

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 42

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st November 2025



www.hmhb2016.org.uk



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**Our monthly health packs now contain a massive 50 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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"If you do not believe in yourself, no one else will.
You have got to be your own biggest fan,
even when you are your own worst enemy". Ozzy Osbourne.

Welcome to Issue 42 of Healthy Minds, Healthy Bods' New Monthly Health Packs.

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

We then went monthly for 7 issues.

Our new venture for 2022 onwards is here.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form. Now an incredible 50 pages. 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!!!



Here are photos from one of our Karaoke sessions at The Coronet on Holloway Road on a Friday. All singing beautifully. HMHB has delivered across Islington and beyond. HMHB get referrals from the NHS and other local projects. Lots of outings, social events, terrific exercise sessions, new walks and our unique courses. HMHB delivers to all.

HEALTH NEWS AND RESEARCH PAGE

Some recent health research that we find interesting.

Brain Protein “Cypin” could help with Alzheimer’s Disease.

In a library, every book is tagged with a code showing where it goes on the shelf. Our brains use a coding system too, but instead of the Library Alpha-Numeric Dewey Decimal system, proteins are used to organise information. When the right proteins are in the right place, we can learn and create memories. A new study names the protein “Cypin” as the librarian that manages other proteins.

Michigan State University researchers collaborated with scientists from Rutgers University, New Brunswick, to identify this previously unknown role for cypin in the communication between specialised brain cells called neurons. Their findings recently were published in the journal Science Advances.



“Our most recent findings show that cypin tags proteins in the synapses between neurons to ensure they’re positioned correctly,” said Irving E. Vega, Associate Professor in the MSU College of Human Medicine Department of Translational Neuroscience.

“This tagging function is essential for our brains to function correctly. Further understanding of cypin’s dynamic role in neuronal function could help identify new ways to enhance communication between neurons, particularly in patients who have Alzheimer’s disease. Each discovery leads to new testable hypotheses, bringing us closer to better understand how the brain manages complex tasks such as learning and memory.”

“Cypin also has a third function,” said Jared Lamp, fellow researcher at the MSU College of Human Medicine. “It increases the activity of the UBE4A protein which contributes to healthy synaptic function. Understanding this relationship could help us find a way to counteract the dysfunction found in patients who have neurodegenerative diseases and brain injuries.”

Could Eyedrops help solve Cataracts?

This is still very much at the experimental stage and not an approved treatment, but scientists in California are investigating a naturally occurring steroid called “Lanosterol” that could be used one day to treat cataracts, which are the leading form of blindness for people aged over 55. In fact, gradual cataract development occurs as a part of the normal aging process, and it is rare to find a complete absence of cataracts in older individuals.

- Studies on human lens tissue showed that when Lanosterol was applied to the cells, lens proteins stopped clumping, and transparency increased. However, some other in-human studies have not demonstrated evidence that oxysterols have anti-cataractogenic activity.
- Rabbits that had cataracts were administered with Lanosterol for six days. Results showed that 85% of the rabbits experienced a significant lessening of the severity of their cataracts.
- Black Labrador Retrievers, Queensland Heelers, and Miniature Pinschers, all dogs with significant naturally occurring cataracts, responded in a similar fashion as the rabbits.

Lanosterol was able to significantly shrink the size of cataracts and improve lens transparency. Scientists caution that more research is needed before deeming the drops as a safe and effective treatment for cataracts in humans. However, it could be a very exciting discovery.

HEALTH NEWS AND RESEARCH PAGE: More recent health research that we find interesting.

Do Sperm defy Isaac Newton's third law of motion?

Human sperm can swim through surprisingly viscous fluids with ease – and they seemingly defy Newton's third law of motion to do so. To figure out how they slither through substances that should, in theory, resist their movement, a team led by Kenta Ishimoto, a mathematical scientist at Kyoto University, investigated the motions of sperm and other microscopic biological swimmers a few years ago.

When Sir Isaac Newton conceived his now-famed “Laws of Motion” in 1686, he sought to explain the relationship between a physical object and the forces acting upon it with a few neat principles that, it turns out, don't necessarily apply to microscopic cells wriggling through sticky fluids. Newton's third law can be summed up as "for every action, there is an equal and opposite reaction". It signifies a particular symmetry in nature where opposing forces act against each other.



Using high speed 3D microscopy, scientists observed that the whip-like tails of sperm do not push fluid backwards to propel themselves forward, as previously believed. Instead, they create asymmetrical, one-sided movements that break the conventional rules of motion. This unique swimming style allows sperm to move faster, navigate better, and reach the egg more efficiently than standard physics would predict.

Experts suggest that this discovery could lead to major advancements in fertility research, helping doctors better understand certain infertility issues and improve treatments. It also provides fascinating insights into biomechanics, showing how evolution has equipped cells with unique strategies to overcome physical limitations.

Can a new gel regenerate cartilage?

Now, I am invested in this story as I have had surgery on both of my knees to repair cartilage damage, but your knee cannot at the moment replace it with new. But that could be about to change. Northwestern University scientists, based in Illinois, USA, have developed a new bioactive material that successfully regenerated high-quality cartilage in the knee joints of a large-animal model.

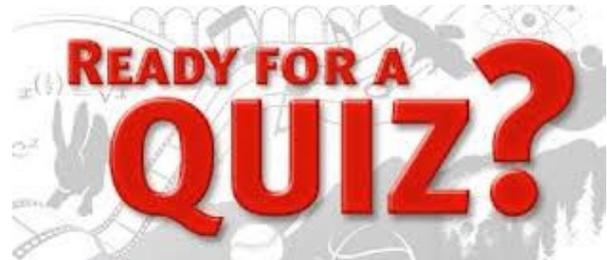
Although it looks like a rubbery goo, the material is actually a complex network of molecular components, which work together to mimic cartilage's natural environment in the body.

In the new study, the researchers applied the material to damaged cartilage in the animals' knee joints. Within just six months, the researchers observed evidence of enhanced repair, including the growth of new cartilage containing the natural biopolymers (collagen II and proteoglycans), which enable pain-free mechanical resilience in joints.

“Cartilage is a critical component in our joints,” said Northwestern's Samuel I Stupp, who led the study. “When cartilage becomes damaged or breaks down over time, it can have a great impact on people's overall health and mobility. The problem is that, in adult humans, cartilage does not have an inherent ability to heal. Our new therapy can induce repair in a tissue that does not naturally regenerate. We think our treatment could help address a serious, unmet clinical need.”

In the future, Stupp imagines the new material could be applied to joints during open-joint or arthroscopic surgeries.

Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 49 this week (no peeking)



The World:

Very tough this week. Can you name the top 20 most populated cities in Africa? Even I had not heard of some of them. See what you can come up with before checking.

Music: Name the "original" groups that had these "Love" songs, plus year released?

1. You've Lost That Lovin' Feelin'
2. Greatest Love Of All
3. Justify My Love
4. I Want To Know What Love Is
5. What's Love Got To Do With It
6. To Sir With Love
7. It Must Have Been Love
8. Woman In Love
9. Crazy Little Thing Call Love
10. Bleeding Love
11. How Deep Is Your Love
12. Endless Love
13. Love To Love You Baby

Movies: Name the film where we find these famous quotes, plus the year it was released.

1. You had me at "hello".
2. I'm gonna make him an offer he can't refuse.
3. Here's looking at you, kid.
4. Go ahead, make my day.
5. A boy's best friend is his mother.
6. I coulda been a contender.
7. All right, Mr De Mille. I'm ready for my close up.
8. You talking to me?
9. I love the smell of napalm in the morning.
10. Say "hello" to my little friend.
11. Love means never having to say you're sorry.
12. They call me Mr Tibbs.
13. Here's Johnny.
14. Hasta La Vista, Baby.
15. There's no place like home.
16. I see dead people.
17. I feel the need - the need for speed.

NATURE: Unravel the letters/anagram to make the name of a flower.

1. AACINNORT
2. EFLNORSUW
3. ACHHINTY
4. AEGIMNRU
5. AAGILMNO
6. BBEELLU
7. AADGNNOPRS
8. ACFHISU
9. EFGLOOVX
10. BCHIISU
11. EIMOPRRS
12. AEFLLORWW
13. AADEGHNRY
14. EHILSTT



Geography:

Currently, 22 countries each produce over one million tonnes of tomatoes a year. That's a lot of tomatoes.

But how many of those 22 countries can you name?

Try and answer all before you look at the answers. Test yourself. Take your time.
I think it is particularly hard this week - deliberately done!!!

HMHB Activity: Photos and Events from OCTOBER 2025

Our group joined four Sadlers Wells Friday Community Engagement Dance Sessions.

The first one was with “The Company of Elders”. The Company of Elders is Sadler's Wells' resident performance group for non-professional dancers aged 60 and over, who create and perform new dance works with professional choreographers to demonstrate the power of lifelong creativity. They took the group through a sneak peek of the show the company performed in the Lilian Baylis Studio on 18 October. As you can see, our group of five were joined by lots of others, and they had fun.

The second session was based on the American Choreographer Martha Graham, who passed away in 1991. She has been described as pivotal and “the mother of modern dance”. She revolutionised the art form with her unique and powerful “Graham Technique”, known for its sharp, angular, and emotionally expressive movements. It was a lot of fun, but kept us on our toes.



The third of the four Angel Sadlers events was particularly fun. We had a go at “Bollywood” style dancing, with a terrific Indian lady tutor. Bollywood dancing is an energetic, high-energy dance style used in Indian films, known for its fusion of diverse traditions, including Indian classical forms like Kathak and Bharatnatyam, folk dances like Bhangra, and Western styles like hip-hop, jazz, and Latin. It is characterised by its vibrant and expressive storytelling, using dramatic facial expressions, intricate hand and footwork, and elaborate costumes to create a glamorous and fun performance.

The fourth session concentrated on movement and was based around the work of Akram Khan. We sat down for the session and not only did we do some movements, slow and thoughtful, with deliberation, meaning, and breathing, but we found it quite an emotional rollercoaster.

Music, dance, movement can all be very evocative and personal, but bring joy, sadness, and allows us all to immerse ourselves in a different world.

HMHB Activity: Photos and Events from OCTOBER 2025

We attended three different afternoon dance sessions at Sadlers Wells East - on the Olympic Park at Stratford in October. They are running three a week, every Monday, Wednesday and Friday.

The Monday one is titled “Collective Pulse”.

This session was led by “**Pepa Ubera**” – a London-based artist originally from Madrid, known for her internationally presented choreographic and interdisciplinary work that challenges social structures through embodied movement. She had her own show at Sadlers East in October too. This session invited us to “move, breathe, and connect in a space where joy, play, and presence take centre stage”.



The Wednesday dance session on the Sadlers East dance mat is based on “Funky Social”.

Led by **Sam Haynes** – a powerhouse in Hip Hop and Funk Styles with academic credentials in dance and performance credits including Nike, and Love Supreme Festival - this session has some toe tapping music and songs, and the moves will take you right back to the 70s, 80s, and 90s.

“Each session includes a warm-up, uplifting music, and a playful vibe. You might groove through guided partner work, short choreographies, or even a Soul Train line to finish.”

Sadly, Lazza had hurt his ankle so was not able to actually take part, but he was doing work on the sidelines whilst enjoying the music and dancing.

These sessions are all through the Autumn.

The Friday session was full of energy. It was titled “Soca & Old Skool Dancehall”: This high-energy wellness workshop invited participants to explore the joyful, liberating rhythms of the Caribbean, known for its infectious beats and celebratory spirit.

Led by Tamara Josephine – a Wellness & Dance Specialist who uses movement and mindfulness to inspire connection, resilience, and self-awareness. It was really well attended, and there was a lot of laughter and energy during the hour.



These are every Mon, Wed, Fri in November

HMHB Activity: Photos and Events from OCTOBER 2025

We had such a fun time at Hilldrop Community Centre, just off Camden Road direction, making some jam and some chutney.

None of us had actually made jam before so this was very much a learning curve. And chutney is something I do not normally buy.

The process was fairly straight forward, with the temperature being the most important factor.

We made a mixed fruit jam, with strawberries, blackberries, blueberries and raspberries. And I am typing this on the very afternoon we did this, so I have not had a taste yet - but will be doing a jam in the upcoming recipe pages. The chutney was apple based, and smelled delicious.

Just find a recipe and have a go.



A sideways photo, courtesy of our wonderful Justin, of Professor Lazza's Quizerium (another made-up word!).

The Thursday evening event, online via Zoom link, is packed full of laughter, guessing, befuddlement, and fun. Lazza has created ten rounds to confound and confuse our participants, including True/False, guess the year, guess the distance, guess the number (a lot of guessing), a Dingbat, Call My Bluff, and even one question where they have to make up their own answer.

With a scoring system only Lazza seems to understand, it is mainly about getting people together and having a laugh - mixed in with a little learning too.

Here we are at the Globe Theatre for our final Shakespeare play of the year - we have been treated to some fantastic productions, and this was another.

A quite little known play, Troilus and Cressida, in fact we had to all look up the synopsis before we met up. The acting was, as always, superb, and had us laughing, gasping, and totally enthralled.

Shakespeare remains relevant because his plays explore timeless and universal themes like love, jealousy, ambition, and power, which resonate across cultures and time. Additionally, he significantly influenced the English Language, coining numerous words and phrases still in use today. I really hope HMHB is going next year so we can enjoy another five plays with our standing tickets, which are exceptional value for money.



HMHB Activity: Photos and Events from OCTOBER 2025

With one of our aims to get people a better fitter and healthier, we have found that more and more parks are fitting in all these Outdoor Gym Equipment places.

With that in mind, it is important that we know how to use them properly and safely. Islington arranged for a qualified Personal Trainer to come out to Caledonian Park, and three of us joined in the Saturday session, which proved to be interesting and successful. The machines don't have moveable seats, or adjustable weight, more working on your own body weight, but it was great to learn more about these places.



This is now just a picture, but one with a terrific fact behind it. Yes, we are in Sadler's Wells Theatre, but that is us by the original and actual Well. Discovered by Richard Sadler in 1683, it was considered to have healing properties, so he built a small theatre to bring people out. This was eventually knocked down and a new theatre built, and the current one is around 30 years old. We had a fascinating look around the building as part of a health day they were running.

Some of our group in Studio 2 at Highbury Leisure Centre following a session run by a guest presenter, Ollie, during the month.

I love to mix our workouts, as people then do not know what is coming up.

Nothing wrong with repetition, but these keep our users on their toes. And they are such an inspiring active lot.

We have ages from 20s to 80s, and many have issues (don't we all), but their constant energy and enthusiasm is contagious. Yay!!!



We do like to find unusual places to visit, so we had our first outing to the Iconic Images Gallery near Piccadilly Circus on a Saturday afternoon. Do not be put off by its small size, the photographs were epic. Not just the size and colour (many in black and white) but the beauty and subject matter were stunning - and we could see why they were on sale for thousands of pounds. They change the photos every month too, so you could pop down again and see new images. Do check it out.

HMHB Activity: Photos and Events from OCTOBER 2025

Here we are sat outside the Second Chance Café for our monthly Friday visit to this great Hackney based venue, just off Stoke Newington Church Street. Attached to St. Mary's, it is a great project, sadly down to just one day a week. Making tasty homemade soups (we had a choice of red, yellow, or green), as well as fruit crumble and custard (worth a visit just for that), they also like people to bring in cakes. We sat outside, but they also have indoor seating, and even had three people with us making their first ever visit. Do check out this project. It's a £3 voluntary donation, with incredible staff and volunteers.



We popped along to an Open Day at St. Luke's in Islington. It's a spacious Community Centre on Central Street in south Islington, and enables them and other organisations to offer services and activities for those who need them at little or no cost. Their aim is to improve the quality of lives for people living in the area of benefit and break down barriers, particularly for the most vulnerable. I know that quite a few of our HMHB users use this centre, especially for the lunches they provide at a fantastic price. The Open Day was terrific, showcasing classes and facilities, with terrific volunteers.

HMHB was created around 15 years ago from one idea of Lazza's around helping people back to work quicker, assisting people with health conditions to improve their lives so they could work again, stay in work, and lead healthier lives. We started working with people nine years ago, and have gained huge success with unemployed, as well as older people and those with health conditions. Finally, in November, we have a crucial meeting around working with the Shaw Trust on the Government Work Well Programme. I put this here as Lazza has worked for nine years with no salary to establish his pioneering course, and his unique delivery, just to lead up to this opportunity. The only way HMHB can continue is contracts. Fingers crossed. HMHB deserves this opportunity.



Department
for Work &
Pensions



HMHB Activity: Photos and Events from OCTOBER 2025



A picture from our Monday walk for a change, as we are by the lake in the middle of Finsbury Park, feeding the swans, ducks, coots, moorhens, seagulls, and more. It is a great way to start the week - alongside our Wednesday walk in Highbury Fields and Thursdays in Clissold Park. Check out the flyers on Page 33 and come and join us.

Eight of us managed to get free tickets to a “Crash Course in Psychosis”, delivered by Katharina Schmack, a trained Psychiatrist and Neuroscientist working in the NHS and the Francis Crick. Katharina Schmack’s lab at the Crick studies how the brain and the immune system influence our thoughts and perceptions, and what goes wrong in psychosis. Her team uses a unique cross-species approach, combining behavioural tests and immunological assays in both humans and mice to identify the brain circuits and immune processes involved. The ultimate goal is to uncover new ways to treat psychosis by targeting its biological roots. Truly Fascinating.



We enjoyed our first ever visit to the Design Museum in October, which is based on High Street Kensington. “The Design Museum in Kensington, London, England, exhibits product, industrial, graphic, fashion, and architectural design. In 2018, the museum won the European Museum of the Year Award.” It was particularly interesting seeing so many modern objects as exhibits. We recommend.

Looking forward to November 2025: Wow! What an astonishing line up below.

- 4 x Sadlers Community Dance Sessions at Angel, and 3 x Sadlers Dance Sessions at Stratford.
- Our first ever visit to the Horniman Museum in Forest Hill: Karaoke night at The Coronet.
- Our first visit to the newly opened V&A Storehouse on the Queen Elizabeth Olympic Park.
- Our first visit to the Museum of the Home; A special Science Museum Exhibition visit for 25 of us.
- A Return trip to the 33rd floor of the Sky Garden: A “Cells” lecture at Francis Crick Institute.
- A Friday visit to the Second Chance Café: Lazza’s Online “anyone can win quiz”.
- 15 of us at a fascinating “Crash Course in Immunotherapy” lecture at the Francis Crick Institute.
- Alongside our three weekly walks, exercise sessions, courses, and friends meeting up.

NUTRITION: Lazza's Kitchen Adventure

Avocado Mozzarella Salad

Lazza has been trying out new recipes for over four years
His first time making: Avocado Mozzarella Salad from scratch

Ingredients

3 x Ripe Avocado: 2 balls Mozzarella
Baby Plum Tomatoes
Baby Potatoes
5 Eggs (boiled): 2 Red Peppers (diced)
Diced Beetroot: Greek Yoghurt.
Salad Cream: English Mustard
Vinegar: Mixed Herbs: Garlic Powder
Salt and Black Pepper

Malt vinegar comes from malted barley through a process of fermentation, similar to brewing beer, to produce alcohol, followed by a second fermentation that converts the alcohol into acetic acid. The process begins by mashing crushed, malted barley in hot water to extract sugars, which are then fermented by yeast into alcohol. This alcoholic liquid is then introduced to acetobacter bacteria, which convert the alcohol into the sharp, tangy acetic acid that gives malt vinegar its distinct flavour and character.

I added Eggs and Potatoes as I like them - but you can add what you want.
I hard boiled the eggs and put to one side to cool - before halving them.
I also boiled the baby potatoes and put aside to cool - before halving them.

For the red salad:

Into a bowl, I put the diced peppers, halved baby plum tomatoes, and the diced beetroot.

I then diced up the mozzarella and mixed that into the red salad mix.

For the sauce: In a large bowl, I mixed five large spoons of Greek yoghurt, one large spoon of salad cream, the vinegar, one teaspoon of English mustard, and the mixed herbs and garlic powder (both to your taste).

I then added the red salad mix into the sauce mix, and combined.

This makes several bowls. In each bowl I halved and cut an avocado on top of a dollop of red salad, then added halved bowled eggs, and the baby potatoes (as per photo). Delicious.



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, dish to prepare.

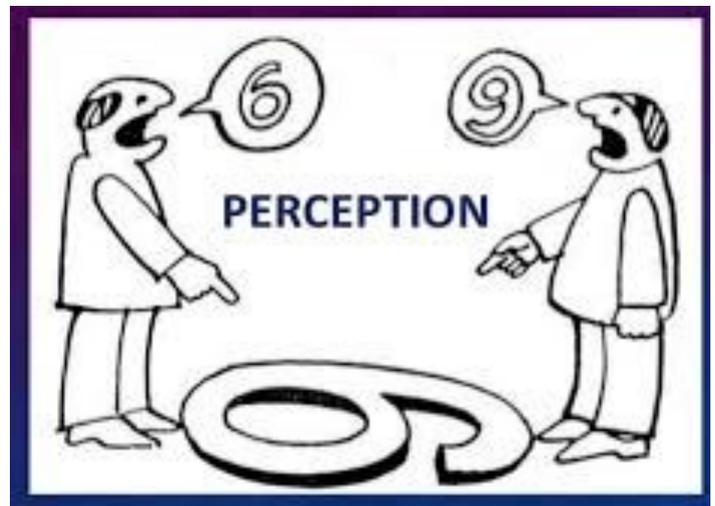
MIND-SET: Perception

What is Perception? I found this rather intriguing definition online:

“Perception is the process of organising, identifying, and interpreting sensory information (what you see, hear, smell, taste, and touch) to create meaning and understand the world around you. It transforms the raw signals from our senses into a coherent experience, allowing us to recognise objects, understand situations, and navigate our environment effectively.

Here is a poem. There is a very good reason I am writing it down here. It is quite depressing - but bear with me, and you will see why I have used it in this setting.

I'm very ugly
So don't try to convince me that
I am a very beautiful person
Because at the end of the day
I hate myself in every single way
And I'm not going to lie to myself by saying
There is beauty inside of me that matters
So rest assured I will remind myself
That I am a worthless, terrible person
And nothing you say will make me believe
I still deserve love
Because no matter what
I am not good enough to be loved
And I am in no position to believe that
Beauty does exist within me
Because whenever I look in the mirror I always think
Am I as ugly as people say?



I do apologise for that. As I said, it is rather sad. Or is it? Perception is understanding that you may have to look at situations in a different way. So this time, read it from the bottom line back up to the top instead. See what happens.

Isn't that clever. From what appears to be a woeful poem where you knock yourself and look down at yourself, actually it now becomes one of self-belief and strength. It's a bit like that picture I found above to help illustrate this page - it depends which way you are looking at it. The outcome can be so different.

So, how do you perceive life, because it will have a profound influence on everything you do. For example, if you believe that life is unfair and that things never go your way, you may only see negative experiences and setbacks in your life. Whereas, if you believe life is full of opportunities and abundance, you are more likely to see and recognise opportunities for growth and success.

Sometimes it's hard to change our thoughts around life because our childhood experiences get imprinted on us. What we frequently experienced gets programmed into us. If you were repeatedly told you were worthless as a child, you would believe it. If you were told that you were brilliant you would believe that. Changing that can be monumentally difficult. But we can do it. But you need to want to, and believe you can.

MIND-SET: How can I change my perception to be more positive?

There is a simple and insightful psychological test where a glass is partially filled with water, and people are asked to describe the state of the glass. Some will describe it as half-full, while others will describe it as half-empty. This experiment aims to show how we can all see and interpret the same thing differently.

Find your Identity

The Associate Professor of Neural Science and Psychology at New York University, Jay Van Bavel, writes about the power of identity and how it shapes our perception. He explains, “When you adopt an identity, it is as if you put on a pair of glasses that filter your view of the world. Identity helps you grapple with the vast amount of information continually bombarding your senses. It tells you what is important, where to look, when to listen, and perhaps even what to taste.”



We all have different moments in our lives that are defining moments. How we perceive the experiences, the transition points that lead up to these crucial moments, and the decisions we take in them go on to directly influence the next phase of our lives.

I started HMHB after overcoming some very difficult times and experiences. At first I struggled, but I was determined in the end not to allow those situations to control me, that I wanted a life, and I also wanted to help anyone else from struggling.

So your identity is not just about you, but also demonstrates how you play a role in shaping the identity of those around you. Understanding your true self is knowing the role other people play in your life and your role in their lives. This will help you to know your place in the world and enable you to perceive all life’s situations from that knowledge.

Choose Wisely

How you perceive life’s experiences is a choice no one can make for you. You have to decide what you will see and the actions you will take based on what you have interpreted for yourself.

Like that poem on the previous page, if you come across something do you just see it from one point of view? So there is only one outcome that you can see? Or do you challenge yourself to find a way to learn, to grow, and to not be negative? When you are depressed or anxious - and that happens to all of us at some stage - do you hide away or do you look to grasp opportunity with both hands? It does not mean that every wise choice will be a roaring success. Far from it. But you are bound to have more successes if you try than if you do not.



This also means do not use other methods to cover up issues. This is when people start using drink to excess, or drugs to hide. Maybe even resorting to crime. As the headline says, you need to choose wisely, not poorly. It’s easy to cover up. It’s much harder to face things head on. But believe in yourself.

EXERCISE/FITNESS: STRETCHING

A few new Stretches to start your day (*thx to Spotebi*)

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.

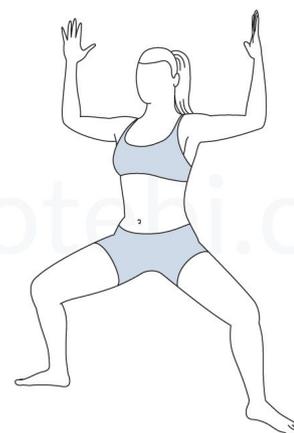
It is not just about warming up before an exercise session, or warming down after completing one.

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.

GODDESS POSE

Start upright and, as you exhale, step your feet wide apart and lift your arms up to shoulder height. Rotate your feet out to the sides, bend your elbows and turn the palms facing each other. Exhale as you bend the knees and squat down. Stay in goddess pose for 30 seconds to 1 minute. Lengthen the spine, open the chest, look straight ahead and draw your shoulders down and back. The goddess pose strengthens the thighs, glutes, core, and shoulders, boosts circulation, and opens the hips, groins, and chest.



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.

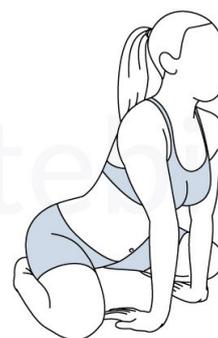
LION POSE

Kneel on the floor, bring your feet together and open the knees.

Place your hands on the floor between the knees, point your fingers back and extend your neck. Stay in lion pose for 30 seconds to 1 minute.

Relax and inhale deeply as you press your hands against the floor. Lengthen the chest and neck and, if you like, why not roar like a lion as you exhale.

The lion pose stretches the chest and wrists and relieves tension in the neck and face. This is a soothing pose that helps reduce stress and anxiety.



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

EXERCISE/FITNESS:

A few new Stretches for Flexibility (*thx to Spotebi*)

SEATED EAGLE ARMS

Sit on the floor and cross your left leg over the right, stacking one knee on top of the other. Bend your elbows, raise and cross your forearms, so that the palms of your hands are facing each other. Stay in cow face pose with eagle arms for 30 seconds and then repeat with the arms and legs reversed. Keep your elbows down and maintain your forearms away from your face. Breathe slowly, face forward, and relax. The cow face pose with eagle arms stretches the upper back and the shoulders, improves posture, and strengthens the spine. This pose also helps to open your hips and stretches the ankles and thighs



WIDE ANGLED SEATED FORWARD BEND

Start in staff pose and open your legs as wide as it feels comfortable. Place your hands on the floor, walk your hands forward as far as you can and lengthen the torso. Stay in wide angle seated forward bend pose for 30 seconds to 1 minute. Keep your knees pointing up, press your thighs against the floor and exhale as you lean forward and lengthen the spine. The wide angle seated forward bend pose stretches the legs and spine and opens the groin area.

This yoga pose helps to relieve stress and tension and stimulates the abdominal organ.



HALF LORD OF THE FISHES

Lie on your back with your feet together and arms by your sides. Inhale as you lift one leg and bend the knee. Exhale as you pull the knee toward your chest and press your thigh into your belly. Lift one or both legs, clasp your hands around the knees and, as you exhale, tighten the grip, lift your head and chest off the floor, and try touching your knees with your chin. Hold the pose for 30 seconds, exhale as you release, and repeat with the opposite leg. The wind release pose massages the abdominal organs, reduces bloating, eases tension in the lower back and improves circulation. This pose also tones and strengthens your legs, arms, back, and abs.



**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: Seize Your Opportunity

When we are kids we are often told to wait. That could be at school when we wait for the teacher; we wait for the bell at the end of the day; we wait for the lesson to start. It could be at home as we wait for dinner to be ready, we wait for when we can play our games or on our phones. We also wait as adults, for a raise at work, in line at the shops, for life to change.

I am not saying that waiting is bad. In many cases it is necessary. We wait at an airport for a flight so that everyone on it can be there for take off. We wait in line at the shops to pay for our food. We wait for others to make decisions (like doctors, or bosses) as they have to investigate circumstances first so as not to make a mistake - such as medical procedures.

But, sometimes, we need to grab the opportunity when it comes along. We need to be ready for it, so when it does come we can jump straight in. Are you ready for your opportunities?



Here is a good example: Daniel Radcliffe nearly missed out on being Harry Potter.

Daniel Radcliffe made his acting debut as the title character in the 1999 BBC drama adaptation of “David Copperfield”. Interestingly, Christopher Columbus, the director of “Harry Potter and the Philosopher’s Stone”, happened to be watching the David Copperfield production while in a hotel room one night in 2000. At the time, he had been looking for his Harry Potter, but to no avail. The search was even made more difficult by Rowling’s sensible demand to keep her characters British. But upon seeing Radcliffe’s performance in the television drama, the movie director was instantly convinced that the child actor would be perfect for the role. As he recalled, “This is Harry Potter. This is the kid we’ve been looking for for months.” However, this idea was initially shut down by the film’s casting director due to the resistance of Radcliffe’s parents, so they started looking elsewhere.

Then, by pure coincidence, in the summer of 2000, “Harry Potter” film producer David Heyman and writer Steve Kloves saw Daniel Radcliffe in a theatre in London. The actor was not there to perform, but as he was seated with his parents in the audience, behind Heyman and Kloves, his presence caught their eye. “These guys in front of me started turning round,” Radcliffe recounted, while Heyman described his first impressions of him as “curious, funny and energetic.” Fortunately, Heyman, who went on to produce all the Harry Potter movies, chatted to Daniel’s parents at the theatre and they allowed Daniel to audition.

Even then, Radcliffe initially turned Harry Potter down. Since the deal would be to sign on for all seven films, which would be filmed in LA, his parents disapproved. They did not want his life to be completely disrupted by Hollywood. As a compromise, Warner Bros. offered Radcliffe a two-film contract, and shooting would be done in the UK. After the first two films of the franchise were released, there were doubts about Daniel Radcliffe not reprising his roles. Thankfully, because of the massive success enjoyed by the films, he returned and finished the series, eventually becoming one of the biggest stars in the world.

But he nearly missed out. That opportunity was there. Yes, it is wise to think about your actions and what might happen if you jump in, but sometimes you just have to go for it. Thankfully, for him, his parents decided to give him his chance.

MIND-SET:

Opportunity is all around you

I had a friend of mine who would apply for a job and then sit back and wait to see if he got it. Only when he was turned down would he then apply elsewhere. When I said that he should maybe apply for a job every day, as this would give him more chance of getting one, he said he might get the one he had been offered so the others would be a waste of time. Yes, the logic is slightly weird, and absurd.

But, as we have already said, nothing happens unless you give it a chance. There is no guarantee or certainty that what you want will happen. You might ask for a raise at work but your request will get turned down. That happens. But if you do not ask you have no chance of getting it. Success comes to those who seek it.

Inventions are like that.

Exactly when the fork was invented is open to question, but this essential piece of cutlery is thought to have been introduced to the Western world in the 10th century by Byzantine princess, Theophano Skleraina, the wife of Holy Roman Emperor Otto II. However, some historians credit its arrival in Europe to another Byzantine princess, Maria Argyropoulaina, who married the Doge of Venice's son in 1004.



Both princesses were roundly ridiculed for their use of the curious pronged implement, and the fork only made inroads in the 16th century when it became fashionable in Venice before spreading throughout Italy. Still, the cutlery piece continued to be sneered at elsewhere in Europe and wasn't widely adopted on the continent until the late 18th century.

How about the Umbrella? Today, the umbrella is an essential accessory in many countries. In fact, the average person in England owns at least two. However, Jonas Hanway shocked fellow Londoners in the 1750s when he took to using an umbrella in the city's streets. The first man in the nation to do so, he was bombarded with insults, pelted with rubbish, and almost run over and killed by a coach.



An import from Persia via France, the accessory was considered taboo for men to carry and thought of as a sign of a weak, effeminate character.

Hanway also drew the ire of horse-drawn coach drivers who feared it would steal away their business, which flourished on wet days. Stubbornly, Hanway ignored his detractors, even after that coach driver went so far as trying to run him over. Within decades, the stigma attached to umbrellas vanished and they had become a common sight across England.

Be bold. Be proactive. Be adventurous. Challenge yourself. Be brave. Be yourself!!!

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.

NUTRITION: Lazza's Kitchen Adventure

Tropical fruit Cobbler

Lazza has been trying out new recipes for over four years
His first time making: Tropical Fruit Cobbler from scratch

Ingredients

FRUIT: Mango Pieces: Pineapple Pieces:
50g Unsalted Butter
100g Brown Sugar: Vanilla Essence.

COBBLER

150ml Milk: 2 Eggs: Cinnamon
150g Unsalted Butter: Vanilla Essence
250g Plain Flower: 100g mixed crushed nuts
100g Desiccated Coconut
100g Brown Sugar: Powder Ginger
1 large teaspoon Baking Powder

Plain flour is made by milling a blend of hard and soft wheat grains, separating the white endosperm from the bran and germ, and then grinding the endosperm into a fine powder.

This "all-purpose" flour is often fortified with iron and vitamins, particularly in the UK, by adding them after the milling process to replace those lost when the outer parts of the grain are removed

Baking powder is added to plain flour to act as a leavening agent, providing lift and a light texture to baked goods.

I chose mango and pineapple, but pick your own fruits if you wish.

I melted the butter and sugar in a saucepan then added the fruit to soften, with a dash of vanilla, before putting into an oven proof dish (as per photo)..

For the cobbler, I added all the dry ingredients into a large bowl: flour, brown sugar, baking powder, coconut, mixed nuts, plus the cinnamon and ginger to taste.

In a separate bowl I mixed the eggs into the milk, before adding that into the dry mix and giving a good long stir to combine it all into a gooey mix.

I spooned the mix over the top of the fruit (it's okay if gaps) before baking in the oven at 170C for around 35-40 minutes, so the top is nice and brown and a skewer comes out clean (it may need a little longer - mine did - make sure it is cooked)). Delicious, especially with clotted cream!!!



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 fun quiz page:
It's mostly guessing, but play with friends: Answers Page 47

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 47 - 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?

Rear of the Year Winners	Voiced Toy Story 4 characters	Islands in the Atlantic Ocean
Daniel Radcliffe	Mark Hamill	Devil's Island
Idris Elba	Keanu Reeves	Easter Island
Tom Hiddleston	Mel Brooks	Ascencion Island
Tom Hardy	Kelsey Grammer	Candy Apple Island

ROUND TWO: Give Me a Number

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

1. The maximum number of clubs allowed in a golf bag for a round?
2. According to the Bible, how many people went on Noah's Ark?
3. As at the end of September 2025, how many people have been Prime Minister of the UK?
4. How old was JK Rowling when her first Harry Potter book was published?
5. According to their official report, how many passengers travelled through Gatwick Airport in 2024?

ROUND THREE: When Did That Happen

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

1. The first Crossword Puzzle Book was published.
2. The first woman MP elected to the House of Commons.
3. The world's first revolving restaurant opened?
4. The first National Geographic magazine was published.
5. The first New York City Marathon was held.



ROUND FOUR: What specifically links these names?

Gladys Knight: Alicia Keys: Tina Turner: Nancy Sinatra: Sheryl Crow

ROUND FIVE: From the choices available, which of the answers is correct?

- | | |
|---------------------------------|---|
| 1. Earliest Hitchcock movie | Dial M for Murder: Rope: Strangers on a Train |
| 2. Earliest George Michael song | Careless Whisper: Faith: I'm Your Man |
| 3. Largest Country by Size | Albania: Serbia: Slovakia |
| 4. Largest London Green Space | Hampstead Heath: Hyde Park: Regent's Park |

ROUND SIX: What is the answer to these questions?

1. Which Asian City hosted the 1988 Olympic Games?
2. Which Asian City is the largest in Bangladesh?
3. Which Asian City has the longest Metro system by route length?
4. Which Asian City has the busiest train station in the World?
5. In which Asian City is it illegal to leave the house without underwear?



NUTRITION:

Food Swaps - according to Nutritionists - 1

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.

Now, before I start, let's be clear. HMHB is not here to tell you what to eat. Food is very much a personal choice. Some people prefer savoury to sweet, others puddings to main meals. I, like many, like all kinds of foods. But, as you know from these packs, it is the nutrients inside these foods which are important.

Be that as it may, there are foods that we know we should not have a lot of, but we do like. Are there healthy alternatives. Well, according to nutritionists, yes there are. So we are going to look at a few of them. It does not mean never to have the first choice, but maybe consider more of the healthier choice for the future.

Let's start with Breakfast Cereals.

I admit, I do like a bowl of Frosted Wheats (the sugar coated Mini Shredded Wheats), Honey Nut Corn Flakes, and Cheerios. I stay away completely from anything with Chocolate in the cereal (I mean, what the hell are we doing?). But I also love Porridge, Ready Brek, Weetabix, Shredded Wheat, and Alpen.

The main problem is added sugars. Breakfast cereals contain high amounts of sugar for improved taste, to increase appeal and sales, and because sugar is cheap. The added sugar makes bland grains more palatable and helps retain crunchiness, even creating a sense of satisfaction that makes people want to consume more. Sugar also acts as a preservative, contributing to the product's longer shelf life.



If you want to be healthier, nutritionists suggest you should prioritise breakfast cereals made with whole grains, high in fibre, and low in added sugar, fat, and salt. Good options include porridge, shredded wheat, Weetabix, and unsweetened bran/corn flakes. To boost nutrition and flavour, maybe add fresh fruit, nuts, and seeds to plain cereals instead of choosing varieties with added sugars, frostings, or chocolate chips.

Look for cereal that's 100% whole grain and contains at least 3 grams of fibre per serving. Wheat, rice and oats start out as whole grains, meaning they include all of the grain's structure: the bran, endosperm and germ. That provides fibre, vitamins, magnesium and antioxidants. Eating whole grains can help prolong life and help you lose weight, studies have found.

I was asked once about flavoured porridges. Flavoured instant porridge is often healthier because it contains higher amounts of added sugar, which can lead to negative health outcomes like mood imbalances and energy crashes. While oats themselves are nutritious, many pre-packaged flavoured options undermine these benefits by replacing them with unhealthy ingredients and a lack of fibre, protein, and other key nutrients. For a healthier choice, it's better to make porridge from plain whole oats and add your own nutritious toppings.

NUTRITION:

Food Swaps - according to Nutritionist - 2

Fruit Juice

I like a glass of juice as much as anyone else. It can be refreshing, tastes nice, and we are constantly being told that we need to have more fruit in our diets. But what choices should we be making?

Let's just say this, yes, 100% fruit juice is good for you in moderation, providing vitamins like A & C and minerals like potassium, and containing antioxidants that support the immune system. However, it lacks the fibre of whole fruit and contains concentrated "free sugars," so consuming too much can lead to weight gain, type 2 diabetes, and other health issues. Juice is a better alternative to sugary drinks like Coke and Fanta, etc., but whole fruit remains the healthiest choice to ingest fruit.



I have been asked before about the cheaper "juice from concentrate" that you can buy in the shops. Is that better? Nope. Juice from concentrate is juice that has had most of its water content removed through a filtration and extraction process which removes most of the nutrients and fibre from the fruit. What you are left with is a thick syrup loaded with sugar. This makes it easier and cheaper to store and transport. However, when ready to reconstitute, water is added back in, but unfortunately not the nutrients and fiber that were removed. Most juices from concentrates also add additional sweeteners, preservatives, "natural flavours", and/or they are fortified with "Vitamin C" which is actually ascorbic acid, the synthetic Vitamin C.

So minimise your fruit juice, instead have real fruits, and maybe invest in a juicer to make your own smoothies, where you can control the ingredients? This can be fun as well as tasty.

Crisps

There is something about a packet of Salt & Vinegar, or Cheese & Onion, that immediately makes my mouth salivate. And these days there are a large number of crisps available in all sizes and shapes. But should we be looking at alternatives?

People have said to me - but they are potatoes and we are told to have more vegetables. But these potatoes have been changed considerably. Crisps are considered processed and are typically classified as "ultra-processed foods" because they undergo significant manufacturing changes, including frying and the addition of ingredients like salts, oils, preservatives, and artificial flavours, making them very different from their unprocessed origin, whole potatoes.

Crisps are generally not healthy because they are high in calories, fat (often saturated), and salt, and low in essential nutrients, fibre, and protein. Excessive consumption can contribute to weight gain, high blood pressure, and increased risk of heart disease. While some healthier options and alternatives exist, traditional crisps are best enjoyed only in moderation.

Instead of crisps, nutrition experts online suggest you can eat air-popped popcorn, raw vegetable sticks with hummus, mixed nuts, roasted chickpeas, homemade kale or sweet potato chips, or whole-grain crackers. These alternatives offer nutrients like fiber and antioxidants and are often lower in salt and saturated fat compared to potato crisps. I know they aren't as much fun though.

NUTRITION:

Food Swaps - according to Nutritionist - 2

Sponge and Custard

Now, I love desserts, and am using the above as just an example of a very gorgeous and tasty pudding, but we all know we need to limit them to a minimum. HMHB loves to visit the Second Chance Café next to St. Mary's Church in Stoke Newington. We now go once a month - and part of that is to see our friends there, but also because they have a delicious fruit crumble and custard (and why not??).

I looked on the internet as to why we love desserts so much.

This is what a nutritionist said: "Humans love desserts because our brains are hardwired by evolution to crave sugary, high-calorie foods for survival, triggering the release of feel-good neurotransmitters like dopamine and serotonin that create pleasure and satisfaction. This innate biological drive is amplified by psychological factors such as comfort and nostalgia associated with sweet treats and cultural traditions of eating dessert after meals. Additionally, the combination of fat and sugar can "trick" the brain into reducing fullness signals, leading to continued consumption."



At least I can now say my love for pudding is genetic. So I am not cutting out sponge, or cheesecake, or jam roly-poly. But only as a treat. What can I have instead that I will still enjoy? I like what's in that pic!!

Healthy desserts favoured by nutritionists are those focusing on natural sweetness and balanced ingredients, such as fruit-based options like "nice cream" (a vegan, dairy-free "ice cream" made by blending frozen fruit, most commonly bananas, into a creamy, soft-serve-like consistency. It serves as a healthier alternative to traditional ice cream because it is low in calories and fat, naturally sweetened by fruit, and packed with nutrients from the whole-food ingredients) or berries with yoghurt, dark-chocolate covered fruits, and oat-based treats. The key is to incorporate fibre, protein, and healthy fats while limiting added sugars and refined ingredients.

Milk Chocolate

Roasting cocoa beans releases a range of chemical compounds including 3-methylbutanoic acid, which on its own has a sweaty rancid odour, and dimethyl trisulfide, the smell of over-cooked cabbage. Amazingly, the combination of these and other aroma molecules creates a unique chemical signature that our brains love.

Chocolate contains a number of interesting psychoactive chemicals. These include anandamide, a neurotransmitter whose name comes from the Sanskrit - "ananda", meaning "joy, bliss, delight". Anandamides stimulate the brain in much the same way that cannabis does. It also contains tyramine and phenylethylamine, both of which have similar effects to amphetamines. Finally, if you look hard enough, you will find small traces of theobromine and caffeine, both of which are well-known stimulants.

Nutritionists say to buy dark chocolate instead of milk chocolate, and look for bars with a higher cacao percentage, typically 70% or more for maximum health benefits and flavour. Check the ingredients for no milk or dairy products, as this is crucial for vegans and those with intolerances. Select quality dark chocolate to avoid unhealthy substitutes like palm oil and to ensure you get the beneficial antioxidants, and flavanols, found in the cacao solids. You still need in moderation though.

Nutrition: HMHB looks at “Superfoods”

Today: Tomatoes

On this page, we will take a brief look at Superfoods.
What makes them so “super”?

The term “superfood” is a fairly new term referring to foods that offer maximum nutritional benefits for minimal calories. They are packed with vitamins, minerals, and antioxidants. It should be noted that no standard criteria or legal definitions classify any food as a superfood at this time. However, most so-called superfoods are plant-based.

The Tomato originated from western South America, and may have been domesticated there or in Mexico (Central America). It was introduced to the Old World (Europe, Asia, and Africa) by the Spanish in the “Columbian Exchange” (when stuff was brought from the ‘New World’ Americas) in the 16th century.

It was not grown in England until the 1500s, but was surprisingly considered to be poisonous, and it took a long time for them to be eaten widely. By 1820, tomatoes were described as "to be seen in great abundance in all our vegetable markets" and to be "used by all our best cooks", reference was made to their cultivation in gardens still "for the singularity of their appearance", while their use in cooking was associated with exotic Italian or Jewish cuisine.



Tomatoes are loaded with a substance called “Lycopene”. It gives them their bright red colour and helps protect them from the ultraviolet rays of the sun. In much the same way, it can help protect your cells from damage. Tomatoes also have potassium, Vitamins B and E, and other nutrients.

Lycopene is an antioxidant -- it fights molecules called free radicals that can damage your cells and affect your immune system. Because of that, foods high in lycopene, like tomatoes, may make you less likely to have lung, stomach, or prostate cancer. Some research shows they might help prevent the disease in the pancreas, colon throat, mouth, breast, and cervix as well. Lycopene also may help lower your levels of LDL, or “bad” cholesterol, as well as your blood pressure. And that may lower your chances of heart disease. Other nutrients in tomatoes, like vitamins B and E and antioxidants called flavonoids, may boost your heart health, too.

Tomatoes have substances called “Lutein” and “Zeaxanthin” that may help protect your eyes from the blue light made by digital devices like smartphones and computers. They also may help keep your eyes from feeling tired and ease headaches from eyestrain. And some research shows they may even make you less likely to have a more serious form of the leading cause of blindness in the U.S.: age-related macular degeneration.

So, get some tomatoes into your diet. I love them in sauces, stews, or just nibbling on baby ones.

No single food can do it all, but it goes without saying that some foods are healthier than others. A leafy salad is healthier than a plate of chips; a salmon filet is healthier than a towering cheeseburger; a yogurt is healthier than a hot fudge sundae. Although Superfoods aren’t a recognized category of foods, the title is typically reserved for natural foods that are especially nutrient-dense while generally being low in calories.

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.

As regular readers of this pack will know, I have found a love for baking when I do my first time recipes. In fact, in this pack I have some cherry and chocolate muffins. This food-grade silicone making these trays is a naturally non-stick, slippery material, often enhanced by a coating or the addition of carbon in some formulations. This inherent non-stick quality allows baked goods to release easily from the flexible surface without the need for extensive greasing. The bakes just slip out. It makes baking more simple.



Sometimes it is nice to treat yourself, and also go out with friends somewhere different. But do look out for deals. I recently went on the Eurostar website just to see what the cost of a journey would be. I then booked a day trip with two people from my group. We got an astonishing £78 return each, travelling from St Pancras 6am and back from Paris Gare Du Nord at 7pm. You can find bargains if you look for them. Yay!!

We have mentioned before that Sadlers Wells has opened a new venue in the Queen Elizabeth Olympic Park in Stratford - yep, it's Sadlers Wells East. It is definitely worth a look. HMHB was lucky to have a 'behind the scenes,' view earlier this year. They have "The Dance Floor" on their ground floor, and it is home to dance classes & workshops, community and artist takeovers, family activities, open dance sessions, talks, DJ nights and more. In fact, on Mon, Wed, Fri from October they have free dance sessions at 1pm. We are going along. Why not try?



HMHB Need Help With Funding To Keep Going.

Looking for Sponsorship, Grants, - check out our JustGiving page - details below.

In 2024: Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures:

HMHB delivered over 10 courses -working with over 100 people in attendance.

HMHB produced and delivered 10 forty-page Health Packs.: HMHB delivered 150 weekly health walks:

HMHB delivered 65 weekly exercise sessions: HMHB grew their Pack email list to over 500 addresses.

HMHB organised, delivered, or took part in over 70 social outings/events (many of which were FREE)

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

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

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

DO YOU KNOW YOUR BODY?

Various Obscure Parts

A Page briefly looking at the miracle of our bodies and their different parts.

Anatomical Snuffbox.

No. I had not heard of it either. The “Anatomical snuffbox” (also known as the radial fossa), is a triangular depression found on the lateral aspect of the “Dorsum” of the hand. It is located at the level of the “Carpal Bones” and best seen when the thumb is extended. In the past, this depression was used to hold snuff (ground tobacco) before inhaling via the nose - hence it was given the name ‘snuffbox’.

This small, triangular depression on the back of the hand also has significant clinical importance, as it provides easy access for doctors to palpate the scaphoid bone, which can help diagnose fractures after a fall.



Popliteal Fossa

You might be wondering what the hell this is, but you will recognise it without realising it had a name. The popliteal fossa is a diamond-shaped hollow at the back of the knee, serving as a vital pathway for blood vessels and nerves between the thigh and leg. Bounded by specific thigh muscles (biceps femoris, semitendinosus, semimembranosus) and the gastrocnemius muscle of the lower leg, it contains the popliteal artery and vein, the tibial and common fibular nerves, and popliteal lymph nodes. Due to its superficial location and contents, the popliteal fossa is susceptible to conditions like Baker's cysts, which are swellings formed from knee joint effusion.



Acnestis

Acnestis refers to the part of an animal's or human's back, typically between the shoulder blades, that an individual cannot easily reach to scratch. The word comes from the Greek term “Aknestis” (“spine” or “backbone”), and while often used in a zoological context, it can describe the same difficult-to-reach spot on a human.

Look at that. How many times have you had an itch on your back but for the life of you you just cannot reach it? Now you know what that place is called.

Philtrum

The philtrum is the vertical indentation in the centre of the upper lip, extending from the bottom of the nose to the top of the lip. It is a genetically influenced feature common to humans and forms part of the “Cupid’s Bow”. A “Cupid's bow” refers to the distinctive double-curved shape of the human upper lip, characterised by two pointed peaks in the centre and a subtle indentation between them, resembling an “M” or a heart shape. While your philtrum may not serve a specific purpose in humans, it is a remnant of foetal development, arising from the fusion of tissues during the formation of the face.





HMHB's Name Game Page:

Can you name these Musicians from their photos?
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 49)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Cheesy Tuna Macaroni

**Lazza has been trying out new recipes for over four years
His first time making: Cheesy Tuna Macaroni from scratch**

3 Cans Tuna in Water
2 small tins Sweetcorn
Macaroni - enough for your dish
600ml Milk
75g Plain Flour
75g Unsalted Butter (cubed)
400g Grated Strong Cheddar
Salt and Black Pepper
Parsley

Tuna is good for you because it is rich in high-quality protein, beneficial omega-3 fatty acids, and essential vitamins and minerals like vitamin D, B vitamins, and selenium. These nutrients support heart and brain health, aid in weight management, strengthen bones, and boost energy and immune function. Canned tuna is cheap because it uses abundant, fast-maturing species like skipjack, is easier to process and store, and doesn't require the same level of immediate, high-quality preservation.

My secret to this very tasty dish was lots of cheese. I think it would also be nice with sliced tomato on top.

First, put on the Macaroni to cook.

Also, empty your three cans of drained tuna into a bowl and break it up.

Into a saucepan - to make the cheese sauce - first melt the butter.

Into that stir in the flour and cook for one minute.

Gradually add the milk and stir it in, trying to make sure there are no lumps.

Once all the milk is in cook again for a few minutes - do not allow to boil.

Remove from the heat and stir in around 250-300g of the cheese. It's a lot, but nice.

Drain the pasta when cooked. Into a large bowl put the pasta, mix with the white sauce, and then mix in the tuna and the sweetcorn. Season with the Salt and Pepper.

In oven casserole dish - pour the whole mixture, topping with the remaining grated cheese and sprinkle over the parsley. Cook at 180C for around 20 minutes, so cheese is browned and it's bubbly.

I enjoyed mine with a splash of Greek yoghurt.



**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.**

PLACES TO VISIT IN LONDON
HMHB recommends places we have been.

Shakespeare “**GLOBE** Theatre.
 The modern Shakespeare's Globe was built and completed in 1997, located a short distance from the original 1599 theatre on the Southbank of the Thames, close to the Millenium Bridge. American director Sam Wanamaker led the project to reconstruct the theatre using traditional materials and methods, fulfilling his dream to bring Shakespeare's masterpieces back to London's open sky.



We have been to see every production for the last three years, paying £5 per ticket for the standing arena in the front of the stage, and loving every single play very much.

It's a fantastic experience, and one we fully recommend. You feel as if you are in the play. I do realise that for some people standing two to three hours (or more) can be impossible, but if you are willing to give it a go you are in for a treat. Do go next year. Get tickets!!

www.shakespeareglobe.com

The London Coliseum.

Located in St Martin's Lane, and built as one of London's largest and most luxurious family variety theatres, it opened on 24 December 1904 as the "London Coliseum Theatre of Varieties". It was designed by the architect Frank Matcham for the impresario Oswald Stoll. Their ambition was to build the largest and finest music hall, described as the "people's palace of entertainment" of its age. The theatre has 2,359 seats making it the largest theatre in London.

We have been very lucky and seen several performances including three Gilbert and Sullivan Operas. Do check out their website and costs. If you are prepared to sit in the top dress circle (which has great views and sound may I add) you can find tickets for just £15 to £20. That's great value.



www.londoncoliseum.org

EXERCISE/FITNESS

Can Exercise help with Sleep issues? -1

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 Lazza on Tuesdays, thanks to the team at Better. We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza will start 2025.

Good sleep is essential for overall health because it repairs the body, supports brain function (memory, learning, focus), strengthens the immune system, regulates emotions, and helps maintain a healthy weight. Consistently poor sleep increases the risk of serious health problems like heart disease, diabetes, and obesity, while also impairing judgment, increasing stress, and affecting overall well-being.

Studies have found that proper exercise may alleviate sleep-related problems and help you get an adequate amount of rest. Recent research also suggests insufficient or poor-quality sleep can lead to lower levels of physical activity the following day.

For these reasons, experts today believe sleep and exercise have a bidirectional relationship. Optimising your exercise routine can potentially help you sleep better, and getting an adequate amount of sleep may promote healthier physical activity levels during the day.

There are many benefits to exercising regularly, including a lower risk of diseases like cancer and diabetes, improved physical function, and a higher quality of life. Exercising can also benefit certain groups. For example, women who are pregnant, who engage in routine physical activity, are less likely to gain an excessive amount of weight or experience postpartum depression, and older adults who exercise are at lower risk of being injured during a fall.

Exercising also improves sleep for many people. Specifically, moderate to vigorous exercise can increase sleep quality for adults by reducing sleep onset - or the time it takes to fall asleep - and decrease the amount of time they lie awake in bed during the night. Additionally, physical activity can help alleviate daytime sleepiness and, for some people, reduce the need for sleep medications.

Exercise can also improve sleep in indirect ways. For instance, moderate to vigorous physical activity can decrease the risk of excessive weight gain, which in turn makes that person less likely to experience symptoms of obstructive sleep apnoea (OSA). Roughly 60% of moderate to severe OSA cases have been attributed to obesity, though the relationship between weight and sleep apnoea is complex.



EXERCISE/FITNESS:

Can Exercise help with Sleep issues? - 2

Many studies and surveys have focused on the effects of exercise for people in various demographic groups. One study profiled college students during their examination periods and found that exercise and physical activity can reduce test-related stress.

Another study noted that sleep and exercise are dynamically related for community-dwelling older adults. Additionally, a third study found that regular, mostly aerobic exercise reduced symptoms for people with OSA, even if they did not lose any weight in the process.

Compared to exercise, jobs involving manual labour may not provide the same relief for sleep problems. This may be because many laborious jobs often lead to musculoskeletal aches and pains that can negatively impact sleep. Moreover, manual labour involving long working hours can increase an employee's risk for stress and fatigue.



The question of whether exercise in the hours before bedtime contributes to poor-quality sleep has been debated over time. Traditional sleep hygiene dictates that intensive exercise during the three-hour period leading up to sleep can negatively impact sleep because it can increase your heart rate, body temperature, and adrenaline levels. On the other hand, some studies have noted exercising before bed may not produce any negative effects.

The role sleep plays in physical activity levels has not been studied as thoroughly, and much of the research has focused on differences in physical activity between people with sleep disorders and people with healthier sleep.

However, most of these studies have concluded that those who experience poor sleep are less active than those with healthy sleep cycles. In particular, people with certain sleep disorders are not as likely to exercise during the day. Adults with Insomnia tend to be less active than those without insomnia. The same is true for people with OSA and other types of sleep-disordered breathing.

Some studies have noted that nightly shifts in sleep quality, latency, and efficiency can be used to predict physical activity levels. For example, one study found that a 30-minute increase in sleep onset was associated with a one-minute decrease in exercise duration the next day.

A person's preference for morning or evening activity may also play a role. People who are early risers or "morning people" are more likely to engage in physical activity than those who sleep in or are more active in the evening. In fact, some studies have suggested that exercise can possibly alter one's diurnal preference over time, and may even shift their "Circadian Rhythms" (the natural patterns that take place in your body over the course of each 24-hour cycle).

**Life has no remote control.
Get up and change it yourself.**

EXERCISE/FITNESS:
HMHB Weekly Walks: Monday, Wednesday, Thursday.

conceived & delivered by:




Finsbury Park Health Walks

friendly, leisurely pace for adults of all ages (60 - 90 min) 😊

We leave from outside **LIDL** Finsbury Park
 269 SEVEN SISTER RD
 Every Monday 9.30am.

supported by:




& local Medical Practices

hmb2016.org.uk
 tel: 0796 4430 456




Highbury Fields Health Walks

(60 - 90 min)
 friendly, leisurely pace for adults of all ages

We meet Wednesday mornings 9.30am outside Highbury Leisure Centre

hmb2016.org.uk 😊 contact: 07964430456

Conceived & delivered by Healthy Minds Healthy Bods and supported by:







Clissold Park Health Walks

(60 - 90 min)
 friendly, leisurely pace for adults of all ages

We meet Highbury Grange Medical Practice every thursday 11am

hmb2016.org.uk 😊 contact: 07964430456

Conceived & delivered by Healthy Minds Healthy Bods and supported by:






Healthy Minds, Healthy Bods currently has three weekly walks as detailed in our flyers.

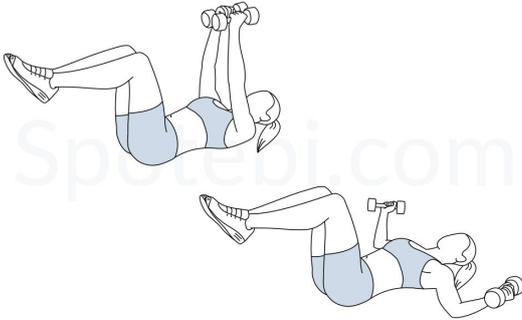
With help from the Walking/ Cycling Fund run by the London Mayor we have managed to organise three weekly walks in three boroughs: Islington, Haringey, and Hackney.

Healthy Minds, Healthy Bods is also part of the World Wide Group - Walk With A Doc. With hundreds of walks over different continents, its about raising awareness around how walking is great for your health, and actively offering opportunities to people to get out with a group, for an official health walk.

We would love more people to join us, so make a note of those dates and come along. We are leisurely walkers, but the more the merrier. By the way, the green figures are the same shape as the parks!!! Our marketing guy is very clever.

EXERCISE/FITNESS:

Chest exercises holding weights (*thx spotebi.com*)

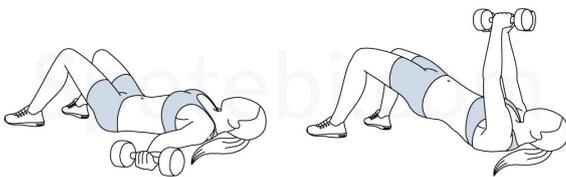


CHEST FLY

Lie down on the mat with a dumbbell in each hand, your arms up, and the palms of your hands facing each other. With your elbows slightly bent, lower your arms out to sides until you feel a stretch in your chest muscles. Return to the starting position and repeat the movement. Remember to lift your knees so that your back does not come up off the mat. The chest fly is an exercise that targets the chest muscles. Women often avoid chest training, but neglecting your chest can create muscle imbalances in the body that can lead to bad posture, injuries, and the inability to perform other exercises correctly. If you want a sculpted, beautiful and healthy body you need to work all muscle groups.

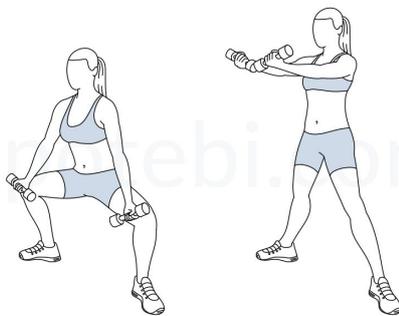
CHEST FLY GLUTE BRIDGE

Lie on your back with your knees bent and your arms out to the sides, holding a dumbbell in each hand. Lift your hips off the mat and then bring the dumbbells up with your palms facing each other. Lower your arms and hips back to the starting position and repeat the movement until the set is complete. Engage your core and glutes, keep your knees in line with your hips and feet, and maintain your elbows slightly bent. The chest fly glute bridge strengthens your glutes, chest, and core, and improves spinal stabilization. This exercise also stretches the back muscles and the hip flexors and improves your thoracic mobility.



PLIE SQUAT SCOOP UP

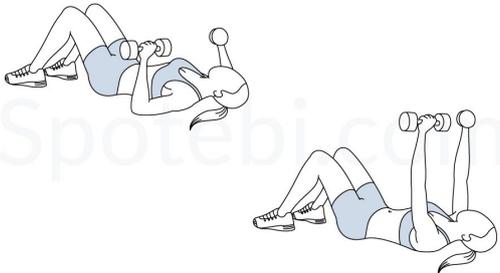
Stand with your feet in a wide stance, your toes pointing out to the sides, and hold a dumbbell in each hand with your palms facing up. Squat until your thighs are parallel to the floor, and lower the dumbbells close to your knees. Stand up and bring the dumbbells together in front of your chest. Repeat until the set is complete. Keep your core tight, your back straight, and maintain your knees in line with your toes. Breathe in as you squat and lower the dumbbells, and breathe out as you push through the heels to stand up and scoop the dumbbells up. The plie squat scoop up is a compound move that targets your glutes, thighs, legs, hips, chest, and arms. This is a full body exercise that boosts the metabolism, strengthens the whole body, and improves your fitness level.



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

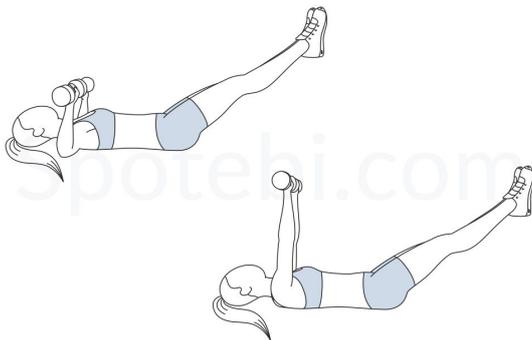
EXERCISE/FITNESS:

Chest exercises holding weights (*thx spotebi.com*)



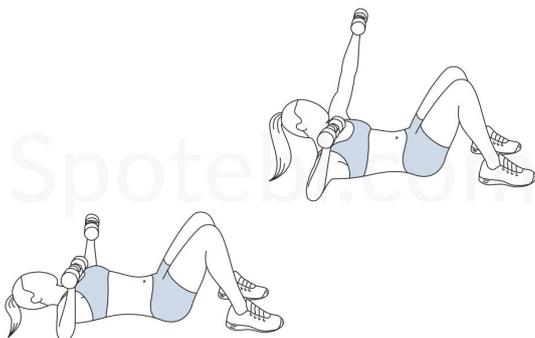
CHEST PRESS

Lie down on a mat with your knees bent and a dumbbell in each hand. Push the dumbbells up toward the ceiling so that your arms are directly over your shoulders and your palms are facing your feet. Lower your arms and repeat the movement. When doing the dumbbell chest press exercise, breathe out as you push the dumbbells up, being careful not to lock your elbows. The dumbbell chest press strengthens your shoulders, triceps, and chest muscles and it also helps to tone your upper body, improves your posture, and prevents injuries. When doing an upper body workout it's very important to work not only your arms and shoulders but also your back and chest.



CHEST PRESS LEGS EXTENDED

Lie on your back, holding a dumbbell in each hand, and raise your legs to a 45-degree angle. Push the dumbbells up toward the ceiling, with your palms facing your feet and your arms directly above your shoulders. Bend your elbows, lower your arms and repeat the movement. Engage your core and keep your head, back and shoulders pressed against the floor. Breathe out as you squeeze your chest and push the dumbbells up, being careful not to fully extend your elbows. Inhale as you lower the dumbbells and return to the initial position. The chest press legs extended is a full body move that engages both your upper body and your core. This exercise strengthens the chest, abs, shoulders, triceps, and lower back, and improves your posture, flexibility, and stability.



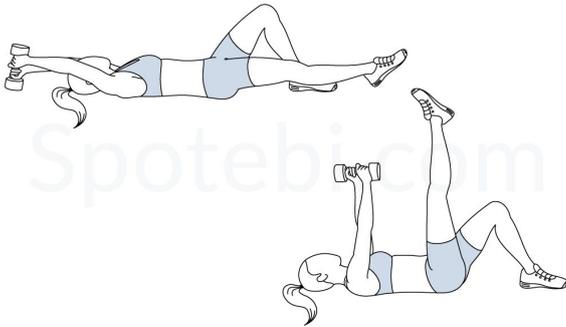
CHEST PRESS PUNCH UP

Lie on your back with your knees bent, your back flat, and hold a dumbbell in each hand. Squeeze your abs, lift your right shoulder off the floor and punch up with your right arm. Lower your arm to the starting position and repeat with the left arm. Engage your core, keep your head and neck relaxed, and maintain your lower back pressed against the floor. Keep your chin off your chest, look up, and exhale as you lift your shoulder off the floor and punch. Don't extend your arm completely and breathe in as you slowly return to the initial position.

The chest press punch up targets and strengthens your core and your upper body. This exercise improves your stability and posture, trims down your waist, and tones your shoulders and chest.

EXERCISE/FITNESS:

Chest exercises holding weights (*thx spotebi.com*)



PULLOVER LEG RAISE

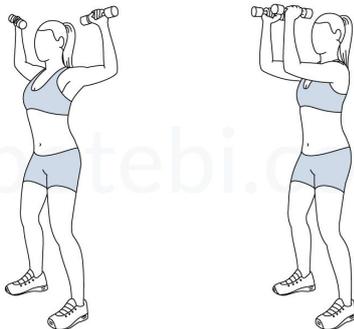
Lie on your back with your knees bent and hold a dumbbell with both hands. Extend your right leg, and lower the dumbbell back and over your head. Raise your right leg toward the ceiling, and pull the dumbbell up and over the chest. Lower the dumbbell and your right leg back to the initial position, repeat, and then switch sides. Keep your core tight, maintain your wrists and the extended leg straight, and keep a slight bend in your elbows.

The dumbbell pullover with leg raise works several muscles simultaneously and is a great full body exercise. This move strengthens the chest, back, core, quads and hip flexors, improves posture, and boosts muscle strength, endurance and stamina.

STANDING CHEST FLY

Stand with your feet shoulder-width apart, your arms out to the sides, and hold a dumbbell in each hand. With your palms facing forward and your elbows directly under your wrists, raise the dumbbells until your upper arms are parallel to the floor. Bring your elbows and forearms toward the midline of the body and then return to the starting position. Breathe out as you bring your elbows and forearms toward the midline of the body and squeeze the chest. Relax your chest, maintain your upper arms parallel to the floor, and keep your arms at a 90 degree angle.

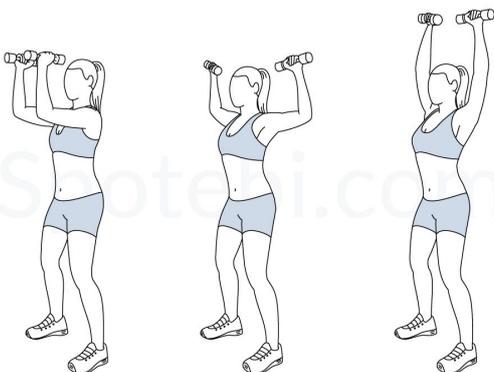
The standing chest fly targets the chest and shoulder muscles. Chest exercises help build muscle strength and power and can also give the breasts somewhat of a lift, making them appear perkier.



ELBOW SQUEEZE SHOULDER PRESS

Stand with your feet shoulder-width apart, hold a dumbbell in each hand, and raise the dumbbells until your upper arms are parallel to the floor and your elbows are directly under the wrists. Bring the elbows and forearms toward the midline of the body and then return to the starting position. Push the dumbbells up and fully extend your arms. Return to the starting position and repeat the movement until the set is complete. Breathe out as you bring the elbows and forearms toward the midline of the body, and squeeze the chest.

The elbow squeeze shoulder press targets the chest and shoulder muscles and strengthens your upper body. This exercise helps to tone your arms, shoulders, chest and back, improves posture and lifts the breasts.



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.



This dazzling little creature is a rainbow Treehopper (family Membracidae), looking like it was painted by nature's own brush. With iridescent rainbow hues across its body and striking red legs, this treehopper stands out like a living jewel.

Its horn-like extensions even hold shimmering droplets of water, making it look otherworldly. Despite their alien-like appearance, treehoppers are harmless to humans and play a role in plant ecosystems.

Look carefully - can you see it - yes, it's a map of the world.

It has been created on Lake Klejtrup in Denmark.

Local Farmer, Sorel Poulsen, created it between 1944 and 1969. It measures 45 by 90 metres (49 by 98 yards), covering an area of over 4000 square meters (1 acre), and some stones used weigh over two tonnes. However, there is no Antarctica. Each country is represented by miniature flags, and this is updated yearly as borders sometimes change.

It is an important attraction in the area, with over 40000 visitors each year, most of them Danish.



This is the "Bleeding Heart" plant. Native to Siberia, northern China, Korea and Japan, bleeding heart gets its name from its heart shape and distinctive white tips which resemble droplets. The plant was first introduced to England from Asia in the year 1810 and, unfortunately, was lost, but was subsequently reintroduced in 1846 by the Scottish botanist and plant hunter Robert Fortune, who sent specimens to the Royal Horticultural Society.

Toe wrestling is a competitive sport similar to arm wrestling but using the feet, where two opponents lock their big toes and try to push each other's foot to a designated side wall on a special podium called a "toedium".

The first to touch their foot to the wall loses a point, with matches decided by the best of three points. The sport originated in the UK in the 1970s and features annual World Championships held in Derbyshire, England, which include men's, women's, and junior categories.



HEALTH / ROUTINE

Common Health Issues. Cataracts.

I have an invested interest in this subject as I have had cataract surgeries on both my eyes - both cataracts were a result of another surgery I had when I had a detached retina with 12 tears in both eyes (at different times).

A cataract is a clouding of the lens of your eye. The lens is normally clear. Cataracts can occur in one or both eyes. Cataracts are the leading cause of blindness in adults worldwide. They develop mostly in older people, but younger people can also get cataracts.

If you have cataracts, you may:

- Develop blurred or foggy vision — you may have trouble reading, driving at night or seeing faces or other details clearly
- Become sensitive to light and glare
- Find that objects seem to have a brown or yellow shade
- Have the sense of seeing double, or that things look distorted
- See ‘halos’ around lights

Cataracts don't generally cause pain. However, some symptoms such as sensitivity to light may cause you discomfort. When cataracts are advanced, the pupil of your eye may appear grey or white.

Cataracts are caused by changes to the lens of your eye. The main causes are ageing and exposure to ultraviolet (UV) light. They develop when proteins in the lens are damaged and clump together. This reduces the amount of light that can pass through the lens to your retina. This is what causes the loss of sight.

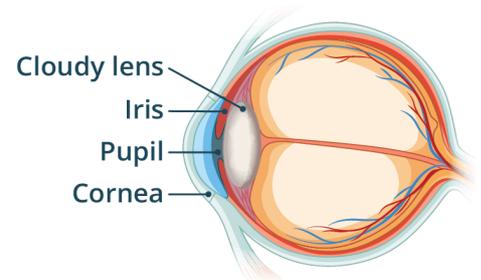
Some people are more at risk of developing cataracts, including if you have:

- A family history of cataracts
- Diabetes
- Have smoked
- Used corticosteroid medicines for long periods
- Spent a lot of time exposed to ultraviolet light without good eye protection
- Had eye injuries, or had some types of eye operations (hence my own issues)
- Had radiation treatment, such as for cancer

If you have any issues, always go and see an optician. If you are 40 or over, it is also a good idea to have an eye test every year so they can pick up on any problems that occur as we get older. However, be aware, once you have cataracts, the lens of your eye will stay cloudy — it won't recover on its own. Glasses and good lighting may help to improve your vision in the early stages of cataracts. However, if a cataract is affecting your everyday life, then your doctor or eye specialist may suggest you have surgery. Surgery is the only effective way to remove a cataract. But not all cataracts need to be removed.

- To try and help prevent (although this just lowers the risk);
- Have regular eye examinations — they can detect cataracts at an early stage
- Stop smoking (although do that whatever happens)
- If you have diabetes, maintain good control of your blood sugar levels can help reduce your risk of cataracts
- Eat a healthy diet, which includes fruit, vegetables and fish

Eye with cataracts



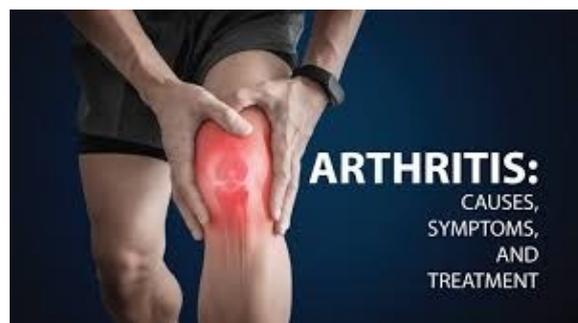
HEALTH / ROUTINE

Common Health Issues. Arthritis

Arthritis is a very common condition that causes pain and inflammation in your joints. Although considered an older person's problem, it can affect all ages. There are several types of arthritis, but we will look at the most common below. But do complete your own research on the others.

“Osteoarthritis” is the most common type of arthritis in the UK. It most often develops in people in their mid-40s or older. It's also more common in women and people with a family history of the condition. But it can occur at any age as a result of an injury or be associated with other joint-related conditions, such as gout or rheumatoid arthritis.

Osteoarthritis initially affects the smooth cartilage lining of the joint. This makes movement more difficult than usual, leading to pain and stiffness. Once the cartilage lining starts to roughen and thin out, the tendons and ligaments have to work harder. This can cause swelling and the formation of bony spurs called osteophytes.



Severe loss of cartilage can lead to bone rubbing on bone, altering the shape of the joint and forcing the bones out of their normal position.

The most commonly affected joints are those in the:

- Hands
- Spine
- Knees
- Hip

Rheumatoid arthritis is less common than osteoarthritis. It often starts when a person is between 30 and 50 years old. Women are more likely to be affected than men.

In rheumatoid arthritis, the body's immune system targets affected joints, which leads to pain and swelling. The outer covering (synovium) of the joint is the first place affected. This can then spread across the joint, leading to further swelling and a change in the joint's shape. This may cause the bone and cartilage to break down. People with rheumatoid arthritis can also develop problems with other tissues and organs in their body.

The symptoms you experience will vary depending on the type of arthritis you have. This is why it's important to have an accurate diagnosis if you have:

- joint pain, tenderness and stiffness
- inflammation in and around the joints
- restricted movement of the joints
- warm red skin over the affected joint
- weakness and muscle wasting

Sadly, There's no cure for arthritis, but there are many treatments that can help slow it down which includes lifestyle changes, medicines and surgery. Treatments aim to slow the condition's progress and minimise joint inflammation helping prevent joint damage. Other treatments include medicine, physiotherapy, and surgery.

HEALTH / ROUTINE

Common Health Issues. Gallstones

The gallbladder's main function is to store and concentrate bile produced by the liver and then release it into the small intestine to help digest fats when you eat. Bile, a greenish-yellow fluid containing bile salts, and cholesterol, aids in breaking down fats into smaller components that the body can absorb. When food, especially fatty food, is consumed, the gallbladder contracts and squeezes bile through a series of ducts to the small intestine.

Gallstones are hardened deposits of bile that can form in your gallbladder. Gallstones range in size from as small as a grain of sand to as large as a golf ball. Some people develop just one gallstone, while others develop many gallstones at the same time.

Gallstones may cause no signs or symptoms.

If a gallstone lodges in a duct and causes a blockage, the resulting signs and symptoms may include:

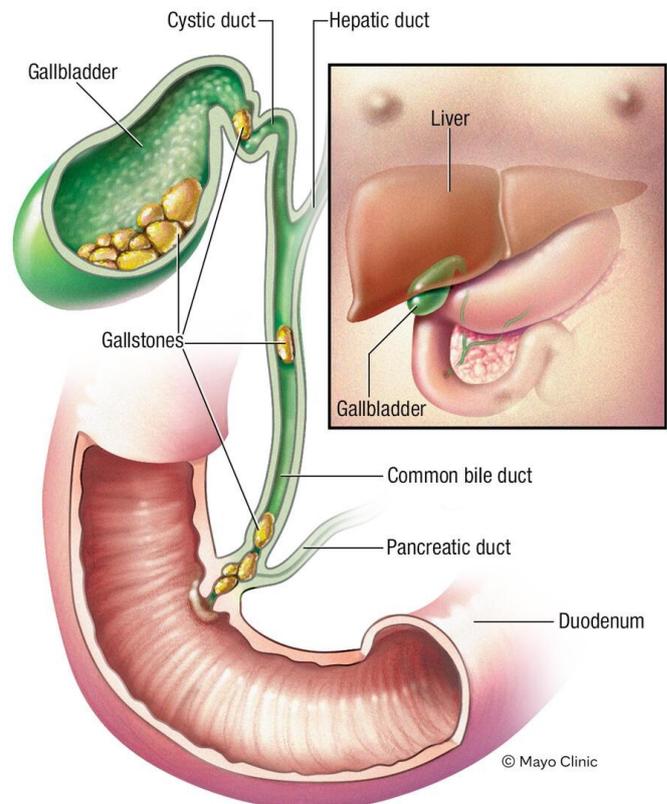
- Sudden and rapidly intensifying pain in the upper right portion of your abdomen
- Sudden and rapidly intensifying pain in the centre of your abdomen, just below your breastbone
- Back pain between your shoulder blades
- Pain in your right shoulder
- Nausea or vomiting

Gallstone pain may last several minutes to a few hours. Make an appointment with your doctor if you have any signs or symptoms that worry you. Seek immediate care if you develop signs and symptoms of a serious gallstone complication, such as:

- Abdominal pain so intense that you can't sit still or find a comfortable position
- Yellowing of your skin and the whites of your eyes (jaundice)
- High fever with chills

You can reduce your risk of gallstones if you:

- **Don't skip meals.** Try to stick to your usual mealtimes each day. Skipping meals or fasting can increase the risk of gallstones.
- **Lose weight slowly.** If you need to lose weight, go slow. Rapid weight loss can increase the risk of gallstones. Aim to lose 1 or 2 pounds (about 0.5 to 1 kilogram) a week.
- **Eat more high-fiber foods.** Include more fiber-rich foods in your diet, such as fruits, vegetables and whole grains.
- **Maintain a healthy weight.** Obesity and being overweight increase the risk of gallstones. Work to achieve a healthy weight by reducing the number of calories you eat and increasing the amount of physical activity you get. Once you achieve a healthy weight, work to maintain that weight by continuing your healthy diet and continuing to exercise



Laughter is the Best Medicine

Lazza's funny Joke page *(disclaimer, they may not be funny)*

When I was a child I got a telekinetic abacus for a birthday present.
Not the best gift I ever got.
Well, it's the thought that counts.

A man went to his doctors and said "This morning, I applied that haemorrhoid cream that you gave me, but I got a very bad reaction."

"Oh, I'm sorry to hear that", said the Doctor. "Where exactly did you apply it".

"On the bus"

My wife called to me from our bedroom.
"Do you ever get a shooting pain across your body, like someone's got a voodoo doll of you and they are stabbing it"

I replied, "No."

She responded
"What about now?"



A shop assistant fought off a robber with her labelling gun.
Police are said to be looking for a man with a price on his head.

A man went to his doctor and said, "I think my wife is going deaf, but I don't want to mention it as it will be tactless and insensitive. Is there any way I can gauge it without her knowing?" "There is", said the doctor. "Choose a moment when she has her back to you, say something in a normal voice, and if she does not answer, move a little nearer until she hears you."

So when he gets home, he see his wife with her back to him standing in the kitchen. "What's for dinner, love" he says. But he got not response, so he moved a little closer. "What's for dinner, love?" he repeated. But again he got no answer, so he moved even closer. "What's for dinner love?" Still nothing. Finally, he is standing right behind her. "What's for dinner love?" he tries again. This time, she turned around to face him. "For the fourth time - chicken!!!!"

NUTRITION: Lazza's Kitchen Adventure

Cherry and Chocolate Muffins

Lazza has been trying out new recipes for over four years
His first time making: Cherry and Chocolate Muffins from scratch

Ingredients

300g Plain Flour:
4 Large Eggs
250g Softened Unsalted Butter
200g Caster Sugar
1 teaspoon Baking Powder
2 tubs Glace Cherries
2 Bags Chocolate pieces
Vanilla Essence

Glacé cherries are stoned maraschino cherries that are candied in sugar syrup. They are very sweet with a hint of bitterness. Maraschino cherries originated in 19th-century Dalmatia (now Croatia) as luxury items, preserved in a liqueur made from the local "Marasca" cherry. The modern, bright red, artificially flavoured maraschino cherry was developed in Oregon by Ernest H Wiegand in the early 1900s, who invented a new brining process involving calcium salts that remains the standard for modern production.

I put the softened butter and sugar together into a bowl and mixed together thoroughly.
I then added the four eggs, two at a time.
I whisked this mix all together.
I then added the vanilla essence.
Then I gradually folded in all the flour.
I then gave it another good whisking.
I added in the chocolate pieces (I was generous with lots) and stirred them in.
Then came the Glace Cherries, which I mixed in gently.
Into my muffin tray I put the muffin cases and generously filled them around 3/4 full, trying to ensure at least one cherry got into each.
I didn't, but you could possibly top them with a cherry if you wished..



I heated the oven to 180C and baked them for approx. 20-25 minutes (checking around 18). Use a skewer to make sure all cooked, leave to cool. The cherries added a wonderful sweetness that complimented the choc.



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.

LAZZA's Letter Game:

See how long this can take - all week we hope!!

We want you to name 10 of all the following. Use a separate bit of paper. But all your answers have to start with the letter: **N**

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

Name 10:

Countries

Cities

Animals

Birds

Insects

Sports

Actors (surnames)

Actress (surnames)

Singers (surnames)

Authors (surnames)

Jobs

Hobbies

Film Titles

Book Titles

Song Titles

Vegetables

Flowers

Fruits

Trees

Things you find in the Kitchen

Things you find in the Bathroom

Things you find in the Bedroom

Things you find in the Garden

Items of Clothing

Means of Transport

Lazza's Letter Game

Good Luck. See how many you can find during this week.

Keep coming back to it.

Try not to look the answers up.

If you get the urge to check, think about why you feel the need to do that!!

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



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

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

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

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

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



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

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



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

www.healthygenerations.org.uk

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

HMHB and our Amazing Partnerships

Promoting Projects and Organisations - Pt 2



Mind is a UK mental health charity that supports people struggling with mental health problems by providing information, services, and campaigns to improve mental health support, tackle stigma, and campaign for better policies in areas like healthcare and employment. Their work includes offering support helplines, local community services, online resources like the “side-by-side community”, and workplace training to foster mentally healthy environments.

The Stuart Low Trust is a London-based health promotion charity that provides free and low-cost community activities to address social isolation and mental distress. Founded in 1999 by Islington residents, the trust was established in memory of Stuart Low, a young man with schizophrenia who died by suicide after struggling to find adequate support. The charity operates from Islington but is open to all London residents.



HMHB is immensely proud of the large number of referrals we get directly from the NHS - means we have to be doing something right!!!. We get people from medical practices, health projects, hospital referrals, and more. They are especially aimed at our work in promoting an active lifestyle, but making it fun and accessible. Thank you so much for your incredible faith and support.

This is just a proposal at the moment, but we are very anxious to work with the Shaw Trust on the Government Employment Programme “Work Well” and have put in a proposal to them after speaking with their Director of Well-Being. The whole reason HMHB came into existence was to improve the intervention available to people who were out of work, to try and prevent mental health issues from growing, as well as combatting them, getting people back to work happier and healthier. We will let you know news when it happens.



As you know, we love a theatre visit, and we have a terrific working relationship with the community engagement team at Sadlers Wells, who now have venues in both Islington and Stratford Olympic Park, as well as the Lilian Baylis Theatre and the Peacock Theatre, close to Holborn Station. We regularly have five people attend their fantastic Friday community dance sessions, which are diverse and energetic. And we are able to get access to discount tickets for shows and events, and we love Elina and Natasha who help us.

www.sadlerswells.com

HMHB and our Amazing Partnerships Promoting Projects and Organisations - Pt 3



Help on Your Doorstep

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

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

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

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

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

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



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

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

www.shp.org.uk 0204 509 8300



HMHB have had a working relationship with VAI for over eleven 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 and 2023.

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

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

**Voluntary
Action
Islington**

Answers to Fun Quiz from Page 21 - don't look till you have done all the quiz

- Round One: 1 DR / IE 2 KR / MB 3 Dev / Asc
- Round Two: 1, 14: 2, 8: 3, 58: 4, 31: 5, 43.2 million:
- Round Three: 1, 1924: 2, 1918: 3, 1961: 4, 1888. 5, 1970.
- Round Four: They have all sung vocals for James Bond films
- Round Five: 1 Rope: 2 CW: 3 Serbia: 4 RP:
- Round Six: 1 Seoul: 2 Dhaka: 3 Shanghai: 4 Tokyo:: 5 Bangkok

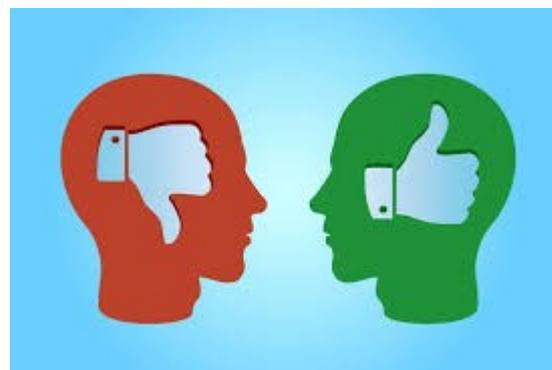


Review for this month's Challenges and Targets

Mind-set:

In this issue we look at two issues but they are very much linked. Being ready for opportunities involves proactively developing a strong foundation of skills, knowledge, and a proactive mindset, rather than passively waiting for them to arise. This preparation, often described by the concept "luck is where preparation meets opportunity," allows you to act quickly and decisively, gain a competitive advantage, and avoid missing chances.

But it is important we are able to perceive these opportunities, otherwise they pass us by. So go out and grab them!!!



Nutrition.

Swapping foods is important for health because it allows you to replace less nutritious options with nutrient-dense alternatives, leading to a lower intake of unhealthy fats, sugars, and salt. This practice supports weight management by creating a calorie deficit, improves overall well-being by providing essential vitamins and minerals, and significantly reduces the risk of developing chronic conditions like heart disease and type 2 diabetes.

The only person who can do this is you. Why not look at your current diet and see what healthy swaps you can make?



Exercise.



Better sleep and exercise are linked, where physical activity can improve sleep by reducing stress and regulating body temperature, and good sleep can improve exercise performance. Exercise boosts hormones like melatonin for sleep regulation and serotonin for mood, while its impact on body temperature, with a post-exercise dip promoting sleepiness, also plays a role. The timing of exercise is crucial; vigorous workouts too close to bedtime can negatively impact sleep, so morning or afternoon exercise is often recommended.

Health.

Our bodies, and we have said this many times in these packs, are walking miracles. But, like any functioning machine, inevitably things go wrong. In this issue we look at four common health issues, from your eyesight, to your joints; your ears to your insides.

Your health is such a delicate balance, but there are lots of things you can do to lower the risk of problems, and in fact increase your longevity and happiness. But that's up to you to make the right choices. Will you?



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

Quiz Answers from Page 6 + from Page 28

See if you can beat your family and friends

Music: The “original” groups that had those Love songs, plus year released.

1. 1965: The Righteous Brothers
2. 1986: Whitney Houston
3. 1991: Madonna
4. 1985: Foreigner
5. 1984: Tina Turner
6. 1967: Lulu
7. 1990: Roxette
8. 1980: Barbara Streisand
9. 1980: Queen
10. 2008: Leona Lewis
11. 1977: Bee Gees
12. 1981: Diana Ross + Lionel Richie
13. 1985: Donna Summer

NATURE: Unravel the letters/anagram to make the name of a flower.

1. Carnation
2. Sunflower
3. Hyacinth
4. Geranium
5. Magnolia
6. Bluebell
7. Snapdragon
8. Fuchsia
9. Foxglove
10. Hibiscus
11. Primrose
12. Wallflower
13. Hydrangea
14. Thistle

Movies: The films where we found those famous quotes, plus the year it was released.

1. 1996: Jerry Maguire
2. 1972: The Godfather
3. 1942: Casablanca
4. 1983: Sudden Impact
5. 1960: Psycho
6. 1954: On The Waterfront
7. 1950: Sunset Boulevard
8. 1976: Taxi Driver
9. 1979: Apocalypse Now
10. 1983: Scarface
11. 1970: Love Story
12. 1967: In The Heat Of The Night
13. 1980: The Shining
14. 1991: Terminator 2: Judgement Day
15. 1939: The Wizard Of Oz
16. 1999: The Sixth Sense
17. 1986: Top Gun

The World: The 20 most populated African Cities.

Cairo: Kinshasa: Lagos: Luanda:
Dar Es Salaam: Khartoum: Johannesburg: Abidjan:
Alexandria: Addis Ababa: Nairobi: Cape Town
Giza: Yaoundé: Kano: Ekurhuleni:
Durban: Douala: Casablanca: Ibadan

QUIZ
ANSWERS
TIONS

Musicians: Did you name them? -
from Page 28 (how well did you do? Tough wasn't it?)

- | | |
|--------------------|------------------------|
| 1: Jimi Hendrix | 2: Mark Knopfler |
| 3: Little Richard | 4: Duke Ellington |
| 5: John Deacon | 6: Keith Richards |
| 7: Donna Summer | 8: Ella Fitzgerald |
| 9: Eartha Kitt | 10: Christina Aguilera |
| 11: Sheena Easton | 12: Alison Moyet |
| 13: Yehudi Menuhin | 14: Gladys Knight |
| 15: Leona Lewis | |

Geography:

Those top 22 Tomato Producers.

China, India, Turkey,
United States, Egypt, Italy,
Mexico, Brazil, Nigeria,
Spain, Iran, Russia, Uzbekistan,
Algeria, Mozambique, Portugal,
Argentina, Morocco, Ukraine
Cameroon, Indonesia, Tunisia

THE LAST PAGE

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

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 JustGiving: www.justgiving.com/crowdfunding/hmhb

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

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

We are creating a new Blog and Podcast in 2025 - watch this space for more details

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 and outings pages.

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: **WINNER** Mayor Civic Award in 2022 (Outstanding Delivery)

Lawrence: **WINNER** at Volunteer of the Year Awards 2022

Lawrence: Official Nominee Mayor Civic Award 2023

Lawrence: **WINNER** Islington Volunteer of the Year 2023



Cripplegate Foundation Helping since 1500



Be Safe, Be Active, Be Well

[Link to our Website](http://www.hmhb2016.org.uk)