

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



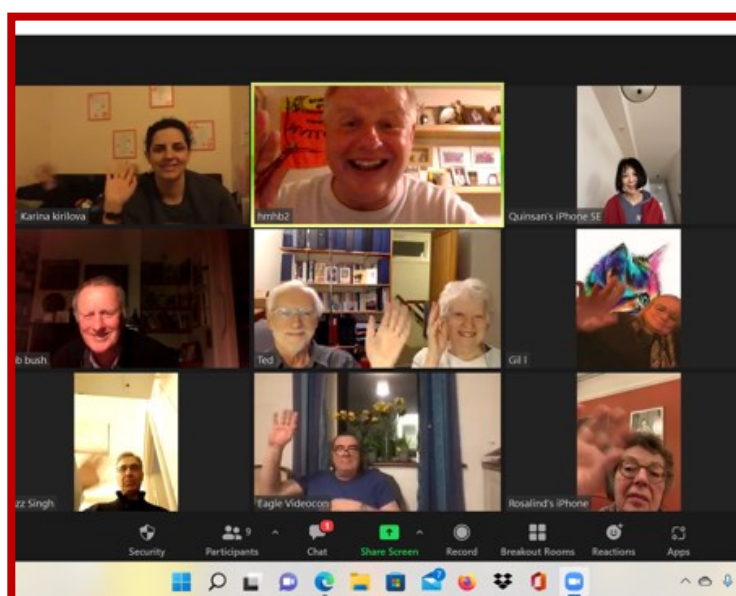
## HMHB's Monthly Health Pack:

Number 05

Focus on:

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

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*Tuesday 1st July 2022*



[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)



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

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



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**“Friendship is the hardest thing in the world to explain.  
It’s not something you learn in school. But if you haven’t learned the  
meaning of friendship, you really haven’t learned anything.”  
Muhammad Ali**

***Welcome to Issue 5 of Healthy Minds, Healthy Bods’ Revamped Monthly Health Packs.***

From April 2020 to March 2021, HMHB was providing weekly health packs, all 50 of which can be found in PDF form on our website, with content details:  
[www.hmhb2016.org.uk](http://www.hmhb2016.org.uk).

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

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

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

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

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

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



As many know, during the lockdowns HMHB produced 50 weekly issues of these packs, and Lazza decided to turn his hand to cooking. Savoury dishes, puddings, and bakes. Above are some of the delicious dishes he had never made before.  
If he can do this, you definitely can!!!

## HEALTH NEWS PAGE

### Research on diet in young men.

**Young men with a poor diet saw a significant improvement in their symptoms of depression when they switched to a healthy Mediterranean diet, a new study shows.**

This research was carried out by the University of Sydney, which is why they talk about Australians in the details below. But, like all research, this correlates around the world.

"Depression is a common mental health condition that affects approximately 1 million Australians each year. It is a significant risk factor for suicide, the leading cause of death in young adults." For the UK, it was reported that one in five adults experienced depression through the lockdowns and worldwide they estimate nearly 300 million people have depression.

The 12-week randomised control trial, conducted by researchers from the University of Technology Sydney, was recently published in the peer-reviewed "American Journal of Clinical Nutrition". Lead researcher Jessica Bayes, a PhD candidate in the UTS Faculty of Health, said the study was the first randomised clinical trial to assess the impact of a Mediterranean diet on the symptoms of depression in young men (aged 18-25).



"We were surprised by how willing the young men were to take on a new diet," Bayes said.

"Those assigned to the Mediterranean diet were able to significantly change their original diets, under the guidance of a nutritionist, over a short time frame. It suggests that medical doctors and psychologists should consider referring depressed young men to a nutritionist or dietitian as an important component of treating clinical depression," she said.

HMHB have constantly put forward that building awareness of a healthy diet, and what the body needs to get from your diet to stay healthy and function properly, is a fundamental part of improving our physical and mental health.

The study contributes to the emerging field of nutritional psychiatry, which aims to explore the effect that specific nutrients, foods and dietary patterns can have on mental health. The diet used in the study was rich in colourful vegetables, legumes and wholegrains, oily fish, olive oil, and raw, unsalted nuts.

"The primary focus was on increasing diet quality with fresh wholefoods while reducing the intake of 'fast' foods, sugar, and processed red meat," Bayes said. "There are lots of reasons why scientifically we think food affects mood. For example, around 90 per cent of serotonin, a chemical that helps us feel happy, is made in our gut by our gut microbes. There is emerging evidence that these microbes can communicate to the brain via the "vagus nerve", in what is called the gut-brain axis. To have beneficial microbes, we need to feed them fibre, which is found in legumes, fruits and vegetables," she said.

Roughly 30 per cent of depressed patients fail to adequately respond to standard treatments for major depressive disorder such as cognitive behaviour therapy and anti-depressant medications.

"Nearly all our participants stayed with the program, and many were keen to continue the diet once the study ended, which shows how effective, tolerable and worthwhile they found the intervention."

## HEALTH NEWS PAGE:

### Walking in a group is better for you

Regular physical activity positively impacts health potentially offering similar effects to some drug interventions in terms of mortality benefits. Indeed, it has been suggested as an alternative or adjunct to conventional drug therapy. Walking at a pace of 3–5 mph (5–8 kmph) expends sufficient energy to be classified as moderate intensity and is an easy and accessible way of meeting physical activity recommendations. Systematic reviews have shown walking to have a large number of various health benefits including positive effects on fitness, fatness, and resting blood pressure, blood pressure control, weight loss, depression, and cardiovascular disease risk prevention.

Despite evidence and government campaigns such as “Change4life” to promote physically active lifestyles, few people are active enough to be of benefit to general health. In England, for example, 29% of adults do less than 30 min of moderate physical activity per week, and about 8% do not even walk continuously for 5 min over 4 weeks. That’s shocking!!! The impact of interventions in primary care to reduce inactivity appears limited; simple advice to be more active has only moderate yet short-term effects and an effective way of increasing physical activity and improving associated health indicators while also making the most efficient use of doctors’ resources has yet to be determined.



One way to promote and sustain walking behaviours at the population level may be through the provision of outdoor walking groups. Walking groups are typically short walks of under an hour in the natural environment, run by people who have a wish to see more people more active. An example of such is ‘Izzwalkz, HMHB’s own walking group (pictured above from June 23rd), and we are part of the worldwide “Walk With A Doc” network, partnering with Highbury Grange Medical Practice.

There is also “walk for life”, a scheme originally set up by an Oxford General Practitioner in 2000. It is England's largest network of lay-led health group walks with 70,000 regular walkers, 10,000 volunteer walk leaders and approximately 3,000 short walks offered every week. Group walking is a potentially attractive physical activity intervention that has particular potential to engage those who are interested in the outdoors, whether for leisure or as a health intervention, and has been found to be cost-effective in increasing physical activity. Additionally, the dynamics and social cohesion of walking groups may have supportive effects that encourage and sustain adherence and positive attitudes towards physical activity, companionship and a shared experience of wellness.

A systematic review in 2007 by “Ogilvie *et al*” concluded that people could be encouraged to walk more if interventions were tailored to their needs and targeted at the most sedentary or at those most motivated to change and that group-based approaches, such as the social support of walking groups, are one method of delivering this. In a recent review, walking groups were found to be efficacious at increasing physical activity, particularly when targeted at older adults.

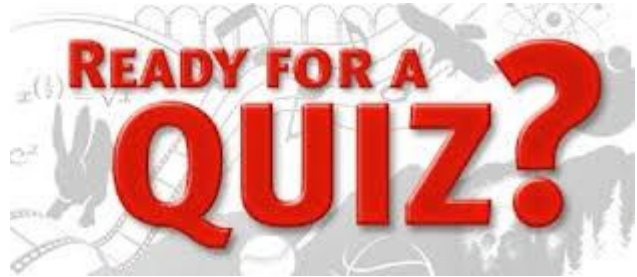
**Lazza's Fiendishly Hard Quiz Spectacular!!!**  
**It's meant to take some time, and make you think.**  
**Answers are on page 35 this week (no peeking)**

**Sport**

Can you name the last 14 cities to host the Olympic Games - back to 1968.  
 Initially does not sound too hard, but I believe it will make you think!!!

**News: In what years did these world events take place - all in the 1900s?**

1. Penicillin Discovered.
2. Jimmy Carter became US President:
3. King George VI died
4. The film Jurassic Park is released.
5. The singer Madonna is born:
6. Mount St. Helens eruption:
7. The D-Day landings started:
8. The Mousetrap opened in London:
9. The NHS started in England:
10. The Victoria Line opened:
11. The last man walked on the moon:
12. Queen release Bohemian Rhapsody.
13. First Harry Potter book published:



**Films:** Which actor starred as the named title character(s) in these films, and in what year was the film released?

1. The Terminator
2. Forrest Gump
3. Charlie and the Chocolate Factory
4. The Truman Show
5. Batman and Robin
6. Beetlejuice
7. Thelma and Louise
8. Robin Hood: Prince of Thieves
9. Joker
10. Edward Scissorhands
11. Mrs Doubtfire
12. Mary Poppins
13. The Bourne Identity
14. Billy Elliot
15. Schindler's List
16. Rocky
17. Superman

**Pop Music:** Who sang these songs with "love" in the title? Plus what year were they released?

1. Tainted Love
2. What's Love Go To Do With It
3. It Must Have Been Love
4. Endless Love
5. Love Shack
6. All You Need Is Love
7. When A Man Loves A Woman
8. I Want To Know What Love Is
9. Bleeding Love
10. You Cant Hurry Love
11. Modern Love
12. How Deep Is Your Love
13. Crazy Little Thing Called Love
14. Addicted To Love



**Television:**

Including the newly announced actor, can you name the main 15 UK television Doctor Who actors from 1963 to the present day.

Not films. Just the series, and one off specials.

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

## HMHB Activity: News



Lazza has been fortunate to attend a few theatre productions due to some compensation he received last year, and it has been fantastic to be able to share that with some people attached to HMHB.

Here Roz and Lazza attend a Circus Abyssinia show at the Underbelly Festival (yes, inflatable purple upside down cow), and Jazz and Lazza watched a local theatre production of 100 Paintings at the Hope and Anchor Pub on Upper Street. There are bargains out there!!!!

Our Sunday Morning Outdoor Zumba session is back on at the slightly later time of 12pm, but still at our usual place on Highbury Fields, and we have an Islington Council Permit to do it every week. Karina is fabulous, but it is not about keeping up her moves, it is more about having fun, enjoying the music and outdoors, and getting in some movement an fitness. Not on between 31/7—28/8. Karina is away. Followed by a Picnic at 1pm - weather permitting.



Lazza applied to the Islington Giving Make It Happen Fund, and we were awarded some money towards our outings, which have proven to be very popular. In fact, in June we visited London Zoo (the group picture opposite - 24 of us), and July brings trips to the British Museum and the London Docklands Museum. We have several more trips planned, and towards Christmas we are once again taking a large group to the London Coliseum English National Opera, this time to see Yeoman Of The Guard (tickets were just £10 each).

A great example of perseverance came to HMHB in June. Following the NHS refusing us a penny back in February to our running costs ("there's no money") our future looked bleak. However, with the help of Voluntary Action Islington, and a fabulous application by Lawrence, we were awarded a nice lump sum to cover the costs of a lot of our activities for the next year (still no salary for Lazza, but that is next on the agenda). It means you have not lost us quite yet, and we are so thankful that someone saw our potential and has given us a chance to carry on. YAY!!!!!! We still need to apply for other projects, but this is great news.



## MIND-SET: Be Proactive.

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

*HMHB is a mentor led organisation. We are not trained or qualified psychiatrists, psychologists, or health workers. However, we have experienced tough times, overcome depression or addiction, and just want to help people deal with whatever life throws at us. If you feel you need any help with your physical or mental health, please speak to your local medical practice professionals.*

Just take a moment and ponder these questions.

What are your priorities?

Why is life important to you?

What do you want to get out of it?

What would you like to achieve?

By this time next year, where do you want to be?



I am actually typing this in Malta. I'm on a June holiday - I count my blessings that I managed to get some compensation last year for some things that happened around a decade ago. I would say that those events left me devastated at the time, in a terrible position - mentally, physically, and financially - and it did feel like the end of the world. I did occasionally think it was not worth carrying on. But I conceived HMHB, I worked very hard to make that happen (despite a lot of setbacks amongst the good times), and then out of the blue I had a call in 2021 saying I was finally being awarded some compensation. Not a huge life changing amount, but enough for a couple of holidays, a chance to go to the theatre and see a few shows, and a couple of treats. Malta is one of those events - it is the 8th June (yep, running late again, hence taking my laptop with me) - and it is beautiful here, although very hot. I am honestly feeling extremely fortunate!!!

Today I was going to have a lazy day. Stick at the hotel, read a book, and generally lounge in the sun. I saw a leaflet at reception that mentioned a snorkelling excursion with a local company. The me from a couple of years ago would have read it, thought it interesting and then put it back. Instead, I thought why not, spoke to reception, and booked it for the afternoon just gone. It was fabulous. So pleased I did it.

Why am I saying this? It is to say that life only changes and makes good things happen if you are proactive. You need to say, "sod it, I am going to give it a go."

Be honest, how often do you think of doing something and then come up with a reason why you cannot do it. Yes, sometimes finances stop us from doing things, especially now as things are a bit tough in the world. Or events happen that are out of our control. But have you ever thought you wanted to see a film at the cinema but never went. Have you ever heard about a book you liked the sound of, but never got round to reading it? Have you ever stayed at home saying you are bored knowing that in London there are so many free places you can go and explore and visit, but still stayed in saying you are bored?

There is one very simple answer that for some reason many of us (and I am included in that) is staring us in the face. We become lazy. We become sedentary. We become procrastinators. But we can change. I am proof of that. I still find it difficult but I have definitely become more active since lockdowns. So how can you?

## MIND-SET: How can I be get more proactive?

Proactivity is a personal outlook where you take responsibility for your life. You take the initiative to solve problems and do better. It's about not letting life's unpredictability dictate your attitude and behaviour. As a proactive person, you don't wait for things to happen to you.

The opposite of it is reactive person. For example, someone might look out the window and see it is raining and then say that has ruined their day. They have reacted to a situation and used it to create negative thoughts. Being proactive, the person would see the rain and instead decide to do some indoor chores instead.

So to be more proactive, you need to understand what you want to achieve in life, and therefore we head back to those questions we asked at the start of the last page. Where do you want to be in a year? What do you need to make it happen? And then you have to actually start working towards it.

Yep, I know it is easy words. Everything is!! But to be honest, that is what you need to do.

An important part of being proactive is realising that you can't control everything. This frees you up to focus on things that you can manage, although never let it put you off trying new things. As a proactive person, you draw your attention to small activities that you can do consistently. Small and incremental changes compound over time and give big results. Remember, if you cannot do something, actually that means you cannot do it yet!!! It does not mean it will never happen, but also realise that there are no guarantees.

Time management comes into this. Learning to prioritise your tasks and manage your time effectively can work wonders in your personal life, and on the plus side, it will also teach you how to be more proactive at work too. The best way to prioritise work, or life, is by making a to-do list and ranking them according to their importance. Estimate how much time it would take to do each of them, and start working on the most urgent ones first. The hardest step sometimes is actually starting the task.

Motivation is a big driving factor when it comes to achieving milestones. When you are motivated, you are likely to be more proactive. Surrounding yourself with people who are motivated will help you stay motivated as well. Unmotivated people may bring down your morale and discourage you from trying new things.

It wont always be straight forward, and that can be disheartening. HMHB knows all about that. Every mistake you make is progress. So don't be discouraged by your mistakes at all, instead, learn from them and improve yourself. Many people don't realise that the mistakes that they make can actually be considered progress because it helps them learn something from what they have done. Mistakes are opportunities for growth, thereby enabling you to become more proactive.

**“Knowing is not enough. We must apply.  
Willing is not enough. We must do.”  
Bruce Lee**

**Go for it!**



## NUTRITION: Lazza's Kitchen Adventure

### Bee Sting Cake

A Recipe from Lazza's Kitchen. - first published in November 2021 pack  
Lazza made his first Bee Sting Cake from scratch

**Bienenstich (bee sting cake) is considered a very tasty bake with an interesting origin. One source cites a legend of German bakers from the 15th century who lobbed beehives at raiders from a neighbouring village, successfully repelling them, and celebrated later by baking a version of this cake named after their efforts.**

#### Ingredients

SPONGE: 125g Unsalted Butter:: 4 Large Eggs:  
½tsp Baking Powder: 125g Caster Sugar: Almond  
Extract: 200g Self-Raising Flour: 125ml Milk:  
150g Ground Almonds:  
TOPPING: 55g Unsalted Butter: 55g Caster Sugar:  
75g Clear Honey: 100g Flaked Almonds: 2tbsp Db Cream  
CUSTARD FILLING: 4 Egg Yolk: ¼ cup Cornflour: ½  
cup Caster Sugar: 100ml Milk: 50ml Dbl Cream: Vanilla  
Extract: 50g Unsalted butter: 50g Caster Sugar.

Preheat the oven to 180°C, fan 160°C, gas 4. Grease and line the base and sides of a 20cm springform tin. Beat together all of the almond sponge ingredients in a large mixing bowl for 2-3 minutes with an electric mixer. Smooth into the cake tin and bake for 45-50 minutes until the cake is almost completely cooked. Meanwhile, for the topping, place the butter, sugar, honey, and cream in a small pan with a pinch of salt. Heat gently, stirring, until the sugar has dissolved. Bubble and stir for 4 minutes or until it has changed from a light yellow to pale beige. Take off the heat and stir in the flaked almonds. Set aside to cool. When the cake is cooked, warm the topping briefly then pour it evenly over the cake. Return the cake to the oven for 7-8 minutes until golden brown. Leave the cake in the tin for at least 15 minutes, then remove carefully and leave to cool completely. Whisk the egg yolks, cornflour, caster sugar, together, then add the milk, cream, and vanilla extract, and whisk more, taking out lumps. Make the custard on the hob. Leave to cool. Whisk the butter and sugar together and stir into the cold custard till smooth. Cut the cake in half and spread the custard in the middle.



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

## EXERCISE/FITNESS: STRETCHING

### Lower Body - on a mat!!!

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

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

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

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

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

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

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

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

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

#### Figure 4 Hip/Glute stretch

Lying on the floor, cross your left foot over your right knee. Clasp hands behind right thigh and gently pull the leg in towards you, keeping upper body relaxed. Hold for 15–30 seconds and repeat on the other side. If your hips are tight, you might feel enough of a stretch without even lifting the leg off the floor.

The stretch specifically targets the gluteus medius, which is the muscle that aids in hip movement and hip mobility and is responsible for stabilizing the hip joint.



**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.**

#### Hamstring Stretch

Lie on the floor with the knees bent and lift the right leg up, grabbing it at the calf, ankle, or wherever you can reach. Flex the foot and gently pull the leg towards you to feel a stretch in the hamstrings.

Hold for 15–30 seconds and switch sides.

Stretching the hamstrings will help keep these muscles loose and flexible, which will improve posture, increase flexibility, and prevent lower back pain.

The hamstring muscles are responsible for your hip and knee movements in walking, squatting, bending your knees, and tilting your pelvis,



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

## EXERCISE/FITNESS:

### Stretches: Page 2: More mat stretches

#### Inner Thigh Stretch

Sit on the floor with your torso straight and tall. Bring the feet together in front of your knees, bent and out to the sides, and grab onto both feet. Keeping the back straight, gently pull forward until you feel a gentle stretch in your inner thighs.

Hold for 15–30 seconds.

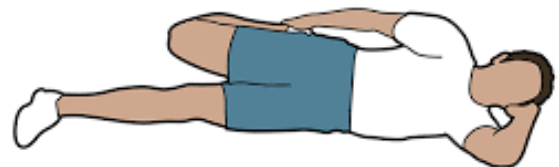
Including inner thigh stretches in your workout routine or when your muscles feel tight may help ease muscle tension in your legs and groin as well as improve flexibility.



#### Lying Quad Stretch

Normally done standing up, this can be done on the floor. Lie down on your side using your elbow for balance. Using your other arm, slowly pull your foot towards your glutes, keeping both knees together and bent knee pointing down. Squeeze the glutes to get a deeper stretch in the quads. Hold for 15–30 seconds and switch sides.

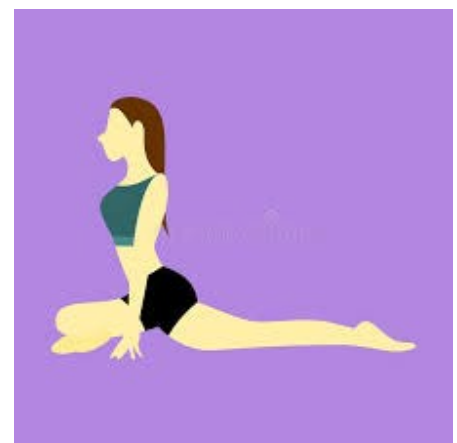
Benefits include: activating the quad muscles, increasing your short-term range of motion, increasing long-term flexibility, and relieving muscle soreness



#### Pigeon Pose

To do pigeon pose, begin on the hands and knees and bring the left knee in, resting it on the floor between your hands (you should be on the outside of the knee). Straighten the right leg out behind you. If you can, bend forward and rest the forearms on the floor. Hold for 15–30 seconds and switch sides.

Pigeon Pose stretches your hip flexors and lower back, which are commonly tight due to prolonged sitting. Stretching these muscles regularly may alleviate mild lower back or hip pain.



**Always try and stretch before an activity, as it can help you stay healthier!!!!**

## **MIND-SET:**

**Good things do happen - but we have to be ready.**

As people who have seen some of the previous packs know, HMHB was severely let down this year by the local NHS. Things happen, and I know money is tight, but I also know if something is good enough there has to be a way of making it happen more. Our feedback is extraordinary, but we were till not handed any money, not even for monthly running costs.

For three to four weeks I fell into a slump. I am sure many people can empathise. It did feel like the end of the world.

Instead, I channelled inner strength from somewhere and tried to work out how to overcome the problem. That is what we all need to do in life. Thankfully our wonderful local councillors at the time - Sue, Osh, and Caroline - managed to find me some local community money that tied us over for three-four months. I also went to see Voluntary Action Islington and spoke to them about funding opportunities saying I wanted to apply to the lottery Awards For All. You can ask for any amount up to a maximum of ten thousand from this fund. HMHB had been successful in 2018, but last year we were turned down for not being community enough!!! I think it was my wording that was the problem.

With the help of VAI we put in a new application and I am delighted to say we were successful this time. The money arrived in June. It means that for quite a few of our activities we can continue to run them for the next twelve months. I still have to look for other core funding for various projects, as well as seek salary funding for me, but it helped us out of a hole.

There are no guarantees in life, but I do feel if you work hard and use feedback and expertise from others, you can do good things.



How can you be ready for when it happens too? Part of that is believing in yourself, and being confident. This is not always easy. But there are things you can do.

Although self-confidence can mean different things to different people, in reality it simply means having faith in yourself. Confidence is, in part, a result of how we have been brought up and how we've been taught. We learn from others how to think about ourselves and how to behave - these lessons affect what we believe about ourselves and other people.

Confidence is also a result of our experiences and how we've learned to react to different situations. So we can change and adapt. Self-confidence is not a static measure. Our confidence to perform roles and tasks and deal with situations can increase and decrease, and some days we may feel more confident than others.

Low Confidence can be a result of many factors including: fear of the unknown, criticism, being unhappy with personal appearance (self-esteem), feeling unprepared, poor time-management, lack of knowledge and previous failures. Often when we lack confidence in ourselves it is because of what we believe others will think of us. Perhaps others will laugh at us or complain or make fun if we make a mistake. Thinking like this can prevent us from doing things we want or need to do because we believe that the consequences are too painful or embarrassing.

## MIND-SET:

### Let's build your confidence up.

Confidence and self-esteem are not the same thing, although they are often linked. Confidence is the term we use to describe how we feel about our ability to perform roles, functions and tasks. Self-esteem is how we feel about ourselves, the way we look, the way we think - whether or not we feel worthy or valued. People with low self-esteem often also suffer from generally low confidence, but people with good self-esteem can also have low confidence. It is also perfectly possible for people with low self-esteem to be very confident in some areas.

People often feel less confident about new or potentially difficult situations. Perhaps the most important factor in developing confidence is planning and preparing for the unknown.

If you are applying for a new job, for example, it would be a good idea to prepare for the interview. Plan what you would want to say and think about some of the questions that you may be asked. Practise your answers with friends or colleagues and gain their feedback.

There are many other examples of planning for an interview.

Perhaps you should visit the hairdresser before you go. How are you going to travel to the interview and how long will the journey take? What should you wear? Take control of unknown situations the best you can, break down tasks into smaller sub-tasks and plan as many as you can.

In some situations it may be necessary to also have contingency plans - backup plans if your main plan fails. If you had planned to travel to your interview by car but on the morning the car wouldn't start how would you get there? Being able to react calmly to the unexpected is a sign of confidence. I actually got a job once because, before I attended the interview, I printed out the front page of their website and asked them a question about it when I was there. They told me afterwards they were impressed that I had done that.

Here are some good pointers.

- **Know your strengths and weaknesses.** Write a list of things that you are good at and things that you know need improvement. Discuss your list with friends and family as, inevitably, they will be able to add to the list. Celebrate and develop your strengths and find ways to improve or manage your weaknesses.
- **We all make mistakes.** Don't think of your mistakes as negatives but rather as learning opportunities.
- **Accept compliments and compliment yourself.** When you receive a compliment from somebody else, thank them and ask for more details; what exactly did they like? Recognise your own achievements and celebrate them by rewarding yourself and telling friends and family about them. We are our biggest knockers sometimes, instead celebrate when things go well.
- **Use criticism as a learning experience.** Everybody sees the world differently, from their own perspective, and what works for one person may not work for another. Criticism is just the opinion of somebody else. Be assertive when receiving criticism, don't reply in a defensive way or let criticism lower your self-esteem. Listen to the criticism and make sure that you understand what is being said so you can use criticism as a way to learn and improve.
- **Try to stay generally cheerful and have a positive outlook on life.** Only complain or criticise when necessary and, when you do, do so in a constructive way. Offer others compliments and congratulate them on their successes.



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

Since last summer, HMHB has been hosting an online quiz on Thursday evenings.

We started it as a way of bringing people together, having a laugh, and not taking things seriously. It was important that anyone could win, so we decided to make it funny, but no knowledge was required. If you enjoy the questions on this page, why not come and join us on Thursdays? If you contact us, we can send a link.

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

### ROUND ONE: Odd Two Out

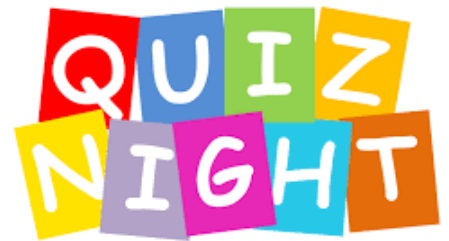
**Only two of the choices are correct: which two are they?**

- |                          |                       |                                 |
|--------------------------|-----------------------|---------------------------------|
| 1 Genuine Crabs          | 2 Genuine Toothpastes | 3 Dinosaur Species              |
| Pom Pom Crab             | Wild Strawberry       | Kosmocerotops                   |
| Orangutan Crab           | Gin and Lemon         | Suzhousaurus                    |
| Strangely Spotted Crab   | Pine                  | Vastatosaurus                   |
| Victoria Crab            | Carrot Cake           | Rhedosaurus                     |
| 4 Name groups of animals | 5 Varieties of Roses  | 6 People under 6 foot in height |
| A Fierceness of Cats     | Victoria's Desire     | Alan Rickman                    |
| A Rhumba of Rattlesnakes | Belinda's Dream       | George Clooney                  |
| A Huddle of Walruses     | Agnes's Fancy         | Will Smith                      |
| A Crowd of Hamsters      | Ron's Vision          | Serena Williams                 |

### ROUND TWO: Give Me a Number

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

- World Record for number of jokes told in one minute:
- In feet, how long is the Sydney Harbour Bridge?
- The most peas eaten using a cocktail stick in 30 seconds?
- How many stations on the London Victoria Underground Line:
- In minutes, the longest someone has held their breath underwater?



### ROUND THREE: When Did That Happen

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

1. When did the amazing Marilyn Monroe die?
2. When did Amelia Earhart disappear flying over the Pacific Ocean?
3. When did Roald Amundsen become the first man to reach the South Pole?
4. When was Lucy, an almost complete hominid skeleton over 3 million years old, discovered in Africa?
5. When did the London Congestion charge start?

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

Eva Green (played Vesper Lynd in Casino Royale), Scarlett Johansen, Kiefer Sutherland, Linda Hamilton (from Terminator movies), Rami Malek (played Freddy Mercury in Bohemian Rhapsody).

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

## NUTRITION:

### Vitamins

**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.**

When Healthy Minds, Healthy Bods covers nutrition on our course we often come back to “chemicals and elements”. For example, Protein breaks down into Amino Acids in the body. The elements present in every amino acid are Carbon (C), Hydrogen (H), Oxygen (O), and Nitrogen (N); in addition Sulfur (S) is present in the side chains of Cysteine and Methionine, and Selenium (Se) in the less common amino acid Selenocysteine.

Vitamins are “organic chemicals”, (in chemistry, organic compounds are generally any chemical compounds that contain carbon-hydrogen or carbon-carbon bonds), substances that contain Carbon, Hydrogen, and Oxygen - all of which are elements essential for life as we know it.



As a result of this, organic chemicals, including some vitamins, occur naturally in all living things: such as flowers, trees, birds, insects, chickens, fish, and you and me. The virtue of vitamins is that they regulate a variety of bodily functions. This can include the extraction of nutrients from food as part of your digestive system, helping to build tissue and organs, such as bones and teeth, skin and nerves, and your blood. Finally, they help prevent certain deficiency diseases and generally promote good health.

For optimum health your body requires at least eleven vitamins: Vitamin A, D, E K - all of these four are fat soluble (we will come back to that), plus Vitamin B1, B2, B3, B6, B9, B12, and Vitamin C - all of these are water soluble. In addition, Vitamin B5 and B7, alongside two other compounds called Choline and Carnitine, are also valuable.

These are “Micro-Nutrients” - so we do not need lot. In fact, it is amazing how little of each vitamin you actually need. In some cases it can be micrograms (I will let you look that up!!!).

I mentioned in the list that some are fat soluble and others water soluble. Modern nutrition classifies them that way, meaning that they dissolve either in fat (lipid) or in water. If you consume larger amounts of fat-soluble vitamins than your body needs, then the excess can be stored in body fat. With water soluble vitamins, these naturally are easier to move around the body and when you urinate it removes virtually all of the excess.

**Archaeological evidence shows that humans have been using plants as supplements and medicine for at least 60,000 years.**  
**Clay tablets have been found on the banks of the Euphrates and Tigris rivers that are believed to be the first written records of herbal remedies.**  
**The 6,000-year-old tablets detail the use of mustard, licorice, thyme, and other plants for various health issues**

## NUTRITION:

### Vitamin History

Of course, people have known for many centuries that certain foods would contain something special. That is why I put that entry at the bottom of the previous page. A good example of that is the Egyptian King Amenophis IV. Nearly 4000 years ago it has been shown that he consumed Liver to help him see clearly when the light was poor. And 2000 years later, the Greek physician Hippocrates prescribed raw liver soaked in honey for “Nyctalopia” - night blindness. They had no idea about Vitamin A. Vitamin A helps to form an effective barrier to bacteria and viruses, reducing the risk of eye infections. It's also essential for maintaining photoreceptors. These are special cells in the eye's retina that convert light into signals sent to the brain.

Many years ago, when ships were discovering continents and islands, charts were often inaccurate, navigational aids were crude, and dangerous weather could appear at any time. At least as bad, sailors had to deal with the mysterious disease “scurvy”, which appeared a few months into a voyage before steadily tightening its grip. At first it was mild, with sufferers reporting malaise (general discomfort) and sore joints. As time went on, the symptoms became steadily worse. Skin bruised easily, gums bled, teeth and hair fell out, and old wounds reopened.

Left untreated, its victims declined steadily into lethargy and death. Probably not the best way to go.



It has been estimated the disease killed more than 2 million sailors between the 16th and 18th centuries. On a lengthy voyage, the loss of half the crew was common, although in extreme cases it could be much worse. Vasco da Gama lost 116 of 170 men on his first voyage to India in 1499, almost all to scurvy. In 1744, Commodore George Anson returned from a four-year circumnavigation with only 188 of the 1,854 men he had departed with, most losses because of scurvy. Midshipman (and future admiral) Augustus Keppel was one of the lucky survivors - at the cost of all his hair and teeth.

But one young Scotsman rose to the challenge. James Lind, a Royal Navy surgeon, read the accounts of Anson's voyage with horror and set out to find a cure. He started by surveying the existing literature and noted several clues that pointed toward diet. Seamen had long known that eating green vegetation could ward off scurvy. When Anson's men started to exhibit the first symptoms of the disease during his passage around Cape Horn, he made his way to the fertile island of Juan Fernández, where his men gorged on a plant called “scurvy grass.” Early explorers in North America noticed that Native Americans, confined to a diet of dried meat during the winter, supplemented it with a tea made from pine needles. Lind also rediscovered the observations of John Woodall, surgeon general of the East India Company a century earlier, who noted that citrus fruit - especially lemons - had a dramatic effect on patients.

Lind carried out what has since been recognized as the first randomized clinical trial, on board the Royal Navy ship “*Salisbury*” in 1747. After two months at sea, scurvy began to appear among the crew. When Lind had 12 cases to treat, he divided them into pairs. All the men received the same care, food, and drink, plus one of six possible treatments. The first pair was given cider; the next, elixir vitriol (dilute sulfuric acid - seriously????); another was given vinegar; the fourth, seawater (what??); the fifth, a paste of plant extracts; and the final two had oranges and a lemon each day. The result of the trial was conclusive: Only the pair given citrus fruit made a rapid, immediate recovery. Obviously he didn't realise it was Vitamin C, just that something was in the fruit.

**At the start of the 20th Century, they realised it was a nutrient deficiency. The rest is history.**

## **NUTRITION:**

### **Some Vitamin Facts for you.**

On our page 19s, we have lately been looking at individual Vitamins, and will continue to do that, so this is more a general overlook on Vitamins as a whole.

Did you know that although all Vitamins have specific jobs in your body, some work with partners?

- Vitamin E keeps Vitamin A from being destroyed in your intestines
- Vitamin D enables your body to absorb Calcium and Phosphorous ( we will cover minerals next month)
- Vitamin C helps folate to build proteins
- Vitamin B1 works in digestive enzyme systems with Vitamin B3, Vitamin B5, and Magnesium.

Like a lot of nutrients there are Recommended Daily Allowances (RDAs) and Adequate Intakes (AIs). These represent safe and effective doses. It is possible to get side effects from very large doses, although this is hard to do. However, Vitamin deficiency (as we discussed when we looked at the history of Scurvy) is possible.

If you have access to a wide variety of food, and try and stick to a healthy diet (I know we go on about it, but it is vital) Vitamin deficiency is almost impossible. For example, the only people likely to experience a Vitamin E deficiency are premature and/or low-birth-weight infants or people with a metabolic disorder that keeps them from absorbing fat. A healthy adult may go as long as ten years on a Vitamin E deficient diet without developing any signs of a problem.



The exception is Vitamin A. Liver and fish liver oils are concentrated sources of preformed Vitamin A (Retinol), the potentially toxic form of Vitamin A. Liver contains so much retinol that early 20th century explorers to the South Pole made themselves sick on seal and whale livers.

With a Vitamin supplement, always check first with your doctor. If you do have symptoms that persist even with a supplement (symptoms of deficiency can include fatigue, emotional depression, insomnia, allergies, mood swings) then maybe you should chat again with your doctor.

But some people do need to take extra vitamins - remember you get them virtually all through your diet. Your lifestyle can affect the need for Vitamins.

- Are you on Medication? - many valuable medical drugs interact with vitamins. Some drugs may increase or decrease the effectiveness of vitamins, and vice versa. For example, a lady using birth control pills may absorb less than the customary amount of B Vitamins.
- Do you smoke? - Really? If you do, please please do all you can to stop. It is one of the worst things you can do to your body, and statistically will lead to early death. People who smoke probably have abnormally low blood levels of Vitamin C. Chemicals from tobacco smoke create more free radicals in your body. The National Research Council recommends smokers take about 66 % more Vitamin C than non-smokers.
- Are you on a restricted diet? Vegans do benefit from extra Vitamin C because it increases their ability to absorb iron from plant food. However, Vitamin B12 is only found in fish, poultry, milk, cheese, dairy, and eggs. You can get B12 supplements, and these are essential for Vegans.
- Are you pregnant? Remember you are eating for two. Your nutrients feeds the foetus.

## Nutrition: HMHB looks at Vitamins

### Today: Vitamin E

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

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

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

Vitamin E, which maintains your healthy reproductive system, nerves, and muscles, is found in “Tocopherols” and “Tocotrienols”, two families of naturally occurring organic chemicals in vegetable oils, nuts, whole grains, and green leafy vegetables.

Out of the eight naturally occurring chemical forms of Vitamin E, “Alphatocopherol” is the only form that is recognised to meet all our human requirements.



Tocopherols, the more important source, are anticoagulants and antioxidants that reduce the blood's ability to clot. As a result of this, for a while, many people believed that Vitamin E was the nutrient specifically designed to ward off blood clot related heart attacks. But in 2005, data from the Heart Outcomes Prevention Evaluation (HOPE - isn't that nice), a study with more than 9000 at-risk subjects, showed no such Vitamin E benefits. And to add insult to injury, patients taking 400 International Units of Vitamin E per day were more likely to develop heart failure. Oops!!!

Because vitamin E is found in a variety of foods and supplements, a deficiency is rare. People who have digestive disorders or do not absorb fat properly (e.g., pancreatitis, cystic fibrosis, celiac disease) can develop a vitamin E deficiency.



The following are common signs of a deficiency:

- Retinopathy (damage to the retina of the eyes that can impair vision)
- Peripheral neuropathy (damage to the peripheral nerves, usually in the hands or feet, causing weakness or pain)
- Ataxia (loss of control of body movements)
- Decreased immune function

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



## HMHB's Name Game Page - this is a very tough one.

These are the last fifteen winners of the Oscar for Best Supporting Actress: How many can you name?

Answers at bottom of quiz page answers (page 35)



1



2



3



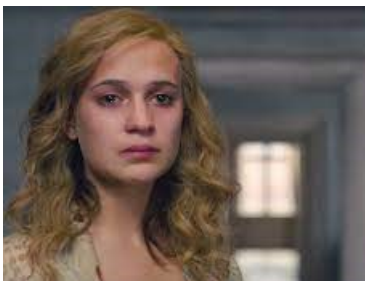
4



5



6



7



8



9



10



11



12



13



14



15

## NUTRITION: Lazza's Kitchen Adventure

### Chocolate Brownies

**A Recipe from Lazza's Kitchen. - first published in weekly pack number 7  
Lazza made his first Chocolate Brownies from scratch**

**One legend about the creation of brownies is that of Bertha Palmer, a prominent Chicago socialite whose husband owned the Palmer House Hotel. In 1893, Palmer asked a pastry chef for a dessert suitable for ladies attending the Chicago World's Columbian Exposition. She requested a cake-like confection smaller than a piece of cake that could be included in boxed lunches.**

#### Ingredients

For 20: I did for 12

225g/8oz butter

200g/7oz chocolate

4 eggs:

400g / 14oz granulated sugar

175g/6oz plain flour

1 teaspoon vanilla essence

100g/3 1/2oz crushed nuts (I also added coconut)

Half teaspoon salt

In a heatproof bowl, place butter and 5oz of chocolate and melt over a saucepan of water, stirring occasionally.

Remove bowl from heat and stir in the sugar

Allow the mixture to cool for 5-10 minutes.

While waiting, chop up the remaining chocolate into little pieces

Also preheat oven to 180C/350F/Gas Mark 4.

Crack in the eggs one at a time and whisk them in till totally incorporated.

Sieve the flour into the mixture and stir in carefully

Add the vanilla essence and salt (I admit I forgot this part. Oops)

Add the chopped chocolate and the nuts, and stir in well

Spoon the mixture into the prepared tin

Bake for 40 minutes (I am typing while it is baking and the smell is gorgeous!!)

To test if cooked, push a skewer in and it should come out clean. (just realised I don't have one)

You can make toppings of any kind once cool, but I'm leaving mine plain!!

Share with friends - don't eat it all yourself. I can't, I'm on my weight-loss journey.



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

## EXERCISE/FITNESS

### How do I get started, or reboot myself?

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

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

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

Healthy Minds, Healthy Bods are part of two health walks in Islington, one of these since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden prior to the 2020 lockdown.

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

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

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

Be active, be safe, and go for it.

Throughout the multitude of health packs we have provided, we have covered just about all types of movement you can do. We have shown many different exercises, from legs, arms, core, to cardio.

Ultimately it is down to you. And we all hit a rut at some stage. I recall a few years ago, when I was first formulating the idea of HMHB and working on hard on all the background stuff, I was heading to my local gym three times a day (probably excessive, but doing different things, even if it was just walking on a treadmill). Now, I know I need to improve my attendance. It happens to us all.

So how do you kick start? How do you get yourself moving again if you haven't for a while?

Regular exercise is one of the best things you can do for your health. In fact, you'll begin to see and feel the benefits consistent physical activity can have on your body and well-being quickly.

Its primary benefits include helping you achieve and maintain a healthy body weight and muscle mass and reducing your risk for chronic diseases. Additionally, research has shown that exercise can lift your mood, boost your mental health, help you sleep better and even enhance your sex life. And that's not all. It can also help you maintain good energy levels.

However, working exercise into your routine takes a lot of determination, and sticking to it in the long term requires discipline.

Before you start;

It's important to consult your healthcare provider and get a physical medical examination before starting an exercise routine. This is particularly important for those new to strenuous and vigorous physical activities. An early check-up can detect any health problems or conditions that could put you at risk for an injury during exercise.

It can also help you optimize your workout, making it easier for you and your personal trainer, if you choose to work with one, to understand your limitations and create an exercise plan tailored to your particular needs.



## EXERCISE/FITNESS:

### It's about choosing what's right for you.

There are various types of exercise, including:

**Aerobic.** The core of any fitness program should include some form of continuous movement. Examples include swimming, running, and dancing.

Aerobic exercise provides cardiovascular conditioning. The term aerobic actually means "with oxygen," which means that breathing controls the amount of oxygen that can make it to the muscles to help them burn fuel and move.

Benefits include:

- Improves cardiovascular conditioning.
- Decreases risk of heart disease.
- Lowers blood pressure.
- Increases HDL or "good" cholesterol.
- Helps to better control blood sugar.
- Assists in weight management and/or weight loss.
- Improves lung function.
- Decreases resting heart rate.



**Strength.** These exercises help increase muscle power and strength. Examples include resistance training, plyometrics, weightlifting, and sprinting.

Strength training may also help you:

- Develop strong bones. By stressing your bones, strength training can increase bone density and reduce the risk of osteoporosis.
- Manage your weight. Strength training can help you manage or lose weight, and it can increase your metabolism to help you burn more calories.
- Enhance your quality of life. Strength training may enhance your quality of life and improve your ability to do everyday activities. Strength training can also protect your joints from injury. Building muscle also can contribute to better balance and may reduce your risk of falls. This can help you maintain independence as you age.
- Manage chronic conditions. Strength training can reduce the signs and symptoms of many chronic conditions, such as arthritis, back pain, obesity, heart disease, depression and diabetes.
- Sharpen your thinking skills. Some research suggests that regular strength training and aerobic exercise may help improve thinking and learning skills for older adults

Others include:

**Calisthenics.** These moves are usually performed without gym equipment using large muscle groups. They're done at a medium aerobic pace. Examples include lunges, sit-ups, press-ups, and pull-ups.

**High-intensity interval training (HIIT).** This type of exercise includes repetitions of short bursts of high-intensity exercise followed by low-intensity exercises or rest periods.

**Boot camps.** These are timed-based, high-intensity circuits that combine aerobic and resistance exercises.

**Balance or stability.** These exercises are designed to strengthen muscles and improves body coordination. Examples include Pilates, tai chi poses, and core-strengthening exercises.

**Flexibility.** These types of exercises help muscle recovery, maintain range of motion, and prevent injuries. Examples include yoga or individual muscle-stretch movements.

The activities above can be done individually or combined. The important thing is to do what works best for you and to have fun with it.

## EXERCISE/FITNESS:

### Three Aerobic Exercises for you



#### Jumping Jacks

Stand upright with your legs together, arms at your sides. Bend your knees slightly, and jump into the air. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head. Jump back to starting position. Repeat

Vigorous types of cardio exercise, including jumping jacks, can help you burn fat all over your body, including your belly, faster mainly due to their high intensity and the large number of calories burned.

HMHB do Jumping Jacks in their sessions.

#### Bear Crawls

Start on all fours and lift your knees so they're at a 90-degree angle and hovering an inch off the ground. Keep your back flat, your legs hip-width apart and your arms shoulder-width apart. Move one hand and the opposite foot forward an equal distance while staying low to the ground. Switch sides, moving the opposite hand and foot. Repeat the movement while alternating sides. Build up to the bear crawl if you're just starting out. Begin by assuming all fours and work on lifting your knees off the ground for a few seconds. Then lift a foot, progressing to moving a hand and a foot, bit by bit without travelling forward



#### Walking / Jogging / Running

Studies have shown that consistent running can lower blood pressure and resting heart rate, improve blood sugar control, lower triglycerides, and lower cholesterol, and reduce waist circumference and body fat percentage. Improving these markers of health can reduce disease risk and help you feel healthier overall.

The same will go for jogging and walking at a fast pace.

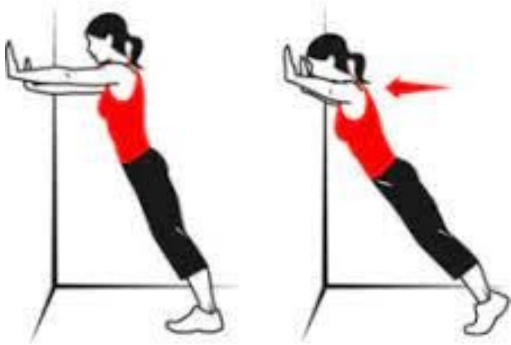
There are the additional benefits of getting outdoors too. Why not walk with a friend (HMHB's group walks are great for interaction). It's as much about mental health as it is physical.



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

## EXERCISE/FITNESS:

### Three Strength Exercises for you



#### Wall Press-Up

Stand around an arm's length from the wall with your feet hip-width apart.

Place both palms on the wall at around shoulder-level height and shoulder-width apart, with your fingers pointed toward the ceiling. If you feel like you're reaching too far, move your feet closer to the wall.

Slowly bend your elbows and begin to lean your body toward the wall until your nose almost touches it. Keep your back straight and elbows bending at around a 45-degree angle (instead of straight to the sides).

Slowly push back to the starting position.

Obviously, most people do on the floor, but this is cool too.



#### Mini Squat

In a standing position with your feet shoulder width apart and your hands on the back of a chair, table, or countertop for balance, bend your knees as if you were going to sit down.

Stop a third of the way down and straighten back up to standing, tightening your thigh muscles as you straighten up your body.

Concentrate on pushing through your heels and keeping your back upright with good posture.

Your knees should move straight forward towards your toes; do not let them collapse towards each other.

HMHB use squats a lot in our sessions.



#### Glute Bridge

Lie face up on the floor, with your knees bent and feet flat on the ground. Keep your arms at your side with your palms down.

Lift your hips off the ground until your knees, hips and shoulders form a straight line. Squeeze those glutes hard and keep your abs drawn in so you don't overextend your back during the exercise.

Hold your bridged position for a couple of seconds before easing back down.

**Regular physical activity can improve your muscle strength and boost your endurance.**

**Exercise delivers oxygen and nutrients to your tissues  
and helps your cardiovascular system work more efficiently.**

**When your heart and lung health improve, you have more energy to tackle daily chores.**

## Lazza's Page of Fascinating Facts

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

Here are some fascinating facts for you to share.

### France

By size, France is the largest country in the European Union. However, it is smaller than the state of Texas in the United States. This just goes to show the US is massive. France is twice the size of the UK.

However, even though it is diminutive compared to other places, it is actually the most visited country in the world, according to experts. They estimate that nearly ninety million tourists visit there every year!!!!

Another great fact is: The "Louvre Museum" in Paris, is the largest art museum in the world. This museum is so big that if you wanted to spend 30 seconds looking at each piece of art, it would take you approximately 100 days to get through the entire museum.



### Shakespeare

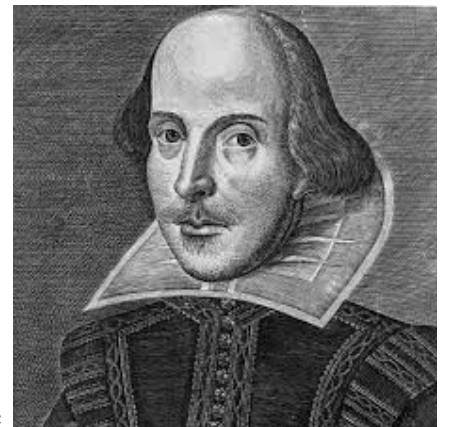
Most of us would have studied a Shakespeare play at school, and you can get standing tickets for less than a tenner for the Globe by the Thames (I am seeing five plays this summer/autumn), but I wonder if you know about this.

William Shakespeare only left his wife a bed when he died.

He wrote in his last will and testament, dated March 25, 1616;

"Item I gyve unto my wife my second best bed with the furniture" (furniture is used to refer to the curtains and bedcover which formed part of the complete bed).

This was not an unusual bequest, nor was it likely to have been intended as a snub. The best bed was usually regarded as an heirloom piece, to be passed to the heir rather than the spouse. It is also probable that the best bed would have been reserved for guests, meaning the "second best" was the bed that William and Anne shared.



### Pastry War

There are many reasons for war, but sometimes they are funny.

In November 1838, a French pastry chef named Remontel contacted the King of France claiming his shop in Mexico City had been looted and destroyed by out of control Mexican officers. France demanded 600,000 pesos in damages, an enormous sum for the time, when the typical daily wage in Mexico City was about one peso (8 Mexican reals). More importantly, the government of Mexico had defaulted on millions of dollars' worth of loans from France. When Mexico's president made no payment, the king of France ordered a fleet under Rear Admiral Charles Baudin to declare and carry out a blockade of all Mexican ports from Yucatán to the Rio Grande, to bombard the Mexican fortress of San Juan de Ulúa, and to seize the city of Veracruz, which was the most important port on the Gulf coast. French forces captured virtually the entire Mexican Navy at Veracruz by December 1838. Mexico declared war on France. Four months later Mexico brokered a deal. France said great and went home. Astonishing!!!



## HEALTH / ROUTINE

### Diabetes

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the Pancreas, helps glucose from food get into your cells to be used for energy. Sometimes your body doesn't make enough insulin or, in some cases, none at all, or doesn't use insulin well. Glucose then stays in your blood and doesn't reach your cells.

Over time, having too much glucose in your blood can cause health problems. Although diabetes has no cure, you can take steps to manage your diabetes symptoms and stay healthy.

Sometimes people call diabetes “a touch of sugar” or “borderline diabetes.” These terms suggest that someone doesn't really have diabetes or has a less serious case, but every case of diabetes is serious.

#### **Type 1 Diabetes:**

Type 1 diabetes causes the level of glucose (sugar) in your blood to become too high. Your body cannot produce enough of a hormone called insulin, which means you need to take insulin every day to keep your blood glucose levels under control. You can be born this way.

Managing type 1 diabetes can take time to get used to, but you can still do all the things you enjoy. Type 1 diabetes is not linked with age or being overweight – these things are linked to Type 2.

Symptoms of type 1 diabetes include:

- feeling very thirsty
- peeing more than usual, particularly at night
- feeling very tired
- losing weight without trying
- thrush that keeps coming back
- blurred vision
- cuts and grazes that are not healing
- fruity-smelling breath



If you are worried then head to your local medical practice. Your GP will do a urine test and might check your blood glucose (sugar) level. If they think you might have diabetes, they'll advise you to go to hospital straight away for an assessment. You'll stay in hospital until you get the blood test results. This is usually the same day. If you're diagnosed with type 1 diabetes, a diabetes nurse will show you the things you need to do to start managing it, such as testing your own blood glucose and how to inject insulin.

It can be difficult to adjust to life with diabetes. Making changes to diet and lifestyle, monitoring blood sugar, counting carbs, and remembering to take insulin and other medications are often sources of stress. As time goes on, these tasks will get easier. But everyone has days when they feel overwhelmed.

Doctors call the stress, anxiety, and negative emotions related to diabetes “diabetes distress.” People who have had type 1 diabetes for a long time may develop “diabetes burnout.” This can happen when you start to feel burdened by your diabetes. Find ways to help you relax and chill. Mindfulness, breathing exercises, yoga, walking, interacting with friends: all these have been shown to have positive effects.

## HEALTH / ROUTINE

### Type 2 Diabetes

Many people have type 2 diabetes without realising. This is because it can be brought on by our lifestyle choices, and because symptoms do not necessarily make you feel unwell.

Symptoms of type 2 diabetes include:

- peeing more than usual, particularly at night
- feeling thirsty all the time
- feeling very tired
- losing weight without trying to
- itching around your penis or vagina, or repeatedly getting thrush
- cuts or wounds taking longer to heal
- blurred vision.

### WHAT IS TYPE 2 DIABETES?



You're more at risk of developing type 2 diabetes if you:

- are over 40 (or 25 for south Asian people)
- have a close relative with diabetes (such as a parent, brother or sister)
- are overweight or obese
- are of Asian, African-Caribbean or black African origin (even if you were born in the UK)

Testing is a similar process to that of Type 1 on the previous page. If you do test positive then you will have to go back to the doctor for a chat. What the GP will discuss with you during your appointment depends on the diagnosis and the treatment they recommend. Generally, they'll talk to you about:

- what diabetes is
- what high blood sugar means for your health
- whether you need to take medicine
- your diet and exercise
- your lifestyle – for example, alcohol and smoking.

Most people need medicine to control their type 2 diabetes. This helps keep your blood sugar level as normal as possible to prevent health problems. You may have to take it for the rest of your life, although your medicine or dose may need to change over time.

Metformin is the most common medicine for type 2 diabetes. It can help keep your blood sugar at a healthy level. It comes as tablets you take with or after meals. Common side effects of metformin include feeling or being sick and diarrhoea. If this happens to you, your doctor may suggest trying a different type called slow-release metformin.

You'll need insulin if other medicines no longer work well enough to keep your blood sugar within a healthy range. Sometimes you may need insulin for a short time, such as if you're pregnant, if you're ill, or to bring your blood sugar level down when you're first diagnosed. You inject insulin using an insulin pen. This is a device that helps you inject safely and take the right dose. Using an insulin pen does not usually hurt. The needles are very small, as you only inject a small amount just under your skin. Your diabetes nurse will show you where to inject and how to use your pen.

Your GP or diabetes specialist will recommend the type of insulin treatment that's best for you

## HEALTH / ROUTINE

### Diabetes and Eating healthy

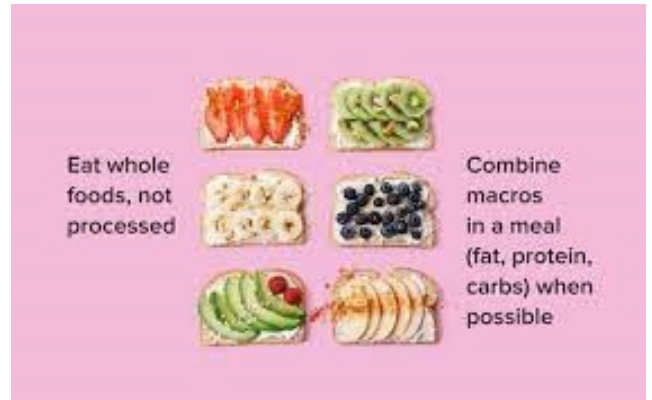
#### Healthy Carbohydrates

All carbohydrates affect blood glucose levels so it's important to know which foods contain carbs. Choose the healthier foods that contain carbs and be aware of your portion sizes.

Here are some healthy sources of carbohydrate:

- whole grains like brown rice, buckwheat and whole oats
- fruit
- vegetables
- pulses such as chickpeas, beans and lentils
- dairy like unsweetened yoghurt and milk.

At the same time, it's also important to cut down on foods low in fibre such as white bread, white rice and highly processed cereals. You can check food labels when you're looking for foods high in fibre if you're unsure.



HMHB has covered carbohydrates in many different ways, but it boils down to eating less simple carbs and more complex carbs. Your body needs glucose to survive. Carbs are an essential macronutrient.

#### Think about Salt

Eating lots of salt can increase your risk of high blood pressure, which in turn increases risk of heart diseases and stroke. And when you have diabetes, you're already more at risk of all of these conditions.

Try to limit yourself to a maximum of 6g (one teaspoonful) of salt a day. Lots of pre-packaged foods already contain salt so remember to check food labels and choose those with less salt. Cooking from scratch will help you keep an eye on how much salt you're eating. You can also get creative and swap out salt for different types of herbs and spices to add that extra flavour.

#### Eat less red and processed meats.

If you're cutting down on carbs, you might start to have bigger portions of meat to fill you up. But it's not a good idea to do this with red and processed meat, like ham, bacon, sausages, beef and lamb. These all have links with heart problems and cancers. Try swapping red and processed meat for these: pulses such as

- beans and lentils
- eggs
- fish
- poultry like chicken and turkey
- unsalted nuts

Beans, peas and lentils are also very high in fibre and don't affect your blood glucose levels too much, making them a great swap for processed and red meat and keeping you feeling full. Most of us know that fish is good for us, but oily fish like salmon and mackerel are even better. These are rich in something called omega-3 oil, which helps protect your heart. Try and aim to eat two portions of oily fish a week.

## HEALTH / ROUTINE

### More Diabetes and Healthy Eating

#### Fruit and Vegetables

Do check out of previous health pack where we discussed this subject in more detail.

We know eating vegetables and fruits are good for you. It's always a good thing to aim to eat more at meal times and have them as snacks if you're hungry. This can help you get the vitamins, minerals, and fibre your body needs every day to help keep you healthy.

You might be wondering about fruit and if you should avoid it because it's sugary? The answer is no. Whole fruit is good for everyone and if you have diabetes, it's no different. Fruits do contain sugar, but it's natural sugar. This is different to the added sugar (also known as free sugars) that are in things like chocolate, biscuits, and cakes.

Products like fruit juices also count as added sugar, so go for whole fruit instead. This can be fresh, frozen, dried or tinned (in juice, not in syrup). And it's best to eat it throughout the day instead of one bigger portion in one go.

#### Healthier Fats

We all need fat in our diet because it gives us energy. But different types of fat affect our health in different ways.

Healthier fats are in foods like unsalted nuts, seeds, avocados, oily fish, olive oil, rapeseed oil and sunflower oil. Some saturated fats can increase the amount of cholesterol in your blood, increasing your risk of heart problems. These are mainly found in animal products and prepared food like the following, which please limit the amounts you use:

- red and processed meat
- ghee
- butter
- lard
- biscuits, cakes, pies and pastries. (it's always the tasty things!!!)
- 



It's still a good idea to cut down on using oils in general, so try to grill, steam or bake foods instead.

#### Added sugar

I imagine cutting out sugar can be really hard at the beginning, so small practical swaps are a good starting point when you're trying to cut down on excess sugar. Swapping sugary drinks, energy drinks and fruit juices with water, plain milk, or tea and coffee without sugar can be a good start.

You can always try low or zero-calorie sweeteners (also known as artificial sweeteners - but do be aware of content) to help you cut back. Cutting out these added sugars can help you control your blood glucose levels and help keep your weight down. If your diabetes treatment means you get hypos, and you use sugary drinks to treat them, this is still important for your diabetes management and you shouldn't cut this out. However, if you are having regular hypos it is really important to discuss this with your diabetes team.

## LET'S PLAY A GAME

### Plus quiz answers from Page 15

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

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

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

*(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:**

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

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

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

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

**It arises out of comprehension.**

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

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

**HOW'D WE DO?**

Answers to Fun Quiz from Page 15

Round One: 1 Pom Pom, Orangutan: 2 W Strawberry, Pine: 3 Kosmo, Suzhou  
4 Rattlesnake, Walruses: 5 Belinda, Ron: 6 Clooney, Williams

Round Two: 1, 26: 2, 3770: 3, 49: 4, 16: 5, 24.

Round Three: 1, 1962: 2, 1937: 3, 1911: 4, 1974: 5, 2003.

Round Four: Link: They all have a Twin!!!

## NUTRITION: Lazza's Kitchen Adventure

### Spanish Omelette

A Recipe from Lazza's Kitchen. - first published in weekly pack number 13  
Lazza made his Spanish Omelette from scratch

Also known as Spanish Tortilla.  
According to legend, during the siege of Bilbao, Carlist general Tomas de Zumalacarregui invented the "*tortilla de patatas*" as an easy, fast and nutritious dish to satisfy the scarcities of the Carlist army. Although it remains unknown whether this is true, it appears the tortilla started to spread during the early Carlist war.

#### Ingredients

- 400g Potatoes (I used baby potatoes)
- Peppers - I used a mix of four different colours
- 1 large Onion
- 2/3 Garlic Cloves
- Tomatoes (I used a can of chopped)
- 8 eggs
- I added peas (you could use ham/prawn/etc.)
- Ground Black pepper (I also added some salt)
- Pinch of Mixed Herbs to taste, plus Olive Oil

- Cook the potatoes first - and dice them when slightly cooled
- Dice the peppers; leave in boiling water for couple of minutes then drain. (plus peas for me)
- Peel and dice the onion, and crush the garlic
- Heat Oil in a large heavy based pan
- Cook the onions and garlic until onions are soft and just turning brown
- Add the potatoes and peppers and stir for two minutes
- Add the tomatoes, peas (or whatever).
- Whisk the eggs (add herbs) and pour into the pan, allowing it to cook for a couple of minutes
- Using a spatula, gently push the egg from round the outside edge to the centre.
- Once omelette is set you can place under a grill. I left mine without that.



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

## Why not try an exercise class!!!

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

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

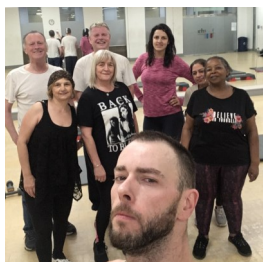
Nothing in August.

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

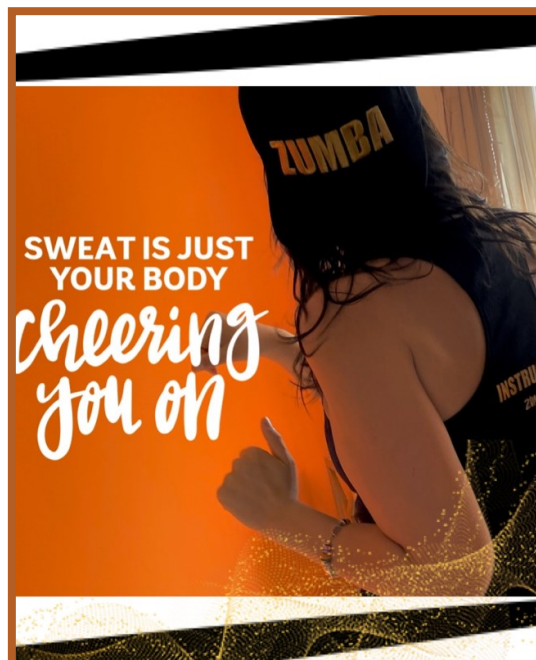
Please contact her.

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

yummymummyzumba@gmail.com



# ZUMBA



### ACTIVE WITHIN

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

They are fabulous. Please have a go!!

They are doing outdoors now.

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



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

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

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

Check out their website for more information.

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

HMHB are proud to be part of their network.

Let's walk!!!!

[www.walkwithadoc.org](http://www.walkwithadoc.org)



### HEALTHY GENERATIONS PILATES

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

**Monday 10-11am:**  
**Intermediate Pilates**

**Tuesday 10-11am:**  
**Intermediate Pilates**

**Tuesday 2-3pm:**  
**Beginners Pilates**

**Thursday 10-11am:**  
**Gentle Pilates**

**Saturday 9.30-10.30am:**  
**Beginners Pilates**

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

## Review of Challenges and Targets

### Mind-set:

Life can be as interesting as you make it. But nothing will improve or change unless you are prepared to step up and do things, even if that is really hard. We all have times in our lives when we need support, or we are affected by situations happening around us. However, good things happen to, and we need to be ready to embrace them when they occur. It's up to you just how much effort you put in to being proactive. However, the rewards can be huge. No guarantees of course. But don't miss out because you can't be bothered to try.

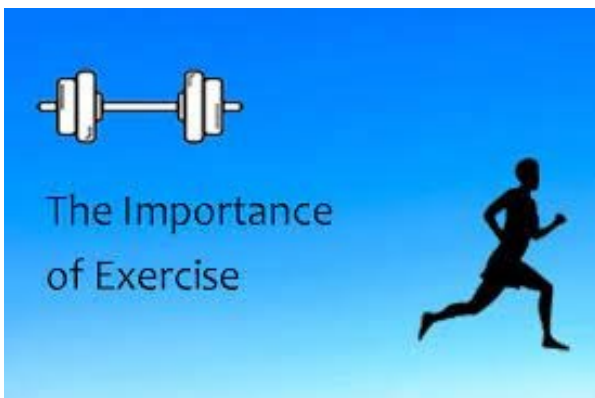
**You can watch things happen, make things happen or just stand there wondering what just happened.**

### Nutrition.

We decided to have a more in-depth look at Vitamins following the Fruit and Vegetable last week, as they are intrinsically linked. Although these are nutrients we need in small doses, they are essential to keeping our bodies functioning well, and do many jobs around the body. They work with each other, as well as other nutrients, so it is essential we keep eating a healthy diet, watching our nutrition. This is something you are solely responsible for. You decide what you eat and drink, and therefore you need to make good decisions. It's your choice.



### Exercise.



We wanted to emphasise the importance of getting back into exercise if you have maybe got a little lazy lately. One of those reasons is that I myself have probably slipped back into that kind of routine, so need to improve. We all know how important exercise is so get yourself up and out and doing something. Set yourself goals, try and join a local group, do things that are not comfortable. Your body craves movement and flexibility, and it's up to you to provide it.

### Health.

This week we touched on diabetes. Our lifestyles can affect the chances of us getting Type 2 Diabetes, but we also looked at Type 1. Simple changes to our diet and exercise can reduce the risks around diabetes, as well as substances like tobacco and alcohol. Life is so short, and if we have the ability to reduce the risk of certain diseases and conditions is it not our responsibility to do that? You have one body, and one life. Make the most of it. It won't be here forever, and the quality of it can be down to you.



**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 + UK TV Presenters from Page 20

See if you can beat your family and friends

### News: These are the years these world events take place - all in the 1900s.

1. PD: 1928
2. JCBUSP: 1976
3. KGVID: 1952
4. TFJPIS: 1993
5. TSMIB: 1958
6. MSHE: 1980
7. TDDLS: 1944
8. TMOIL: 1952
9. TNHSSIE: 1948
10. TVLO: 1968
11. TLMWOTM: 1972
12. QRBR: 1975
13. FHPBP: 1997

### Pop Music: Who sang these songs, all of which have "love" in the title? Year released?

1. Gloria Jones 1964: Soft Cell 1981
2. Tina Turner 1984
3. Roxette 1987
4. Diana Ross / Lionel Richie 1981
5. B-52s 1989
6. The Beatles 1967
7. Percy Sledge 1966
8. Foreigner 1984
9. Leona Lewis 2007
10. Supremes 1966: Phil Collins 1982
11. David Bowie 1983
12. Bee Gees 1977
13. Queen 1979
14. Robert Palmer 1985

### Films: Which actor starred as the title character in these films, and in what year was it released?

1. 1984: Arnold Schwarzenegger
2. 1994: Tom Hanks
3. 2005: Freddie Highmore
4. 1998: Jim Carrey
5. 1997: George Clooney / Chris O'Donnell
6. 1988: Michael Keaton
7. 1991: Geena Davis / Susan Sarandon
8. 1991: Kevin Costner
9. 2019: Joaquin Phoenix
10. 1990: Johnny Depp
11. 1993: Robin Williams
12. 1964: Julie Andrews
13. 2002: Matt Damon
14. 2000: Jamie Bell
15. 1993: Liam Neeson
16. 1976: Sylvester Stallone
17. 1978: Christopher Reeve

**Sport:** The last fourteen cities to host the Olympics: Tokyo (2021), Rio De Janeiro (2016), London (2012), Beijing (2008), Athens (2004), Sydney (2000), Atlanta (1996), Barcelona (1992), Seoul (1988), Los Angeles (1984), Moscow (1980), Montreal (1976), Munich (1972), Mexico City (1968)

QUIZ  
ANSWERS

### Best Supporting Actress Oscar winner - from Page 20 (it's meant to be tricky - how well did you do?)

- |                    |                     |
|--------------------|---------------------|
| 1 Ariana DeBose    | 2 Youn Yuh-jung     |
| 3 Laura Dern       | 4 Regina King       |
| 5 Allison Janney   | 6 Viola Davis       |
| 7 Alicia Vikander  | 8 Patricia Arquette |
| 9 Lupito Nyong'o   | 10 Anne Hathaway    |
| 11 Octavia Spencer | 12 Melissa Leo      |
| 13 Mo'Nique        | 14 Penelope Cruz    |
| 15 Tilda Swinton   |                     |

### Television:

#### All Main 15 TV Doctor Whos:

William Hartnell, Patrick Troughton  
Jon Pertwee, Tom Baker,  
Peter Davison, Colin Baker,  
Sylvester McCoy, Paul McGann,  
John Hurt, Christopher Eccleston,  
David Tennant, Matt Smith,  
Peter Capaldi, Jodie Whitaker,  
Ncuti Gatwa

## THE LAST PAGE

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

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

You can contact HMHB:

HMHB would prefer you email us: [hmhb2016@outlook.com](mailto:hmhb2016@outlook.com)

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

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

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

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

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

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

Please follow and like our blogs:

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

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

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

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

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

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

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



ISLINGTON

*Cripplegate Foundation Helping since 1500*

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