

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 29

Focus on:

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

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*1st October 2024*



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





**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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**“Health is a state of complete physical, mental and social well-being,  
and not merely the absence of disease or infirmity.”  
World Health Organisation**

***Welcome to Issue 29 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](http://www.hmhb2016.org.uk).

We then went monthly for 7 issues.

This is our new venture for 2022/2023/2024.  
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 pictures from our exciting trip to London Zoo in August.  
A wonderful day of chat and laughter.**

**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 our unique courses. HMHB delivers to all.**



## HEALTH NEWS AND RESEARCH PAGE

### Are we eating enough Micronutrients? Apparently not!

More than half of the global population consumes inadequate levels of several micronutrients essential to health, including calcium, iron, and vitamins C and E, according to a new study by researchers at Harvard T.H. Chan School of Public Health, UC Santa Barbara (UCSB), and the Global Alliance for Improved Nutrition (GAIN). It is the first study to provide global estimates of inadequate consumption of 15 micronutrients critical to human health. The Study was published in "The Lancet Global Health" at the end of August.

Micronutrient deficiencies are one of the most common forms of malnutrition globally, and each deficiency carries its own health consequences, from adverse pregnancy outcomes, to blindness, to increased susceptibility to infectious diseases. Previous research has estimated the amounts of micronutrients available to and consumed by people; this study evaluates whether these intakes meet requirements recommended for human health and looks at the inadequacies specifically facing males and females across their lifespans.



"Our study is a big step forward," said co-lead author Chris Free, research professor at UCSB. "Not only because it is the first to estimate inadequate micronutrient intakes for 34 age-sex groups in nearly every country, but also because it makes these methods and results easily accessible to researchers and practitioners."

The researchers used data from the Global Dietary Database, the World Bank, and dietary recall surveys in 31 countries to compare nutritional requirements with nutritional intake among the populations of 185 countries. They divided populations into males and females belonging to 17 age groups: zero to 80 in five-year spans, as well as an 80+ group. The assessment studied fifteen vitamins and minerals: calcium, iodine, iron, riboflavin, folate, zinc, magnesium, selenium, thiamine, niacin, and vitamins A, B6, B12, C, and E.

The study found significant intake inadequacies for nearly all of the evaluated micronutrients, excluding fortification as a potential source of additional nutrients. Inadequate intake was especially prevalent for iodine (68% of the global population), vitamin E (67%), calcium (66%), and iron (65%). More than half of people consumed inadequate levels of riboflavin, folate, and vitamins C and B6. Intake of niacin was closest to sufficient, with 22% of the global population consuming inadequate levels, followed by thiamine (30%) and selenium (37%).

Estimated inadequate intakes were higher for women than men for iodine, vitamin B12, iron, and selenium within the same country and age groups. Conversely, more men consumed inadequate levels of calcium, niacin, thiamine, zinc, magnesium, and vitamins A, C, and B6 compared to women. While patterns of micronutrient inadequacy emerged more clearly on the basis of sex, the researchers also observed that males and females ages 10-30 were most prone to low levels of calcium intake, especially in South and East Asia and sub-Saharan Africa. Calcium intake was also low across North America, Europe, and Central Asia.

"These results are alarming," said Ty Beal, senior technical specialist at GAIN. "Most people, even more than previously thought, across all regions and countries of all incomes, are not consuming enough of multiple essential micronutrients. These gaps compromise health outcomes and limit human potential on a global scale."

## HEALTH NEWS AND RESEARCH PAGE:

### Sleep helps reset your brain for new memories.

**While everyone knows that a good night's sleep restores energy, a new Cornell University study finds it resets another vital function: memory.**

Learning or experiencing new things activates neurons in the hippocampus, a region of the brain vital for memory. Later, while we sleep, those same neurons repeat the same pattern of activity, which is how the brain consolidates those memories that are then stored in a large area called the cortex. But how is it that we can keep learning new things for a lifetime without using up all of our neurons?

A new study, "A Hippocampal Circuit Mechanism to Balance Memory Reactivation During Sleep," that has just been published in *"Science"*, finds at certain times during deep sleep, certain parts of the hippocampus go silent, allowing those neurons to reset. "This mechanism could allow the brain to reuse the same resources, the same neurons, for new learning the next day," said Azahara Oliva, assistant professor of neurobiology and behaviour and the paper's corresponding author.



The hippocampus is divided into three regions: CA1, CA2 and CA3. CA1 and CA3 are involved in encoding memories related to time and space and are well-studied; less is known about CA2, which the current study found generates this silencing and resetting of the hippocampus during sleep.

The researchers implanted electrodes in the hippocampi of mice, which allowed them to record neuronal activity during learning and sleep. In this way, they could observe that, during sleep, the neurons in the CA1 and CA3 areas reproduce the same neuronal patterns that developed during learning in the day. But the researchers wanted to know how the brain continues learning each day without overloading or running out of neurons.

"We realized there are other hippocampal states that happen during sleep where everything is silenced," Oliva said. "The CA1 and CA3 regions that had been very active were suddenly quiet. It's a reset of memory, and this state is generated by the middle region, CA2."

Cells called pyramidal neurons are thought to be the active neurons that matter for functional purposes, such as learning. Another type of cell, called interneurons, has different subtypes. The researchers discovered that the brain has parallel circuits regulated by these two types of interneurons -- one that regulates memory, the other that allows for resetting of memories.

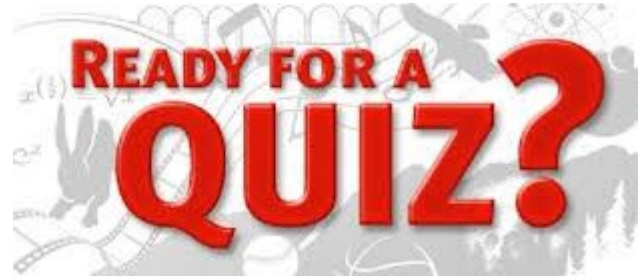
The researchers believe they now have the tools to boost memory, by tinkering with the mechanisms of memory consolidation, which could be applied when memory function falters, such as in Alzheimer's disease. Importantly, they also have evidence for exploring ways to erase negative or traumatic memories, which may then help treat conditions such as post-traumatic stress disorder. The result helps explain why all animals require sleep, not only to fix memories, but also to reset the brain and keep it working during waking hours.

"We show that memory is a dynamic process," Oliva said.

**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)**

**Geography:**

Can you name the largest 20 African Countries by size of population? Try and get the top five in the right order too.  
 It's one to think about.



**Fiction:** Can you name the author of these famous novels, and year of publication?

1. Anna Karenina
2. The Hunchback of Notre Dame
3. The Old Curiosity Shop
4. Animal Farm
5. The Murders In The Rue Morgue
6. The Picture Of Dorian Gray
7. The Emperor's New Clothes
8. The Three Musketeers
9. Doctor Zhivago
10. For Whom The Bell Tolls
11. Journey To The Centre Of The Earth
12. The Adventures Of Tom Sawyer
13. Sense And Sensibility

**Film:** Who originally played these "Baddie" characters, and name the year the "original" film was released.

1. Grand Moff Tarkin: Star Wars IV: A New Hope
2. Lord Farquaad (voice): Shrek
3. Bill Sikes: Oliver!
4. Khan: Star Trek: The Wrath of Khan
5. Norman Bates: Psycho
6. Agent Smith: The Matrix
7. Michael Corleone: The Godfather Part 2
8. Amon Göth: Schindler's List
9. Howard Payne: Speed
10. Scar (voice): The Lion King
11. Freddy Krueger: The Nightmare On Elm Street
12. The T-1000: Terminator 2: Judgement Day
13. Jack Torrance: The Shining
14. Anton Chigurh: No Country For Old Men
15. Dr. Hannibal Lector: The Silence Of The Lambs
16. Penguin/Oswald Cobblepott: Batman Returns
17. Le Chiffre: Casino Royale (with D Craig as Bond)

**Pop:** Who originally sang these songs with an occupation in the title plus year of release.

1. Rock DJ
2. The Gambler
3. My Old Man's A Dustman
4. Son Of A Preacher Man
5. Rhinestone Cowboy
6. The Boxer
7. Last Night A DJ Saved My Life
8. Smooth Operator
9. Buffalo Soldier
10. Please Mr Postman
11. Doctor! Doctor!
12. Private Dancer
13. Paperback Writer
14. I Shot The Sherriff



**Sport:**

Can you list the 20 different countries to host the Summer Olympic Games, from 1896 to the current day? Yes, there has only been 20 different nations.

See how you can do.

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



## HMHB Activity: Photos and Events from August & September 2024



Our group of 20 enjoyed an interesting and fruitful day at London Zoo. Yes, there are always questions over should animals be in this environment, but they do a lot of research and help with endangered species. Also, it gets the children interested in making sure conservation will continue around the world. More pictures are on page 3 of some animals we saw.

This is us outside Sadler Wells where we took a massive group of 30 people to see A Chorus Line in August. It really was a terrific afternoon, with a fabulous production that had us all enraptured, even though we did not realise there would be no interval. I have to thank everyone for getting there. Taking 30 people can be a little stressful. Onwards to even more wonderful theatre days.



We were fortunate to catch a ground breaking production of Anthony and Cleopatra at the Globe Theatre, Bankside, in August. There were at least 5 deaf actors, so the theatre had screens with the script appearing around the open air theatre. Wonderful to be there. We love our Globe trips.

We were lucky to be asked to join Sotheby Mews Days Centre on their day trip to Southend in August. We have to really thank Nigel and their group for allowing us to come along with them. Paying just £10 a head, we were coached there and back, and we went off and people were told to do their own thing. Fish and chips, ice cream, laughter, sunshine, sea-side and great company!!!



Here I am outside The Ecology Centre, off Gillespie Road, close to the Arsenal Stadium. Over 2024, HMHB has been providing our groundbreaking courses and unique sessions, and this was a morning event for AGEUK Islington users. We had an interesting time, looking out how and why we should be more active.



## HMHB Activity: Photos and Events from August and September 2024



A lovely photo of our group in Clissold Park, one of the three free weekly health walks we manage. We were certainly enjoying the sunshine that day at the end of August, and I think we are standing next to the deer enclosure.

Just getting outdoors and walking together is such a boost for mental health, as well as physical health and social health. We always have smiles and chat.

Nearly eight years now!! Not too bad.



Who knew my garden could accommodate so many people? Certainly not me. Right at the end of August I organised a social event at my place, and it was great to welcome so many to my flat. I am fortunate, just a couple of years ago my garden was so overgrown you could not even get outside. Looks much better now, and a bit of a sun trap. Thanks to all who came, brought stuff, and made the afternoon such a wonderful experience.



Another cracking trip to the Globe Theatre to see the very cleverly written play The Comedy Of Errors, with much confusion and misunderstandings around two sets of twins.

This was our final Shakespeare, although we have two more visits to the Globe to come.

Just £5 for standing tickets.



Our Group here at our Tuesday gym session at Highbury Leisure Centre, through our wonderful relationship with Better Gyms. We did a circuit training that day with multiple pieces of equipment, and they were inspirational. Thanks for coming along and supporting.



We thoroughly enjoy our stop offs at the Second Chance Café, at St Mary's on Stoke Newington Church Street, opposite Clissold Park.

The welcoming volunteers help us as we consume homemade soups, crumble and custard, various cakes, washed down with coffee and tea.

Such a brilliant initiative: Thur/Fri 11am to 2pm.



## HMHB Activity: Photos and Events from August and September 2024

I was fortunate to get my hands on five FREE tickets to see eight comedians being filmed for Comedy Central Live Television.

It was at the Pleasance Theatre, Islington, and our group had a rip-roaring time with a lot of laughter and a cracking couple of hours.

It's a fabulous venue.



With amazing thanks to the Globe Theatre for their generosity, our group had an instructive and fun tour of the Theatre, led by our fantastic guide, Lee.

It really is an amazing venue - the only thatched building allowed in the middle of London.

We even got a chance to try on some costumes, and here we are sitting in the top tier.



We went along to the first Friday Community event at Sadlers Wells to join up with the English National Ballet to perform a few moves from Giselle.

It was such a fun time, and our five dancers were able to express themselves without looking too bad.

Great music and choreography, and these events are a real boost to our users. More to come, including three in October where we are going.



After a summer break, our unique online quiz returned with a bang. Impossible questions, incredible facts, and great guessing.

Lazza has created several interactive rounds, and we always have a good laugh.

Every Thursday on Zoom, and it is something I look forward to hosting very much.

We would love new guests.



Sotheby Mews Day Centre invited us to their joint birthday/closing down party at the end of September.

We were the only Islington group to be invited to join them, as they move to Highbury Roundhouse.

Thanks to Nigel and his team, and we had a great time dancing to the DJ and mixing with lots of friends.



## NUTRITION: Lazza's Kitchen Adventure

### Chicken Supreme

Lazza has been trying out new recipes for over four years  
Here - one of his favourites so far: Chicken Supreme

“Breast of chicken when it is removed raw from one side of the bird in a skinless, boneless piece is called a “supreme”. Each chicken possesses two of them. If the upper part of the wing is left on, the supreme becomes a “cotelette”. The breast of a cooked chicken is not a supreme, but a blanc de poulet, or white meat of chicken.”



1 large knob of butter + olive oil  
Chicken Breasts  
Bacon Lardons (or roughly chopped bacon)  
2 small onions  
2/3 garlic cloves  
100 ml White Wine  
300 ml Double Cream  
Black pepper and salt to taste

In a pan first melt the butter with the olive oil (the recipe said lidded frying pan but I just used my large one). Add the chicken when ready and brown on all sides. Remove from pan. In to the pan add the chopped onions and garlic and the bacon lardons. Cook till onions are soft - around 10 minutes. Pour in the wine and let it bubble for a minute or so. Add the double cream and stir it all together nicely (smells divine). Return the chicken and cook for another 15/20 minutes (turn chicken once). Sauce should reduce a bit in consistency. Once all is cooked through, it is ready to serve. I did mine with a green salad, but you can do wholegrain rice or pasta.



Even though I am biased, this was once of the tastiest dishes I have made for these packs. It surpassed last week's Chilli Con Carne, which was also totally delicious.

I was stunned. Please give this a go.  
It's simple and scrumptious.  
You need a large pan though.

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.



## MIND-SET:

**We all make mistakes. The secret is to learn from them.**

Normally on these pages, I do a lot of research and try and see things from various points of view before putting the words to page; sometimes copy and pasting stuff that I think is relevant, and other times adding my own views.

Today, this page is just from me. I am the same as everyone else. I think, because I run Healthy Minds Healthy Bods, some people put me on a little pedestal, which is humbling and scary at the same time. But I have the same frailties as all of us, the same issues and frustrations and problems with life.

And working with so many people through Healthy Minds, Healthy Bods - last year we worked with over 180 people throughout the year - I will also get things wrong.

I have come a long way, I will say. I have learnt a huge amount around safeguarding and health and safety, as well as how to deal with people going through a variety of health issues. Don't forget, HMHB is just a mentor led project - in other words led by people who have also gone through problems themselves. Noone attached to HMHB is a qualified psychologist or psychiatrist, which is a good thing, and one of our selling points. There are plenty of projects that do have them, which is great, but we like to be different.



"We need to accept that we won't always make the right decisions, that we'll screw up royally sometimes - understanding that failure is not the opposite of success, it's part of success."  
-Arianna Huffington

Another of our selling points is that we place a great emphasis on fun and laughter. There is far too much doom and gloom in this world and we feel it is important to show that, despite the problems of daily life, we can all have a good time. It means there is a lot of banter within the group, which is encouraged. I am often taking the mickey out of myself for example. Naturally, there is no offence meant, but occasionally people do get offended. It's bound to happen. So many complex personalities and histories amongst all our users.

Thankfully, in the nearly eight years of working with people through HMHB, I can count on one hand people who may not have got along with our service, for whatever reason.

So why am I putting this down here, in my mindset section, which is meant to be promoting a growth mindset mentality. Pages that are dedicated to encouraging you to see life as a challenge, which means pushing yourself forward to overcome life's issues.

Well, we are all going to do or say something on occasions that might upset someone else. And it is bound to happen towards us as well. I think it is understanding that most of the time - I cannot guarantee - the other person is not meaning to offend, just like you yourself are not trying to put someone down. If you ever feel put out, gently take someone to one side and tell them how their words or actions made you feel. Friends should always be approachable. If it is online, or a stranger, then just move on.

The thing is not to dwell on it. Not allow it to take over. That's when anger comes in, and we say or do things that can backfire. Life is too short to allow mistakes to dominate our moods and emotions. We make them. We learn from them. We move on. I hope all that makes some kind of sense.

## MIND-SET: Learn to relax

How do you like to relax? That sounds like it should be an easy question. But how often do you find yourself sitting in front of the television, flicking between that and your mobile, scrolling through social media, but not really chilling?

I find myself busy with Healthy Minds, Healthy Bods a lot. So it is important for me to have my own time, my own relaxing time. I like to read (crime thrillers are my genre), I go to the cinema and theatre, and nothing beats a nice hot bath with some classical music on in the background.

But even now, I still find myself struggling to relax sometimes. There are fads that come and go. A few years ago the adult colouring book was popular, and then came meditation - which is still very good but not as widespread as it was.



According to a report by Ofcom: “Most people in the UK are dependent on their digital devices and need a constant connection to the internet.” It found that 78% of us now own a smartphone – rising to 95% of 16- to 24-year-olds. We check these phones on average every 12 minutes of our waking lives, with 54% of us feeling that the devices interrupt our conversations with friends and family, and 43% of us feeling that we spend too much time online. We can’t relax with them, and we don’t know how to relax without them. Seven in ten of us never turn them off. I realised I was doing just this in August and took a conscious decision to stop looking at my phone as much - and I know I can still do even better.

The psychoanalyst David Morgan, of the Institute of Psychoanalysis, believes that for many of us this deadening retreat to our screens is both a reason for and a consequence of the fact that we no longer know how to relax and enjoy ourselves. Our screens and what we use them for are all techniques of distraction, he says. “People have got so used to looking for distraction that they actually cannot stand an evening with themselves. It is a way of not seeing oneself, because to have insight into oneself requires mental space, and all these distraction techniques are used as a way of avoiding getting close to the self.”

So, try and find some time for you to turn off, to escape the day to day stuff. That means putting away your phone and concentrating on what you like. That could be a good book, going outdoors, meeting up with friends for a coffee and a chat, or simply making yourself a nice meal and listening to some of your favourite music in the background. It doesn’t have to be energetic. It’s a personal thing. You are worth it.

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

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



## EXERCISE/FITNESS: STRETCHING

### Useful Stretches for Everyone

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.

#### BUTTERFLY STRETCH

Sit on the floor with the soles of your feet pressing into each other. To deepen the intensity, move your feet closer in toward your hips, ankles to your knees. Hold this position for up to one minute. The butterfly stretch targets your hips along with your groin, inner thighs, and knees. Loosening up these areas of the body and strengthening your back muscles can help to improve posture.

It can be used to recover from and prepare for long periods of sitting and athletic activity, such as running and cycling.



**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.**

#### FROG STRETCH

Begin on all fours with your hands under your shoulders and your knees beneath your hips. Slowly, edge your knees out to the sides, keeping them in line with your hips. Keep your knees bent and your ankles behind you, in line with your knees. Turn your toes out to the sides. Rest on your forearms with your elbows beneath your shoulders, placing your palms together or on the floor. You can also extend your hands forward, resting your chin or forehead on the floor. Sit back into your hips to deepen the pose. Can improve hip flexibility, mobility, and range of motion, which is useful for people who have tight hips due to running, swimming, or cycling.



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

## EXERCISE/FITNESS:

### A Few Stretches for the Morning - 2

#### SIDE STRETCH

Raise one arm overhead and bend your upper body over in a reaching motion. Keep your upper body facing straight ahead—don't twist it to the side as you bend. Make sure you feel the muscles gently stretch all along your side from your lower back up to your shoulder. Hold the stretch for 20 seconds. You can use both arms in the air if you wish. The side stretch exercise promotes better posture by strengthening the muscles that support the ribcage and spine. A strong and stable core is essential for maintaining proper alignment, reducing the risk of back pain, and improving balance.



#### FLAMINGO (QUADRICEPS) STRETCH

Just grab your back ankle/foot/trouser leg and hold it up towards your bum, keeping your knees together. It may be difficult to balance, so if you need to rest against something that is fine.

During this exercise, the hamstrings, hips, back muscles, and shoulders are all stretched, but the abdomen, pelvic floor, hip flexors, calves, and quadriceps are contracted to help the body remain in balance.

Strong legs are very important for posture, balance, as well as keeping us upright without falling.



#### STANDING CALF STRETCH

Step yourself about two footsteps away from the wall and bring your right foot forward, putting a slight bend in the right knee, rooting your left heel down into the earth. You can bring your upper body forward slightly, using the wall for stability. You'll start to feel a stretch through the back of your calf.

Regularly stretching the calves helps maintain proper muscle balance, which can reduce the risk of imbalances and associated injuries. The standing calf stretch is also beneficial during injury rehabilitation, particularly for calf strains or Achilles tendonitis.



**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:**

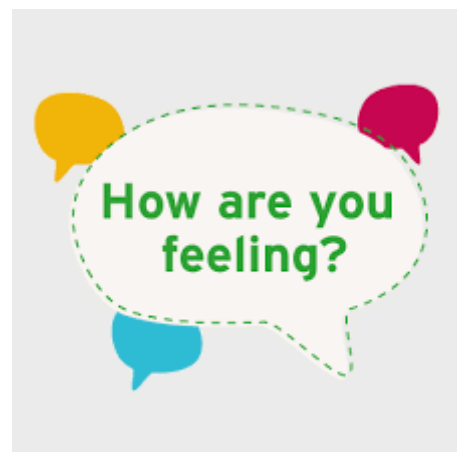
### **Take Control of your Mental Health**

#### **Talk**

Talking about how we feel isn't always easy. It can be hard to really open up to someone, even your close family. You just don't want to be a burden on someone by unloading your problems on them. Or it might be that you don't want to be judged, or you just simply don't want to admit you're struggling.

It helps to talk things through with someone you can trust. There is an old saying; 'a problem shared is a problem halved'. Well, that is still relevant. Not only that but by opening up to someone, they could share their experiences, offer up advice or a different perspective on the situation. It's important to remember that the friends or family you reach out to will probably be glad you asked for a chat. They might even feel privileged you came to them for advice.

However, there will be plenty of local projects and health initiatives around that you can go and talk with if you feel you need to talk to someone independent. You can approach your local medical practice, or even a community centre, who will know of local services. Never feel embarrassed. Looking after yourself has to be a good thing.



#### **Your Physical Health**

The whole premiss of HMHB is that you need to look after all aspects of your health to be productive.

We all know that exercise is important for your physical health. But it's equally as important for your mental health and wellbeing too. Any physical activity, especially that in the fresh air has a positive impact on our wellbeing.

Taking part in physical activity has been proven to increase endorphins, the happy hormone, which will raise self-esteem and can reduce stress and anxiety. It's why we leave the gym often feeling sore, but much better about ourselves than when we went in. It not only stimulates the chemicals in our brain that improve our mood but the parts of the brain responsible for memory and learning.

Regular exercise whether it's in the gym, playing football, or even going for a run or walk helps you to get out into the world, reducing those feelings of loneliness and can put a purpose back into your day.

#### **Know you are special**

Building your self-esteem is crucial. It's important to learn to be confident as yourself. To put yourself, at least your mental and physical health first. Treat yourself with kindness and respect, avoiding self deprecation and acknowledge that negative thought, correct yourself and let it go.

Making time for things you enjoy doing is so important to your mental health and it doesn't matter whether this is an art class or a sport. If you enjoy doing it and it's important to you, then you should be making time for those activities. It's also worth noting that helping others is also a great way to help yourself. It all sounds so obvious, but we are constantly knocking ourselves and looking for faults. Instead, praise yourself for what you are doing well. You are special. Honest!

## **MIND-SET:**

### **Take Control of your Mental Health**

#### **Sleep Better**

We have mentioned this many times, and I myself have serious sleep issues, but getting a good night's sleep is crucial in resetting yourself and progressing.

Good sleep doesn't just mean lots of sleep. You need the right kind of sleep too. There's a close relationship between sleep and your mental health and living with an existing mental health problem affects how well you sleep and the quality. Sleepless nights lead to overthinking of situations which is never good. Try writing down your feelings in a notebook before you settle down for the night. This can help get it off your mind.

It's also good to get into a good routine before you sleep. It'll let your brain know that you're winding down for the day. This could be having a bath, listening to relaxing music or meditation and breathing exercises.

And it is important to limit your screen time. In fact, it's advised that we switch off our phones at least two hours before we plan on going to sleep and do not sleep with your phone in the same room. Buy an alarm clock and charge your phone in your living space not your resting space. Experiment with temperature, lighting and noise – it all varies from person to person, so find your perfect balance. There's more to sleep than just getting into bed and closing your eyes!



There could be medical reasons behind sleeplessness, so if you are concerned do go and chat to your doctor.

#### **Create Purpose**

Targets and goals are amazing. They can motivate us to help pursue something we really want, whether it be a new car, that promotion at work, losing weight, or even simple tasks such as making sure you went to the gym. It's important to set realistic goals as unrealistic ones are hard to meet which then lead to increased stress. This can have a negative impact on your motivation which damages your mental health.

Focus on short-term goals. They're often the easiest to complete. It can be as easy as making sure you get up and cook yourself a nutritious breakfast to start the day right. This will set you up nicely to set other goals for the day. Goals that are personal to you and no one else. When thinking of goals for yourself, focus on what you can be better at. Accomplishing small goals are fantastic stepping stones for building your confidence and motivation to reach the bigger ones you might set yourself.

#### **Avoid Alcohol (or severely limit)**

Drinking is your choice. But one reason for drinking alcohol is to change our mood. Alcohol can temporarily lessen the symptoms of anxiety and depression. It's for this reason many people use it as a form of self-medication to try and cheer themselves up and make it feel like everything's alright.

Regular consumption of alcohol alters the chemical balance of the brain, depleting it of serotonin which is what makes us feel happy. This depletion in serotonin leads to us feeling more depressed, drinking more alcohol to suppress the depression. Experts say you should try to limit alcohol consumption as much as possible and if you can, eradicate it completely.

**NUTRITION: Lazza's Kitchen Adventure**  
**Chilli Con Carne**

Lazza has been trying out new recipes for over four years  
Here - one of his favourites so far: Chilli Co Carne

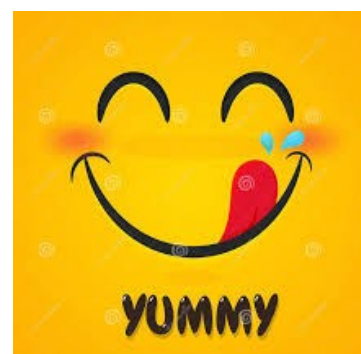
**In writings from 1529, a Franciscan friar described chili pepper-seasoned stews being consumed in the Aztec capital, Tenochtitlan, now the location of Mexico City. Using beef originated with Spanish colonizers.**

**In Spanish, the term "chile con carne", is first recorded in a book from 1857.**



1 large onion: 1 red pepper: Garlic cloves.  
Teaspoon: Chill powder, paprika, cumin (each)  
500g lean minced beef  
Beef stock cube in 300ml water  
Tin chopped tomatoes  
Good squeeze of tomato puree  
Tin red kidney beans  
Wholegrain rice  
Sour cream (for serving)

In a little oil, heat the chopped onion and garlic.  
Add the mince and brown.  
Add the chopped red pepper.  
Mix in teaspoon of the spices (chilli powder depending on your own taste)  
Add the chopped tomatoes and kidney beans.  
Mix the stock cube in the water and add. I added a tsp of Worcestershire sauce  
Season with pepper and salt if you wish, and even a small teaspoon of sugar.  
Leave to cook so the liquid disappears a bit, maybe 30 minutes.  
Prepare the rice as per instructions.  
Serve up with a nice dollop of sour cream.  
Enjoy. Makes enough for four/five servings.



I have used shop sauces and spice mixes before, but this was my first one using my own spices and ingredients.

And, I must say, this is one of the best dishes I have created for these packs.  
It was so so nice. Really tasty.  
I was, as usual, absolutely stunned!!!

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.



## 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?**

|                        |                    |                            |
|------------------------|--------------------|----------------------------|
| Genuine Parrot Species | Hyundai Car Models | Won Great British Bake Off |
| Orange Bellied         | Intrado            | Giuseppe Dell'Anno         |
| Golden Winged          | Mistra             | Edd Kimber                 |
| Narrow Billed          | Pampero            | Charlotte Newland          |
| Flaxen Beaked          | Santoor            | Donna Bloye                |

#### ROUND TWO: Give Me a Number

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

- How many players start for one team in Australian Rules Football?
- How tall is Richard Osman (author and Pointless host) in inches?
- How many millilitres in a pint?
- How many stations on the Paris Metro?
- Flying Direct, how many kilometres between London and Oslo?



#### ROUND THREE: When Did That Happen

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

- When was the first black police officer enrolled in the UK?
- When was philosopher Friedrich Nietzsche born?
- When was Google officially launched?
- When did Colin Dexter publish the first Inspector Morse crime novel?
- When was Henry VIII crowned King of England?

#### ROUND FOUR: What specifically links these words?

Anthem: Photographer: Galoshe: Crewe: Seraphim: Armour:

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

- |                                 |   |
|---------------------------------|---|
| 1. The Newest Country           | East Timor: Kosovo: Montenegro                      |
| 2. Dickens Book Published First | David Copperfield: Great Expectations: Oliver Twist |
| 3. Largest Asian Country by Km2 | Japan: Mongolia: Uzbekistan                         |
| 4. Nearest City to London       | Brighton: Cambridge: Oxford:                        |

#### ROUND SIX: Which colour are these

1. Tour de France Jersey for leading rider under the age 26.
2. The colour of Elmo on Sesame Street.
3. The colour of the Lapis Lazuli Gemstone.
4. The dominant colour of the Ghost Crab.
5. The vegetable Arugula.



## NUTRITION:

### A look at some Grains

**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.**

According to Wiki: “A grain is a small, hard, dry fruit – with or without an attached hull layer – harvested for human or animal consumption. A grain crop is a grain-producing plant. The two main types of commercial grain crops are cereals and legumes.”

Whether it is in our breakfast cereal, in our lunch or dinners, ground up for flour, or put in soups and salads, you cannot escape grains in our diets. In fact, we are encouraged to be eating wholegrain as part of a healthy lifestyle. But let’s take a closer look at some grains.

#### **Amaranth**

I will admit, until I did some research I had never heard of this grain, which is accepted to be one of the healthiest grains on the planet.

Amaranth is a group of more than 60 different species of grains that have been cultivated for about 8,000 years. These grains were once considered a staple food in the Inca, Maya and Aztec civilizations. It is classified as a pseudocereal, meaning that it’s not technically a cereal grain like wheat or oats, but it shares a comparable set of nutrients and is used in similar ways.

Its earthy, nutty flavour works well in a variety of dishes.



Amaranth is a good source of fibre, protein, manganese, magnesium, phosphorus and iron, along with several other important micronutrients. It is high in several antioxidants, such as gallic acid, *p*-hydroxybenzoic acid and vanillic acid, which may help protect against disease. Although not common in UK supermarkets, many wholefood retailers can get this, and you can buy online.

#### **Barley**

Hulled barley is considered a whole grain, as only the inedible outer shell has been removed during processing. However, the more commonly available pearled barley is not a whole grain because the fibre-containing bran has been removed. Pearled barley is a good source of some nutrients, but hulled barley is the healthier option.

In a large study in over 360,000 people, those with the highest consumption of whole grains, such as barley, had a 17% lower risk of death from all causes, including cancer and diabetes, compared to those with the lowest whole-grain intake.

The main type of fibre in barley is beta-glucan, a soluble fibre, that forms a gel when combined with fluid. Beta-glucan, which is also found in oats, may help lower cholesterol and improve blood sugar control. Additionally, barley contains antioxidants such as vitamin E, beta-carotene, lutein and zeaxanthin, which help protect against and repair cell damage caused by oxidative stress.

## NUTRITION:

### A look at some Grains

#### Wheat

Wheat is one of the world's most commonly consumed cereal grains. It comes from a type of grass - "*Triticum*" - that is grown in countless varieties worldwide. Bread wheat, or common wheat, is the primary species. Other closely related species include durum, spelt, emmer, einkorn, and Khorasan wheat.

White and whole-wheat (wholegrain) flour are key ingredients in baked goods like bread. Other wheat-based foods include pasta, noodles, semolina, bulgur, and couscous. Wheat is sometimes seen as controversial because it contains a protein called gluten, which can trigger a harmful immune response in predisposed individuals. However, whole-grain wheat can be a rich source of antioxidants, vitamins, minerals, and fibre for people who tolerate it.



Starch is the predominant carbohydrate in the plant kingdom, accounting for over 90% of the total carb content in wheat. The health effects of starch mainly depend on its digestibility, which determines its effect on blood sugar levels. High digestibility may cause an unhealthy spike in blood sugar after a meal and have harmful effects on health, especially for people with diabetes.

Whole wheat is high in fibre — but refined wheat contains almost none. This is why wholegrain flour is much better than white flour. As they're concentrated in the bran, fibres are removed during the milling process and largely absent from refined flour.

Most wheat fibre is insoluble, passing through your digestive system almost intact and adding bulk to stools. Some fibres also feed your gut bacteria. What's more, wheat contains small amounts of soluble fibres, or fructans, that may cause digestive symptoms in people with irritable bowel syndrome. Whole wheat is also a decent source of several vitamins and minerals, including selenium, manganese, phosphorus, copper, and folate.

#### Quinoa

Quinoa has gained popularity as a health food throughout Westernized countries, though people have cultivated it in South America since ancient times. Apparently, hundreds of years ago, the Inca people considered this ancient grain a sacred food. In the past couple of decades, quinoa's popularity has grown exponentially as the demand for easy-to-grow, nutritious, gluten-free grain alternatives has soared. Not only is quinoa nutrient-dense, but it may offer health benefits too.



Quercetin and kaempferol are two flavonoid plant compounds that have been particularly well studied. These are the main flavonoids found in quinoa. Quercetin and kaempferol have anti-inflammatory qualities and act as antioxidants in the body, meaning they help protect cells from damage caused by unstable molecules called free radicals.

Quinoa is naturally gluten free and makes a nutritious choice for people who want or need to cut gluten from their diet. You can buy it in most supermarkets.



## **NUTRITION:**

### **A look at some Grains.**

#### **Rice**

Though certain varieties of rice may be higher in fibre, protein, or antioxidants, all types of rice can fit into a nutritious, well-rounded diet. Rice is a staple food in many countries and provides billions of people around the world with an inexpensive, nutritious source of energy. There are many varieties of this popular grain that differ in colour, flavour, and nutritional value. We will take a look at three.

Brown rice is whole grain rice that has had the outer protective shell, known as the hull, removed. Unlike white rice, it still contains the bran layer and the germ, both of which pack a significant amount of nutrients. For example, wholegrain rice bran contains the flavonoid antioxidants apigenin, quercetin, and luteolin. These compounds play an important role in disease prevention.

Brown rice provides similar amounts of calories and carbs to white rice, which has had the bran and germ removed. However, the brown variety is slightly higher in fibre and protein. Both fibre and protein promote feelings of fullness and can help you maintain a moderate weight. What's more, fibre can help regulate blood sugar and insulin, a hormone that supports blood sugar control.



Black rice varieties, such as Indonesian black rice and Thai jasmine black rice, have a deep black colour that often transitions to purple when cooked. This type is sometimes referred to as forbidden rice, as it's said to have been reserved for royalty in ancient China. Research shows that black rice has the highest antioxidant activity of all the varieties, making it a nutritious choice. Oxidative stress has been associated with the progression of chronic conditions, such as heart disease, certain cancers, and cognitive decline.

White rice has had the husk, bran, and germ removed. Though this process extends the shelf life of the final product, the nutrients and beneficial plant compounds found in the bran and germ are lost during processing. As a result, it contains less fibre, protein, and certain vitamins and minerals than brown rice. It's also much lower in antioxidants than brown, black, red, or wild varieties.

On the other hand, white rice is often enriched with B vitamins and iron. Therefore, certain varieties of white rice may actually be higher in these micronutrients than brown rice. White rice also has a higher glycaemic index than brown rice, which is a measure of how much a certain food impacts blood sugar levels.

#### **To Conclude**

Insoluble fibre is the bulk-producing fibre that helps avoid constipation. Studies consistently link it to lower risk of type 2 diabetes, although scientists aren't sure of the mechanism. Whole wheat, whole grain rye, quinoa, brown rice and popcorn all provide insoluble fibre. Viscous fibre or soluble fibre, is fibre that forms a gel in the digestive tract, helping to reduce blood cholesterol and possibly to slow the speed at which carbohydrates hit your bloodstream. Fermentable fibre is what health-promoting gut microbes use to produce short-chain fatty acids that are protective in your colon and beyond. Oatmeal, barley and corn are whole grain choices that provide viscous fibre, fermentable fibre or both. Even without fermentable fibre, whole grains may support the gut microbiome since their polyphenol compounds seem to be fermented by these microbes.

## Nutrition: HMHB looks at Minerals

### Today: Boron

**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.

Boron 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.

Boron is not classified as an essential nutrient for humans because research has not yet identified a clear biological function for boron. However, it might have beneficial effects on such functions as reproduction and development, calcium metabolism, bone formation, brain function, insulin and energy substrate metabolism, immunity, and the function of steroid hormones.



Boron does not accumulate in most body tissues, but bone, nails, and hair have higher boron levels than other body tissues, whereas fat has lower levels. Boric acid is the main form of boron in blood, urine, and other body fluids. The lack of substantial changes in blood boron levels in response to large increases in dietary intakes suggests that the body maintains boron homeostasis, likely by increasing urinary excretion, but the regulatory mechanisms for boron homeostasis have not been identified. Boron is excreted mainly in the urine, and small amounts are excreted in the faeces, sweat, breath, and bile.

The main sources of boron in the diets of people are coffee, milk, apples, dried and cooked beans, and potatoes, primarily because people tend to consume large amounts of these foods. Among toddlers, 38% of boron intakes comes from fruits and fruit juices and 19% from milk and cheese. For adolescents, milk and cheese products account for 18%–20% of boron intakes, whereas beverages, especially instant coffee, represent the largest dietary source of boron for adults.

**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.**

A photo of me on my laptop at the YMCA by  
Tottenham Court Road.

Reason posting is that is my new laptop after my  
previous one decided to give up mid August.

I did not appreciate just how much I relied on my  
laptop - and this was one reason there was no health  
pack in September, as I was unable to type for over  
two weeks. The first replacement I got was also faulty.

But this one works fine, hence this issue.



The GBBO returned in September. Normally, I am  
not a fan of reality shows but, maybe because I have  
enjoyed learning to bake over the last few years, this  
is one programme I do like.

I actually look out for recipes I can try out, although I  
do not think I could ever get to the level of some of  
these bakers. Many of their creations are swesome.

I do like baking - as readers of the health packs are  
fully aware, and my group too (my testers!!)

I have been extremely fortunate, with help from a guy called James.  
He is one of the instructors overseeing a special community health  
initiative with the YMCA at Tottenham Court Road.

I was referred there as I need to lose weight for a hernia operation.  
I started well, but then I mucked it up. James kindly restarted me  
on the 16 week course at the start of September, so I have really  
been pushing myself hard. It is a great opportunity, and one I need  
to grab. I know I can do it. :-)



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](http://www.justgiving.com/crowdfunding/hmhb2016)**





## HMHB's Name Game Page:

All of these creatures can be found in the UK.

Some are easier than others. I've tried to be a little obscure.

Answers at bottom of quiz page answers (page 39)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

## NUTRITION: Lazza's Kitchen Adventure

### Toad In The Hole

Lazza has been trying out new recipes for over four years  
Here - one of his favourites so far: Toad In The Hole

“Dishes like toad in the hole appeared in print as early as 1762, where it was described as a "vulgar" name for a "small piece of beef baked in a large pudding". Toad in the hole was originally created as a way to stretch out meat in poor households. Chefs therefore suggested using the cheapest meats in this dish.”



Not a lot of ingredients again

8oz / 225g Plain Flour  
300 ml of Milk  
8 Sausages  
3 Eggs  
Salt and Black Pepper  
Little bit of oil

- Preheat the oven to 200C, and in a roasting tin, add the oil and sausages and cook them until they are browned on all sides (turn occasionally). They don't have to be cooked through.
- For the batter:
- Add the flour to a large bowl, and add the salt and pepper.
- Make a well in the middle and add the three eggs and whisk them slowly into the flour.
- Once combined, add the milk gradually, whisking all the time, so that you have a smooth lump-free mix.
- Cover the batter and rest in fridge for an hour (I just realised I did not do that - it did not matter)
- Now add the batter to the browned sausages and return to the oven.
- Cook for a further 30-35 minutes until the batter is risen and golden brown.
- Bring out and serve.

I found the mixture stuck a bit to the dish, but when left to soak it washed out fine.  
Browning the sausages first was a good idea, as it meant a great taste with the batter.



I had cut mine into four portions (two of which I gave away). It tasted delicious.

As always, I was stunned I had created such a dish!!!

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.



## EXERCISE/FITNESS

### More Walking Benefits. Just get outside.

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.

#### May Help Grow New Brain Cells

Moderately paced walks stimulate the release of a protein called brain-derived neurotrophic factor, or BDNF, that is key to the survival of existing brain neurons and the generation of new ones.

Patrick Smith, associate professor of psychiatry at the University of North Carolina at Chapel Hill says: “Perhaps the most exciting finding is that aerobic forms of exercise (including walking) likely help facilitate the growth of new neurons.”



The brain can build new neural connections and circuits thanks to the development of new neurons, facilitating the learning and retention of new knowledge and abilities. After an injury or damage, the brain has to heal and regenerate, and new neurons help in this process. In some parts of the brain, there are many more glia than neurons, but neurons are the key players in the brain. Neurons are information messengers. They use electrical and chemical signals to send information between different areas of the brain, as well as between the brain, the spinal cord, and the entire body.

#### May Boost Your Creativity

Walking increases the flow of oxygen and nutrients to the brain, which can open the gates to enhanced creativity.

The brain uses “about three times as much oxygen for healthy neuron function as muscles do” and is extremely sensitive to decreases in oxygen levels, according to “Advanced Neuropathy”, a neurofeedback wellness clinic in Needham, Massachusetts, USA.



Creativity is a cognitive skill that is part of problem solving. Studies show that the simple act of getting up from your desk and taking a short walk can trigger ideas. A Stanford University study found “creative output increased 60 per cent when participants were walking” even on a treadmill facing a blank wall. Another terrific excuse to get outdoors and have a walk!!



## **EXERCISE/FITNESS:**

### **More Walking Benefits. Just get outside.**

#### **May Enhance Your Mood**

When you walk, increased blood flow to the brain initiates a “cascade of changes” says Marie Pasinski, M.D., assistant professor of neurology at Harvard Medical School. “A cocktail of feel-good neurotransmitters - serotonin, dopamine, endorphins - is released,” she continued.

#### **Access to Vitamin D**

A large percentage of adults suffer a Vitamin D deficiency. Our bodies manufacture Vitamin D when exposed to sunlight (some people mistakenly believe we actually get it from the sunlight, but that is not the case). When your skin is exposed to sunlight, it makes vitamin D from cholesterol. The sun's ultraviolet B (UVB) rays hit cholesterol in the skin cells, providing the energy for vitamin D synthesis to occur.



This furthers the production of serotonin, a hormone benefiting memory and mood. (I could probably do with more of that after leaving my food shopping on the bus the other day - seriously!). Even on a cloudy day, exposure to light elevates the mood.

Yes, there are Vitamin D supplements, and do chat to your doctor if you feel you would like to take them. However, regular sun exposure is the most natural way to get enough vitamin D. To maintain healthy blood levels, aim to get 10–30 minutes of midday sunlight, several times per week. People with darker skin may need a little more than this.

Your skin's ability to make vitamin D decreases with age, so people over the age of 65 years are especially at risk for vitamin D deficiency. Infants are also at risk of not receiving enough vitamin D. This is especially true for infants who are only fed breast milk, as it contains only a small amount of vitamin D.

It's more difficult for dark-coloured skin to make vitamin D from sunlight than light-coloured skin, so people with darker skin are at a higher risk for vitamin D deficiency.

People who are homebound or rarely go outside (for example, people in nursing homes and other facilities) aren't able to use sun exposure as a source of vitamin D. They are at a higher risk for vitamin D deficiency.

#### **May help reduce Stress**

Did you know, experts say that repeated exposure to stressful situations impairs memory, attention, and cognitive flexibility. Walking in nature has been shown to be particularly effective at reducing stress levels. The impact of being outdoors may have to do with “optic flow” - the perception that objects are moving past us as we walk, which quiets the circuits responsible for stress. Instead, self-generated optic flow - by walking, running, cycling etc. - shifts the brain into a state of relaxation that is not seen when you are stationary.

Scientists have seen walking reduce levels of cortisol (your body's main stress hormone) which surges during fight or flight situations. Elevated cortisol levels may damage cognition and contribute to Alzheimer's disease, according to a 2019 review of studies on “Frontiers in Aging Neuroscience”. However, just a twenty minute walk in nature has been shown to reduce stress. This is why HMHB organises free health walks.

## EXERCISE/FITNESS:

With a Friend: with thanks to my Tuesday exercise group



### ARM RAISES

With thanks to our Angela and Yin, both ladies are in their 80s, and always inspire me, we did some arm raises using some light weight dumbbells - but you can use a can of soup, or even just a clenched fist.

Starting at shoulder level, they lifted the weight up above their head, and then back to shoulder level for 30 seconds. Using dumbbells (or any kind of weight) in your workouts can also help improve your stability and balance. They require that you engage your muscles more fully to maintain proper form, which can help to improve your balance and stability over time.



### WALKING LUNGE

Here are Sheila and Santi doing the walking lunge exercise. Stand up straight with your feet shoulder-width apart. Your hands can stay by the side of your body or on your hips. Step forward with your right leg, putting the weight into your heel. Bend the right knee, lowering down so that it's parallel to the floor in a lunge position. Pause for a beat. Without moving the right leg, move your left foot forward, repeating the same movement on the left leg. Pause as your left leg is parallel to the floor in a lunge position. Repeat this movement, "walking" forward as you lunge, alternating legs. You can hold dumbbells as you walk for extra emphasis.



### BASKETBALLS

Our wonderful Justin and Paul were doing Basketballs. You imagine a ball is at your feet. You squat to pick it up, and then reach upwards with a little jump to imagine throwing it into a basketball net. Keep repeating. Physical activity such as jumping helps to improve blood flow. The improved blood flow results in better oxygen delivery to various body parts such as the brain, muscles, and organs.

This helps reduce tiredness and breathlessness while performing daily activities and improves endurance.

**"Fitness is not about being better than someone else.  
It's about being better than you used to be."**

## EXERCISE/FITNESS:

With a Friend: with thanks to my Tuesday exercise group



### LIFTS

Our fit guys Dez and Rob helped with lifting exercises (I honestly didn't know what else to call this!).

We used these gym equipment pieces, but you can use whatever you wish.

With the object on the floor, we squat down to pick it up, lift to chest, then lift above the head, before lowering again to the floor, letting it go, and standing up. Then repeat. When performed correctly, the squat exercise also boosts your calorie burn, helps prevent injuries, strengthens your core, and improves your balance and posture.

### RUNNING WITH WEIGHTS

Big congratulations to Bev and Dot who performed this task very well.

It's nice and simple. All they were doing was running back and forth in the gym holding a weight in front of them. Sounds easy, but it can build up a sweat (which is good). Running works your legs — quads, hamstrings, and calves — plus your hips and glutes. Your inner thighs, abs, and shoulders help, but the large muscles of your hips and legs do most of the work.

Running positively influences your blood pressure and circulation and significantly reduces your risk of dying from cardiovascular disease, according to experts.



### SQUATS HOLDING WEIGHTS

Well done to Marion and Din. Squats - from a standing position you squat down by moving your bum backwards and lowering your knees (as if sitting down into a chair), then come back up - holding a weight (can be anything) are a great exercise to do.

Leg workouts engage the major muscle groups of your body, which helps to improve overall athletic performance and support healthy movement patterns in your daily life. A strong lower body will also help to prevent injury and manage chronic conditions such as arthritis, heart disease, and diabetes. The muscles in your upper and lower legs work together to help you move, support your body's weight and allow you to have good posture.





## 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.



Yes, that is a beach - and yes, it is Pink. Pink Beach, or Pantai Merah, as it is aptly named, is one of seven pink beaches on the planet, this one located on the Komodo Islands, in the Indonesian Archipelago.

It gets its colour from microscopic animals called Foraminifera, which produces a red pigment on the coral reefs. When the tiny fragments of red coral combine with the white sands, this produces the soft pink colour that is visible along the shoreline.

These drinks, sadly no longer available, were made and sold in Singapore, and when you bought them you did not know what the flavours were going to be until opened.

"Anything" was carbonated and was made in six flavours:

Cola, Cola with Lemon, Apple, Fizz Up,  
Cloudy Lemon and Root Beer.

"Whatever" was non-carbonated and was made in six

flavours as Ice Tea, Ice Lemon Tea, Peach Tea,  
Jasmine Green Tea, White Grape Tea,  
Apple Tea and Chrysanthemum Tea.



Yes, Blue Bananas - in fact Blue Java Bananas.

The Blue Java is a hardy, cold-tolerant banana cultivar known for its sweet aromatic fruit, which is said to have an ice cream-like consistency and flavour reminiscent of vanilla. It is native to Southeast Asia and is a hybrid of two species of banana native to Southeast Asia:

Musa balbisiana and Musa acuminata.

The Big Basket building, in Newark, Ohio, was built as the headquarters of the Longaberger Company, an American manufacturer of handcrafted maple wood baskets and other lifestyle product. The 180,000-square-foot, seven-story basket has a 30,000-square-foot atrium topped with a glass ceiling. The basket's 150-ton handles—which took eighteen months to construct—contain a special heating element to keep ice from forming, and potentially crashing through the roof, in the winter.



## HEALTH / ROUTINE

### Why do I get Cramps in my Legs?

According to the NHS, leg cramps are common, usually harmless, and only last a short time. They can happen at any time, but most people have them at night or when resting.

I have to admit that I get them - more like “restless legs syndrome”. It can happen when sitting down (I think of being in an aeroplane, or at the theatre or cinema) and can be very annoying. But I also get them in bed, and this can mean interrupted sleep.

Normal leg cramps happen when a muscle in the leg tightens and causes a sudden pain that can make it hard to move. The cramps can last from a few seconds to well over ten minutes.

They can affect the:

- calf muscle, below the knee at the back of the leg
- muscles in the feet or the thighs (less often)

After the cramp has stopped, the muscle might feel sore for up to 24 hours.

Normal leg cramps can sometimes be caused by:

- ageing
- putting too much strain on muscles during exercise, which can be worse in hot or humid weather
- pregnancy (usually in the later stage)
- certain medicines – for example, medicine for lowering cholesterol (Statins) or high blood pressure (diuretics)
- not drinking enough fluids (dehydration)
- liver disease because of drinking too much alcohol

The reason for some cramps is unknown

Stretching and massaging the muscle may ease the pain during a cramp, although most cramps go away without you doing anything. Standing up and putting your weight on the leg with the cramp may also help.

Paracetamol or Ibuprofen can help to ease muscle soreness after a cramp, but they will not help when it's happening as they take too long to work. Regular calf-stretching exercises may help to reduce cramps but may not completely stop them from happening.

**Restless Leg Syndrome** is slightly different as it is an overwhelming urge to move your legs. It can also cause an unpleasant crawling or creeping sensation in the feet, calves and thighs. The sensation is often worse in the evening or at night. Occasionally, the arms are affected, too.

Some neurologists (specialists in treating conditions that affect the nervous system) believe the symptoms of restless legs syndrome may have something to do with how the body handles a chemical called dopamine. Dopamine is involved in controlling muscle movement and may be responsible for the involuntary leg movements associated with restless legs syndrome. However, not much is known, but do talk to your local medical practice if you have any concerns.



## HEALTH / ROUTINE

### Why do I Struggle to Remember Things?

It's normal to forget things from time to time, and it's normal to become somewhat more forgetful as you age. But how much forgetfulness is too much? How can you tell whether your memory lapses are normal forgetfulness and within the scope of normal aging or are a symptom of something a little more serious?

Healthy people can experience memory loss or memory distortion at any age. Some of these memory flaws become more pronounced with age but, unless they are extreme and persistent, they are not considered indicators of Dementia or Alzheimer's or other memory-impairing illnesses.

It could be **“Transience”**: This is the tendency to forget facts or events over time. You are most likely to forget information soon after you learn it. However, memory has a use-it-or-lose-it quality: memories that are called up and used frequently are least likely to be forgotten. Although transience might seem like a sign of memory weakness, brain scientists regard it as beneficial because it clears the brain of unused memories, making way for newer, more useful ones.



It could be **“Absentmindedness”**: This type of forgetting occurs when you don't pay close enough attention. You forget where you just put your pen because you didn't focus on where you put it in the first place. You were thinking of something else (or, perhaps, nothing in particular), so your brain didn't encode the information securely. Absentmindedness also involves forgetting to do something at a prescribed time, like taking your medicine or keeping an appointment.

It could be **“Blocking”**: An example of this: Someone asks you a question and the answer is right on the tip of your tongue. You know that you know it, but you just can't think of it. This is perhaps the most familiar example of blocking, the temporary inability to retrieve a memory. In many cases, the barrier is a memory similar to the one you're looking for, and you retrieve the wrong one. This competing memory is so intrusive that you can't think of the memory you want. I know I get this when talking about actors in films, or people who sing certain songs.

If you're concerned about memory loss, seek medical care. There are tests to determine the degree of memory loss and diagnose the cause. A member of your healthcare team is likely to ask you questions. It's good to have a family member or friend along to answer some questions based on observations. Questions can include, amongst others:

- When did your memory symptoms begin?
- What medicines do you take and in what doses? This includes prescriptions, medicines you get without a prescription and dietary supplements.
- Have you recently started a new medicine?
- What tasks do you find hard?
- What have you done to cope with memory loss?
- How much alcohol do you drink?
- Have you recently been in an accident, fallen or injured your head?

Whatever, do not worry. Take things as they come.



## HEALTH / ROUTINE

### Why do I get Bad Breath?

Bad breath, also called halitosis, can be embarrassing and in some cases may even cause anxiety. It's no wonder that supermarkets are full with gum, mints, mouthwashes and other products to fight bad breath. But many of these products are only short-term measures. That's because they don't address the cause of the problem.

Most bad breath starts in your mouth. There are many possible causes, including:

**Food:** The breakdown of food particles in and around your teeth can lead to more bacteria and cause a foul smell. Eating certain foods, such as onions, garlic and spices, also can cause bad breath. After you digest these foods, they enter your bloodstream, are carried to your lungs and affect your breath.

**Tobacco products:** Smoking causes unpleasant mouth smells. Tobacco users also are more likely to have gum disease, which is another source of bad breath. Whatever, please stop smoking if you do!

**Not keeping your mouth and teeth clean:** If you don't brush and floss daily, food particles remain in your mouth, causing bad breath. A colourless, sticky film of bacteria called plaque forms on your teeth. If not brushed away, plaque can irritate your gums. Eventually, it can form plaque-filled pockets between your teeth and gums. The early stage of gum disease is known as "Gingivitis". Late-stage gum disease with bone loss is called "Periodontitis". Your tongue also can trap bacteria that produce odours. Dentures also can collect odour-causing bacteria and food particles, as can fixed or removable oral appliances such as braces that aren't cleaned regularly or don't fit properly.

**Dry mouth:** Saliva helps cleanse your mouth, removing particles that cause bad smells. A condition called dry mouth, or "Xerostomia", can be a part of bad breath because you produce less saliva. Dry mouth naturally occurs during sleep, leading to "morning breath." It gets worse if you sleep with your mouth open. Constant dry mouth can be caused by a problem with the glands that produce saliva and by some diseases.

**Medicines:** Some medicines can lead to bad breath by causing dry mouth. The body breaks down other medicines and releases chemicals that can be carried on your breath.

**Infections in your mouth:** Surgical wounds after mouth surgery, such as tooth removal, as well as tooth decay, gum disease or mouth sores, can cause bad breath.

**Other mouth, nose and throat conditions:** Small stones that form in the tonsils, called tonsil stones or "Tonsilloliths", are covered with bacteria that can cause bad breath. Infections, or constant swelling in the nose, sinuses or throat, can lead to postnasal drip. This is when fluid from your nose runs down the back of your throat. This condition also can cause bad breath.

**Other causes:** Diseases such as some cancers can cause a distinctive breath odour. The same is true for disorders related to the body's process of breaking food down into energy. Constant heartburn, which is a symptom of gastroesophageal reflux disease or "GERD", can lead to bad breath. A foreign body, such as a piece of food lodged in a nostril, can cause bad breath in young children.

**If you have bad breath, try making lifestyle changes, such as brushing your teeth and tongue after eating, using dental floss, and drinking plenty of water.**

**If you still have bad breath after making changes, see your dentist, or local medical practice.**

## HEALTH / ROUTINE

### Why do I get a Stitch when Running?

As people know I am losing weight, and in fact September has been a good month. Made some excellent progress. But I was at the gym the other day running on the treadmill when I got a stitch.

I should say that I have avoided running a lot for the last five to six years. I damaged my knees six years ago and had to wait over two and a half years to have my knee surgeries, which meant I could not run for that time, due to the pain. I put on weight too, which did not help. Recently, I have started running again, just a kilometre to start. I had done 0.8km when I got that stitch, and I wondered why.



Firstly, I was astonished to discover that scientists actually don't know for sure why we get a stitch. Seriously!! Which just goes to show that our bodies are so amazing.

But experts do agree that stitches are harmless, but can be very painful and no end of theories have arisen about causes and cures for them. Among the suggested causes are that a stitch arises due to a lack of blood supply to the diaphragm, shallow breathing, gastrointestinal distress or strain on the ligaments around the stomach and liver.

However, I found this quote online: "The most popular theory is that a stitch is triggered by irritation of the parietal peritoneum, the membrane corset that wraps around your abdominal area. During exercise, your trunk muscles become tired and your back muscles over-engage to compensate, pressing on nerves felt in your abdomen, side or shoulders."

Apparently, consuming large amounts of food or liquid within the two hours before exercise has been linked to some stitch pain. Making sure you've left enough time for food to be digested is essential, but often overlooked.

While dehydration is thought to trigger a stitch in some people, consuming the wrong sort of fluids can also cause it. Experts say you should avoid fruit juice, too. A 2012 study at Manchester Royal Infirmary found that drinking fluids before exercise was associated with side stitches and that fruit juice seemed to cause them most often, while water and sports drinks had less of a negative impact. Some people get a stitch when consuming gels and sports drinks, so finding one that suits you is crucial.

Cramps and stitch affect 39 per cent of marathon and long distance runners, a growing number of whom opt for a less than palatable sounding solution: pickle juice, the liquid found in jars of pickled onions and gherkins. It sounds less than appetising, but studies at Brigham Young University in Utah have shown that a few swigs of pickle juice relieve cramp and a stitch 45 per cent faster than water. Not for me though. I ran the New York Marathon in 2000, and I recall being advised to have a banana or two beforehand as the potassium would help with cramp.

Stretching the affected side or bending forward can help relieve the muscles in the back that are pushing on the nerve that's causing the pain. Slowing down your breathing or adopting a deep and rhythmic breathing pattern has also been found to relieve the pain of a stitch.

## NUTRITION: Lazza's Kitchen Adventure

### Beef Casserole and Dumplings

**Lazza has been trying out new recipes for over four years  
Here - one of his favourites so far: Beef Casserole and Dumplings**

“Dumplings are found all over the world, and made with a multitude of ingredients. Savoury dumplings made from balls of dough are part of traditional UK cuisine. Traditionally made from twice the weight of self-raising flour to suet bound together by cold water to form a dough and seasoned with salt and pepper but can also be made using flour and butter.”



Dice Beef (use the amount you fancy)  
Casserole Mix of Veg (carrots, leeks, peas, onions, garlic, potato, to taste)  
25g butter  
2 tablespoon plain flour  
Balsamic, Worcestershire sauce, salt/pepper  
500 ml Beef Stock  
Tin Chopped Tomatoes  
For Dumplings: 4½oz plain flour; 2½ suet;  
1 teaspoon baking powder, water for mix

1. Heat the oil and butter in a large casserole pot
2. Fry the beef until browned on all sides.
3. Sprinkle over the flour and cook for a further 2-3 minutes.
4. Add the garlic and all the vegetables and fry for 1-2 minutes.
5. Stir in the stock and tomatoes
6. Add the Worcestershire sauce and balsamic vinegar, to taste.
7. Season with salt and freshly ground black pepper.
8. Cover with a lid, and cook for about two hours
9. For the dumplings, sift the flour, baking powder and salt into a bowl.
10. Add the suet and enough water to form a thick dough.
11. With floured hands, roll spoonfuls of the dough into small balls.
12. After 1¾ hours, remove the lid from the stew and place the balls on top of the stew.
13. Cover, and cook for a further 20/25 mins until the dumplings have puffed up and are tender.



**I'd never bought Suet before.  
To be honest, I did not even know what it  
would look like.  
The stew smells delicious.  
Yep - just had my dinner.  
Amazing taste, and the dumplings have  
come out sublime!!! Tasty!!**

**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.**



## 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/](http://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](mailto: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](http://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](mailto: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](http://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](http://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](http://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 OB / GW   | 2 Intrado/Mistra | 3 GDA / EK                 |
| Round Two:   | 1, 18:  | 2, 79:           | 3, 568: 4, 320: 5, 1153:   |
| Round Three: | 1, 1835:  | 2, 1844:         | 3, 1998: 4, 1975. 5, 1509. |
| Round Four:  | End in personal pronouns: them, her, she, we, him, our. |                  |                            |
| Round Five:  | 1 Kosovo:   | 2 Oliver Twist:  | 3 Mongolia: 4 Brighton     |
| Round Six:   | 1 White:  | 2 Red:           | 3 Blue: 4 Yellow: 5: Green |



## Review of Challenges and Targets

### Mind-set:

We have said this many times, but your body, and how you treat it, is your responsibility. You need to take control. It does not mean you are going to do everything right. Sometimes, we all say or do things that we might wonder just why we did that. It's inevitable. We must not allow these incidents to overwhelm us. And there are plenty of things we can do to make sure that does not happen. Again, that's up to you. But the more you destress and take control, the better things will be.



### Nutrition.

Whole grains provide fibre, vitamins, minerals and other nutrients. Whole-grain foods help control of cholesterol levels, weight and blood pressure. These foods also help lower the risk of diabetes, heart disease and other conditions. Grain-free diets may limit nutrient intake, increase your risk of constipation, and be difficult to sustain in the long term.

Yes, some people can be affected negatively, and it is always best to check with your local medical practice if you have concerns.



### Exercise.



We all know we need to exercise - at a moderate level - to help our bodies stay healthy. So why not work out with a friend, or friends, or even join a local group. That is one reason HMHB enjoys our group exercise sessions, as it brings people together, you naturally work harder, you make it fun, and then socialise with a tea/coffee after. Islington is full of free groups, but I am sure if you were to look online, or go and chat with your local community centre, you will find something that suits you.

### Health.

The miracle of life is fully demonstrated in how our bodies work. And I love finding out how things happen, how systems work together, and how our bodies allow us to have life.

In this issue I asked four questions about things that interest me. We will do more of that in future issues, but it is fascinating doing the research and understanding the complex ways that our bodies react to different actions. Ultimately, it is up to us to make sure our bodies can react well. That means giving it the right fuel, with nutrients, keeping it healthy with exercise, and choosing the right options around our physical, mental, and social health.



**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 Animals from Page 24

See if you can beat your family and friends

**Fiction:** The authors of those books, and the year published.

1. 1873: Leo Tolstoy
2. 1831: Victor Hugo
3. 1841: Charles Dickens
4. 1945: George Orwell
5. 1841: Edgar Allen Poe
6. 1890: Oscar Wilde
7. 1837: Hans Christian Andersen
8. 1844: Alexandre Dumas
9. 1957: Boris Pasternak
10. 1940: Ernest Hemingway
11. 1864: Jules Verne
12. 1876: Mark Twain
13. 1811: Jane Austen

**Film:** The actors who played those "Baddie" characters, and the year the original film was released.

1. 1977: Peter Cushing
2. 2001: John Lithgow
3. 1968: Oliver Reed
4. 1982: Ricardo Montalban
5. 1960: Anthony Perkins
6. 1999: Hugo Weaving
7. 1974: Al Pacino
8. 1993: Ralph Fiennes
9. 1994: Dennis Hopper
10. 1994: Jeremy Irons
11. 1984: Robert Englund
12. 1991: Robert Patrick
13. 1980: Jack Nicholson
14. 2007: Javier Bardem
15. 1991: Anthony Hopkins
16. 1992: Danny De Vito
17. 2006: Mads Mikkelsen

**Pop:** The original singers of those songs with an occupation in the title plus year of release.

1. 2000: Robbie Williams
2. 1978: Kenny Rogers
3. 1956: Lonnie Donegan
4. 1969: Dusty Springfield
5. 1975: Glen Campbell
6. 1970: Simon & Garfunkel
7. 1982: IndeeP
8. 1984: Sade
9. 1984: Bob Marley & The Wailers
10. 1961: The Marvelettes
11. 1984: Thompson Twins
12. 1984: Private Dancer
13. 1966: The Beatles
14. 1973: Bob Marley & The Wailers

### Geography:

The largest 20 African Countries by size of population?  
Nigeria, Ethiopia, Egypt, Democratic Republic of Congo, Tanzania, South Africa, Kenya, Sudan  
Uganda, Algeria, Morocco, Angola  
Mozambique, Ghana, Madagascar, Côte d'Ivoire  
Cameroon, Niger, Mali, Burkina Faso

QUIZ  
ANSWERS  
TIONS

**UK Animals:** Did you name them? -  
from Page 24 (how well did you do? Tough wasn't it?)

- |                  |                    |
|------------------|--------------------|
| 1: Mole          | 2: Hedgehog        |
| 3: Stoat         | 4: Hare            |
| 5: Beaver        | 6: Puffin          |
| 7: Pheasant      | 8: Adder           |
| 9: Vole          | 10: Egyptian Goose |
| 11: Shrew        | 12: Otter          |
| 13: Red Squirrel | 14: Barn Owl       |
| 15: Quail        |                    |

### Sport:

The 20 different Summer Olympic  
Country Hosts.

Japan, Brazil, United Kingdom  
China, Greece, Australia  
U.S.A, Spain, South Korea  
Soviet Union, Canada, West Germany  
Mexico, Italy, Finland  
Netherlands, France, Belgium,  
Germany, Sweden

# 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](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/hmhb2016](https://www.gofundme/hmhb2016) (*being updated*)

Check out our JustGiving: [www.justgiving.com/crowdfunding/hmhb2016](https://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](https://www.hmhbmainblog.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.**

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**