

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 20

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st December 2023



www.hmhb2016.org.uk



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

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**“There will be obstacles. There will be doubters.
There will be mistakes.
But with hard work, there are no limits.” – Michael Phelps**

Welcome to Issue 20 of Healthy Minds, Healthy Bods' Monthly Health Packs.

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

We then went monthly.

This is our new venture for 2022/2023.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

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

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

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

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

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



**I was having a look back at some of our photos.
All these are from this year, yes, 2023.
We have delivered across Islington and beyond. We get referrals to us from the NHS and other projects. Lots of outings, social events, terrific exercise sessions, new walks, and astonishing feedback for our courses. HMHB is getting noticed.**

HEALTH NEWS AND RESEARCH PAGE

Does Saturated Fat interfere with our Memories?

Printed in Science Daily. I have copied and pasted.

New research hints at a few ways fatty foods affect cells in the brain, a finding that could help explain the link between a high-fat diet and impaired memory -- especially as we age. The Ohio State University study in cell cultures found the omega-3 fatty acid DHA may help protect the brain from an unhealthy diet's effects by curbing fat-induced inflammation at the cellular source.

Separate experiments using brain tissue from aging mice showed a high-fat diet may lead specific brain cells to overdo cell-signalling management in a way that interferes with the creation of new memories. The same lab found in an earlier study in aging rats that a diet of highly processed ingredients led to a strong inflammatory response in the brain that was accompanied by behavioural signs of memory loss, and that DHA supplementation prevented those problems.

"The cool thing about this paper is that for the first time we're really starting to tease these things apart by cell type," said senior author Ruth Barrientos, an investigator in Ohio State's Institute for Behavioural Medicine Research and associate professor of psychiatry and behavioural health and neuroscience in the College of Medicine. "Our lab and others have often looked at the whole tissue of the hippocampus to observe the brain's memory-related response to a high-fat diet. But we've been curious about which cell types are more or less affected by these saturated fatty acids, and this is our first foray into determining that."

For this work, the researchers focused on microglia, cells in the brain that promote inflammation, and hippocampal neurons, which are important for learning and memory. They used immortalised cells, copies of cells taken from animal tissue that are modified to continuously divide and respond only to lab-based stimulation, meaning their behaviour may not precisely match that of primary cells of the same type.

Researchers exposed these model microglia and neurons to palmitic acid, the most abundant saturated fatty acid in high-fat foods like lard, shortening, meat, and dairy products, to observe how it affected gene activation in the cells as well as functioning of mitochondria, structures inside cells that have a primary metabolic role of generating energy. Results showed the palmitic acid prompted gene expression changes linked to an increase in inflammation in both microglia and neurons, though microglia had a wider range of affected inflammatory genes. Pre-treatment of these cells with a dose of DHA, one of two omega-3 fatty acids in fish and other seafood and available in supplement form, had a strong protective effect against the increased inflammation in both cell types.

"Previous work has shown that DHA is protective in the brain and that palmitic acid has been detrimental to brain cells, but this is the first time we've looked at how DHA can directly protect against the effects of palmitic acid in those microglia, and we see that there is a strong protective effect," said Michael Butler, first author of the study and a research scientist in Barrientos' lab.

When it came to the mitochondria, however, DHA did not prevent the loss of function that followed exposure to palmitic acid. "The protective effects of DHA might, in this context, be restricted to effects on gene expression related to the pro-inflammatory response as opposed to the metabolic deficits that the saturated fat also induced," Butler said.

From here, the researchers plan to expand on findings related to synaptic pruning and mitochondria function, and to see how palmitic acid and DHA effects play out in primary brain cells from young versus aged animals.

HEALTH NEWS AND RESEARCH PAGE: Any Activity is better than Sitting: Even Sleeping.

Replacing sitting with as little as a few minutes of moderate exercise a day tangibly improves heart health, according to new research. The study - run by University College London (UCL), supported by the British Heart Foundation (BHF) and published in the *“European Heart Journal”*, is the first to assess how different movement patterns throughout the 24-hour day are linked to heart health. It is the first evidence to emerge from the international Prospective Physical Activity, Sitting and Sleep (ProPASS) consortium.

Cardiovascular disease, which refers to all diseases of the heart and circulation, is the number one cause of mortality globally. In 2021, it was responsible for one in three deaths (20.5m), with coronary heart disease alone the single biggest killer. Since 1997, the number of people living with cardiovascular disease across the world has doubled and is projected to rise further. In this study, researchers at UCL analysed data from six studies, encompassing 15,246 people from five countries, to see how movement behaviour across the day is associated with heart health, as measured by six common indicators. Each participant used a wearable device on their thigh to measure their activity throughout the 24-hour day and had their heart health measured.



The researchers identified a hierarchy of behaviours that make up a typical 24-hour day, with time spent doing moderate-vigorous activity providing the most benefit to heart health, followed by light activity, standing and sleeping compared with the adverse impact of sedentary behaviour. The team modelled what would happen if an individual changed various amounts of one behaviour for another each day for a week, in order to estimate the effect on heart health for each scenario. When replacing sedentary behaviour, as little as five minutes of moderate-vigorous activity had a noticeable effect on heart health.

For a 54-year-old woman with an average BMI of 26.5, for example, a 30-minute change translated into a 0.64 decrease in BMI, which is a difference of 2.4%. Replacing 30 minutes of daily sitting or lying time with moderate or vigorous exercise could also translate into a 2.5 cm (2.7%) decrease in waist circumference or a 1.33 mmol/mol (3.6%) decrease in glycated haemoglobin. (Glycated haemoglobin is a form of haemoglobin that is chemically linked to a sugar. Most monosaccharides, including glucose, galactose and fructose, spontaneously bond with haemoglobin when present in the bloodstream).

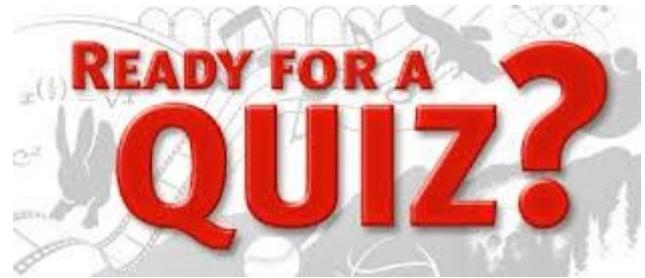
Dr Jo Blodgett, first author of the study from UCL Surgery & Interventional Science and the Institute of Sport, Exercise & Health, said: "The big takeaway from our research is that while small changes to how you move can have a positive effect on heart health, intensity of movement matters. The most beneficial change we observed was replacing sitting with moderate to vigorous activity, which could be a run, a brisk walk, or stair climbing, basically any activity that raises your heart rate and makes you breathe faster, even for a minute or two." The researchers pointed out that although time spent doing vigorous activity was the quickest way to improve heart health, there are ways to benefit for people of all abilities, it's just that the lower the intensity of the activity, the longer the time is required to start having a tangible benefit. Using a standing desk for a few hours a day instead of a sitting desk, for example, is a change over a relatively large amount of time but is also one that could be integrated into a working routine fairly easily as it does not require any time commitment.

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)

The World

Can you name the top twenty cities in Germany by size of population?

It's a toughie – and guaranteed to make you think, if you give it a chance.



Landmarks: Name the city/area and country where these landmarks reside.

1. Brandenburg Gate
2. Forbidden City
3. Uluru
4. Niagara Falls
5. Palace of Holyroodhouse
6. La Sagrada Familia
7. Angel Of The North
8. Mount Fuji
9. Trevi Fountain
10. Parthenon
11. Golden Gate Bridge
12. Christ The Redeemer
13. The Great Sphinx

Film: Name the actor and the year the film was released, where these characters appeared in these films.

1. Martin Riggs in Lethal Weapon
2. Sarah Connor in Terminator
3. Matt Hooper in Jaws
4. Bert in Mary Poppins
5. Danny Zuko in Grease
6. Will Turner in Pirates of the Caribbean
7. Hans Gruber in Die Hard
8. C3PO in Star Wars Episode IV—A New Hope
9. Mrs. Robinson in The Graduate
10. Marion Crane in Psycho (original)
11. Connor MacLeod in Highlander
12. The Wicked Witch of the West in The Wizard of Oz
13. The King of Siam in The King And I
14. Morpheus in The Matrix
15. Agents J & K in Men in Black
16. Alan Grant in Jurassic Park
17. Frederick Treves in The Elephant Man

Music: Name the artists for these songs that were UK Number One Singles in the 1970s.

1. When I Need You
2. Yes Sir, I Can Boogie
3. Do Ya Think I'm Sexy
4. Three Times A Lady
5. Night Fever
6. I'm Not In Love
7. Stand By Your Man
8. Bye Bye Baby
9. Down Down
10. Bright Eyes
11. I Will Survive
12. Cars
13. Under The Moon Of Love
14. When A Child Is Born



UK

According to research, what are the top 15 most popular names for Pubs in the UK.

I am using research by The Morning Advertiser. Other lists may have different names.

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

HMHB Activity: LAZZA is Islington Volunteer of the Year 2023

Oh my word!!! YES!!! That headline is correct. Our Lazza (yep, that's me typing) was voted Islington Volunteer of the Year 2023 - receiving the award at a ceremony at Union Chapel on the 1st November.

What a fabulous photograph. Joining Lazza were many of our HMHB friends who came along to support. Also, there is Islington North MP Jeremy Corbyn who said "nobody deserved it more than you" to Lazza.

Next to Jeremy is Navinder Kaur, the CEO of Voluntary Action Islington. In front is Gary Heather, the Islington Mayor, and Colin Adams, Chair of the Octopus Community Hubs Network. We were also joined by trustees of VAI and others.

I absolutely love this photo. One of my favourite of all time with Healthy Minds, Healthy Bods.



I am so proud and humbled to have won this incredible award. I know a lot of HMHB users nominated me - not that I encouraged that at all (Ed, really????) - and it was down to their wonderful words about me that I was able to get this prize. For me, more than anything, it is about opening doors to more funding, more opportunities, and more networking. I also thank Hilton for their super prize.

It was fabulous to be surrounded by so many of our wonderful HMHB users. We have built quite a family feel to our ever growing network. That is one of the reasons we are so special. I just feel like I have a lot of friends, which is wonderful. HMHB keeps me active, happy, busy, and gives me hope.

We have recently put in a large bid from the Islington Voluntary Community Sector. Astonishingly, we have been turned down, which is extraordinary. We are appealing this at the moment. It's amazing that I can win this award for our exceptional delivery around the borough, but our local Voluntary Sector does not feel we are worth any money. We have been successful in some course funding with Islington Community Chest, and also have got second year funding towards some walk stuff.

I am so thankful to everyone that has supported me and HMHB over the last few years. Jeremy has been wonderful, as have our terrific local Councillors. Voluntary Action Islington have been active in our development, and I could not have done this without organisations believing in us, giving us chances to work with their clients, and then promoting us. I absolutely love HMHB. Long may it continue.

HMHB Activity: Photos from October



We found that the London Postal Museum were having an Open Day, so five of us paid £1 for a fantastic afternoon near to Mount Pleasant.

We had a go on the Underground Railway, dressed up as workers, and learned a lot about the great engineering that was behind the way the postal service moved around the millions of letters for decades.

The usual price is higher, so we got ourselves a great bargain.

We had fabulous trip to the incredible London Coliseum English National Opera to see Iolanthe by Gilbert and Sullivan.

It was the last night and the performance was spectacular. Our group of 20 thoroughly enjoyed themselves. Both the singing and dancing - coupled with some ingenious modern in-jokes - captivated us. A wonderful night with friends.



Our Lazza was away for a couple of weeks in October, and he was also ill, but that did not mean our services stopped at all. A great example of that is our walks.

We now have three walks going - in Clissold Park (Hackney), Highbury Fields (Islington), and a new one in Finsbury Park (Haringey). We get funding to help with these from various sources.

Walking is such a great exercise for mind and body. Group walking especially, and HMHB does it very well. Here are photos from three separate walks during the month. Do come and join us any time. :-)

HMHB Activity: Photos from November



We revisited the Science Museum this month and headed to the interactive “Who Am I?” section that had been closed before. We had a fascinating time playing on the games. There was one that took a photo and then changed the gender of the person. So, here is a picture of our Lazza as a woman - some would say a great improvement on his current style.

We managed to get the keys to the only remaining Elizabethan Church in London. It's the Old Church Stoke Newington, next to Clissold Park, so we built it into our Thursday walk. Fascinating to get the chance. Here we are standing on original flagstones.



We love our Tuesday exercise sessions at Highbury Leisure Centre, and have now started a Saturday morning class at Sobell Centre as well. A great mix of exercises for our diverse group of users, and we always finish with smiles. Do come and join us.



It was our 7th birthday for our Clissold Walk in November, and we were delighted to be joined by Islington Mayor, Gary Heather. We had a wonderful time, and there was a lot of chatter, as well as our normal bird feeding and coffee/tea in Clissold House, who looked after us. Thanks to all who came out to celebrate with us. Hopefully another seven years to come,



We were joined by members of Eagle Recovery Project as we visited Vue Angel to see the fantastic Ridley Scott film - Napoleon. A couple of our group had not been to the cinema for many many years, so it was a delight to be able to give them this opportunity. We enjoyed ourselves immensely.

NUTRITION: Lazza's Kitchen Adventure

Chicken Stroganoff

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever version of Chicken Stroganoff from scratch

Sour cream (sometimes known as soured cream) is a dairy product obtained by fermenting regular cream with certain kinds of lactic acid bacteria.

The bacterial culture, which is introduced either deliberately or naturally, sours and thickens the cream. Its name comes from the production of lactic acid by bacterial fermentation, which is called "Souring".

Ingredients

Olive Oil: Chicken Breasts (cut and diced)
Onion (diced):
Garlic Cloves
1 tablesp. Paprika:
400ml Chicken Stock
4 teasp. Dijon Mustard
200g Sour Cream
Parsley: Basil: Mixed Herbs
2 tablesp. Worcestershire Sauce

Heat oil in a frying pan and fry the chicken pieces over a medium high heat, stirring frequently. until golden brown.

Season and transfer to a plate.

Heat more oil and lower the heat to medium.

Fry the onion for 6-8 mins until softened but not golden, then stir in the garlic and paprika.

Fry for a minute until fragrant, then pour in the stock, and add the Dijon and Worcestershire sauce.

Tip in the seared chicken with any resting juices, and simmer for 5-6 mins until reduced slightly and the chicken is cooked through.

Over a low heat, stir in the soured cream until just combined to create a creamy sauce, and it's just started to simmer.

Scatter over the parsley and serve with rice, mash or pasta, if you like.



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

MIND-SET: How can we build Resilience?

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

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

I recently had to complete a very large funding application - seriously, it was around 19 pages, with a lot of sections, all requesting five hundred words on various subjects. One of those subjects asked how we intended to empower people to be more resilient through our project. It certainly made me think. From our feedback, we clearly do help people become more resilient, but now I had to explain it.

So what is resilience?

I found this definition online, and I really like it. It says:
“Resilience is the ability to adapt to difficult situations. When stress, adversity or trauma strikes, you still experience anger, Grief, and pain, but you're able to keep functioning, both physically and psychologically.”



It's important to note that being resilient requires a skill set that you can work on and grow over time. Building resilience takes commitment, strength, and help from people around you. You'll likely experience setbacks along the way. It depends on personal behaviours and skills (like self-esteem and communication skills), as well as external things (like social support and resources available to you). Being resilient does not mean that people don't experience stress, emotional upheaval, and suffering. Demonstrating resilience includes working through emotional pain and suffering.

People face all kinds of adversity in life. There are personal crises, such as illness, loss of a loved one, abuse, bullying, job loss, and financial instability. There is the shared reality of tragic events in the news, such as terrorist attacks, mass shootings, natural disasters, a global pandemic, and war. People have to learn to cope with and work through very challenging life experiences.

Resilience theory refers to the ideas surrounding how people are affected by and adapt to challenging things like adversity, change, loss, and risk. Resilience theory has been studied across different fields, including psychiatry, human development, and change management.

Resilience theory tells us that resilience isn't a fixed trait: you can grow your capacity to practice resilience. And it's not constant, in that you might demonstrate a lot of resilience when it comes to one challenge you're faced with, but struggle more with being resilient when it comes to another stressor you're up against.

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." Martin Luther King Jr

MIND-SET: Developing Resilience

Flexibility, adaptability, and perseverance can help people tap into their resilience by changing certain thoughts and behaviours. Research clearly shows that when students believe that both intellectual abilities and social attributes can be developed and improved they increase their own resilience, showing a lower stress response to adversity and improved performance.

Experts say resilience involves these five principles:

- Gratitude
- Compassion
- Acceptance
- Meaning
- Forgiveness



Developing resilience is both complex and personal. It involves a combination of inner strengths and outer resources, and there isn't a universal formula for becoming more resilient.

Some of the key factors that contribute to one's personal resilience include:

- The ways someone views and engages with the world
- The availability and quality of social resources
- Specific coping strategies

A combination of factors contributes to building resilience, and there isn't a simple to-do list to work through adversity.

Resilience is also something that you develop over time. In a previous study, factors that were protective for adolescents at risk of depression, such as family cohesion, positive self-appraisals, and good interpersonal relations, also led to more resilience in young adulthood.

Other factors that can help develop resilience include:

Social support: Research shows that one's supportive social systems, which can include immediate or extended family, community, friends, and organisations, foster one's resilience in times of crisis or trauma and support resilience in the individual.

Self-esteem: A positive sense of self and confidence in one's strengths can stave off feelings of helplessness in the face of adversity.

Coping skills: Coping and problem-solving skills help empower a person who has to work through adversity and overcome hardship. Using positive coping skills (like optimism and sharing) can help bolster resilience more than nonproductive coping skills.

Communication skills: Being able to communicate clearly and effectively helps people seek support, mobilise resources, and take action. Those who are able to interact with, show empathy toward, and inspire confidence and trust in others, tend to be more resilient.

Emotional regulation: The capacity to manage potentially overwhelming emotions (or seek assistance to work through them) helps people maintain focus when overcoming a challenge, and has been linked to improved resilience.

EXERCISE/FITNESS: STRETCHING

Neck Stretches - 1

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

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

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

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

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

Let’s just do a few stretches. 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.

SCALENE STRETCH

Do this standing or sitting.

This is a stretch for the muscles along the front of your neck. Start by anchoring the target side’s clavicle (collarbone) down (can use the fingers of both hands) and slowly tilt your head away from the contact point. Hold for 3-5 breaths or up to 30 seconds.



1. Middle Scalene

2. Anterior Scalene

3. Posterior Scalene

Works the Anterior, Middle, and Posterior Scalenes.

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.

NECK ROTATIONS

Neck rotations are an excellent way to keep your neck muscles loose and flexible. To do this exercise, sit or stand in a comfortable position and slowly turn your head to the right. Hold for a few seconds and then turn your head to the left. Repeat this 10 times in each direction.

Neck mobility exercises help strengthen the neck. A stronger, healthier neck can more comfortably bear the weight of the head and shoulders. It can also help relieve pressure from the vertebrae. Always use slow movements though.



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

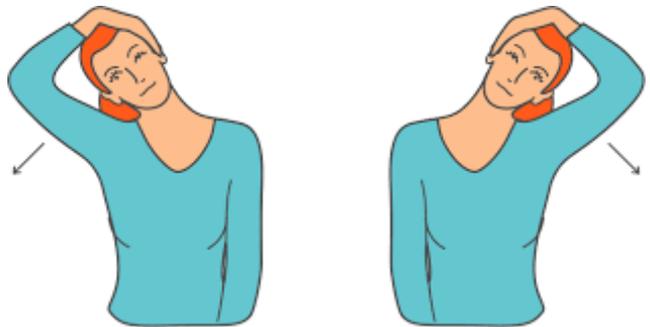
EXERCISE/FITNESS:

Neck Stretches - 2

NECK SIDE FLEXION

Ensuring your nose is pointing forwards, bend your neck as if you were taking your left ear towards your left shoulder, using your hand to gently apply overpressure. If seated, hold on to a chair with opposite hand to make the stretch stronger. You should feel the stretch to your neck on the same side you are holding on to the chair. Repeat to the right. Hold the stretch for 30 seconds. This exercise will help improve mobility to your neck.

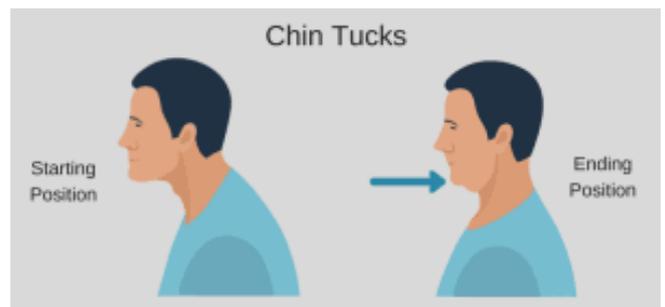
Again, please do movements slowly.



CHIN TUCKS

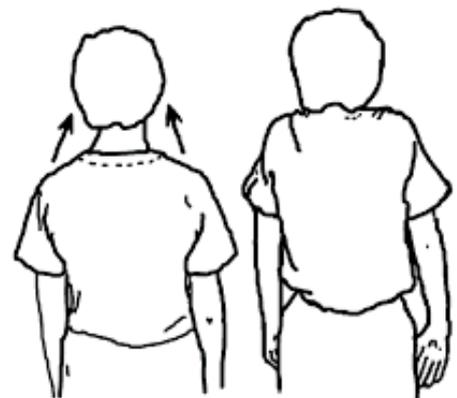
Sit upright and look straight ahead with the ears directly over the shoulders. Place a finger on the chin. Without moving the finger, pull the chin and head straight back until a good stretch is felt at the base of the head and top of the neck. (There should now be some separation between the chin and finger.)

Hold for 5 seconds if possible. Bring the chin forward again to the finger. Repeat for a total of 10 times, or as tolerated. Chin tucks can help improve the neck's strength, flexibility, and function



SHOULDER SHRUGS

Start with your feet flat on the floor, in a standing position. Your feet should be shoulder-width apart. With your arms at your sides, turn your palms to face each other. If you're doing the exercise with weights, bend down and grab them now. Bend your knees slightly so that they line up with (not past) your toes. Keep your chin up, facing straight ahead, and your neck straight. While you inhale, bring your shoulders as high up toward your ears as you can. Do the movement slowly so that you feel the resistance of your muscles. Lower your shoulders back down and breathe out before repeating the movement.



**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:

Why Resilience is Important.

Resilience is what gives people the emotional strength to cope with trauma, adversity, and hardship. Resilient people utilise their resources, strengths, and skills to overcome challenges and work through setbacks.

People who lack resilience are more likely to feel overwhelmed or helpless and rely on unhealthy coping strategies (such as avoidance, substance abuse, isolation, and self-medication).

A study in the May 2022 “International Journal of Environmental Research and Public Health” suggested that people with resilience, coping capabilities, and emotional intelligence are more likely to have better overall well-being than those with lower resilience, and better life satisfaction.

A Study in the February 2022 “Psychology, Health & Medicine” that surveyed 1,032 college students showed that emotional resilience was linked to reduced stress and a more positive life satisfaction overall during the early stages of the Covid 19 pandemic.

One Study showed that people who had attempted suicide had significantly lower resilience scale scores than people who had never attempted suicide. Resilient people do experience stress, setbacks, and difficult emotions, but they tap into their strengths and seek help from support systems to overcome challenges and work through problems. Resilience empowers them to accept and adapt to a situation and move forward.

Something called the 7Cs was developed to help people build the skills required for resilience. They are:

1. **Competence:** This is the ability to know how to handle situations effectively. To build competence, individuals develop a set of skills to help them trust their judgments and make responsible choices.
2. **Confidence:** True self-confidence is rooted in competence. Individuals gain confidence by demonstrating competence in real-life situations.
3. **Connection:** Close ties to family, friends, and community provide a sense of security and belonging.
4. **Character:** Individuals need a fundamental sense of right and wrong to make responsible choices, contribute to society, and experience self-worth.
5. **Contribution:** Having a sense of purpose is a powerful motivator. Contributing to one’s community reinforces positive reciprocal relationships.
6. **Coping:** When people learn to cope with stress effectively, they are better prepared to handle adversity and setbacks.
7. **Control:** Developing an understanding of internal control helps individuals act as problem-solvers instead of victims of circumstance. When individuals learn that they can control the outcomes of their decisions, they are more likely to view themselves as capable and confident.

The 7 Cs of resilience illustrate the interplay between personal strengths and outside resources, regardless of age.

**“Do not go where the path may lead,
go instead where there is no path and leave a trail.”
Ralph Waldo Emerson**



MIND-SET:

You can be more Resilient if you try.

The word resilience is often used on its own to represent overall adaptability and coping, but it can be broken down into categories or types:

- Psychological resilience
- Emotional resilience
- Physical resilience
- Community resilience

What Is Psychological Resilience?

Experts define psychological resilience as the ability to mentally cope with, or adapt to, uncertainty, challenges, and adversity. It is sometimes referred to as “mental fortitude.”



People who exhibit psychological resilience develop coping strategies and skills that enable them to remain calm and focused during a crisis and move on without long-term negative consequences, including distress and anxiety.

What Is Emotional Resilience?

How people cope emotionally with stress and adversity varies from person to person, according to the Children’s Society. Some people are, by nature, more or less sensitive to change. A situation can trigger a flood of emotions in some people and not in others.

Emotionally resilient people understand what they are feeling and why. They tap into realistic optimism, even when dealing with a crisis, and are proactive in using both internal and external resources to get through. They are able to manage external stressors and their own emotions in a healthy, positive way.

What Is Physical Resilience?

Physical resilience refers to the body’s ability to adapt to challenges, maintain stamina and strength, and recover quickly and efficiently. It’s a person’s ability to function and recover when faced with illness, accidents, or other physical demands.

Research shows that physical resilience plays an important role in healthy aging, as people encounter medical issues and physical stressors. Healthy lifestyle choices, connections with friends and neighbours, deep breathing, time well spent to rest and recover, and engagement in enjoyable activities all play a role in physical resilience.

What Is Community Resilience?

Community resilience refers to the ability of groups of people to respond to and recover from adverse situations, such as natural disasters, acts of violence, economic hardship, and other challenges to the group as a whole.

Real-life examples of community resilience include bombings, terrorist activity, accidents that involve multiple people, and even murders.

NUTRITION: Lazza's Kitchen Adventure

Raspberry and Custard Cake

A Brand NEW Recipe from Lazza's Kitchen.

Lazza made his ever version of Raspberry and Custard Cake from scratch

Ingredients

250g Unsalted Softened Butter
250g Golden Caster Sugar
250g Instant Custard (you can make if fancy)
300g Self Raising Flour
4 Large Eggs
50g Ground Almonds
250g Raspberries (I used a little more)
Flaked Almonds
½ teaspoon Baking Powder
Vanilla Extract

Raspberry derives its name from "*raspise*", "a sweet rose-coloured wine" (mid-15th century), from the Anglo-Latin "*vinum raspeys*", or from "*raspoie*", meaning "thicket", of Germanic origin.

The name may have been influenced by its appearance as having a rough surface, related to the Old English *rasp* or "rough berry".

World production of raspberries in 2020 was 895,771 tonnes, led by Russia with 20% of the total.

Heat the oven to 180C/fan 160C/gas 4 and butter and line a 20 x 30cm tin.

Reserve 100g of the custard.

Put the rest in a big bowl with the butter and sugar, and beat with an electric whisk until pale and fluffy.

Beat in the eggs one by one, followed by the vanilla, then fold through the flour, ground almonds and baking powder.

Spoon the batter into the tin, leaving it rough on top.

Scatter over the raspberries, dot over dollops of the reserved custard and scatter with the flaked almonds.

Bake for 30-35 minutes or until a skewer poked into the middle of the sponge comes out clean.

Cool, then cut into chunks, dusting with a little icing sugar to serve.



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

Why not try out some new recipes and foods yourself?

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

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

HMHB'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?

NOT a child of Queen Victoria	NOT born in Germany	Cars made by Ford
Alfred	Bruce Willis	Ford Probe
Henry	Adolf Hitler	Ford Panther
Arthur	Boris Becker	Ford Chorus
George	Joseph Haydn	Ford Edge

ROUND TWO: Give Me a Number

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

How many Oscar nominations has Meryl Streep had?

How many fathoms in a mile?

According to Nestle, what is the average number of Cheerios in a 340g box?

What is the record in inches of the tallest Sunflower ever grown?

In Dollars, what did Daniel Craig earn for his first Bond film, Casino Royale?

ROUND THREE: When Did That Happen

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

The first episode of Fawlty Towers is shown.

The year that Napoleon was born.

The year that Caligula became Emperor of Rome.

The first Tintin book (Tintin in the Land of the Soviets) is published.

The year West Side Story began its first Broadway shows.



ROUND FOUR: What specifically links these things? CLUE: LIFE

George Harrison: Bjork: Gordon Ramsey: Madonna: Bob Marley: Andy Warhol.

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

1. Most UK Number One Singles: ABBA, Madonna, Take That, Westlife
2. Most England Caps: S Gerrard, F Lampard, B Moore, M Owen
3. Scottish City Highest Population: Dunfermline, Inverness, Livingston, Stirling
4. No1 in 2001: Elton John, Five, Sugababes, Will Young,

ROUND SIX: Which Country is it?

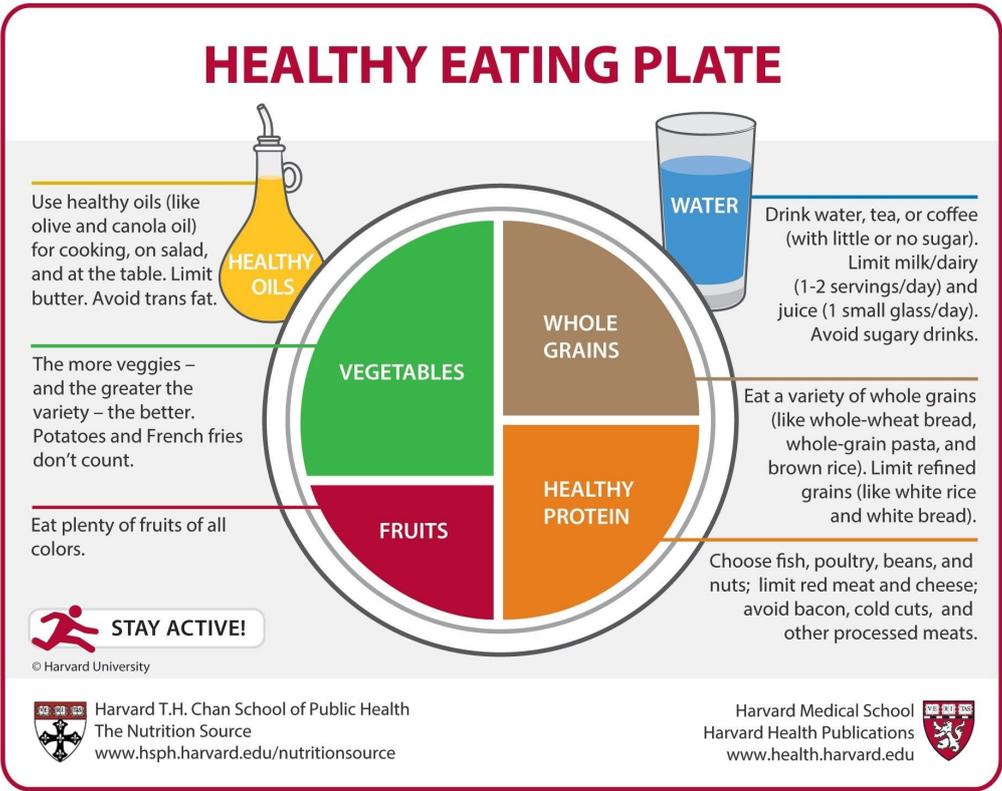
1. The country with the most lakes.
2. The country with the first female president.
3. Has more Blue Flag Beaches than any other country.
4. The country has the world's longest Golf course.
5. This was the first country to mine for Diamonds.



NUTRITION: The Healthy Eating Plate

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.



The main message of the Healthy Eating Plate is to focus on diet quality:

The type of carbohydrate in the diet is more important than the amount of carbohydrate in the diet, because some sources of carbohydrate - like vegetables (other than potatoes), fruits, whole grains, and beans - are healthier than others.

The Healthy Eating Plate also advises consumers to avoid sugary beverages, a major source of calories - usually with little nutritional value - in your diet.

The Healthy Eating Plate encourages consumers to use healthy oils, and it does not set a maximum on the percentage of calories people should get each day from healthy sources of fat. In this way, the Healthy Eating Plate recommends the opposite of the low-fat message promoted for decades.

“Healthy eating is a way of life, so it’s important to establish routines that are simple, realistically, and ultimately liveable.”

NUTRITION:

Healthy Eating for a Healthy Weight

An eating plan that helps promote health and manage your weight includes a variety of healthy foods. Add an array of colours to your plate and think of it as eating the rainbow. Dark, leafy greens, oranges, and tomatoes—even fresh herbs—are loaded with vitamins, fibre, and minerals. Adding frozen peppers, broccoli, or onions to stews and omelettes gives them a quick and convenient boost of colour and nutrients.

According to the experts and nutritionists, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes a variety of protein foods such as seafood, lean meats and poultry, eggs, legumes (beans and peas), soy products, nuts, and seeds.
- Is low in added sugars, sodium, saturated fats, trans fats, and cholesterol.
- Stays within your daily calorie needs.



Fruit

Fresh, frozen, or canned fruits are great choices.

Try fruits beyond apples and bananas such as mango,

pineapple or kiwi fruit. When fresh fruit is not in season, try a frozen, canned, or dried variety.

Be aware that dried and canned fruit may contain added sugars or syrups.

Choose canned varieties of fruit packed in water or in its own juice.

Vegetables

Add variety to grilled or steamed vegetables with an herb such as rosemary.

You can also sauté (panfry) vegetables in a non-stick pan with a small amount of cooking spray. Or try frozen or canned vegetables for a quick side dish—just microwave and serve. Look for canned vegetables without added salt, butter, or cream sauces. For variety, try a new vegetable each week.

Calcium-rich foods

In addition to fat-free and low-fat milk, consider low-fat and fat-free yogurts without added sugars.

These come in a variety of flavours and can be a great dessert substitute.

Comfort Foods

You can still enjoy your favourite foods, even if they are high in calories, fat or added sugars.

The key is eating them only once in a while. Some general tips for comfort foods:

- Eat them less often. If you normally eat these foods every day, cut back to once a week or once a month.
- Eat smaller amounts. If your favourite higher-calorie food is a chocolate bar, have a smaller size or only half a bar.
- Try a lower-calorie version. Use lower-calorie ingredients or prepare food differently. For example, if your macaroni and cheese recipe includes whole milk, butter, and full-fat cheese, try remaking it with non-fat milk, less butter, low-fat cheese, fresh spinach and tomatoes. Remember to not increase your portion size.

**“It Is Health That Is Real Wealth
And Not Pieces Of Gold And Silver.” – Mahatma Gandhi**

NUTRITION:

Foods to try and eat every day

Berries

All berries are a great source of fibre. Fibre helps keep your digestive system healthy and working properly, keeps you feeling full, and it's good for your heart. All berries are good for you, so be sure to mix it up. In the winter, when berries aren't in season, grab frozen berries (without sweeteners) and use them in smoothies, porridge, or even thawed in yogurt. Raspberries boast the most fibre and also contain ellagic acid, a compound with anti-cancer properties. The same amount of blueberries has half the fibre, but is packed with anthocyanins, antioxidants that may help keep memory sharp as you age. A cup of strawberries contains 3 grams of fibre, but more than a full day's recommended dose of skin-firming vitamin C.

Do some research, mix it up, and enjoy.



Eggs

A source of high quality protein, eggs might give your meal more staying power. One egg has about 70 calories and 6 grams of protein. Plus, egg yolks contain lutein and zeaxanthin—two antioxidants that help keep eyes healthy. In fact, research published in 2019 links lutein and zeaxanthin with reduced risk for age-related macular degeneration, a leading cause of blindness in people over 65.

Lutein may also help shield your skin from UV damage.

Sweet Potatoes

They are so brilliantly orange thanks to their alpha and beta carotene. The body converts these compounds into the active form of vitamin A, which helps keep your eyes, bones and immune system healthy. These phytochemicals also operate as antioxidants, sweeping up disease-promoting free radicals. One medium sweet potato provides nearly four times the recommended daily value of vitamin A, plus some vitamin C and B6, potassium, manganese, lutein and zeaxanthin.



Broccoli

This green powerhouse packs vitamins A, C and K (which helps with bone health), as well as folate. There is another reason broccoli frequently earns a top spot on "superfoods" lists: it delivers a healthy dose of sulforaphane, a type of isothiocyanate that is thought to thwart cancer by helping to stimulate the body's detoxifying enzymes.

Oats

Oats are a breakfast staple and quite the superfood. Eating more oats is an easy way to up your fibre intake and makes for a filling breakfast. Plus, oats are a whole grain and plain oats don't have any added sugar. For a superfood meal or snack, start with plain oats and turn them into things like blueberry oat cakes, homemade granola to enjoy with fruit and yogurt or DIY energy bites with peanut butter.



Nutrition: HMHB looks at Minerals

Today: Potassium

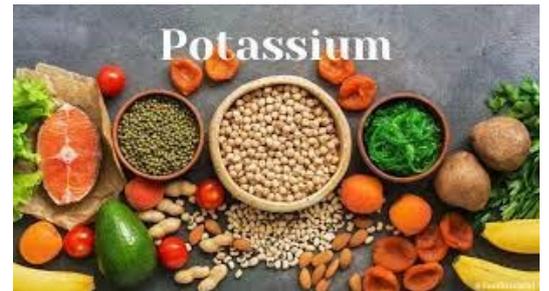
**On this page, we will take a brief look at Minerals.
Why we use them, what they do for us, etc.**

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.

Potassium is a Macromineral.

Did you know, every heartbeat, contraction and muscle impulse relies on potassium. The third most-abundant mineral in the human body, potassium is an electrolyte, regulating fluid balance by transferring nutrients and waste in and out of cells.



Potassium can blunt the effects of dietary sodium and help lower high blood pressure. Reducing hypertension in turn reduces risk of associated diseases such as heart disease, stroke and kidney disease.

In fact, experts have said:

“Diets containing foods that are a good source of potassium and low in sodium may reduce the risk of high blood pressure and stroke.”

Research shows potassium also may play a role in decreasing bone loss and reducing risk of kidney stones.

The Dietary Reference Intakes for potassium are under review by a scientific expert panel because of potassium’s perceived impact on chronic disease. The current agreed daily dietary consumption amounts are said to maintain lower blood pressure, reduce risk of kidney stones and possibly minimise bone loss. Excess physical activity, sweating and diarrhoea can increase demands for potassium.

Potatoes, beans and many fruits and vegetables contain potassium. While milk and bananas contain some potassium, neither is considered a good source, contrary to popular belief. However, I do recall when I ran the New York Marathon in 2000, I was advised to eat a banana before the race as the potassium would help with cramp.

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

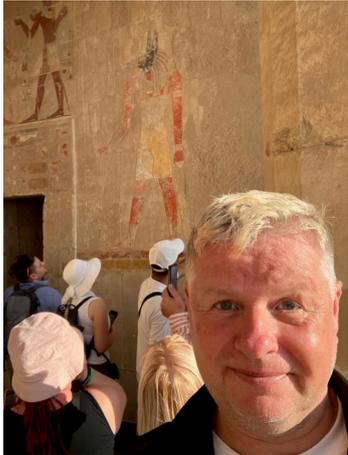
Recommendations, News, Life!!!

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.

Three T-Shirts - I thought I would try to see about getting some HMHB shirts printed.
 Three designs: The white one is for the HMHB logo itself. Our colours are based around sunrise and a new day - that is why there are reds, yellows, oranges etc.
 The yellow shirt has our Izzwalkz logo on it, and I like the colour a lot.
 The orange one is for our Ajani course - based around mindset, nutrition, exercise, and health - which is why this health pack has those pages.

I managed to find a place that produced them, with our logo, for around £10 each, which is not bad at all, especially compared to some sites out there.

I may look to sell a few through our website, or by advertising around. I am not sure yet. Just getting a reaction from different people towards them.



Due to my advancing age, I was able to take money from my pension this year, and I treated myself to a holiday I had wanted to do for many years, a trip down the Nile.
 I feel so lucky to have had this opportunity. It was truly spectacular. We had an incredible guide from the boat who took us around quite a few astonishing temples, and we also visited the Valley of the Kings and Abu Simbel.
 The history is so interesting, and learning about the hieroglyphics and statues was wonderful.
 Yes, that is me holding a crocodile in the bottom picture. We were visiting a Nubian village close to Aswan on that day - I am not sure what the crocodile is thinking but he does look quite bored of it all.
 The quality of the carvings, the colours (which are the original colours from 3000 years ago) and the fascinating stories, told me that the cost of the holiday was totally worthwhile.
 I never thought I would ever get the chance - but it was not as expensive as you may think. If you look around for deals it is something I recommend.



HMHB's Name Game Page:

Can you name these 1990s Films?

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

Mexican Beef Mince

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Mexican Beef Mince from scratch**

Tomato paste is a concentrated form of cooked tomatoes, where tomatoes are cooked, strained and recooked until most of the liquid has evaporated and the tomatoes reach a thick, pasty texture similar to toothpaste. Because tomato paste is cooked for a longer period of time, it has a deep red hue and sweet flavour thanks to the natural sugars present in the tomatoes. Like tomato puree, store-bought tomato paste may contain added acid and salt.

Ingredients

Red onion sliced: Garlic to taste
2 teasp Paprika. + Cumin, Oregano,
500g Beef Mince
Tomato Paste and Garlic Puree
Peppers - diced: Mushrooms - sliced
Sour Cream
Grated Cheese
Salt and Pepper to Season - plus around 300ml
beef stock.
250g Wild brown rice

Heat some oil in large frying pan over medium-high heat.
Add red onion. Cook, stirring occasionally, for 5 minutes or until starting to brown. Add garlic, paprika, oregano, and cumin. Stir 30 seconds.
Add beef mince.

Cook, breaking up mince with a wooden spoon for 6 to 8 minutes or until browned.

Add peppers, mushrooms, stock, tomato paste and garlic puree, and maybe some water if you feel it needs more liquid. Give a good stir, and leave to reduce on a medium heat, stirring occasionally to keep an eye on it.

Let a lot of liquid become absorbed before adding some sour cream (maybe some avocado if you want).

When ready put into bowls and top with some grated cheese. You can add chilli, but I prefer mine without.



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

EXERCISE/FITNESS

Why do we find it hard to exercise sometimes?

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, 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.

Imagine you've set your alarm to sound for an early-morning run before work. But when it goes off at six o'clock, the embrace of your warm, cosy bed is too enticing and you never make it out the door. Or perhaps you've packed exercise clothes with plans to hit the gym after work. But then the allure of happy hour, or even your couch, persuades you to skip it.



Even those with the best of intentions often struggle to motivate themselves to workout. There's almost always a powerful temptation to do something, or anything, else. This can feel like a personal failing, as though the decision not to exercise was a sign of weak character, or at least willpower. But you can stop berating yourself now. You may just be giving in to humans' evolutionary instinct to be lazy. At least that's the theory of one Harvard professor who believes our ancestors exerted so much energy hunting and gathering that they sought rest whenever they could. We are predisposed to want to conserve energy.

Daniel Lieberman, an expert in human evolutionary biology, posed in a 2015 paper, "Is Exercise Really Medicine? An Evolutionary Perspective," that it's not our natural inclination to exercise for health alone. "It is natural and normal to be physically lazy," he writes. "... I predict that hunter-gatherers in the Kalahari or the Amazon are just as likely as us to instinctually avoid unnecessary exertion. Although a small percentage of people today exercise as a form of medicine, doing their prescribed dose, the vast majority of people today behave just as their ancestors by exercising only when it is fun (as a form of play) or when necessary."

Lieberman explains that our ancestors struggled to amass enough food to make up for the calories they burned tracking down that food. So they needed to conserve their energy when they could. Most modern humans who do exercise don't need to worry about whether after a hard workout they will be able to make up for the calorie deficit.

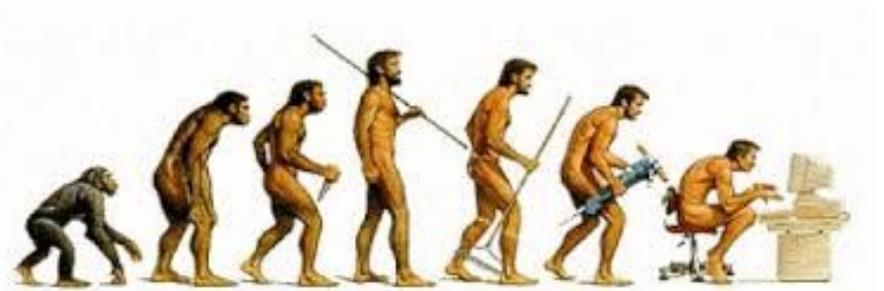
"Our instincts are always to save energy. For most of human evolution that didn't matter because if you wanted to put dinner on the table you had to work really hard," Lieberman said in an interview. "It's only recently, we have machines and technology to make our lives easier. We've inherited these ancient instincts, but we've created this dream world and the result is inactivity."

EXERCISE/FITNESS:

More on why exercise can be hard.

We are fundamentally lazy. Think of escalators at the underground. When they are positioned near stairs, most people will choose the escalator, as we get to the same destination without having to put in the effort of walking. This is often true for lifts in buildings as well. And how about when people drive around a car park at the supermarket several times looking for the closest spot rather than park farther away and have to walk the relatively short distance.

Bradley Cardinal, a professor at Oregon State University with an expertise in psychosocial and sociocultural aspects of health and physical activity, isn't entirely convinced that humans' reluctance to move is all biological, although he said he is intrigued by Lieberman's theory.



"I'm still trying to decide if it's learned or biological," he said. "These classic questions of nature and nurture, when I think about that, well, we have a lot of competing things in our environment that make it so hard to move."

Cardinal believes there are factors from childhood that may determine how active you are later in life. In a 2013 study, he found that people who had a negative experience with physical activity when they were younger, such as being picked last for a team, tended to exercise less than those who didn't have that experience.

Still, Cardinal, as well as Lieberman, think this idea that our penchant for rest is an evolutionary trait humans must fight continually may actually improve people's relationships with exercise. There is so much self and societal shame associated with not working out, that going to the gym, or for a run, can often feel like a chore. If they can stop berating themselves and accept that wanting to skip a workout is a completely normal human response, they might begin to untangle the negative associations with exercise.

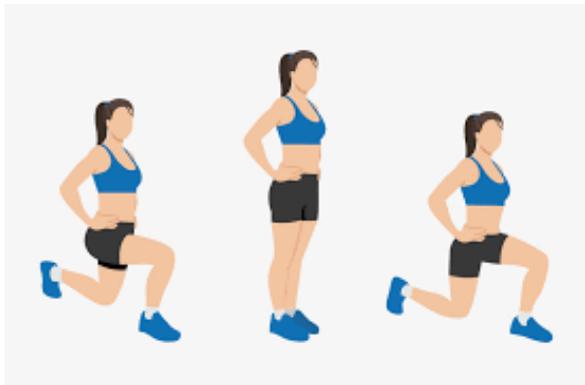
"People are often made to feel bad for not exercising and I think that's just as pernicious and wrong and irresponsible as shaming people for being overweight," Lieberman said. "It's not our fault that we are physically inactive, we live in a world that encourages that. They shouldn't be made to feel bad. We need help and we've created a world where we don't have to do it anymore."

Educating people on the health benefits of exercise and movement is not enough to override this basic instinct, he said. There needs to be a cultural and environmental shift in how our physical activity is prioritised in schools, work and society in general. There need to be incentives to move. And although we're not going to return to chasing our dinner, there might be monetary incentives through health insurance, for example, that could encourage people off the couch, he said. He is also an advocate for making physical education a required course in colleges and universities.

**Whatever you do, you must make time to get a suitable amount of exercise in every week.
Your body needs movement and flexibility. It needs you to provide it.
Sedentary lifestyles are starting to affect our overall health.**

EXERCISE/FITNESS:

Three exercises to get you moving



Walking Lunge

Stand up straight with your feet shoulder-width apart. 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. Walking lunges strengthen the leg muscles as well as the core, hips, and glutes.



Jump Squats

Stand with feet shoulder width and knees slightly bent. Bend your knees and descend to a full squat position. Engage through the quads, glutes, and hamstrings and propel the body up and off the floor, extending through the legs. With the legs fully extended, the feet will be a few inches (or more) off the floor. Descend and control your landing by going through your foot (toes, ball, arches, heel) and descend into the squat again for another explosive jump. Upon landing immediately repeat the next jump. This exercise uses your lower body muscles as well as your core: abdominals, glutes, hamstrings, and lower back.



High Knees

Stand tall with your feet about hip-to-shoulder-width apart and your arms at your sides. Begin by bringing your right knee toward your chest, slightly above waist level. Simultaneously, move your left hand up in a pumping motion. Quickly lower your right leg and left hand. Repeat with your left leg and right hand. Alternate your right and left leg for the desired time.

High knees might seem like a simple exercise to perform, but a few sets of this high energy move gets your heart pumping, activates your lower body and core muscles, and leads to a quick sweat.

EXERCISE/FITNESS:

Three more “Mat” moves to improve your fitness



Walk Outs

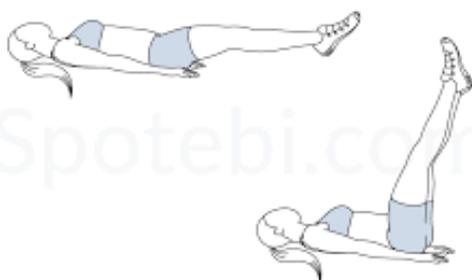
Place your feet flat on the floor, your hands close to your feet, and you'll feel your hamstrings stretch. That's the first part of the move.

Next, walk your hands away from your legs, keeping your legs straight as you move forward, until you're in a high plank position. Then walk your hands back towards your feet.

Walkouts will get the blood flowing to and stretch out your hamstrings, calves, glutes and lower back. It'll also fire up the upper body when you hit the high plank in the middle of the move.

Leg Raises

To begin this exercise, lie supine (flat on your back) and extend the legs. Extend your arms and place them by the sides of the body, then lightly press the hands into the ground. Exhale, then lift the legs upwards until you reach a point where you feel as though the lower back is going to “peel” off of the ground. Once you reach this point before the lower back feels as though it's going to lose contact with the ground, stop, and begin the lowering pattern. Leg raises work muscle groups throughout your whole body, including the rectus abdominis, hip flexor muscles, hamstrings, and lower back muscles.



Skipping

I know - this sounds so easy, but is also so effective. You do not need a jump rope. Just imagine one in your hands as you jump on the spot. If you have trouble jumping you can always step, but try and keep a good rhythm.

Skipping is a fantastic method for training power, speed and endurance, with key benefits for ankle, pelvic and knee stability.. One of the biggest skipping benefits is that it's a total-body workout, incorporating your arms and shoulders as much as it does your legs. It also gives poor posture a helping hand by encouraging you to pull your shoulders back and out of the hunched posture in which you probably spend most of your day.

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.



Though our Sun is an average-sized star, it is the largest object in our Solar System. Our Sun accounts for 99.8% of our Solar System's mass, so the mass of all the planets combined makes up just 0.2% of our Solar System. The Sun's diameter is 1,392,000 km (864,000 miles), and Earth's is 12,742 km (7,917 miles), so Earth could line up 109 times across the face of the Sun. One million Earths could fit inside the Sun

That is a Tardigrade - and they are astonishing.

Tardigrades belong to an elite category of animals known as "extremophiles", or critters that can survive environments that most others can't. For instance, tardigrades can go up to 30 years without food or water. They can also live at temperatures as cold as absolute zero or above boiling, at pressures six times that of the ocean's deepest trenches, and even in the vacuum of space.

They are microscopic eight-legged animals and would likely survive the apocalypse.



You did read that right. That is interesting. Yes, your left and right lungs are not the same size. In fact, your left lung is smaller than your right. The right lung is larger and weighs more than the left lung. Since your heart tilts to the left, the left lung is smaller than the right and has an indentation called the cardiac impression to accommodate the heart. However, your right lung is shorter, because the liver sits high, tucked under the rib-case.

The Olympics were revived in Athens in 1896, but women didn't compete until the 1900 Olympics in Paris. The co-founder of the Olympics, Pierre de Coubertin, said that women competing in the games would be "impractical, uninteresting, unesthetic, and incorrect." Seriously!!!! The slightly more progressive 1900 Paris Olympics allowed women to compete in just five events (tennis, sailing, croquet, equestrian, and golf), but female competitors comprised only 2.2% of the 997 athletes competing.



HEALTH / ROUTINE

Healthy Heart. What do Cardiologists say? 1

I do have slightly high blood pressure - I am on one pill a day, and making changes to weight etc, as well as taking a pill for higher than normal cholesterol. All this can affect my heart health, so I decided to have a look at what the experts say.

Your heart is the muscle at the centre of your circulation system. It pumps blood around your body as your heart beats. This blood sends oxygen and nutrients to all parts of your body, and carries away unwanted carbon dioxide and waste products. Its vital we look after it. Your heart beats around 100,000 times a day, but we tend not to worry about their maintenance unless there is a problem. What should we know about how to keep this vital organ pumping?

Exercise

If you put exercise into a pill, it would probably be better than anything a doctor could give you to improve heart health. The NHS recommends a minimum of 150 minutes a week of moderately intense activity, such as brisk walking “that gets you a bit breathless”, or 75 minutes of higher intensity exercise, such as running or cycling. If you think back to ancient times, we didn't have cars, we walked everywhere and did manual labour. All the body processes are designed to be active.



Obviously, If you have done no exercise in the past, you need to build it up. Older people have more cardiac problems when they are exercising. If you are over 40, you need to have a feel for your own risk factors. For example, if you smoke or have a family history of coronary disease that can lead to ongoing issues. You should try and have regular health checks, which are offered free by the NHS every five years for people aged between 40 and 74, and include monitoring blood pressure, cholesterol level and diabetes risk. Your local medical practice can assist you.

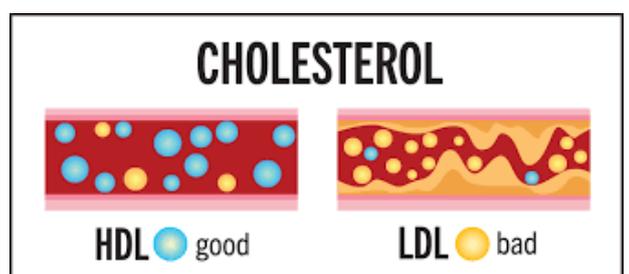
Generally speaking, you can't do too much exercise. Maybe if you're doing really intense stuff like ultramarathons there is some evidence that you can cause some heart damage but this probably reverses after three or four days. What is more concerning, is people overexerting themselves without being aware of underlying coronary disease. This can be a reason why otherwise healthy people collapse during marathons, or middle-aged men out cycling have heart attacks.

Get out more. Join a local exercise group. Walk with friends. Be more active. Your heart will appreciate it.

Cholesterol

Cholesterol is a type of fat in our bloodstream that is made in the liver and is also found in the food that we eat. Having too much can lead to furring up of the arteries, particularly the heart arteries and the vessels that supply the brain. This can lead to problems such as heart disease and stroke.

The cholesterol-laden plaque that builds up in the heart arteries can reduce blood flow to the heart causing chest pain and angina but it can also cause sudden blockage of the arteries, causing a heart attack.



HEALTH / ROUTINE

Healthy Heart. What do Cardiologists say? 2

Diet

Many experts recommend a Mediterranean-style diet. Fruit, vegetables, nuts and pulses are good for blood vessels and good for the heart. Swap white bread, rice, and pasta out for wholegrain versions because they contain a lot more fibre. They are more filling and they are digested more slowly. Protein is really important and helps the body to grow and repair. Oily fish is really good for reducing bad cholesterol, inflammation, and lowering blood pressure.

What about unhealthy foods? There is a lot of evidence to suggest that items like deep-fried Mars bars are not so good for the heart. Most food experts say we should try to cut down on fats – particularly saturated fat – and the amount of oil you put into food. Also cut down on simple carbohydrates. Mostly when people eat, they have a whole plate of rice or pasta and then a bit of meat and a bit of veg. Cut the carbs in half and fill the rest of your plate with white meat, fish and vegetables, and then you will start to lose weight and reduce your cardiovascular risk.



Maintaining a healthy bodyweight and shape can significantly protect your heart. People who are overweight or obese tend to have a higher risk of certain risk factors for heart disease, such as increased levels of blood cholesterol, high blood pressure and an increased risk of developing type 2 diabetes.

As well as bodyweight (measured as body mass index [BMI]), your shape can affect your health risk. If you are overweight and carry fat around the waist (apple-shaped), you are at greater risk than if you carry fat on the hips and thighs (pear-shaped).

If you are a man, your chance of developing health problems is higher if your waist measurement is more than 94cm (37inch), and higher still if it is more than 102cm (40inch).

If you are a woman, your chance of developing health problems is higher if your waist measurement is more than 80cm (31.5inch), and higher still if it is more than 88cm (34.5inch).

Type 2 diabetes prevalence is strongly associated with ethnicity. The International Diabetes Federation and South Asian Health Foundation agree that men from South Asian and Chinese ethnic groups are at increased risk of type 2 diabetes if waist size is greater than 90cm.

Together with being physically active, eating a healthy, balanced diet will help you maintain a healthy bodyweight as well as providing your body with all the vitamins, minerals and other nutrients it needs to keep healthy.

“Do your part, care for your heart.”

HEALTH / ROUTINE

Looking after your heart - experts. 1

Smoking, Drugs, Alcohol

Smoking is a major risk factor for heart disease. The chemicals you inhale when you smoke cause damage to your heart and blood vessels that makes you more likely to develop “atherosclerosis”, or plaque buildup in the arteries. Any amount of smoking, even occasional smoking, can cause this damage to the heart and blood vessels.

Smoking poses an even greater risk for some people, especially for women who use birth control pills and people with diabetes. If you have other heart disease risk factors such as unhealthy blood cholesterol levels, high blood pressure, and overweight or obesity, smoking raises your risk of heart disease even more.

Smoking also increases your risk for peripheral artery disease (PAD). PAD is when plaque builds up in the arteries that carry blood to your head, organs, arms, and legs. People who have PAD have an increased risk for coronary heart disease, heart attacks, and strokes.

Second-hand smoke is the smoke breathed out when someone smokes or the smoke that comes from the burning end of a cigarette, cigar, pipe, or other tobacco product. It can damage the heart and blood vessels of people who don't smoke in the same ways that smoking causes damage to people who do.

Most illegal drugs can have adverse cardiovascular effects, ranging from abnormal heart rate to heart attacks. Injecting illegal drugs also can lead to cardiovascular problems, such as collapsed veins and bacterial infections of the blood vessels and heart valves.

Many drugs, such as cocaine, heroin and various forms of amphetamine, affect the central nervous system and can alter a user's consciousness. In addition to addiction, the side effects and risks associated with use of these drugs include:

- changes in body temperature, heart rate, and blood pressure
- headaches, abdominal pain, and nausea
- impaired judgment and greater risk of some sexually transmitted infections
- the possibility of added substances (such as talc, poisons, herbicides or other particles) which may cause a toxic reaction.
- heart attacks, seizures, and respiratory arrest



Regularly drinking more than the UK Chief Medical Officers' low risk drinking guidelines, can increase your risk of developing heart disease. This is because drinking at this level can:

- Cause a sustained increase to your blood pressure. Sustained raised blood pressure is called Hypertension and is one of the most important risk factors for having a heart attack or a stroke. High blood pressure can also be caused by weight gain from the calories in alcohol
- Heavy drinking may also weaken the heart muscle, which means the heart can't pump blood as efficiently. It's known as cardiomyopathy and can cause death, usually through heart failure.



HEALTH / ROUTINE

Looking after your heart - experts. 2

Try not to Stress

I know how tough this one is myself. Running HMHB is such a privilege and I love it, but it can be extremely stressful at times, especially when it comes to funding.

Stress is a risk factor for heart and circulatory diseases because it can sometimes encourage unhealthy habits. You may be more likely to turn to unhealthy habits such as smoking, eating comfort food that's typically high in fat or sugar, drinking too much alcohol or not being physically active. In the moment, these things can temporarily reduce your stress. But if you do too much of them in the long run, it can damage your heart health

Stress is our body's response to pressures from challenging situations in life. It can be a feeling of being overwhelmed or under pressure. It's normal to feel like this sometimes and a certain amount of stress can be healthy. But if you're feeling like this more and more over time and you're struggling to cope, it's time to make some changes.



Stress itself isn't a mental health condition, but it's a sign that you are feeling worried about something.

Stress and anxiety can have similar symptoms so it can be hard to spot the difference. Stress can be your body's response to a trigger and is likely to be short-term. Typical triggers could be a job interview or a busy day at work. Anxiety can be caused by stress. It's a long-term feeling that usually doesn't go away quickly. Anxiety can affect your ability to go to work, socialise, leave your home and cope with everyday life.

It's normal for your blood pressure to increase for a short time if you're feeling stressed. When you're stressed your body releases hormones like adrenaline, the 'fight or flight' hormone. Adrenaline makes your heart beat faster and your blood pressure rise as a way of helping your body cope with the situation. Once stress has passed, your blood pressure should go back to normal.

Unhealthy habits linked to stress, like eating unhealthily and drinking too much alcohol can cause long-term high blood pressure. High blood pressure can damage your heart, major organs and arteries over time, This damage can increase your risk of developing heart and circulatory diseases.

Stress alone doesn't cause a heart attack. But if you cope with stress by turning to unhealthy habits like smoking or eating junk food, your risk increases. This is because these unhealthy habits can lead to high cholesterol, high blood pressure, and Type 2 Diabetes. These are risk factors that increase your risk of heart and circulatory diseases such as heart attack and stroke.

Aim to eat healthily and avoid reaching for junk food as its effects are short lasting and will make you feel worse in the long run. Try doing something active like going for a walk or getting some fresh air when you're feeling stressed; this can really help. When you exercise, your body releases endorphins. These chemicals trigger a positive feeling in the body which can make you feel better.

NUTRITION: Lazza's Kitchen Adventure

Mixed Fruit Clafoutis

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Mixed Fruit Clafoutis from scratch**

**Clafoutis comes from the
Limousin region of France.**

**This French dish is usually made with Black
Cherries, although I mixed up with different
fruits for a different flavour..**

**The dish is traditionally served as a dessert, but
some less-sweet variations may also be
appropriate as a breakfast or brunch dish.**

**It can be served warm,
at room temperature, or chilled.**

Ingredients

140g Golden Caster Sugar
Frozen Mixed Fruit (raspberries, cherries,
blackberries, blackcurrants)
4 eggs
50g Plain Flour
250ml Extra Thick Double Cream
Vanilla Essence
Icing Sugar - to dust

Heat the oven to 190C/170C fan/gas 5.

If you need to, butter a 23cm round flan dish and scatter with 2 tbsp of the caster sugar.

Tip the defrosted fruit (or natural fruit if using) into the dish (if you want you can drizzle with the kirsch, amaretto, etc. if using).

Gently shake the dish to roll the fruit in the sugar, then set aside while you make the batter.

You could do this a couple of hours ahead if you wanted.

To make the batter, tip the remaining caster sugar, the eggs, flour and vanilla extract into a bowl and whisk until mostly smooth – it's okay if there are a few lumps.

Gradually whisk in the double cream until all of it has been incorporated and the batter is completely smooth.

Pour it over the fruit in the dish and bake for 30-35 mins until puffed up, light brown and a skewer inserted into the centre comes out clean.

Don't worry if looks liquid, as it cools it sets even more.

Leave to cool a bit, but you can serve warm.

It was utterly delicious.



OOPS!!!!
**For once I forgot to take a photo
of the ingredients on my kitchen
top.**
I will do next time I make.



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

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



Age UK are both national, international, and local. They do tremendous work, especially with older people, running many classes around health and well-being, as well as helping people with care and support, financial and legal matters, education and retirement. Age UK Islington would be very happy to speak with you. Look at www.ageuk.org.uk/islington/ Or Call: **020 7281 6018**: HMHB are doing some course events with Age UK, and look forward to more collaboration.

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

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

HMHB ran a successful course with them this Spring, this following a successful course we did with them before. 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, who have been very supportive of our work. They are one of our Highbury Fields walk partners, and we hope to have more classes with them in the near future.

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



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

North London Cares brings older and younger people together to share time, laughter, new experiences and friendship .

They want to try and combat loneliness and isolation by providing opportunities for people of all ages to get to know each other and their community.

They run a lot of events and social clubs, and HMHB has provided some circuit training events, which had terrific feedback.

Do check them out: www.northlondoncares.org.uk



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

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

www.shp.org.uk 0204 509 8300

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

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

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

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

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

Round One:	1 Henry/George	2 Hitler/Haydn	3 Probe/Edge
Round Two:	1, 21:	2, 880	3, 2,772: 4, 361: 5, 3.2million
Round Three:	1, 1975:	2, 1769:	3, 37AD: 4, 1929. 5, 1957.
Round Four:	They all survived attempts on their lives.		
Round Five:	1 Westlife:	2 Gerrard:	3 Livingston: 4 Five:
Round Six:	1 Canada:	2 Iceland:	3 Spain: 4 Australia: 5: India



Review of Challenges and Targets

Mind-set:

It's only because I came across a question in a funding application that I decided to look at resilience. Resilience is important because it's needed to process and overcome hardship. Those lacking resilience get easily overwhelmed, and may turn to unhealthy coping mechanisms. Resilient people tap into their strengths and support systems to overcome challenges and work through problems.

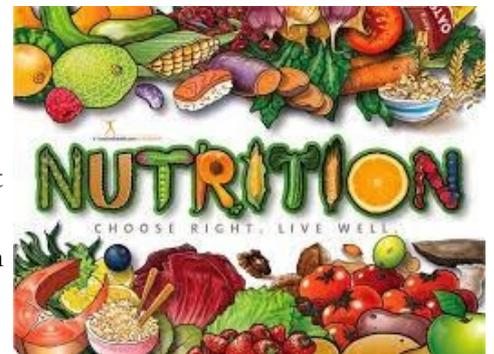
Building it is crucial to good mental health.



Nutrition.

This month I went back to basics, which is a good thing to do sometimes, and just looked at why we need to have good nutrition. What does it really mean?

What should we have on our plate. What should we be trying to eat most days. And why? How is it affecting our bodies. I would be the first to put my hand up and say I still need to be doing better, especially when it comes down to weight and body mass. The overall short and long term benefits of a good diet are massive. Make better choices!!



Exercise.



It's one of the basic reasons we do not do enough exercise, motivation. I have got lax myself. I used to go to the gym a lot more than I currently do. I find reasons not to be there. I say I am busy, that I do not have time. Of course, that's plain rubbish, and my weight has been affected.

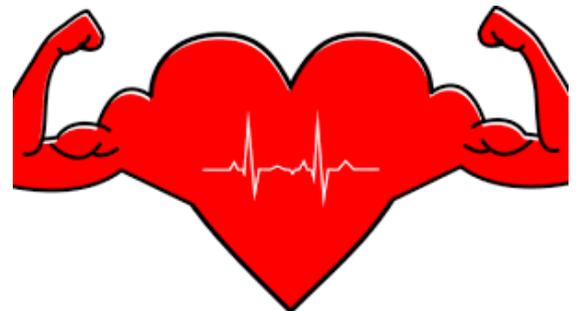
So let's get moving. Let's put down those mobiles, tablets, and laptops, and get outdoors and get more active.

You know you can do more. I know I can do more. So let's think about 2024 coming up. Do something!!!

Health.

Our hearts are amazing - an absolute miracle of evolution, and longevity. They pump blood continuously for years and years. But things can go wrong. We know that. Heart attacks, heart disease, etc. High blood pressure, cholesterol.

We all can be doing things to moderate that risk. Do not wait until things start to go wrong. Take action now. We look at various things cardiologists say we should be doing. If anyone can lead us, they can. But it is your choice. You are a walking miracle of design. It's your responsibility to look after it.



**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 + 1990s Films from Page 24

See if you can beat your family and friends

Landmarks: The city/area and country where those landmarks reside.

1. BG: Berlin, Germany
2. FC: Beijing, China
3. U: Northern Territory, Australia
4. NF: New York USA / Ontario Canada
5. PH: Edinburgh, Scotland
6. LSF: Barcelona, Spain
7. AN: Gateshead, England
8. MF: Honshu, Japan
9. TF: Rome, Italy
10. P: Athens, Greece
11. GG: San Francisco, USA
12. CR: Rio de Janeiro, Brazil
13. GS: Giza, Egypt

Film: The actor and the year the film was released, where those characters appeared in those films.

1. 1987: Mel Gibson
2. 1985: Linda Hamilton
3. 1975: Richard Dreyfuss
4. 1964: Dick Van Dyke
5. 1978: John Travolta
6. 2003: Orlando Bloom
7. 1989: Alan Rickman
8. 1977: Anthony Daniels
9. 1968: Anne Bancroft
10. 1960: Janet Leigh
11. 1986: Christopher Lambert
12. 1939: Margaret Hamilton
13. 1956: Yul Brynner
14. 1999: Laurence Fishburne
15. 1997: Will Smith / Tommy Lee Jones
16. 1993: Sam Neill
17. 1980: Anthony Hopkins

Music: The artists for those songs that were UK Number One Singles in the 1970s.

1. Leo Sayer
2. Baccara
3. Rod Stewart
4. The Commodores
5. The Bee Gees
6. 10cc
7. Tammy Wynette
8. The Bay City Rollers
9. Status Quo
10. Art Garfunkel
11. Gloria Gaynor
12. Gary Numan
13. Showaddywaddy
14. Johnny Mathis

The World

The top twenty cities in Germany by size of population
Berlin, Hamburg, Munich, Cologne
Frankfurt, Stuttgart, Dusseldorf, Leipzig
Dortmund, Essen, Bremen, Dresden
Hannover, Nuremberg, Duisburg, Bochum
Wuppertal, Bielefeld, Bonn, Munster

QUIZ ANSWERS
IONS

Foods: 1990s Films - from Page 24
(how well did you do?)

- | | |
|--------------------|------------------------|
| 1: Forest Gump | 2: The Sixth Sense |
| 3: Armageddon | 4: Ghost |
| 5: Twister | 6: Saving Private Ryan |
| 7: Pretty Woman | 8: Dances With Wolves |
| 9: The Mummy | 10: True Lies |
| 11: Notting Hill | 12: American Beauty |
| 13: Goldeneye | 14: Deep Impact |
| 15: Batman Forever | |

UK

The top 15 most popular names for Pubs in the UK.

Red Lion, The Crown, Royal Oak
White Hart, The Swan, The Plough
The Bell, Rose & Crown,
Queen's Head, Railway Tavern
The Ship, King's Arms
White Horse, King's Head
Chequers

THE LAST PAGE

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

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

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

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

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

Lawrence & HMHB: WINNER Mayor Civic Award in 2022

Lawrence: WINNER at Volunteer of the Year Awards 2022

Lawrence and HMHB: Official Nominee Mayor Civic Award 2023

Lawrence: WINNER Islington Volunteer of the Year 2023



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well



Link to our Website