

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 21

Focus on:

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

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*1st January 2024*



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



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

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**“If you don't learn constantly, you don't grow, and you will wither.  
Too many people wither on the vine.  
Sure, it gets a little harder as you get older,  
but new experiences and new challenges keep it fresh.”**

***Welcome to Issue 21 of Healthy Minds, Healthy Bods' New Monthly Health Packs.***

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

We then went monthly for 7 issues.

This is our new venture for 2022/2023.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

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

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

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

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

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



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

## HEALTH NEWS AND RESEARCH PAGE

### Positive Thinking affects your Health

This taken from the John Hopkins Medicine website.

“Here’s heartwarming news:

People with a family history of heart disease who also had a positive outlook were one-third less likely to have a heart attack or other cardiovascular event within 5 to 25 years than those with a more negative outlook.

That’s the finding from Johns Hopkins expert Lisa R. Yanek, M.P.H., and her colleagues. The finding held even in people with family history who had the most risk factors for coronary artery disease, and positive people from the general population were thirteen percent less likely than their negative counterparts to have a heart attack or other coronary event.



Yanek and her team determined “positive” versus “negative” outlook using a survey tool that assesses a person’s cheerfulness, energy level, anxiety levels, and satisfaction with health and overall life. But you don’t need a survey to assess your own positivity, says Yanek. “I think people tend to know how they are.”

The mechanism for the connection between health and positivity remains murky, but researchers suspect that people who are more positive may be better protected against the inflammatory damage of stress. Another possibility is that hope and positivity help people make better health and life decisions and focus more on long-term goals. Studies also find that negative emotions can weaken immune response.

What is clear, however, is that there is definitely a strong link between “positivity” and health. Additional studies have found that a positive attitude improves outcomes and life satisfaction across a spectrum of conditions, including traumatic brain injury, stroke, and brain tumours. Although a positive personality is something we’re born with and not something we can inherently change, Yanek says, there are steps you can take to improve your outlook and reduce your risk of cardiovascular disease.

**Smile More:** A University of Kansas study found that smiling, even fake smiling, reduces heart rate and blood pressure during stressful situations. So maybe try a few minutes of YouTube humour therapy when you’re stomping your feet waiting in line, or fuming over a work decision or family situation. It’s difficult not to smile while watching a favourite funny video.

**Practice Reframing:** Instead of stressing about a traffic jam, for instance, appreciate the fact that you can afford a car and get to spend a few extra minutes listening to music or the news, accepting that there is absolutely nothing you can do about the traffic.

**Become Resilient:** Resiliency is the ability to adapt to stressful and/or negative situations and losses.

Experts recommend these key ways to build yours:

Maintain good relationships with family and friends.

Accept that change is a part of life.

Take action on problems rather than just hoping they disappear or waiting for them to resolve themselves.

## HEALTH NEWS AND RESEARCH PAGE: How Bacteria protects the Human Gut

The human gut is home to hundreds of different bacterial species collectively known as the “gut microbiome”. A major health benefit these provide is to protect the gut against invading pathogens (disease-causing microorganisms) that could cause harmful infections. But up to now, how this protective effect comes about has been unclear, and whether certain bacterial species have a more important role than others.

Researchers at the University of Oxford tested 100 different gut bacteria strains individually and in combination for their ability to limit the growth of two harmful bacterial pathogens: “*Klebsiella pneumoniae*” and “*Salmonella enterica*”. Individual gut bacteria showed a very poor ability to restrict the spread of either pathogen.

But when communities of up to 50 species were cultured together, the pathogens grew up to 1000 times less effectively than when cultured with any individual species. This 'community protection effect' was seen regardless of whether the bacteria were cultured together in vials, or in 'germ-free' mice (which had no resident gut bacteria at the start of the experiments).

Author Professor Kevin Foster (Departments of Biology and Biochemistry, University of Oxford) said: 'These results clearly demonstrate that colonisation resistance is a collective property of microbiome communities; in other words, a single strain is protective only when in combination with others.'

However, the researchers found that the members of the bacterial communities, and not just the overall diversity, had a critical effect on the level of protection. Certain species were found to be essential for community-based protection, even though these species offered little protection on their own.

The researchers demonstrated that protective bacterial communities block pathogen growth by consuming the nutrients that the pathogen needs. By assessing the genomes of the different bacterial species, they found that the most protective communities were composed of species with highly similar protein compositions to the pathogenic species. They also used metabolic profiling to demonstrate that the protective species had similar demands for carbon sources as the pathogens. (*Edit: I do hope you are managing to follow all of this*).

Author Frances Spragge (Departments of Biology and Biochemistry, University of Oxford) added: 'Crucially, although increased microbiome diversity increases the probability of protection against these pathogens, the overlap in nutrient utilisation profiles between the community and the pathogen is key. Certain species that have a crucial role in community protection show a high degree of metabolic overlap with the pathogen, and therefore similar nutrient demands.'

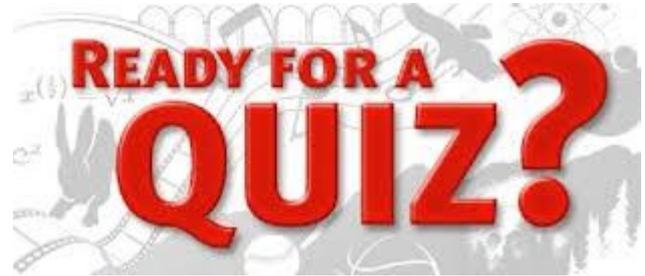
The researchers used this nutrient blocking principle to predict communities of bacteria that would offer weak and strong protection against a different pathogen: an antimicrobial resistant *E. coli* strain. When tested experimentally, the communities which had the highest nutrient overlap with the *E. coli* strain were up to 100-fold more effective at reducing the pathogen's abundance than the communities predicted to give weak protection.

Author Dr Erik Bakkeren (Departments of Biology and Biochemistry, University of Oxford) added: 'Our work supports the general hypothesis that a more diverse microbiome can carry health benefits. This gives promise to the goal of optimising the composition of microbiomes to protect against bacterial species that are harmful to health.'

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

**Sport**

Can you name the top twenty countries that have won the most Olympic Medals of all time. This is summer and winter combined. Have a try at all twenty.



**The World:** Name the Capital City for these countries around the world.

1. New Zealand
2. India
3. Portugal
4. Canada
5. Nigeria
6. Philippines
7. Serbia
8. Paraguay
9. Malta
10. Indonesia
11. Australia
12. Sweden
13. Morocco

**Music:** Name the singer/group, and year the song was released, for songs that only reached No2 in UK charts.

1. Wonderwall
2. Young Hearts Run Free
3. Kings Of The Wild Frontier
4. Oliver's Army
5. Sweet Dreams (Are Made Of This)
6. Downtown
7. Ray Of Light
8. Valerie
9. Groove Is In The Heart
10. The Jean Genie
11. Rocket Man
12. My Generation
13. I Want You Back
14. God Save The Queen
15. Heartbreak Hotel
16. Penny Lane/Strawberry Fields
17. Vienna

**Actors:** Name the actor who played these fictional policemen / detectives.

1. Inspector Morse (original)
2. Columbo
3. Theo Kojak
4. Jonathan Hart (Hart to Hart)
5. Eddie Valiant (Who Framed Roger Rabbit)
6. Maddie (Moonlighting)
7. Adrian Monk
8. Benoit Blanc
9. Frank Drebin
10. Jim Rockford
11. Fox Mulder (The X Files)
12. Jessica Fletcher
13. Endeavour Morse (recent series)
14. Kate Fleming (Line Of Duty)



**UK**

How well do you know your London Underground?

Well, there are 12 stations that start with the letter M.

How many can you name?  
It's meant to be tough!!

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

## HMHB Activity: Photos and Events from December



Every week I feel so inspired by our gym classes. We have people come along through referrals from the NHS, from Help On Your Doorstep, from Healthy Generations, from our courses, from Better Lives, from Eagle Recovery, and more. We are one of the few projects delivering FREE classes with our partners Better Gym. Currently at Highbury Leisure and Sobell. Fantastic to have PT Zombie leading us.

A group of 9 of us headed over to the Marylebone Theatre, close to Baker Street, to catch A Sherlock Carol.

Obviously a cross over of Sherlock Holmes and A Christmas Carol, it was a fabulous production and we had terrific seats in the front row. We love our theatre outings, and Lazza is always able to find a cracking deal online. It's quite a newish theatre, and was our first time there. We were looked after very nicely.



The luckiest pigeons in London must be at Clissold Ponds on a Thursday.

Actually, most of our natural bird feed goes on the beautiful swans and ducks that swim in the waters of Clissold Park.

Here, Justin, Ros, and Angela, make a lot of new friends. Our Thursday walk has been going for over seven years, and we still love it. Yes, the weather has got a bit fresher, wetter, and will soon also be a bit whiter with snow. But we still go out every week.

Here we are sat in the Second Chance Café, part of St Mary's Church Stoke Newington Church Street. We popped in during one of our Thursday walks.

It's a fabulous place.

Every Thursday and Friday, from 11am to 2pm, they serve homemade soup, pudding, cake, coffee and tea, to anyone that needs it.

A voluntary payment can be made, so low income people can still have something warm to eat.

Do pop in and say hello.



## HMHB Activity: Photos and Events from December



We have to send great thanks to Nigel and his incredible team at Sotheby Mews Day Centre. We were invited to join them at their Christmas Party this year, and we had a super time.

Dinner, pudding, chocolates, crackers, and a dance floor that had all of us showing off our moves, especially some of the older residents.

It's the first time in years I have attended a party like it, and we laughed, danced, and the company was fantastic.

This year we have enjoyed four plays by Shakespeare at the Globe Theatre on the banks of the River Thames. However, just before Christmas we delved into the realm of fairy tales to see a reimagined Hansel & Gretel. We were captivated by the performance, with our usual £5 standing tickets. Looking forward to 2024 productions.



One of our most exciting ventures over the last two years has been the number of outings we have done.

This Christmas we were privileged to get the opportunity to see a spell-binding interpretation of a classic Tim Burton film.

Mathew Bourne's Edward Scissorhands.

We took 25 people, taking up a whole row in the grand circle, just one row from the back of the theatre.

The dancing, music, effects, and costumes were superb, and we had a terrific time.

We managed to get most of the group into a photo, and you can see the diversity of them here.

It was a wonderful afternoon.



## HMHB Activity: HMHB Review of 2023

What an exciting and fabulous year for Healthy Minds, Healthy Bods.

Following on from Lazza winning a Mayor Civic Award for our “outstanding” delivery in the Islington Community 2022 during the Pandemic, and being runner up for Volunteer of the Year in 2022, he then won Islington Volunteer of the Year in 2023. Wow!!!

We delivered multiple courses in three London Boroughs - Islington, Camden, and Haringey - to astounding feedback. This from a psychologist who sat in on one Islington course:

“The HMHB team were incredibly enthusiastic and engaging. There were four sessions composed of a mixture of information around nutrition, simple physical exercises and stretching, and activities highlighting the importance of mindset. The physical exercises could be adapted to people of all abilities, and it was great to see everyone giving it a go. Another real strength of the group is that it promoted free and low-cost activities in the community. Over the course of the 4 weeks, several members of the group had already started to engage in these activities, highlighting the direct positive impact that the programme can have. It would be great to see more clients attending, as I think many could benefit. There is definitely a gap in the Better Lives group programme for such a group. Moreover, it seems to be in line with alcohol and substance misuse recovery, since it highlighted the influence that eating and exercise can have on many different aspects of our lives (including mental health, relationships, motivation, routine, etc). I hope this programme can continue to help our clients feel inspired in working towards their goals.”

Our Health Packs have been enthusiastically received. As you can see from this issue, we do 40 pages monthly - I do not know of any other project in the country that does this. This delivery is therefore unique. I know it reaches around the world, and goes to a large number of people: four figures.

We have increased from one weekly walk to delivering three weekly health walks. Another milestone. We are the only project in Islington to provide free access to three weekly health walks in the borough. This includes the NHS and larger mental health organisations. We walk on Mondays in Finsbury Park, meeting outside the Lidl on Seven Sisters Road at 9:30am. We walk on Wednesdays in Highbury Fields, meeting outside the Leisure Centre at 9:30am. And we walk on Thursdays in Clissold Park, meeting outside Highbury Grange Medical Practice at 11am, going into the park at the Green Lanes/Stone Newington Church Street entrance around 11:05am.

We now deliver two indoor gym studio sessions during the week, working closely with our partners Better Gym, as well as being part of another with Healthy Generations - and promoting the huge number of sessions provided by Healthy Generations. We are indoors at Highbury Leisure Centre on Tuesday mornings for an hour, going in around 9:25am, and indoors at the Sobell Centre on Saturday mornings for 45 minutes, going in at 8:45am. We link with Healthy Generations at the top of Highbury Fields on Fridays at 9:45am.

We also have greatly increased our outings and social events. We have visited multiple museums, theatres, galleries, and more this year. Do check out our outings page on our website for more details. Islington Voluntary Sector turned us down for funding - on delivery stream - recently (we are appealing for obvious reasons, as we feel this is ridiculous, and this puts HMHB in jeopardy). Hopefully this can be resolved.



## NUTRITION: Lazza's Kitchen Adventure

### Pea, Ham, and Mint Soup

A Brand NEW Recipe from Lazza's Kitchen.  
Lazza made his first ever version of Pea, Ham and Mint Soup from scratch

In French, Petit Pois virtually means simply 'pea', since the French tend not to go in for the monster marrow-fats beloved of the British. In English, however, it denotes specifically 'small young garden peas'—fresh, frozen, or tinned. Petit pois varieties have very small, sweet-flavoured peas. Adding them to your diet could benefit your health in a number of ways, including lowering your risk of heart disease, supporting healthy digestion, and promoting weight loss.

#### Ingredients

Large Knob of Butter  
Onion - I used a lot, but up to you (diced)  
2 Large Potatoes (cut and diced)  
1kg Petit Pois Peas (it's a lot, but why not)  
1 litre of Vegetable Stock (can use Ham stock)  
Ham - to cut and dice into small pieces  
Parsley, Mint - plus mint sauce  
Salt and Pepper

Heat a knob of butter in a saucepan  
When lightly foaming gently cook your chopped onion until softened, but not coloured.  
I also added in a little garlic.  
Tip in 2 peeled and diced medium potato.  
Stir to coat in butter.  
Pour over 1 litre of either vegetable stock (that is what I used) or ham or pork stock.  
Simmer until softened.  
Tip in 1 kg of frozen petit pois (can use 500g) and bring back to the boil.  
Cook for around five minutes.  
I seasoned with parsley, mint, some mint sauce, and black pepper.

Remove from the heat and blend until smooth.  
Stir in 300g diced ham and serve.

I was vague with amounts as really that's up to you. Ham is to taste. As are the amount of peas.  
Seasoning as well can be more up to you. I obviously added mint, but thought parsley would work well too.



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

## MIND-SET: How can I be a better person this year?

*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.*

Firstly, I am not saying anyone is not a good person. But with the new year here, can we look to see how we can all be nicer, kinder, even happier. Life has been tough the last few years, for various reasons. The pandemic threw us all under a bus, and then the financial crisis came along to ravish us too. It's about time we had a year of good times. How can we affect that though?

### **Have Gratitude**

Most of us know it's important to express thanks to the people who help us, or silently acknowledge the things we are grateful for in life. Research has linked gratitude with a wide range of benefits, including strengthening your immune system and improving sleep patterns, feeling optimistic and experiencing more joy and pleasure, being more helpful and generous, and feeling less lonely and isolated.

Living your life with gratitude helps you notice the little wins: like the bus showing up right on time, a stranger holding the door for you, or the sun shining through your window when you wake up in the morning. Each of these small moments strings together to create a web of well-being that, over time, strengthens your ability to notice the good.

Building your capacity for gratitude isn't difficult. It just takes practice. The more you can bring your attention to that which you feel grateful for, the more you'll notice to feel grateful for.

Notice the "thank you"s you say. Just how much of a habitual response is it? Is it a hasty aside, an afterthought? How are you feeling when you express thanks in small transactions? Stressed, uptight, a little absent-minded? Do a quick scan of your body. Are you already physically moving on to your next interaction? When your instinct to say "thanks" arises, stop for a moment and take note. Can you name what you feel grateful for, even beyond the gesture that's been extended? Then say "thank you". Because you understand why you are grateful. Does that make sense? I hope so.

### **Control your anger**

When we forgive we let go of anger and hostility that eats away at our happiness and clouds our mind. Forgiving someone who has hurt you empowers you to let go of the pain from the past. It doesn't mean you forget what happened; rather, it means you learn to release resentment and anger, which would otherwise be a burden on your mind and heart.

I had final dealings this year with the guy who stole my life savings in 2013. All the money, plus interest, has been repaid through courts. I only have pity for him, not anger any more. Not easy though.



## **MIND-SET:**

### **How to become a better person this year.**

#### **Change Your Perspective**

An easy way to find a positive perspective in any area of your life is to reframe your mental attitude towards everyday situations. Instead of mentally telling yourself that you "have to" do something, you can find a silver lining by telling yourself that you "get to" do it. For example, saying, "I have to clean the house" has a negative connotation since it frames cleaning as an unwanted responsibility. On the other hand, saying "I get to clean the house" reframes the chore as something you're looking forward to, emphasising the value of having a place to live in the first place. Using a positive mindset to reframe tasks in your daily life is a great way to change your perspective and improve your mental health.



Changing your perspective to focus on the big picture can be a useful tool for positive change. It's all too easy to let a small negative event send your mind into a downward spiral, which is why thinking from a micro perspective can be harmful. When you instead focus on the big picture, it's easier to not sweat the small stuff.

It's hard to practice positive thinking when you're surrounded by bad things or people who are constantly putting negative thoughts into your brain. For example, if browsing social media or reading the news puts you into a negative mental state, it might be best to limit your time doing those activities and instead do things that you find rejuvenating or constructive. Similarly, if one of your family members or friends is constantly putting you down and affecting you negatively, choose to spend time with more positive people instead. Surrounding yourself with positivity can be an essential step in the quest to living your best life.

#### **Listen To Others**

Empathy is something that is hard but becoming a better person also means putting yourself in other people's shoes. We are often all victim to not listening to other people because we look at them and think, what have they got to be worried about. I think that is very true about celebrities, or for those with lots of money.

Mental Health is rife in this day and age, however, and we need to understand that everyone has another world going on in their head. By not listening to them properly you will make assumptions and only half hear their problems or situations. So when others are talking learn to ask relevant questions about the situation and listen to their feelings and then respond by thinking about it before you speak. If you think about what you are saying and what they have described you should be able to offer advice or help them, possibly. Ask them if it has helped talking to you, and if you can do anymore to help as well.

#### **Actively Help Others**

Helping others doesn't only benefit them; it benefits you too! Research shows that being "altruistic" (the act of promoting someone else's welfare) improves mood and overall happiness. So maybe consider volunteering at a local shelter, donating used clothes, or picking up trash at the park. Even the smallest act can make the biggest difference. Aim to practice at least one act of kindness every day. It doesn't have to be something big or time-consuming. Even telling a friend they look good, or complimenting them on their attire, can make a massive difference. You could make someone's day. Isn't that great?

**Did you know: When you help others, you get a rush of endorphins that make you feel good. This is known as the "helper's high."**

## EXERCISE/FITNESS: STRETCHING

### Early Morning Stretches - 1

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

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

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

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

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

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

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

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

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

#### KNEE TO CHEST STRETCH

Start by lying on your back with your knees bent and your feet flat on the floor. Next, clasp your hands around one knee and bring that knee up toward your chest. Hold that knee to your chest, keeping your lower back pressed to the floor, for 15 to 30 seconds. Change legs. It helps to loosen up the erector spinae, latissimus dorsi, gluteus medius, gluteus minimus, and gluteus maximus muscles, as well as the thoracolumbar fascia. (look them up)



**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.**

#### SPINAL TWIST

Lying on your back, raise one of your knees, and gently roll it over to the opposite side. Make sure both of your shoulders stay in contact with the ground at all times. If it feels comfortable, stretch one arm out to the side, keeping it in line with your shoulders, and slowly turn your head to face your outstretched arm. You should feel the stretch on the sides of your upper body and your lower back. Breathe deeply and hold for 15 to 30 seconds. Repeat on the opposite side.



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

## EXERCISE/FITNESS: Early Morning Stretches - 2

### SIDE STRETCH

Stand with your feet together (although can do hip width apart too). Put one arm down one side and bring the other arm over the top - see pic. Gently lean your body to one side, feeling a deep stretch along the side of your body. Pause and then return to standing straight. Repeat 8 to 10 times on each side. Side-stretching poses lengthen the muscles between the ribs and pelvis, including parts of the low back, and open the sides of the rib cage, improving rib cage mobility and the expansiveness of the lungs, which makes breathing easier in all situations.



### STANDING QUAD STRETCH (FLAMINGO)

Stand on your left leg, one knee touching the other. You can hold a chair or the wall to keep you steady if needed. Grab your right foot, using your right hand, and pull it towards your bottom (can hold sock or calf too). Hold the position for 20 to 30 seconds, then repeat, switching from your left leg to your right. Stretching the quadriceps muscles helps increase mobility, flexibility, and range of motion in the knee and hip joints. This helps to reduce musculoskeletal pain: Tight quadriceps can contribute pain in the knees as well as the hips and lower back.



### HAMSTRING STRETCH

Stand upright and gently bend one knee as if you're going into a sitting position. Place the opposite leg outright, pointing your toes towards the ceiling. Bend forward from your hips to feel a nice stretch along the back of your outstretched leg. Hold for 30 seconds and then repeat with your other leg.

Hamstring stretches help to relieve back pain, improve posture, and avoid soreness and injuries. The hamstrings are a group of muscles that attach to the pelvis and the leg bones. They help you bend your knees and tilt your pelvis. But if they are tight, they can lead to pain in your lower back, knees, and legs.



WorkoutLabs.com

**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:

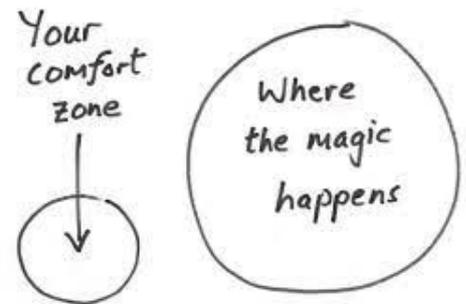
### More Ways to Become a Better Person

#### Get out of that Comfort Zone

Familiarity is comforting for many people, and stepping out of their comfort zone can feel overwhelming and daunting. However, personal growth and development often require venturing beyond the bounds of what you currently know, so it is important to stretch and try new things.

Whether it's taking on new challenges at work, trying out a new hobby or making new social connections, stepping out of your comfort zone can lead to increased confidence and a sense of accomplishment.

Confidence is built over time. Achieving confidence starts with a courageous step, followed by consistent action. To step out of your comfort zone regarding something, you can ask yourself, "What is the worst that could happen if I do this?". Maybe it's just that you may be slightly uncomfortable for a bit. Then ask, "What's the best thing that could happen?", and if it is something that is going to make you happy and fulfilled then go for it.



An actionable tip that those who prefer familiarity can implement today to step out of their comfort zone is to tune into their desired reality. Ask yourself what you want (no compromises) and evaluate whether the things you are experiencing and doing are getting you closer to your preferred reality state. You can then plan to make the necessary changes incrementally to achieve the life you want.

#### Set Goals (Resolutions)

I have been asked by a few people if I have set myself any New Year Resolutions. And, yes I have. For me:

- ◆ I must get on top of my weight issues - lose the weight I need to lose - and be more consistent.
- ◆ Be a bit more patient. I know I can get irritated - we all get that.
- ◆ Stop procrastinating so much. I do tend to put things off. I need to do that less. Action gets results.
- ◆ Keep working on my listening skills. Communication is fundamentally listening properly as well as talking.
- ◆ Get on top of health problems. As I get older more and more of them are cropping up.
- ◆ Eat better, exercise more, and keep enjoying life.



But, everyone needs something to live for, so think about what you want in life. Not only can striving for something make you a happier and a better person, but it can also help you find your purpose. Use a pen and paper and write down the short and long-term goals you would like to achieve.

Try asking yourself some questions.

- How can you improve your relationship with family and friends?
- What causes or movements are you passionate about?
- Is there a project you've been meaning to finish?
- What do you like to do in your free time?
- How can you improve your overall health?

## MIND-SET:

### More Ways to Become a Better Person

#### Do Something New

How do you keep life exciting? The most important action you can take is to not only seize every opportunity to try new challenges, but to make opportunities for yourself. Think about the bucket list of activities you've always wanted to try out. What are you waiting for? Life is so short. Why don't you go out and check one of those items off today? At least start planning and seeing if you can do it.

Or, perhaps you want to be spontaneous and try something you've never considered before. As long as you continue exploring new ideas and activities, you'll be enriching your life.



Just think about how exciting it is to try new things. The only way you'll grow and discover new interests and hobbies is if you give them a chance. However, be content with the outcome, whatever it may be. It's okay if you try something and it ends up not really being your thing. At least you gave it a shot. There's no need to keep doing it. Just move on to the next activity that tickles your fancy.

- Visit somewhere new. I know finance can affect travel, but maybe even go somewhere else in London. If you can go further afield, go for it.
- Try a new activity. We can be so nervous about not doing well, we fail to try new things.
- Try a new genre. If you always listen to the same music, or watch the same films, why not give others a go. I love the cinema and theatre and just love being entertained.
- Eat some new foods. When we go shopping we do tend to always go for what we know we like, and will often ignore other foods. Why not try out some different vegetables, fruits, meats, cheeses, etc.
- Learn something. Even as adults it can be fascinating to discover information and knowledge. When I do our quiz questions, I tend to learn so much about the world, our bodies, animals, etc.

#### Take Care of Yourself

Fundamentally, this is what these health packs are all about. Trying to inspire and encourage us all to look after our bodies, our health, our lives. I have had a few health scares over the last couple of years, and it brings home just how fragile we are, and how short life can be. But we can be doing things to help.

Sleep, food, and exercise can give you the energy you need to be better. If you don't give your body the proper nutrition and rest it needs, you won't be able to serve yourself or others. Stick to a regular routine that's healthy for you, and watch how your mood changes for the better. When you support your physical health, you support your mental health, emotional health, and your social health.



Aim to get a decent amount of sleep every night to help your mind and body recharge. Eat food that nourishes your mind and body. Aim to eat whole foods, but don't restrict yourself as it's okay to have a biscuit or cake every now and then! Do a form of exercise you enjoy for at least 30 minutes every day. Maybe that's walking, dancing, hiking, doing yoga, or kickboxing. Just be active.

## NUTRITION: Lazza's Kitchen Adventure

### Apricot, Almond Traybake

A Brand NEW Recipe from Lazza's Kitchen.  
Lazza made his ever version of Apricot, Almond Traybake from scratch

#### Ingredients

250g Unsalted Softened Butter  
225g Golden Caster Sugar  
Bag of Dried Apricots  
275g Self Raising Flour  
5 Large Eggs  
75g Ground Almonds  
Almond Extract  
Flaked Almonds for topping  
2 level teaspoon Baking Powder  
50g Desiccated Coconut

Domesticated almonds appear in the Early Bronze Age (3000–2000 BC), such as the archaeological sites of Numeria (Jordan), or possibly earlier. Another well-known archaeological example of the almond is the fruit found in Tutankhamun's tomb in Egypt (c. 1325 BC), probably imported from the Levant. In 2020, world production of almonds was 4.1 million tonnes, led by the United States providing 57% of the world total.

Preheat the oven to 180°C (160°C fan) mark 4.

Grease and baseline your tins - I use silicon ones.

Put butter, sugar, flour, baking powder, coconut, ground almonds, extract, and eggs into the bowl of a large freestanding mixer.

Hand Mix in gently together, making sure dried mix doesn't go everywhere.

Then electric mix with a beater attachment on a low setting for 30sec, then increase the speed and mix for 1min until thoroughly combined.

Remove the bowl from the mixer.

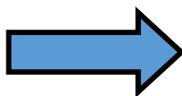
Mix the apricots into the mixture - I actually spread mine on the bottom of the moulds, but that can mean they don't mix properly with the mixture.

Spoon into your tins, then smooth the surface of the mixture with a palette knife.

Sprinkle flaked almonds over the top.

Bake for 30-40min or until risen and golden brown. It's ready when a skewer inserted into the centre comes out clean.

Leave to cool, and then cut into blocks or slices.



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

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

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

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

**ROUND ONE: Multiple Choice**

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

Genuine Marvel Characters	Austrian Composers	Won English Football League Cup
Black Canary	Haydn	Blackpool
Black Cat	Mendelssohn	Oxford United
Black Scorpion	Schubert	Portsmouth
Black Tarantula	Wagner	Swindon Town

**ROUND TWO: Give Me a Number**

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

- How many UK Queens have there been?
- How many people survived the sinking of the Titanic?
- According to Heinz, on average, how many Baked Beans in a standard 415g tin?
- In Rio, Brazil, how tall is the Christ the Redeemer statue in feet?
- How many cars were destroyed in the movie Blues Brothers?

**ROUND THREE: When Did That Happen**

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

- The first appearance of Dennis the Menace in the Beano.
- The burial chamber of Tutankhamen is opened.
- US Viking 1 lands on Mars at Chryse Planitia, 1st Martian landing
- Nelson Mandela is first black South African President.
- Iron Man, starring Robert Downey Jr, is released.



**ROUND FOUR: What specifically links these things? CLUE: ANIMALS**

Leonardo Di Caprio: Sylvester Stallone: Jim Carrey: Willie Nelson: Robbie Williams:

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

- |                                 |  |
|---------------------------------|--|
| 1. Has NOT won Eurovision:      | Estonia, Latvia, Lithuania                   |
| 2. Voiced a Toy Story Character | Timothy Dalton, Pierce Brosnan, Daniel Craig |
| 3. Was born in Paris, France:   | Daniel Radcliffe, Rupert Grint, Emma Watson  |
| 4. No1 in 1991                  | Erasure, Jason Donovan, Vanilla Ice          |

**ROUND SIX: Which Country is it?**

- 1. The country with the most islands.
- 2. The country with the lowest birth rate:
- 3. The country with the longest National Anthem (one verse):
- 4. The country with the most nuclear weapons.
- 5. The first country to see in the New Year.



## NUTRITION: More of the Good Stuff in 2024 - pt 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.**

Be honest, How are you feeling? Did you get stuffed full of Christmas dinner, then leftovers, then chocolates, then other snacks? Are you angry at yourself for putting on some weight?

If you are feeling the affects of those restful days between Christmas and New Year, you might be starting to reflect on your goals for the new year, but before you do that, take a moment to consider all the things that you already do for the good of your health. We all have them – from drinking water to eating broccoli, what are your healthy habits?

New Year’s resolutions can be so extreme that by mid-January we are back into our bad old habits. How about this year you commit to a different resolution. To eat more, not less. More of the good stuff that makes you feel good and keeps you healthy.

One of the easiest changes you can make to your nutrition is around the portions of vegetables and fruit you eat each day. We have covered this many times in these packs, but this is a new year now. So how about taking action, instead of thinking about it.

Our NHS recommend five to seven portions a day. Remember that one portion is 80g. That’s about the size of your fist.



To hit the 5-7 target every day, we need to think about how we can incorporate in every meal. For breakfast, maybe berries in your yoghurt, grated apple in your porridge, spinach with your omelette.

Add a bowl of soup or seasonal salad to lunch and pack half your plate with vegetables at teatime. Forget lettuce and tomato in the depths of winter and eat the best produce of the season. Clementines, Carrots, Kale, Brussels sprouts, Beetroot and Leeks, Cabbage and Radish are all at their best at this time of year. We talked in our mindset about trying new things, and that can include foods.

Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C and potassium. They're an excellent source of dietary fibre, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fibre can also reduce your risk of bowel cancer.

**We should all be eating fruit and vegetables  
as if our lives depended on it, because they do.**

## NUTRITION:

### More of the Good Stuff in 2024 - pt 2

#### Spices and Herbs

Try using more spices and herbs. Spices and herbs have been in use for centuries both for culinary and medicinal purposes. Spices not only enhance the flavour, aroma, and colour of food and beverages, but they can also protect from acute and chronic diseases.

More people are considering the use of spices and herbs for medicinal and therapeutic/remedy use, especially for various chronic conditions. There is now ample evidence that spices and herbs possess antioxidant, anti-inflammatory, antitumorigenic, anticarcinogenic, and glucose- and cholesterol-lowering activities as well as properties that affect cognition and mood.

Research over the past decade has reported on the diverse range of health properties that they possess via their bioactive constituents, including Sulfur-containing compounds, tannins, alkaloids, phenolic diterpenes, and vitamins, especially flavonoids and polyphenols.

Spices and herbs such as clove, rosemary, sage, oregano, and cinnamon are excellent sources of antioxidants with their high content of phenolic compounds. It is evident that frequent consumption of spicy foods was also linked to a lower risk of death from cancer and ischemic heart and respiratory system diseases. However, the actual role of spices and herbs in the maintenance of health, specifically with regards to protecting against the development of chronic, noncommunicable diseases, is currently unclear.

#### Drink more water

It lubricates the joints. Cartilage, found in joints and the disks of the spine, contains around 80 percent water. Long-term dehydration can reduce the joints' shock-absorbing ability, leading to joint pain.

It helps form saliva and mucus. Saliva helps us digest our food and keeps the mouth, nose, and eyes moist. This prevents friction and damage. Drinking water also keeps the mouth clean. Consumed instead of sweetened beverages, it can also reduce tooth decay.

Did you know, your blood is more than 90 percent water, and blood carries oxygen to different parts of the body. The bowel needs water to work properly. Dehydration can lead to digestive problems, constipation, and an overly acidic stomach. This increases the risk of heartburn and stomach ulcers.

Some of the water required by the body is obtained through foods with a high water content, such as soups, tomatoes, oranges, but most come through drinking water and other beverages. During everyday functioning, water is lost by the body, and this needs to be replaced. We notice that we lose water through activities such as sweating and urination, but water is lost even when breathing.

Drinking water, whether from the tap or a bottle, is the best source of fluid for the body.

Milk and juices are also good sources of fluid, but beverages containing alcohol and caffeine, such as soft drinks, coffee, and beer, are not ideal because they often contain empty calories. Drinking water, instead of fizzy drinks, can help with weight loss.



## NUTRITION:

### More of the Good Stuff in 2024 - pt 3

#### Eat more wholegrains

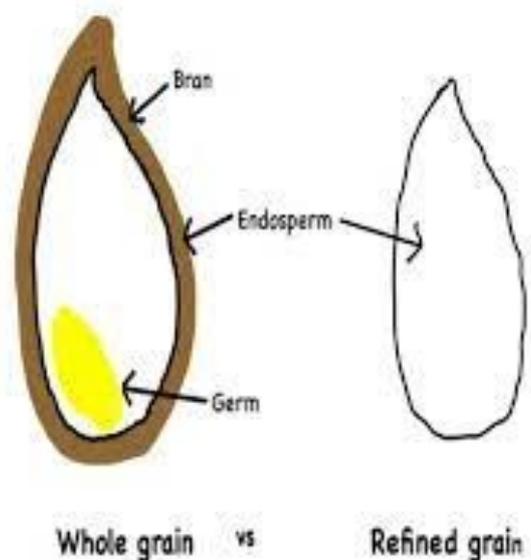
Again, we have covered this on multiple occasions, but make this the time you take action.

Whole-grain foods are good choices for a nutritious diet. Whole grains provide fibre, vitamins, minerals and other nutrients. Whole-grain foods help control of cholesterol levels, weight and blood pressure. These foods also help lower the risk of diabetes, heart disease and other conditions.

The Dietary Guidelines recommend that at least half of all the grains you eat are whole grains. However, most people don't eat enough whole grains.

Grains are the seeds of grasses grown for food. These plants also are called cereals. Examples of grains include wheat, oats and rice. Each grain, also called a kernel, is made of three parts:

- **Bran.** Bran is the hard outer coating of a kernel. It has most of the kernel's fibre. It also has vitamins and minerals.
- **Germ.** The germ is the part that sprouts into a new plant. It has many vitamins, healthy fats and other natural plant nutrients.
- **Endosperm.** The endosperm is the energy supply for the seed. It mostly contains starches. It has small amounts of proteins and vitamins. The endosperm has very little fibre.



The bran from any kind of whole grain is a good source of fibre. Nutrients in whole grains vary.

They may include the following nutrients and others:

Vitamin A: Vitamin B-1, also called thiamine: Vitamin B-2, also called riboflavin: Vitamin B-3, also called niacin: Vitamin B-6, also called pyridoxine: Vitamin B-9, also called folate: Vitamin E: Iron: Magnesium: Phosphorus: Selenium.

The vitamins and minerals in whole grains are important for your overall health. Also, the high fibre content of whole grains may help with:

- Lowering bad cholesterol levels.
- Raising good cholesterol levels.
- Lowering insulin levels.
- Lowering blood pressure.
- Creating a feeling of fullness that can help with weight loss or control.

Studies show high-fibre diets lower the risk of:

- Heart and blood vessel diseases.
- Stroke.
- Type 2 diabetes.
- Cancer of the large intestine and rectum, also called colorectal cancer.

## Nutrition: HMHB looks at Minerals

### Today: Chloride

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

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

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

Chloride is a Macromineral.

Chloride is a mineral naturally found in various foods, but our main dietary source is sodium chloride, otherwise known as table salt.

Chloride carries an electric charge and therefore is classified as an electrolyte, along with both Sodium and Potassium. It helps to regulate the amount of fluid and types of nutrients going in and out of the cells.

It also maintains proper pH levels, stimulates stomach acid needed for digestion, stimulates the action of nerve and muscle cells, and facilitates the flow of oxygen and carbon dioxide within cells.

Chloride is absorbed in the small intestine and remains in the body’s fluids and blood. Any excess amount is excreted in urine. Chloride is usually bound to sodium, and therefore the amount in blood tends to coincide with sodium levels.

Chloride is naturally found in small amounts in meat and seafood, but the main sources in the Western diet, as mentioned above, are sodium chloride, or table salt, and as an additive and preservative in processed foods.

- Table salt, sea salt, Kosher salt
- Seaweed
- Shrimp
- High-sodium processed foods including deli meats, hot dogs, cheese, and potato chips
- High-sodium condiments including soy sauce, Worcestershire sauce, ketchup

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

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

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

**It’s your body, and your choice.**

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



## LAZZA'S PAGE

### Recommendations, News, Life!!!

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

I thought I would take this chance to do a personal page around 2023, and to thank so many people who have been a major part of my life over the last 12 months. It has been one of great highs, and some serious lows. I have had health issues to deal with, as well as wonderful moments.

Some know that I am now 57, and I took the opportunity to encash 25% of my pension. I am not endorsing that for everyone, and I would say to anyone in a similar position to get financial advice if you need it. But, for me, I just wanted to enjoy life. Since Covid lockdowns I have been determined to get as much as I can out of my life, try new experiences, explore new places, and have fun.

I was fortunate to visit Hamburg, Rotterdam, Zeebrugge, and Le Havre on a spring cruise, which was ridiculously cheap. I went to Bulgaria in the summer (half the price of Spain), and then an astonishing trip to Egypt in the Autumn. Saving on a pension never seemed a great idea when I was eighteen, but I have changed my mind. I have some exciting things planned for 2024 too.



I know some might say, “well you have had money. I cannot do that”. And I know that I am lucky. But there are many chances to go to places in London that are free. With HMHB, I love planning outings out to places, and it is great fun going with the group. And I have been to so many places that I probably would never have bothered to visit.

We have been to many museums, galleries, and even just a trip up the Regent’s Canal or down the Mall. All of these cost nothing. We have visited theatres and seen quite a few shows. But again, you can find amazing deals if you are prepared to take the time to look. I also have a Limitless card for the Odeon, and that means as many films as I like a month for less than £20. What a deal!!!!



Obviously, the proudest moment of the year, and probably for many years, was being named Islington Volunteer of the Year 2023, which was an incredible feeling. Our work in delivering around the borough, and beyond, has been fulfilling and wondrous. From my original idea back in 2008/2009, to starting with clients with a walk in 2016, to what we now deliver all over Islington, networking with many varied projects, and receiving astonishing feedback and major awards, it has been one hell of a journey. We have had the backing of our MP, our local Councillors (all of them as they have changed over the years), professionals, projects, and especially our incredible users, who astonish me every day, and make my problems pale into insignificance. We have had people with Cancer, Stroke, and many other ailments, as well as mental health issues. But they just get on with it. I Love You All. Hugs.



## HMHB's Name Game Page:

Can you name these TV Sitcoms?

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

Answers at bottom of quiz page answers (page 39)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

## NUTRITION: Lazza's Kitchen Adventure Chocolate Orange Marble Loaf Cake

**A Brand NEW Recipe from Lazza's Kitchen.**  
**Lazza made his first ever Chocolate Orange Marble Loaf Cake from scratch**

**The first to create a form of baking powder was English chemist and food manufacturer Alfred Bird in 1843. Bird was motivated to develop a yeast-free leavener because his wife Elizabeth was allergic to eggs and yeast. His formulation included bicarbonate of soda and tartaric acid, mixed with starch to absorb moisture and prevent the other ingredients from reacting. A single-action form of baking powder, Alfred Bird's Baking Powder reacted as soon as it became damp.**

### Ingredients

CAKE: 200g Unsalted Butter  
200g Caster Sugar  
3 Eggs  
125ml Sour Cream  
275g Self Raising Flour: ½tblsp Baking Powder  
Grated Zest of 2/3 orange, plus juice  
2 tblsp Cocoa Powder  
TOPPING: 125g dark chocolate chopped  
75g milk chocolate chopped  
75ml Extra Thick Double Cream

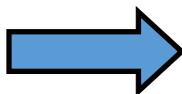
For the cake, in a large bowl using a handheld electric whisk, beat the butter, sugar, eggs, soured cream, flour, and baking powder until light and fluffy, about 3min. Spoon half of the mixture into a separate bowl and beat in the orange zest and juice. In a separate small bowl, mix the cocoa powder and 2tblsp just-boiled water to make paste. Add to the plain cake batter bowl and beat to combine. You now have two batters - an orange one and a chocolate one. Preheat oven to 180°C (160°C fan) mark 4 and lightly grease and line a 900g loaf tin with baking parchment - I use a nice silicon mould that does not need greasing (I recommend).

Dollop alternate spoonfuls of the 2 cake batters into the lined tin, lightly swirl together with a skewer or cutlery knife to marble, then lightly smooth to level.

Bake for 1hr, or until risen and a skewer inserted into the centre comes out clean.

Leave to cool completely in the tin.

For the topping, melt the chocolate and mix in with the cream. Leave to cool so it is spreadable but not runny, and then spread over the cake(s).



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

## EXERCISE/FITNESS

**Let's get back to basics.**

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

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

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

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

We now have our regular Highbury Gym sessions with Dean on Tuesdays, thanks to the team at Better, We organise a fantastic outdoor Zumba session on Sundays with our fabulous Karina.

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

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

Be active, be safe, and go for it.

One of the most popular New Year Resolutions made by people surround the subject of fitness and exercise.

We all know we need to be more active and, let's be honest, we also know we probably do not do enough. So we start off the year with the best intentions, but it is not long till we give up.

Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of many diseases, including Cancer and Heart Disease, strengthen bones and muscles, and improve your ability to do everyday activities.

Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity. Everyone can experience the health benefits of physical activity: age, abilities, ethnicity, shape, or size do not matter.

Compared to inactive people, people who do greater amounts of moderate or vigorous-intensity physical activity may experience improvements in cognition, including performance on academic achievement tests, and performance on neuropsychological tests, such as those involving mental processing speed, memory, and executive function.

Physical activity also lowers the risk of developing cognitive impairment, such as dementia, including Alzheimer's disease. These improvements from physical activity are present for people who have normal as well as impaired cognitive health, including conditions such as attention deficit hyperactivity disorder (ADHD), schizophrenia, multiple sclerosis, Parkinson's disease, and stroke. Healthy older adults, even in the absence of dementia, often show evidence of cognitive decline, especially on measures of processing speed, memory, and executive function. Physical activity may be an effective approach for improving cognitive function in older adults.



**"Exercise not only changes your body,  
it changes your mind, your attitude and your mood."**

## EXERCISE/FITNESS: Importance of being more active

Anxiety and anxiety disorders are the most prevalent mental disorders. Participating in moderate-to-vigorous physical activity over longer durations (weeks or months of regular physical activity) reduces symptoms of anxiety in adults and older adults.

Major depression is one of the most common mental disorders around the world and is a leading cause of disability for middle-aged adults especially. The prevalence of depressive episodes is higher among females, both adolescents and adults, than among males. Engaging in regular physical activity reduces the risk of developing depression in children and adults and can improve many of the symptoms experienced by people with depression.

In addition to feeling better, adults who are more physically active sleep better. Greater volumes of moderate-to-vigorous physical activity are associated with reduced sleep latency (taking less time to fall asleep), improved sleep efficiency (higher percentage of time in bed actually sleeping), improved sleep quality, and more deep sleep.

Greater volumes of moderate-to-vigorous physical activity are also associated with significantly less daytime sleepiness, better sleep quality, and reduced frequency of use of sleep-aid medications.

The improvements in sleep with regular physical activity are also reported by people with insomnia and obstructive sleep apnoea. The evidence that habitual moderate-to-vigorous physical activity reduces the risk of excessive weight gain, an important risk factor for obstructive sleep apnoea, suggests that physical activity could have a favourable impact on the incidence of obstructive sleep apnoea. The number of hours before bedtime at which the activity is performed does not matter. Benefits are similar for physical activity performed more than 8 hours before bedtime, 3 to 8 hours before, and less than 3 hours before bedtime.

Physically active adults have a significantly lower risk of developing several commonly occurring cancers, as well as lower risk of several other cancers. Research shows that adults who participate in greater amounts of physical activity have reduced risks of developing cancers of the:

- Bladder;
- Breast
- Colon (proximal and distal)
- Endometrium (the inner lining of the uterus)
- Oesophagus (adenocarcinoma)
- Kidney
- Lung
- Stomach (cardia and non-cardia adenocarcinoma)

These effects appear to apply to both men and women, regardless of weight status



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

## EXERCISE/FITNESS: - with our own PT Zombie

### Three of PT Zombie's favourite basic exercises.



#### Squat

Covered these before, but they are one of the basics. Stand with your feet hip-width apart, toes slightly turned out. Keep your back straight and chest open, head up. Make sure your heels stay on the ground throughout. Send your hips back, as if you are about to sit down in a chair behind you. Bend your knees as low down as possible, but make sure you keep your chest up and don't allow to fall forward. Press through your heels to return to standing. Repeat.

Standard squat exercises target your quadriceps, hamstrings, glutes, abdominals, and calves.



#### Lunges

Stand with your feet shoulder-width apart. Step forwards with one leg into a long stride and lower into a lunge, bending both knees and keeping your posture upright while ensuring your knees don't travel over your toes. Drive through your front heel to return to standing. Repeat by stepping forward with the opposite leg into another stride.

Lunges work the quads, hamstrings and glutes. To target the hamstrings more, you can try leaning forwards. This will also further activate the glute medius. If you want to target your quads, holding your upper body in a more upright position will target this area more.



#### Press Up/Push Up

Start in a high plank. Slowly lower your chest towards the floor whilst ensuring your abs are tight and your spine is in neutral position. See hands are under the shoulders. Slowly push back up to the start position. You can do on your knees, but maintain that straight back. Push ups primarily work the chest and triceps. It also works the shoulders, biceps and core.

There are many variations of press ups which can help target different upper body muscles and cater to different strength abilities so no matter if you're a beginner or advanced, this exercise is great in building and maintaining upper body strength. We will look at these in our February issue.

## EXERCISE/FITNESS: - with our own PT Zombie

### Three more of PT Zombie's favourite basic exercises



#### Plank

Adopt a push up position, with wrists and elbows stacked directly under the shoulders, and body in a line from head to heels (you can be on your knees, but do keep a straight back - you can also do standing against a wall). Push through your hands and squeeze your core by pulling your belly button towards your sternum to engage the abs. Hold the position for as long as possible, or for the desired time.

The full plank strengthens the core and shoulders, with the back, hips, and legs also working to stabilise the body. Training the core can help to improve posture, reduce back pain, minimise injury risk, and improve sports performance.



#### Standing Side Crunch

You can do these on the floor but I prefer standing too. As you can see, you lift one leg up whilst bring the same side arm, bent at elbow to it, making sure you crunch your side (obliques). Do ten on one side, and then switch to other, or you can do alternately.

One of the most important side crunch benefits is that it gives you a strong core. This gives you a toned appearance, reduces the risk of injuries, and enhances your balance. This is an excellent exercise to correct postural problems. It helps prevent and manage lower back pain and stiffness.



#### Simple Burpee (an easier variation)

As you can see, Zombie starts in a standing position, slightly leaning forward. He then jumps up into the air (if you have problems with this you can go to tip-toe) and then comes all the way down to put hands on the ground (as shown). If you have issues with that you can always come down to squat position. Then keep repeating.



These simpler burpees combine both cardio and strength training. When done properly and consistently, the exercise provides a high-intensity workout that is sure to not only condition your muscles, but also get your heart pumping, your lungs working, and the sweat flowing. The exercise is also a clever way to gauge your fitness.

## 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.



Robert Ballard and Jean-Louis Michel found the wreckage of the Titanic on the 1 September 1985.

Ballard had originally met with the US Navy in 1982 to secure funding for a new type of submersible technology that would allow him to find the Titanic. However, the Navy agreed to fund the project, but only if it would be used to investigate two sunken submarines. The USS Thresher sank in April 1963, and the USS Scorpion followed five years later, in May 1968.

They found them quickly, so had twelve days left. The US never actually expected Ballard to find the Titanic, but working on a hunch they discovered the sunken liner.

That man is Kevin Hines, and his story is remarkable.

I would also say it is inspiring for anyone having a tough time. In the Year 2000, Kevin attempted to take his life by jumping off the Golden Gate Bridge. It should be said, less than 1% of people survive this fall. Many factors contributed to his miraculous survival including a sea lion which kept him afloat until the Coast Guard arrived. Kevin now travels the world sharing his story of hope, healing, and recovery while teaching people of all ages the art of wellness & the ability to survive pain with true resilience. He says that when he jumped he realised that of all the problems he had in the world he actually only had one. He had let go of the bridge. His catchphrase for those contemplating ending their life: "Never let go of the bridge". You can change things.



In a display of China's commitment to ramping up renewable energy resources, the country just finished a 250-acre solar farm in the shape of a panda. The effort is partially a PR campaign as China continues to lead the world in renewable energy investment.

To create the visual effect of darker and lighter solar panels, Panda Green Energy used both darker monocrystalline silicon and lighter thin film cells. This allowed the energy company to stagger the solar panels in an array that mimics the colouring and shape of a giant panda.

## HEALTH / ROUTINE

### Daily Habit Changes for a Healthier You in 2024 - 1

Come on! It's the January issue. I am bound to be asking people to look at the year ahead and see what they can be doing to be healthier and happier. Changes do not have to be major shake ups. Just small changes can make a difference. And we all need to think about our health. I will be 58 in August and over the last few years my health has been up and down. I see the doctor and they tell me off for some of my habits - especially over my blood pressure and weight struggles. I need to be doing better, and will be doing just that this year.

#### Look at improving sleep.

It is possible that some of you have no problems over sleep. All I can say is I am jealous. You are definitely in the minority.

Going without sleep is a lot like expecting your phone to run all day on a 12% battery. Your body needs time to not just rest and recharge, but also to do important work, like keeping you healthy and active.

According to the experts, adults should get at least seven hours of shut-eye each night. If this is a challenge for you, turn to your "Circadian Rhythms". These are the physical, mental, and behavioural changes an organism experiences over a 24-hour cycle. Light and dark have the biggest influence on circadian rhythms, but food intake, stress, physical activity, social environment, and temperature also affect them. Most living things have circadian rhythms, including animals, plants, and microorganisms. In humans, nearly every tissue and organ has its own circadian rhythm, and collectively they are tuned to the daily cycle of day and night.



The system that regulates an organism's innate sense of time, and controls circadian rhythms, is called a biological clock. It's composed of proteins encoded by thousands of genes that switch on and off in a specific order. A master clock coordinates all the biological clocks in an organism.

In vertebrate animals, including humans, the master clock exists in the brain. The human master clock is a large group of nerve cells that form a structure called the suprachiasmatic nucleus (SCN). Among other functions, the SCN controls production of the hormone melatonin based on the amount of light the eyes receive. In the evening, a person's master clock tells their brain to make more melatonin, causing sleepiness. The SCN also synchronises the circadian rhythms in different organs and tissues across the body. This is why they say you should limit the use of phones in the evening - due to the light emissions.

Try and find a better sleep routine. Do some research. It is the bane of my life at the moment.

#### Walk more.

Our US based friends, Walk With A Doc, have created a list of the 100 benefits of walking - and you could probably add another 100 to it. On the physical front, regular walking supports your immune system, reduces joint pain and makes it easier to maintain a healthy weight.

Any exercise helps your mental health, and that includes walking. If you want to shift your daily habits to combat symptoms of depression or anxiety or to boost your mental wellness in general, make it a point to lace up your walking shoes each day.

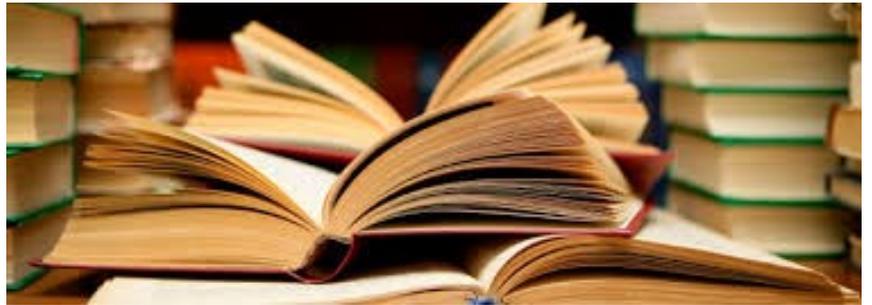
## HEALTH / ROUTINE

### Daily Habit Changes for a Healthier You in 2024 - 2

#### **Read more - books, newspaper, anything**

Books can make you feel all the emotions, from happiness and surprise to sadness, fear and anger. Experiencing a variety of emotions can help build your resilience and ability to deal with difficult situations. It can also help you develop empathy and connect with people by learning about other cultures and experiences through storytelling.

There are many options for entertainment especially with digital devices and streaming services making shows, movies, music and podcasts more accessible now than ever before. Some of you may not consider books a form of entertainment, but they certainly can be. Books can make us laugh and cry and create intrigue and excitement. Being entertained also has positive health benefits including releasing endorphins in your brain. These feel-good hormones help you relax, manage pain and relieve stress.



Speaking of stress relief, escaping into the captivating world of books can help lower your heart rate and relax your muscles. Books are also a healthy way to help you compartmentalise when you focus on a story instead of a stressful event.

Personally, I love reading. I do like crime thrillers, but also enjoy learning about our world and beyond. Even Asterix and Tintin, which I have loved since a child, keep me captivated. Some might say that that explains a lot about me!!!

#### **Take time to Meditate**

If stress has you anxious, tense and worried, you might try meditation. Spending even a few minutes in meditation can help restore your calm and inner peace. Anyone can practice meditation. You don't need any special equipment. You can practice meditation wherever you are. You can meditate when you're out for a walk, riding the bus, waiting at the doctor's office, or even in the middle of a business meeting.

Meditation has been around for thousands of years. Early meditation was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is most often used to relax and lower stress. Meditation is a type of mind-body complementary medicine. Meditation can help you relax deeply and calm your mind. During meditation, you focus on one thing. You get rid of the stream of thoughts that may be crowding your mind and causing stress. This process can lead to better physical and emotional well-being.

Meditation can give you a sense of calm, peace and balance that can benefit your emotional well-being and your overall health. You also can use it to relax and cope with stress by focusing on something that calms you. Meditation can help you learn to stay centred and keep inner peace.

These benefits don't end when your meditation session ends. Meditation can help take you more calmly through your day. And meditation may help you manage symptoms of some medical condition.

## HEALTH / ROUTINE

### Daily Habit Changes for a Healthier You in 2024 - 3

#### **Spend Time in Nature (and put those devices down)**

Modern life sees many of us committing a lot of time to typing on our laptops, sitting in big office spaces or scrolling through our phones looking for something to catch our attention. This can all lead to us spending more time indoors and less time outdoors. However, there is an increasing amount of evidence that suggest your connection with nature could bring a whole host of benefits to your psychological and physical health.

An example of the benefits of nature on your mental health comes from a study of 20,000 people led by The European Centre for Environment and Human Health. It found that people who spent two hours a week in green spaces were substantially more likely to report good health and improved psychological wellbeing vs. those that didn't.

The calming effects of nature, offering respite from our everyday worries, helps to lower our blood pressure and reduce the production of stress hormones. On top of a reduction in stress, being more in touch with nature helps to reduce feelings of anxiety and improves our self-esteem. There is even evidence that shows that contact with nature reduces your levels of loneliness. This is in direct contrast to how we respond to being in busy, overcrowded cities, which can make us feel lonely. If you do live in a busy city, heading to your local park or getting out to the countryside can be vital to maintaining good mental health. Hence our successful weekly walks with HMHB.

Oxygen is the lifeblood we all need for our bodies to function. Fresh, outdoor air generally has higher levels of oxygen than indoor air, as well as containing less harmful pollution. Oxygen is fundamental to how your body operates. From brain functionality, energy levels, the immune system, digestion and lots more in-between, it all relies on oxygen pumping through our system. If you're getting better air quality with higher levels of oxygen, it will help your body to function better.

It also encourages you to breathe more effectively. Sitting down indoors, we tend to breathe shallowly, only inhaling into the top part of our lungs. While standing up and moving outside, we're able to breathe from deeper within our diaphragm, taking in more oxygen. Being outside is often the best place to practise some breathing exercises, like diaphragmatic breathing, which can be a good way of reducing stress and anxiety.

#### **Eat more plant based foods**

You already know that eating nutritious food makes you feel better. As an overarching concept, healthy eating habits can feel a little vague.

We have covered this a lot in our health packs over the last few years. A plant-based diet (does not mean you can't have meat) helps maintain healthy cholesterol and blood pressure levels and reduces your risk for some chronic conditions. Plants are full of the vitamins, minerals and other nutrients we need to keep our bodies working optimally.

Try to incorporate more fruit, vegetables, whole grains, nuts and legumes into your daily meals. It might be helpful to keep a produce bowl on your kitchen counter so you can grab things as a quick snack, too.



## HEALTH / ROUTINE

### Daily Habit Changes for a Healthier You in 2024 - 4

#### **Spend quality time with friends**

One of the fabulous outcomes of HMHB is the friendships that have developed over the last years. We have an incredible number of people, and we even call it the HMHB Family. I feel so privileged to have met so many incredible people, and to be in contact with fantastic friends.

But why not put down that mobile or tablet and go and chat to them face to face. Even now, I have friends come round and I find myself on my mobile looking at things.

Ironically, if we're experiencing a mental health problem, our instinct might be to hide away and avoid our friends. But friendships can play a key role in helping us live with or recover from a mental health problem and overcome the isolation that often comes with it. We can end up with the strongest relationships with the people who've supported us through hard times.



If you have a mental health problem, you may feel ashamed of 'admitting' to it. You may feel that you're bothering or upsetting your friend, fear being labelled, or worry about how your friendship might change. You don't have to tell your friends, and you certainly don't have to tell everyone. Think about who you might feel comfortable talking to.

Tough as it can be, talking to close friends can be important for both of you. Even if you don't talk about it again, having the issue out in the open means that you don't have to worry about mentioning your mental health problem by accident or 'explaining away' medication or appointments. It may also clarify why you're behaving in a particular way or don't want to go out or talk to them much. True friends will support you and encourage you.

#### **Drinking and Smoking**

We have covered this many times. But it is worth repeating, especially if some of you are thinking about a new year change. And this could be the year you really do make a difference.

Stopping smoking - your life expectancy will be greater, and you'll notice an improvement in the symptoms of smoking related diseases such as Chronic Obstructive Pulmonary Disease (COPD). Stopping smoking can help you live life to the full. You'll feel fitter and more able to take part in physical activity. This in turn can benefit your mental health and wellbeing. I really do not have to keep mentioning it. Please please stop. I lost my mum and grandad to smoking related death. And our wonderful Rosie too. Please STOP.

Drinking - moderate alcohol consumption may provide some health benefits, such as: reducing your risk of developing and dying of heart disease, and possibly reducing your risk of ischemic stroke (when the arteries to your brain become narrowed or blocked, causing severely reduced blood flow). Excessive drinking raises risk of high blood pressure, heart disease, stroke, liver disease, and digestive problems. Also, Cancer of the breast, mouth, throat, oesophagus, voice box, liver, colon, and rectum. Even weakening of the immune system, increasing the chances of getting sick.

## NUTRITION: Lazza's Kitchen Adventure

### Bread and Butter Pudding (*from March 2022 issue*)

**A Brand NEW Recipe from Lazza's Kitchen.**  
**This was Lazza's first ever Bread and Butter Pudding from scratch**

**The earliest bread and butter puddings were called whitepot and used either bone marrow or butter. Whitepots could also be made using rice instead of bread, giving rise to the Rice Pudding in British Cuisine.**

**A recipe for bread and butter pudding is found in Eliza Smith's "The Compleat Housewife" of 1728**

#### Ingredients

50g raisins (I used blueberries instead):  
Zest and juice of one orange.  
Bread - crust less white, use number of slices you need for size of dish.  
Butter: 400ml milk (depending size of dish)  
300ml double cream:  
1 large egg: 3 large egg yolks  
1/2 teasp. Vanilla Essence  
4 tablespoon of caster sugar:

- Mix raisins/blueberries with orange juice and zest
- Spread the bread with the butter and layer the dish from bottom and then overlapping.
- Beat the milk, eggs, cream, vanilla essence and sugar (I also added a pinch of nutmeg and cinnamon to taste - and can I say, after eating, it makes a difference)
- Pour the raisins/blueberries all over the bread in the dish
- Pour the cream mixture all over the bread. Let it soak in.
- Preheat the oven to 175C.
- If you want, spread a bit more sugar on top of pudding (I didn't)
- Place dish in the oven and let it cook for around 30-40 minutes.
- Check on it. The custard mix should set a bit in the middle and it becomes a light brown on top.
- Enjoy it hot or warm.
- You can even make some extra custard if you want.



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

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



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

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

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

HMHB ran a successful course with them this Spring, this following a successful course we did with them before. We are hoping this will be the start of a working relationship with them.



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

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

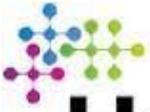
HMHB has run several courses with them in the past, and we love helping their users. Call them on **0208 340 2474 (option 1)**.

**Email:** [Haringeywellbeingnetwork@mih.org.uk](mailto:Haringeywellbeingnetwork@mih.org.uk)



HMHB have formed a partnership with Healthy Generations. HG promote inclusion, reduce isolation and improve health and well-being. They work mainly with older people and mental health service users. Islington classes are open to everyone. They have a huge number of FREE exercise classes of different types, so do check out their website and join in (see last pack!!!). [www.healthygenerations.org.uk](http://www.healthygenerations.org.uk) You can also contact Sam (Ops Manager) through their website. HMHB look forward to working with HG going forward.

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



# Help on Your Doorstep

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

Do contact them if you have an issue, and they can signpost you to the relevant people. [connect@helponyourdoorstep.com](mailto:connect@helponyourdoorstep.com)

North London Cares brings older and younger people together to share time, laughter, new experiences and friendship . They want to try and combat loneliness and isolation by providing opportunities for people of all ages to get to know each other and their community.

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

Do check them out: [www.northlondoncares.org.uk](http://www.northlondoncares.org.uk)



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

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

[www.shp.org.uk](http://www.shp.org.uk) 0204 509 8300

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

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

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

[www.vai.org.uk](http://www.vai.org.uk) Main phone no: 020 7832 5801

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

- Round One: 1 Cat/Tarantula 2 Haydn/Schubert 3 Oxford/Swindon  
 Round Two: 1, 8: 2, 705 3, 465: 4, 98: 5, 104  
 Round Three: 1, 1951: 2, 1923: 3, 1976: 4, 1994. 5, 2008.  
 Round Four: They all own, or have owned, Rottweiler Dogs  
 Round Five: 1 Lithuania: 2 Dalton 3 Watson: 4 Erasure  
 Round Six: 1 Sweden: 2 S Korea: 3 Uruguay: 4 Russia: 5: Kiribati



## Review of Challenges and Targets

### Mind-set:

I like to use the example of Olympic athletes when we talk about always looking to improve. Even Gold medallists are continually looking to find ways to get faster, stronger, fitter, healthier, etc.

So why not think about this new year. Make 2024 the year you actually take action, are proactive, and do things. People talk about motivation, but that actually comes about once you start making successes. You see a small gain and that inspires you onto the next gain. You can do this. Honestly, You are stronger than you think. So instead of talking about, get out and do it!!!

**There's  
always  
room  
to be a  
better  
person.  
Always.**

### Nutrition.

It's the New Year issue so obviously we are looking at healthy changes you can make in 2024. It does not mean you have to stop having cake or biscuits, or burgers, etc. But it does mean thinking about how you can have more of the good stuff. The foods that are really helping your body to function properly, that reduce the risk of certain diseases and ailments, and keep you on the right track.

Christmas may have been a time of weight gain. I certainly need to do something this year. So, it is your choice. Choose wisely.



### Exercise.



Make 2024 the year you get more active. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

With that in mind I asked our own PT Zombie to talk about some of his favourite basic exercises that will help get you fitter in 2024. There are variations on many of these, but we looked at the basic one. We have covered them before, but it is great to mention them over and over again. Just do it.

### Health.

We can get very set in our ways. But if we need to be healthier that does mean making changes in our daily routines and habits.

So in this issue we looked at a few things that you need to start seriously thinking about. Can you be doing better? Yes you can. Small changes: simple changes: Any change that affects you health positively has to be a good thing.

But that responsibility is yours. Can you do it? I ask myself the same questions around my weight. And I know I can do it. It's about action. It comes down to choice. Make the best one for 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 + Sitcoms from Page 24

See if you can beat your family and friends

**The World:** Name the Capital City for these countries around the world.

1. NZ Wellington
2. I New Delhi
3. P Lisbon
4. C Ottawa
5. N Abuja
6. P Manila
7. S Belgrade
8. P Asunción
9. M Valletta
10. I Jakarta
11. A Canberra
12. S Stockholm
13. M Rabat

**Music:** Name the singer/group, and year the song was released, for songs that only reached No2 in UK charts.

1. 1995: Oasis
2. 1976: Candi Staton
3. 1980: Adam and the Ants
4. 1979: Elvis Costello
5. 1983: Eurythmics
6. 1965: Petula Clark
7. 1998: Madonna
8. 2007: Mark Ronson ft.
9. 1990: Deee-Lite
10. 1973: David Bowie
11. 1972: Elton John
12. 1965: The Who
13. 1969: Jackson 5
14. 1977: Sex Pistols
15. 1956: Elvis Presley
16. 1967: The Beatles
17. 1980: Ultravox

**Actors:** Name the actor who played these fictional policemen / detectives.

1. John Thaw
2. Peter Falk
3. Telly Savalas
4. Robert Wagner
5. Bob Hoskins
6. Cybill Shepherd
7. Tony Shalhoub
8. Daniel Craig
9. Leslie Nielsen
10. James Garner
11. David Duchovny
12. Angela Lansbury
13. Shaun Evans
14. Vicky McClure

### The World

The top twenty Olympic Medal winning countries  
United States of America, Germany, United Kingdom  
France, Italy, China, Sweden, Japan  
Norway, Australia, Russia, Canada,  
Hungary, Finland, Netherlands, Switzerland  
South Korea, Austria, Poland, Romania

QUIZ ANSWERS  
IONS

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

- 1: 3rd Rock from the Sun
- 2: Butterflies
- 3: Everybody Loves Raymond
- 4: Gimme Gimme Gimme
- 5: It Ain't Half Hot Mum
- 6: Dinnerladies
- 7: The Brittas Empire
- 8: Bad Education
- 9: To The Manor Born
- 10: My Family
- 11: The Thin Blue Line
- 12: Still Open All Hours
- 13: The Goodies
- 14: Minder
- 15: Malcolm In The Middle

### UK

The twelve London Underground Stations starting with "M"

Maida Vale, Manor House  
Mansion House, Marble Arch  
Marylebone, Mile End  
Mill Hill East, Monument  
Moor Park, Moorgate  
Morden  
Mornington Crescent

# THE LAST PAGE

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

You can contact HMHB:

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

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

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

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

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

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

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

Please follow and like our blogs:

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

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

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

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

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

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

**Lawrence & HMHB: WINNER Mayor Civic Award in 2022**

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

**Lawrence and HMHB: Official Nominee Mayor Civic Award 2023**

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



ISLINGTON

*Cripplegate Foundation Helping since 1500*

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



**Link to our Website**