression and anxiety. Regular exercise helps improve the symptoms of both these conditions.

Diabetes. Regular exercise can help lower blood sugar levels. Exercise also can help control weight and boost energy. For people with type 2 diabetes, exercise can lower the risk of dying of heart disease.

Heart disease. Regular exercise helps the heart. Exercise can lower the risk of dying of heart disease. And it can lower the risk of heart disease getting worse.

Osteoporosis. This condition causes bones to thin and weaken. Some exercises, such as fast walking and lifting weights, help build strong bones and slow bone loss.

A health care provider might suggest some exercises to ease pain or build strength. Depending on your condition, you might not be able to do some exercises at all or during flare-ups. Some people might need to talk to a physical or occupational therapist before starting to exercise. People with low back pain, for example, might choose exercises that can raise heart rate without putting stress on the back. Walking and swimming are good choices.

Keeping an inhaler handy during exercise is important for people who have asthma that's brought on by exercise. For people with arthritis, exercises depend on the type of arthritis and which joints are involved. A health care provider, such as a physical therapist, can help make an exercise plan that will help joints without hurting them.

One way to work in exercise is to do high-intensity interval training. It's generally safe, works for most people and doesn't take much time. High-intensity interval training involves switching between exercising hard and exercising less hard for short periods. Fast walking can be an example of exercising hard. Do strength training exercises for all major muscle groups at least two times a week. Aim to do a single set of each exercise using enough weight or resistance to tire muscles after about 12 to 15 repetitions. If you can't do this much activity, do what you can. Even an hour a week of physical activity can improve health. Start with moving more and sitting less and work your way up to moving more each day.



EXERCISE/FITNESS:

Three Core Exercises - with thx to Stack.com



ROLLING SIDE PLANK

Lie on your side with your bottom elbow on the ground underneath your shoulder and your forearm perpendicular to your body.

Position your top foot on the ground in front of your bottom foot. Raise your top arm vertically to form a T with your upper body. Drive your hips up to form a straight line with your body from head to toe. Tighten your abs, glutes and quads. Keeping your core tight, rotate your torso and place your opposite elbow on the ground to assume a Side Plank position on your opposite side.

Continue slowly rolling side to side.



THE LEWIT

Lie on your back with your arms at your sides. Bend your hips and knees to a 90-degree angle. Maintain a naturally arched back.

Slightly rock your pelvis forward and backward on your tailbone to fine-tune your back position.

Once you're comfortable, take three normal breaths.

Exhale normally on your third breath, then purse your lips and push any remaining air out of your lungs.

Reset by rocking your pelvis and repeat the breathing pattern.

If you stay consistent and train your core 2-3 times a week then you should strengthen and build your core muscles within 4-8 weeks.



HOLLOW BODY HOLDS

Raise your legs straight up, bring your arms overhead and crunch your shoulders up.

Tighten your abs as if bracing for a punch, making sure your lower back is flat against the floor.

Hold this position, making sure to breathe throughout the hold.

An exercise popular with gymnasts, this one strengthens the abs without wearing down the lumbar spine like a Crunch or Sit-Up. Exercises like this are great for improving strength and stability — in this case, in your core muscles in your abs and back.

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

EXERCISE/FITNESS:

Three More Core Exercises - with thx to Stack.com



REVERSE CRUNCH - you do not need the roller

Lie back on a bench with your thighs perpendicular to the ground. Place a foam roller between your hamstrings and calves and squeeze the roller.

Place your hands over your head and grab the sides of the bench. Forcefully contract your abs to lift your butt off the bench and your knees up above your chest. Hold this position for one or two seconds with a maximal ab contraction.

Slowly lower back to the starting position until your butt is on the bench and your thighs are perpendicular to the ground.



BIRD DOG

While maintaining a flat back, kneel on the floor with your knees under your hips and your hands under your shoulders. Keeping your abs tight, raise your opposite arm and leg until they are straight and in line with your body. Do not arch your lower back.

Return to the starting position and repeat with your opposite arm and leg.

The bird dog is a body weight exercise, that strengthens the core—more specifically, the abdominal muscles, lower back, butt, and thighs.

The Bird Dog is a worthwhile drill that can enhance multiple aspects of performance and muscle function.



MOUNTAIN CLIMBERS

Assume a push-up position with your back flat and core tight.

Bring your right knee to your chest with your toes on the ground.

Drive your right leg backward until it's straight and simultaneously bring your left knee to your chest.

Continue bringing your knees to your chest in an alternating fashion. Do not bounce up and down.

The mountain climber is a calorie-burning workout that really gets your heart rate going. It also targets your core, making it the perfect exercise to lose that stubborn belly fat and reveal your ab.

Lazza's Page of Fascinating Facts

Some knowledge to amaze your friends.

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

Here are some fascinating facts for you to share.



Spiders do not have muscles in their legs in the same way humans do. Instead, they use a hydraulic system, also known as hydraulic pressure, to extend and move their legs. This hydraulic system in spiders works through the use of haemolymph, which is the spider's version of blood. Haemolymph fills the body cavity, or hemocoel, and also extends into the legs. When a spider contracts muscles in its cephalothorax (the front part of its body), it increases the pressure in the cephalothorax, causing the haemolymph to flow into the legs. This increased pressure extends the legs. By adjusting the fluid pressure in different parts of their legs, spiders can control their leg movements with precision. When a spider dies, its heart stops pumping haemolymph, and the hydraulic pressure in its legs decreases. As a result, the muscles in the legs can no longer be extended, causing the legs to curl up due to the lack of hydraulic pressure, giving the appearance that the legs are retracting or folding in. It's worth noting that this hydraulic system is not unique to spiders; other arthropods, such as crabs and insects, also use a similar mechanism to move their legs.

These tiny houses in Iceland are called "álfhól" and they are built for the "Huldufólk" (the elves).

This is a place for them to call home.

They are said to feel safe when there, especially with so many humans around them.

The houses are found all over the country.



Did you know that Piggy Banks were not named after Pigs?

No me neither, until this week.

In the Middle Ages, metal was quite expensive, so people would put coins away in jars made out of an orange clay called "Pygg". The name persisted well after the clay was forgotten, and by the 18th century in England pygg jars soon became known as pig jars, and then the natural progression to piggy banks!!!

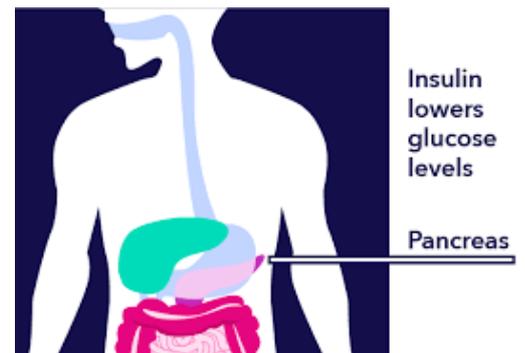
HEALTH / ROUTINE

Body Parts: Insulin

Insulin is a naturally occurring hormone your pancreas makes that's essential for allowing your body to use sugar (glucose) for energy. If your pancreas doesn't make enough insulin or your body doesn't use insulin properly, it leads to high blood sugar levels ("Hyperglycaemia"). This results in Diabetes. There are also manufactured types of insulin that people with diabetes use to manage the condition.

Insulin moves glucose from your blood into cells all over your body. Glucose comes from both the food and drinks you consume and your body's natural release of stored glucose ("Glycogen"). Glucose is your body's main — and preferred — source of energy.

All of your body's cells need energy. Think of insulin as the key that opens the doors of the cells in your body. Once insulin opens your cell doors, glucose can leave your bloodstream and move into your cells where you use it for energy.



Without enough insulin, glucose can't get into your cells and instead builds up in your blood. This leads to high blood sugar and diabetes. A total lack of insulin for a prolonged time leads to a life-threatening complication called Diabetes-related Ketoacidosis (DKA).

Insulin lowers your blood sugar level. "Glucagon" (another hormone) naturally raises it. Your body uses these two hormones to balance out your blood sugar level to keep it in a healthy range. If you have diabetes, you may need to consume sugar to raise your blood sugar level. There are manufactured forms of glucagon available with a prescription for emergency use to treat severe low blood sugar. Talk to your healthcare provider if you have any concerns.

"Normal" doesn't really exist for insulin levels because each person is different, and your insulin needs vary widely from hour to hour every day. Several factors impact your insulin levels, like:

- The type and amount of food (mainly carbohydrate-containing food) you eat.
- When and how often you eat.
- Your activity level and what type of activity you're doing (like cardio or weightlifting).
- If you're sick or stressed.
- If you're awake or asleep.
- Other hormones.
- Certain medications, like Corticosteroids.

In addition, there's no common test to check your insulin levels specifically.

Exercising more is one of the most effective ways to increase insulin sensitivity. It helps more sugar get into the muscles for storage and promotes an immediate increase in insulin sensitivity, depending on exercise this effect can last from 2 to 48 hours.

However, experts say that maintaining a healthy lifestyle is vital in keeping your insulin at a good level. Drink plenty of water, get good sleep, and think about a fat using good sugars and fats.

HEALTH / ROUTINE

Body Parts: Prostate

The prostate is a gland below the bladder and in front of the rectum in men and people assigned male at birth (AMAB). It consists of connective tissues and glandular tissues. It adds fluid to semen, and its muscles help push semen through your urethra. Conditions that affect your prostate include cancer, prostatitis and benign prostatic hyperplasia.

The prostate contributes additional fluid to the semen (ejaculate).

Ejaculate is a whitish-grey fluid that releases from your penis when you orgasm. The fluid contains enzymes, zinc and citric acid, which help nourish sperm cells and lubricate your urethra. The urethra is a tube through which ejaculate and pee flow out of your body.

Your prostate's muscles also help push semen into and through your urethra when you orgasm.

The prostate has five lobes: anterior (in the front) and posterior (in the back) lobes, two lateral lobes (on the sides) and one median (in the middle) lobe. Connective tissues and glandular tissues make up its structure. The prostatic fascia covers your prostate. Prostatic fascia is a sheet of stretchy connective tissue.

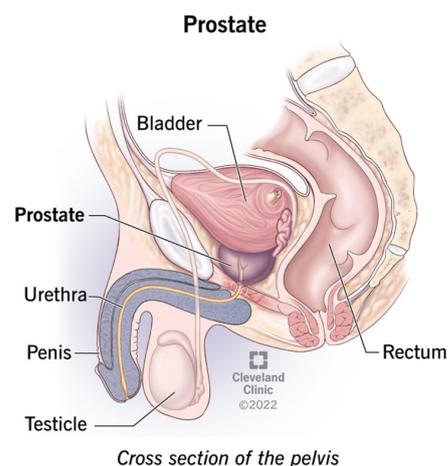
The prostate is about the size of a walnut. However, it usually gets larger after age 40 ("Benign Prostatic Hyperplasia"). It can grow from the size of a walnut to the size of a lemon. Benign prostatic hyperplasia (BPH) isn't cancerous, and it doesn't increase your risk of developing prostate cancer. Our very own King Charles recently had medical care for an enlarged prostate - as it can affect how you pee.

Help keep your prostate healthy by:

- Getting regular prostate screenings. Most people should start screenings at 50. If you have a family history of prostate cancer, it's a good idea to start screenings at a younger age.
- Exercising regularly. People who are more physically active are less likely to have BPH.
- Eating a healthy diet. Eating the recommended amount of fruits, vegetables and healthy protein may help promote prostate health.
- Quitting tobacco products. Tobacco products may increase your risk of developing prostate cancer.

You can't touch your prostate, but you can feel it from the outside of your body (externally) or through your rectum (internally). The easiest way to feel your prostate is from the back half of your perineum, near your rectum. The area mainly contains nerves and veins, not tissue. Your prostate should feel soft or rubbery. You can also feel your prostate more directly through your rectum. Your prostate is about two inches inside your rectum. It's between your penis and your rectum, and it feels soft or rubbery.

When you touch your prostate externally or internally, you may feel a sudden urge to pee. Many people find prostate stimulation sexually satisfying. However, you can't accurately check your prostate health through a self-examination. Do talk to your doctors if you have any concerns at all.



HEALTH / ROUTINE

Body Parts: Knee Joint

The knee is the joint that connects your thigh to your lower leg. It's the biggest joint in your body. Like all joints, your knees are part of your "Skeletal System". Your knees also contain cartilage, muscles, ligaments and nerves. Your knees help support your weight and let your legs bend and move. Almost any movement that uses your legs relies on your knees, and they help when you're walking, running and jumping.

There are lots of joints and many ways healthcare providers group them together. Joints are usually classified based on:

- Their composition: What they're made of.
- Their function: How they move.

The knee is a synovial joint. Synovial joints have the most freedom to move. They're made of a cavity in one bone that another bone fits into. Slippery hyaline cartilage covers the ends of bones that make up a synovial joint. A synovial membrane — a fluid-filled sac that lubricates and protects the joint — lines the space between the bones. This extra cushioning helps synovial joints move with as little friction as possible.

Functionally, the knee is a hinge joint. Think about the hinges that hold a door in place. They have a few parts that don't move, but other pieces move a specific distance to open and close. Hinge joints like your knee follow the same basic rule — they open and close in one direction.

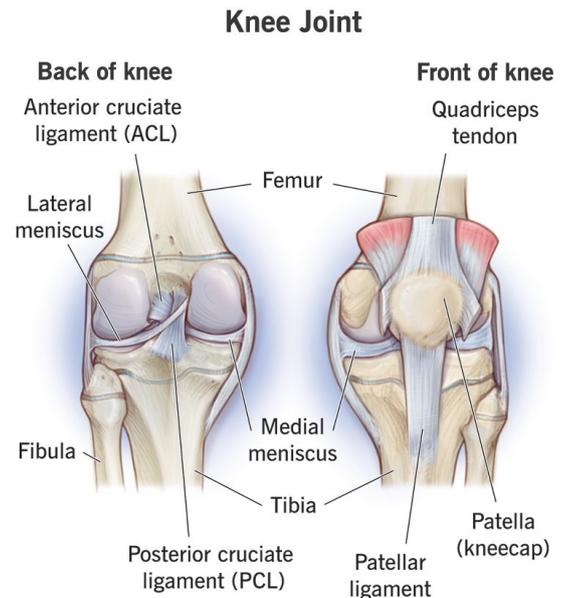
Cartilage is a strong, flexible connective tissue that protects your joints. It acts as a shock absorber throughout your body. There are two types of cartilage in your knee:

- **Hyaline cartilage:** Hyaline cartilage is the most common type of cartilage in your body. Some healthcare providers call it articular cartilage. It lines your joints and caps the ends of your bones. Hyaline cartilage is slippery and smooth, which helps your bones move smoothly past each other in your joints. The surfaces of your femur, tibia and patella that touch each other have a hyaline cartilage lining.
- **Fibrocartilage:** Fibrocartilage is what its name sounds like — tough cartilage made of thick fibres. It's tough enough to hold parts of your body in place and absorb impacts. The meniscus in your knee is two wedges of fibrocartilage. It cushions the space between your femur and tibia.

I recently had to have two knee operations - one on each knee, as I had developed a small meniscus tear in each - which was painful and meant I could not run or jump, and limped. It was part of the reason I put on weight. Obviously it was my own decision to eat, but I could not go the gym in the same way I used to, and it restricted my movements and exercise. I hasten to say I am fine now. :-)

The best way to take care of your knees is to maintain good overall health, including:

- Following a diet and exercise plan that's healthy for you.
- Visiting a healthcare provider for regular checkups and as soon as you notice any changes or symptoms in your knees.
- Wearing proper protective equipment for any activity, sport or work you're doing.



HEALTH / ROUTINE

Body Parts: Diaphragm

The diaphragm is a muscle that helps you inhale and exhale (breathe in and out). This thin, dome-shaped muscle sits below your lungs and heart. It's attached to your sternum (a bone in the middle of your chest), the bottom of your rib cage and your spine. Your diaphragm separates your chest from your abdominal cavity (belly).

In addition to helping you breathe, your diaphragm increases pressure inside your abdomen. This helps with other important functions, such as getting rid of your urine (pee) and faeces (poop). It helps prevent acid reflux by putting pressure on your oesophagus (food tube in your throat). Your oesophagus and several nerves and blood vessels run through openings in the diaphragm.

Many different conditions can affect how the diaphragm works. The most common conditions include hernias and nerve damage from surgery or an accident. Neuromuscular disorders such as amyotrophic lateral sclerosis (ALS) can also weaken the diaphragm. These conditions can cause difficulty breathing, heartburn and pain in the chest and belly.



The diaphragm plays a critical role in the Respiratory System. When you breathe in, your diaphragm contracts (tightens) and flattens, moving down towards your abdomen. This movement creates a vacuum in your chest, allowing your chest to expand (get bigger) and pull in air. When you breathe out, your diaphragm relaxes and curves back up as your lungs push the air out.

Several nerves, soft tissues and blood vessels pass through the diaphragm. These include the:

- **Aorta:** a big artery that carries your blood away from your heart to the rest of your body.
- **Oesophagus:** a hollow tube that connects the throat to the stomach. Food and liquids move through the oesophagus to the stomach.
- **Inferior vena cava:** a vein that carries blood to your heart.
- **Phrenic nerve:** which controls the diaphragm's movement.
- **Thoracic duct:** a vessel that carries a fluid called lymph through the body as part of the Lymphatic System.
- **Vagus nerve:** which has many important jobs, including helping to control the Digestive System.

Your diaphragm is a muscle. Just like any other muscle in your body, you can strengthen it with exercises. Diaphragmatic breathing exercises can help your diaphragm work more efficiently. They also reduce stress and help you feel better.

To keep your diaphragm healthy, you should:

- Eat smaller meals and avoid foods that cause heartburn.
- Get regular checkups if you have a condition that puts you at a higher risk of diaphragm problems.
- Maintain a weight that's healthy for you.
- Warm up before you exercise to allow your diaphragm time to stretch. Don't overdo it when exercising.

As always, if you have any concerns at all, please speak to your local medical practitioner.

NUTRITION: Lazza's Kitchen Adventure

Peanut Butter Cupcakes

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

The botanical definition of a nut is "a fruit whose ovary wall becomes hard at maturity." Using this criterion, the peanut is not a nut. However, peanuts are usually categorized as nuts for culinary purposes and in common English more generally. Peanuts are similar in taste and nutritional profile to tree nuts such as walnuts and almonds, and, as a culinary nut, are often served in similar ways in Western cuisines. World production of shelled peanuts in 2020 was 54 million tonnes, led by China with 34% of the total.

Ingredients

SPONGE: 250g Unsalted Soften Butter
250g Caster Sugar
250g Self Raising Flour
4 Eggs: Peanuts - to taste
Peanut Butter (I used three tablespoon)
ICING:
200g Mascarpone: 2 tblsp Peanut Butter
50g Unsalted Butter Softened
200g Icing Sugar: Melted Cooking Choc

I first made the sponge mix.

I added the caster sugar to the softened butter and mixed it into a nice paste.

Then I added the eggs, one by one, mixing them in thoroughly.

I gradually added the flour in three batches, so it did not scatter all over my worktops. Do use a whisk if you want.

I added in some peanuts - you can determine how many you like.

I then added three spoons of peanut butter. You will probably need to stir and mix this in by hand, as the mix is quite tough by now.

Into your cupcake tray - put a nice teaspoon into each cupcake case. I managed to get 24 cakes out - so did mine in 2 batches.

I baked each batch for around 25 minutes, till nice and golden and soft to touch.

I let them cool down.

To make the icing - - mixed the sugar, butter, mascarpone, and peanut butter together. I decided to split it in half and add melted chocolate to one half, just to make a variation.

When the cakes are cool, spoon on and spread the icing on the top.

The sponge was delicious, and the topping gave it gravitas.



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

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



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

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

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

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

HMHB have ran some very successful Ajani courses with their users over the last few years. We are hoping this will be the start of a working relationship with them.



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

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



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

www.healthygenerations.org.uk

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

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



Help on Your Doorstep

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

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

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

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

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

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



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

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

www.shp.org.uk 0204 509 8300

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

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

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

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

**Voluntary
Action
Islington**

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

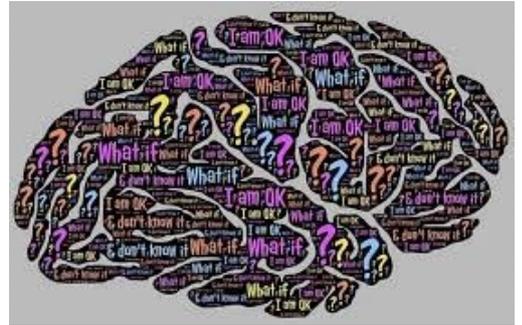
- Round One: 1 Dench/Turner 2 Springfield/Salt 3 Jang/Juons
 Round Two: 1, 10: 2, 193: 3, 37: 4, 102: 5, 23:
 Round Three: 1, 1968: 2, 1855: 3, 1964: 4, 1931. 5, 1871.
 Round Four: All of them are owners/have been owners of London Bars/Pubs.
 Round Five: 1 Collins: 2 Bakerloo: 3 Houston: 4 Luxembourg
 Round Six: 1 Venezuela: 2 USA: 3 Russia: 4 Taiwan: 5: Canada



Review of Challenges and Targets

Mind-set:

One of our human traits is curiosity. It is a good thing. It makes your mind active instead of passive. Curious people always ask questions and search for answers. Their minds are always adventurous. Since the mind is like a muscle which becomes stronger through continual exercise, the mental exercise caused by curiosity makes your mind stronger and stronger. People who practise curiosity have better social relationships with friends, and colleagues at work, and are less likely to experience feelings of burnout. Are you curious about life?

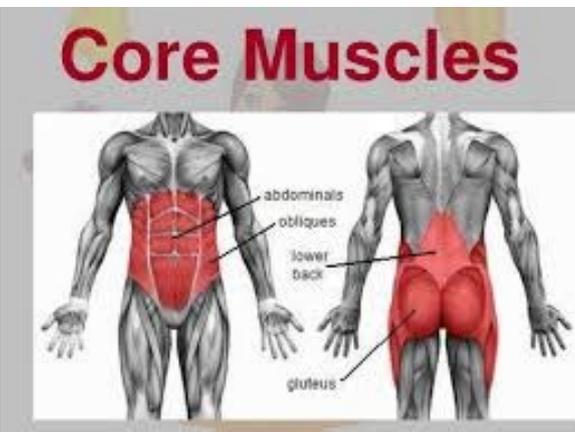


Nutrition.

Sometimes we all need a little guidance, to help us on our nutrition journey. Eating well and having a healthy lifestyle can help us feel our best – and make a big difference to our long-term health. The Eatwell Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet. The proportions shown are representative of your food consumption over the period of a day or even a week, not necessarily each meal time.



Exercise.

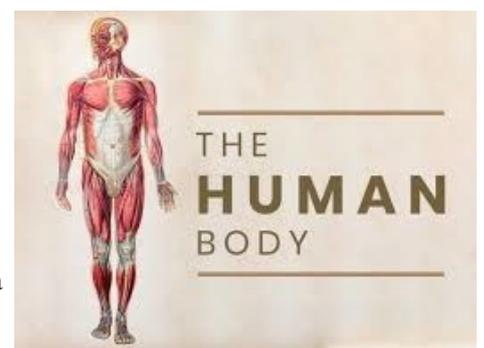


We have worked our core muscles before. These muscles, working in concert, are responsible for holding the body in an upright position, and stabilising the spinal column, hips, and pelvis for transmitting force from the lower extremities to the body and arms. The recommended frequency of abs exercises is to give yourself at least one rest day in between each abs session so your muscles have the chance to recover. The core muscles have two main functions: to spare the spine from excessive load, and to transfer force from the lower body to the upper body and vice versa.

Health.

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

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



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

Quiz Answers from Page 6 + Cheeses from Page 24

See if you can beat your family and friends

The World: The Countries where those towns/cities would be found.

1. Winnipeg: Canada
2. Wellington: New Zealand
3. Fukushima: Japan
4. Antwerp: Belgium
5. Asuncion: Paraguay
6. Debrecen: Hungary
7. Zaragoza: Spain
8. Chennai: India
9. Cleveland: U.S.A.
10. Cairns: Australia
11. Innsbruck: Austria
12. Alexandria: Egypt
13. Bloemfontein: South Africa

Film: The actors for those characters, and the year the film was released.

1. 1964: Rex Harrison
2. 1968: Jack Wild
3. 1975: Roy Scheider
4. 1978: Stockard Channing
5. 1979: Tom Skerritt
6. 1965: Christopher Plummer
7. 2017: Hugh Jackman
8. 2008: Gwyneth Paltrow
9. 1990: Patrick Swayze
10. 2015: Cristoph Waltz
11. 2011: Colin Firth
12. 1995: Tom Hanks
13. 2005: Michael Caine
14. 1988: Glenn Close
15. 1983: Anthony Daniels
16. 1960: Anthony Perkins
17. 1982: Henry Thomas

Pop: The originally singers of those songs with a question in the title plus year of release.

1. 1986: Janet Jackson
2. 1983: Laura Brannigan
3. 1984: Tina Turner
4. 1992: Charles and Eddie
5. 1977: Bee Gees
6. 1960: The Shirelles
7. 1982: Culture Club
8. 1982: The Clash
9. 1987: Pet Shop Boys/D Springfield
10. 1993: Haddaway
11. 1994: Elton John
12. 1998: Baha Men
13. 1993: Lenny Kravitz
14. 1985: Whitney Houston

Food:

The top favourite 20 Chocolates in the UK as at 2024.

Mars: Boost: Quality Street: Munchies:
Fudge: KitKat: Snickers: Smarties
Yorkie: Bounty: Curly Wurly: Flake:
Twix: Aero: Crunchie: Double Decker:
Lion Bar: Rolo: Milky Bar: Toffee Crisp:

QUIZ ANSWERS
QUESTIONS

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

- 1: Mozzarella
- 2: Edam
- 3: Camembert
- 4: Feta
- 5: Brie
- 6: Cheddar
- 7: Emmenthal
- 8: Blue Stilton
- 9: Gorgonzola
- 10: Red Leicester
- 11: Roquefort
- 12: Parmesan
- 13: Halloumi
- 14: Wensleydale
- 15: Double Gloucester

The World:

The top 15 largest cities in the US by size of Population.

New York City: Los Angeles:
Chicago: Houston: Phoenix:
Philadelphia: San Antonio: San Diego:
Dallas: Austin: Jacksonville:
San Jose: Forth Worth:
Columbus: Charlotte:

THE LAST PAGE

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

Check out our GoFundMe: www.gofundme/hmhb2016 (*being updated*)

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

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

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

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

Lawrence & HMHB: WINNER Mayor Civic Award in 2022

Lawrence: WINNER at Volunteer of the Year Awards 2022

Lawrence and HMHB: Official Nominee Mayor Civic Award 2023

Lawrence: WINNER Islington Volunteer of the Year 2023



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well



Link to our Website