

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 07

Focus on:

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

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*Tuesday 1st September 2022*



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



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

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



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“If ever there is tomorrow when we're not together, there is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think. But the most important thing is, even if we're apart... I'll always be with you.” – **Winnie the Pooh**

*Welcome to Issue 7 of Healthy Minds, Healthy Bods' Revamped Monthly Health Packs.*

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

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

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

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

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

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

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



A Photo from our Thursday walk, taken outside Clissold House. We were joined by members of Islington Core Team, part of the NHS Trust, to help us promote the walk, as it can bring so many health benefits to everyone. Our walks, and sessions, are open to anyone that wants to come along, so please do join us, have a laugh, make new friends, and get back into the outdoors again.



We are still hoping to find some sponsorship so we can print and post these packs to people not on the internet.

If any company, organisation, or individual, would like to help that would be amazing. We need ink for printer and stamps for postage (and on 36 pages that can be high).

## HEALTH NEWS AND RESEARCH PAGE

### Ultrasound stickers to see inside the body!!

Engineers at the Massachusetts Institute of Technology have designed an adhesive patch that produces ultrasound images of the body. The stamp-sized device sticks to skin and can provide continuous ultrasound imaging of internal organs for 48 hours.

Ultrasound imaging is a safe and non-invasive window into the body's workings, providing clinicians with live images of a patient's internal organs. To capture these images, trained technicians manipulate ultrasound wands and probes to direct sound waves into the body. These waves reflect back out to produce high-resolution images of a patient's heart, lungs, and other deep organs (or even a baby).



To image with ultrasound, a technician first applies a liquid gel to a patient's skin, which acts to transmit ultrasound waves. A probe, or transducer, is then pressed against the gel, sending sound waves into the body that echo off internal structures and back to the probe, where the echoed signals are translated into visual images. Obviously, the patient needs to stay in one position.

For patients who require long periods of imaging, some hospitals offer probes affixed to robotic arms that can hold a transducer in place without tiring, but the liquid ultrasound gel flows away and dries out over time, interrupting long-term imaging.

In a paper appearing in July in *"Science"*, the engineers present the design for a new ultrasound sticker -- a stamp-sized device that sticks to skin and can provide continuous ultrasound imaging of internal organs for 48 hours.

The researchers applied the stickers to volunteers and showed the devices produced live, high-resolution images of major blood vessels and deeper organs such as the heart, lungs, and stomach. The stickers maintained a strong adhesion and captured changes in underlying organs as volunteers performed various activities, including sitting, standing, jogging, and biking.

The current design requires connecting the stickers to instruments that translate the reflected sound waves into images. The researchers point out that even in their current form, the stickers could have immediate applications.

For instance, the devices could be applied to patients in the hospital, similar to heart-monitoring EKG stickers, and could continuously image internal organs without requiring a technician to hold a probe in place for long periods of time.

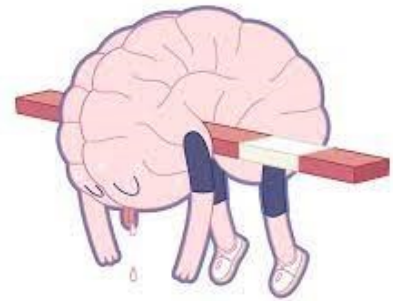
If the devices can be made to operate wirelessly -- a goal the team is currently working toward -- the ultrasound stickers could be made into wearable imaging products that patients could take home from a doctor's office or even buy at a pharmacy. "We envision a few patches adhered to different locations on the body, and the patches would communicate with your mobile, where AI algorithms would analyse the images on demand," says the study's senior author, Xuanhe Zhao, Professor of Mechanical Engineering and Civil and Environmental Engineering at MIT. "We believe we've opened a new era of wearable imaging: With a few patches on your body, you could see your internal organs."

## HEALTH NEWS AND RESEARCH PAGE: Why does thinking hard making you tired?

It's no surprise that hard physical labour wears you out, but what about hard mental labour? Sitting around thinking hard for hours makes one feel worn out too. Now, researchers have new evidence to explain why this is, and, based on their findings, the reason you feel mentally exhausted (as opposed to drowsy) from intense thinking isn't all in your head.

Their studies, reported in **"Current Biology"** on August 11, show that when intense cognitive work is prolonged for several hours, it causes potentially toxic by-products to build up in the part of the brain known as the prefrontal cortex. This in turn alters your control over decisions, so you shift toward low-cost actions requiring no effort or waiting as cognitive fatigue sets in, the researchers explain.

"Influential theories suggested that fatigue is a sort of illusion cooked up by the brain to make us stop whatever we are doing and turn to a more gratifying activity," says Mathias Pessiglione of Pitié-Salpêtrière University in Paris, France. "But our findings show that cognitive work results in a true functional alteration (accumulation of noxious substances) so fatigue would indeed be a signal that makes us stop working but for a different purpose: to preserve the integrity of brain functioning."



Pessiglione and colleagues, including first author of the study Antonius Wiehler, wanted to understand what mental fatigue really is. While machines can compute continuously, the brain can't. They wanted to find out why. They suspected the reason had to do with the need to recycle potentially toxic substances that arise from neural activity.

To look for evidence of this, they used magnetic resonance spectroscopy (MRS) to monitor brain chemistry over the course of a workday. They looked at two groups of people: those who needed to think hard and those who had relatively easier cognitive tasks. They saw signs of fatigue, including reduced pupil dilation, only in the group doing hard work. Those in that group also showed in their choices a shift toward options proposing rewards at short delay with little effort. Critically, they also had higher levels of glutamate in synapses of the brain's prefrontal cortex. Together with earlier evidence, the authors say it supports the notion that glutamate accumulation makes further activation of the prefrontal cortex more costly, such that cognitive control is more difficult after a mentally tough workday.

So, is there some way around this limitation of our brain's ability to think hard?

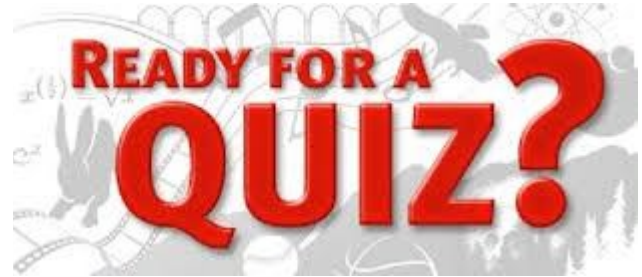
"Not really, I'm afraid," Pessiglione said. "I would employ good old recipes: rest and sleep! There is good evidence that glutamate is eliminated from synapses during sleep."

There may be other practical implications. For example, the researchers say, monitoring of prefrontal metabolites could help to detect severe mental fatigue. Such an ability may help adjust work agendas to avoid burnout. He also advises people to avoid making important decisions when they're tired. In future studies, they hope to learn why the prefrontal cortex seems especially susceptible to glutamate accumulation and fatigue. They're also curious to learn whether the same markers of fatigue in the brain may predict recovery from health conditions, such as depression or cancer.

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

**Europe**

Can you name the top 20 highest populated European cities by population within city limits. This means people that actually live in the cities and not just travel into.



**Literature: Name the book/play where you would find these characters.**

1. Bill Sikes, Nancy
2. Thorin, Smaug
3. Winston Smith
4. Oberon, Titania, Puck
5. Quint, Brady, Hooper
6. Mr Tumnus, Peter, Lucy
7. Atticus Finch, Boo Radley
8. Elizabeth Bennet, Fitzwilliam Darcy
9. Scarlett O'Hara, Rhett Butler
10. Dorothy Gale, Glinda
11. Jim Hawkins, Ben Gunn
12. Jonathan Harker, Abraham Van Helsing
13. Smee, Tiger Lily, Wendy

**Films: Can you name the film and its year of release for these characters (I have put the actor too)?**

1. General Zod: Terence Stamp
2. John Hammond: Richard Attenborough
3. Caractacus Potts: Dick Van Dyke
4. Vesper Lynd: Eva Green
5. Captain Steven Hiller: Will Smith
6. John Merrick: John Hurt
7. Alex Forrest: Glenn Close
8. Molly Jenson: Demi Moore
9. Jack Dawson: Leonardo Di Caprio
10. Commodus: Joaquin Phoenix
11. Jake Sully: Sam Worthington
12. Henry Higgins: Rex Harrison
13. Artful Dodger: Jack Wild
14. Vito Corleone: Marlon Brando
15. Hugo Drax: Michael Lonsdale
16. Captain Dallas: Tom Skerritt
17. Marion Crane: Janet Leigh

**Pop Music: Who sang these songs with colours in the title? Plus year released?**

1. Back to Black
2. Purple Rain
3. Red Red Wine
4. Yellow Submarine
5. I Guess That's Why They Call It The Blues
6. True Blue
7. Mr Blue Sky
8. Gold
9. Ebony & Ivory
10. Lady In Red
11. Fade To Grey
12. Brown Girl In The Ring
13. White Wedding
14. Goldfinger



**UK Politics:**

Can you name the last twelve people to hold the office of Chancellor of the Exchequer?

Including our current incumbent?

It's tough!!!

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

# HMHB Activity: News



We had a fabulous trip to the Sky Garden in August, and will be going again in November as so many people missed out. HMHB had a terrific group though, and we enjoyed looking out over London trying to pick out a multitude of venues and places. Here we are grouped together for coffee and tea, and you can see what a wonderful day we had.

Thanks to everyone that comes along to our trips and outings. You are all amazing.

Ten of us headed to the Park Theatre, Finsbury Park. We caught a matinee performance of *Monster*. A very thought provoking play with some dark content, and it certainly left an impression. Fabulous acting, and the theatre is wonderful.



Here, Lazza and Ollie are making sure Phyllis and Joan are looked after, and having a good time. Bringing people outdoors to group activities is fundamental towards good mental health.



If ever a photo shows just how diverse and inclusive we are at HMHB, then this is it. Our terrific Tuesday exercisers continue to impress me. In fact, we had 15 recently attend. And we are hoping to have some exciting news to pass on re a collaboration with Nuffield Health. We had a terrific meeting with them as they would like to do some community work, and they are coming along to see our group in action and chat about forthcoming possibilities. More news soon.

Ajani - this is the name of our Course that we provide. It focuses on Mind-set, Nutrition, Exercise, and Health, with a fresh approach to mental health, and has received incredibly positive feedback every time.

I am putting this here today as I am completing funding applications at the moment so we can do multiple courses in various local boroughs, mainly with job centres, before we do a large lottery bid next year.

The course is HMHB's main work, and was the core reason for setting up the project.



**AJANI**  
"It's Your Choice"

## MIND-SET: How can I be more Assertive?

*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.*

Assertiveness is key to communication. It gives us the ability to speak up and express our point of view, without being disrespectful to others.

Some people communicate in ways that are too passive. Other people have a style that is too aggressive. An assertive style is the happy medium between the two.

### What does being assertive mean?

- You can express your opinion
- You can ask for what you want
- You can offer ideas or suggestions
- You can say no without feeling overwhelmed by guilt
- You can disagree with someone in an honest and respectful way

### Being passive assertive?

- Not actively or readily participating
- Letting things happen without doing anything or attempting to change it
- Being peacefully resistant in response to injustice

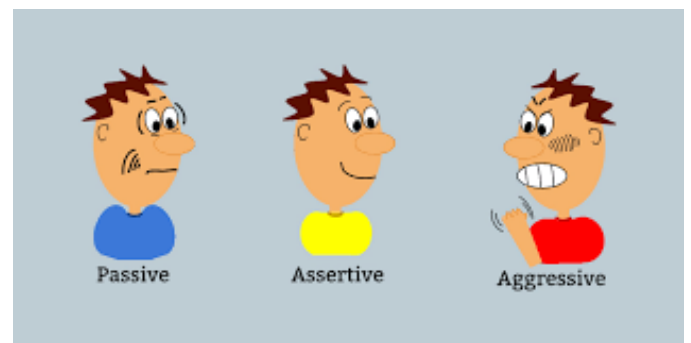
### Being aggressive assertive?

- Expressing yourself in a way which is forceful or threatening
- Aiming to get what you want at all costs
- Being sarcastic, manipulative and spreading gossip

### How does it help?

Being assertive can help you gain the respect of others and improve your self esteem. Some people are naturally assertive, but if you're not, there's lots of ways to learn. Here are some tips:

- Be clear when communicating, stick to your point and be precise
- Take responsibility for the point you want to make or the action you want to take
- Don't apologise if you don't need to
- Remember your body language and tone. The correct tone of voice and body language you use when talking is important when trying to keep your audience engaged
- Test yourself. Don't stick to your comfort zone, face people or situations where you don't feel the most comfortable, it will help you develop
- Back up your points with facts
- Don't make personal references, such as 'I don't like her'
- Observe others and learn!





## MIND-SET: Let's be more assertive

Here are some more detailed ideas about assertiveness.

**Believe in yourself.** Low self-esteem can prevent you from telling others what you want. When you begin to really value your self-worth, you will have an easier time communicating your needs. Worrying about the opinions of others can stand in the way of being honest with yourself and others. Being assertive is a clear sign of self-respect.

**Learn how to say “no.”** Often, people are reluctant to say “no” to others in order to be people-pleasers, even if saying “yes” creates an inconvenience for them. Whether it’s taking on a colleague’s extra work or looking after a friend’s flat, helping others makes people feel good. But it’s important to recognise when your life needs to take priority over helping someone out. If you have a lot on your plate already and you can’t take on more at the moment, simply say no. It’s an empowering feeling and you can offer help at a time that works better for you.

**Practice your assertiveness skills.** Practice what you’re going to say. For example, if you’re going in to ask for a raise at work, try roleplaying with a partner or friend to sketch out the different scenarios, so you won’t be caught off guard and lose momentum when you’re in the moment. You can also write out what you want to say and rehearse it so you’re confident when you make your actual pitch.

**Be simple and direct.** Don’t leave room for misinterpretation. Assertiveness is effective because it is straight to the point. Tell the other person how you’re feeling using the pronoun “I”—as in “I feel” or “I think.” This is a confident approach. Beginning with “you” presumes to know what the other side is feeling and comes across as a more aggressive communication style.

**Leave negative emotions out of it.** You might be navigating a difficult situation and harbouring negative feelings towards the opposing party, but leave all of those emotions out of your message. Even if the other person becomes reactive, stay calm. Getting angry or defensive can lead to an aggressive response rather than an assertive response. You need to stay on track, which will help mitigate a bad situation.

**Remember your body language.** Your words are only one part of how you’re communicating with others. Your body language, tone of voice, and facial expressions contribute to your message. Keep a neutral face expression (practice in front of a mirror if you need to). Stand up tall and make eye contact, two key attributes of a confident person.

**Understand the other point of view.** A key ingredient of assertiveness is the ability to say what you need while also recognising the wishes of others. Assertive people are effective because they possess empathy and respect other opinions and ideas when negotiating. On the other hand, aggressive people demand their needs be met with no regard for anyone else. Respecting the person you are communicating with often leads to a collaborative solution and a win-win scenario with both sides getting what they need.

**Keep it positive.** No one likes difficult conversations and as a result, things go unresolved which leads to stress and complicated relationships. One way to stop procrastinating and deal with situations that require you to be assertive is to approach them with positive emotions. If you communicate with an upbeat tone, the other person will often let down their guard and respond accordingly



**“Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit.”**

## NUTRITION: Lazza's Kitchen Adventure

### Kelross Salad

A NEW Recipe from Lazza's Kitchen.

Lazza made his version of a Waldorf Salad - calling it his "Kelross Salad"

Waldorf salad is named for the Waldorf-Astoria hotel in New York City, where it was first created for a charity ball given in honour of the St. Mary's Hospital for Children on March 14, 1896.

The Waldorf-Astoria's maître d'hôtel, Oscar Tschirky, developed or inspired many of the hotel's signature dishes and is widely credited with creating the salad recipe.

#### Ingredients

2 tblsp mayonnaise: 4 tblsp Greek Yoghurt  
1 tblsp lemon juice: Salt / Black Pepper  
2 sweet apples, cored and chopped  
1 cup seedless red grapes, halved  
2 Peppers (red, yellow) chopped and diced  
1 cup chopped, slightly toasted walnuts  
Bag Cherry Tomatoes, halved  
Olives  
Lettuce

The great thing about salads is you can change the recipes to follow your own tastes. This salad (named after my road) has a Waldorf Salad base (celery, apple, walnut, grapes) but I do not like celery. So I changed that out to then include tomatoes, peppers and olives.

I used four large spoons of Greek yoghurt mixed with two large spoons of mayonnaise, with a spoon of lemon juice and salt/pepper to taste.

Into that I stirred in the chopped apples, chopped grapes, chopped tomatoes, chopped peppers, and olives.

I then added my walnut halves (I did not toast, but you can).

A good solid mix before ladling some of the mixture onto a bed of whatever lettuce you prefer.

This was extremely tasty, but do add an ingredient or two that you like too. I am definitely doing this again!!!!



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: STRETCHING

### Arm Stretches

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

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

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

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

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

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

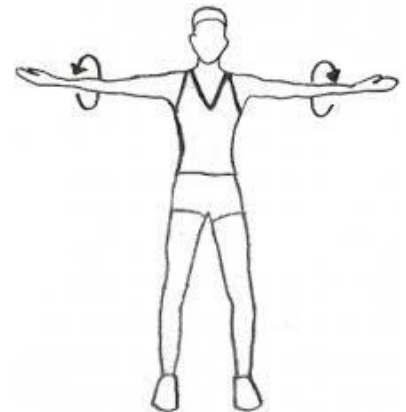
It is not just about warming up before an exercise session, or warming down after completing one.

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

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

#### Arm Circles

Stand tall with your feet a shoulder-width apart, ensuring that your arms are at your side. Try to engage your core. You want your arms to move during this stretch, not your entire body. Breathe in as you slowly raise your arms so that they are stretched outward. Breathe out as you begin to rotate your arms so that you’re making large circles in the air. It is advised that you start slowly and controlled, gradually pick up speed when you feel comfortable. This will give your muscles time to adjust and engage with the stretch. Once you complete this in one direction, change it up and rotate your arms in the opposing direction.



**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.**

#### Standing Arms Behind The Back

Stand tall by ensuring that your spine is perfectly aligned. Interlock your hands behind your back and keep them on level with your waist.

Breathe in as you slowly begin to raise your arms behind you. Slowly begin to tilt your upper body, until your eye level meets the floor. Hold this pose and try to keep your arms as straight as possible.

Breathe out as you slowly begin to lower your arms and align your spine. See the legs are fairly straight!! This simple static arm stretch is great if you suffer from aches or pains within your upper body region. It engages the biceps muscles (and hamstrings)



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

## EXERCISE/FITNESS:

### Stretches: Page 2: More Arm Stretches

#### Overhead Triceps and Shoulder

Start standing or sitting tall. Bring one arm overhead and drop your forearm behind you, resting it on your back between your shoulder blades.

With your other hand, grab right above your bent elbow and pull gently, until you feel a stretch in your shoulder and the back of your arm. You never want to pull directly on your elbow.

Try to keep your bicep close to your ear, and don't force it past. Hold for at least 30 seconds and then repeat on the other side.



#### Cross Body Shoulder

Start standing or sitting tall.

Grab one arm above your elbow with your opposite hand, and pull it across your body toward your chest until you feel a stretch in your shoulder. Important, do not press on elbow, but between the elbow and the shoulder. Make sure to keep your elbow below shoulder height. Hold for at least 30 seconds and then repeat on the other side. The Cross Body Shoulder Stretch will primarily engage the Infraspinatus, Teres Minor, and Posterior Deltoid, but will also activate the Trapezius, Latissimus, and Dorsi.



#### Wrist Extension/Flexion

Start standing or sitting tall. Extend one arm forward in front of you at shoulder height or just below. Keep your extended arm straight and with your opposite hand, grab onto your fingers just above your palm. Pull on your hand to bend your wrist up, so your fingertips point toward the ceiling (for flexion, press down on the top of your extended hand. Slowly bend your wrist down, so that your fingertips point toward the floor), until you feel a stretch on the bottom (top) of your forearm and wrist.



**Stronger arms make it easier to perform everyday tasks.**

**Whether you're driving, carrying shopping bags, picking up kids, or even doing the laundry, daily living is that little bit easier when you've got powerful arms.**

**Arm exercises are one of the most flexible types of training as you can tone your arms with little or no equipment whether you're at home, at the gym or even on holiday.**

**Toned arms can also boost your confidence, and encourage you to wear tops that show off your muscle definition.**

## MIND-SET:

### It's time to look after yourself

I think a lot of us neglect ourselves to make sure others are having a good time. It is natural to want to help your friends and colleagues, but how about looking after yourself for a change. You deserve that, don't you?

Like 99% of life, though, liking yourself (never mind loving yourself) is easier said than done.

But the 100% truth is that the way you treat yourself, the way you treat others, the way they treat you... it's all connected.

What you say to and about yourself in front of people speaks to how you think you should be treated.

How you treat yourself when no one's around reinforces your beliefs about who you are. And who you are is so much more than you can imagine.

How you feel and what you think about yourself is no match for who you really are. Your feelings are not "you", not entirely. You need to treat yourself that way you would hope others treat you.

There are a few things you can do to help your improve your self image.

#### **Give yourself a pat on the back.**

Most of us are focused on all the things we have yet to accomplish in our lives. But constantly staring at a long to-do list can take a toll on your emotional well-being. It's important to occasionally recognise and appreciate all that you've accomplished, in both our personal lives as well as our careers.

We are very quick to tell someone else if they have done something good, but it can feel as if we are "blowing our own trumpet" or "showing off" if we say we are pleased with something we have done. It's as if we are apologetic that we could possibly be successful!!!



And don't allow anyone else to knock those achievements either. I remember telling someone about that fact I was part of the London team to win the Gay Football World Cup in 2000 and 2001, and a silver medal at the Gay Games in Sydney in 2002. I vividly recall them looking at me and saying - "but it was just a gay team" -as if that was detrimental. I hasten to add it did not faze me at all. I ignore stupid asides like that. I am very proud of that achievement.

Especially in depression, or when we feel stressed or down, it is very easy to just concentrate in the negative that is going in in our lives, and not believe that success could ever happen for us. But, we need to turn that thinking on its head. We are all capable of amazing things. We can all gain success. So start thinking of what you have done, and seeing what else you can do.

**If you cannot see how good your are, or what you can do,  
how do you expect anyone else to fully appreciate your skills and friendship???**

## MIND-SET:

### More tips about looking after yourself

#### **Try not to be perfect.**

Many of us want to change so we can have a better life, a life that works better, gives us more happiness, and helps us find more peace.

But if we really look into it, our pursuit of “a better life” is a tricky business. It’s easy to get carried away with it, even in therapy. In our efforts to improve ourselves, we can get trapped in the pursuit of perfection. We can mistakenly believe that our limitations and imperfections are obstacles to our mental health, happiness, and peace of mind.

How many of us have imagined that if we were better looking, we would be happier? Perhaps for you it would be smarter, stronger, richer, funnier, or thinner. The pursuit of perfection can get pretty subtle and unnerving. It’s easy to get drawn into a misguided effort to become a perfectly functioning adult, always knowing the right thing to say, never getting our feathers ruffled, easily finding an ideal work-life balance, and never again getting drawn into our old worries, preoccupations, bitterness, or conflicts. In the past, I have shed my share of tears anguishing over my imperfections and wanting so much to overcome them, to be done with them, frankly, to get rid of them.



None of us  
are perfect,  
but we don't  
need to be.

It takes a lot of hard psychological work to realise that our pursuit of perfection is in vain. First of all, no one is perfect; no one has it all. Second, even if we could be perfect, it wouldn’t get us where we really want to go. It’s our imperfections that make us who we are. We are constantly learning and making mistakes.

#### **Follow your dreams**

There is nothing wrong with having dreams, in fact it can help us focus, but there is something wrong if you have a dream without making any effort to actually achieve it.

First of all, naturally, it has to be something that is “realistic”. We might all have a dream of being the first human on Mars but, let’s be honest, that ain’t happening!!! Although, just to say, they do believe that the first person to step on Mars has already been born (and is probably in school at this moment - so for someone maybe that dream is a reality!!!).

HMHB often say this, but there are no guarantees or promises with life goals, but nothing happens unless you try. Have faith. Have a plan. Work out what you need to do to work towards that dream. Do you need to do any study? Do you need to try and be in a certain part of the planet, or know certain people? All that is down to you as an individual to do.

Just pursuing your dream can actually be an inspiration to motivate others.

However, for your own mental health why not go for it? Even knowing you are trying can lift your spirits and provide you with happiness. Seeing small successes happen will lead to bigger successes.

I would like to add a personal but to this. After going through depressions, heartache, and some difficult times, we can look back and judge ourselves unfairly. “If only I had done this”, or “how could I let that happen?” type of regrets can damage us. I turned things around, formed HMHB, and that came about by thinking positively, not allowing bad things to happen, but mostly because I believed I could do it. That I was good enough.

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

Since last summer, HMHB has been hosting an online quiz on Thursday evenings. We started it as a way of bringing people together, having a laugh, and not taking things seriously. It was important that anyone could win, so we decided to make it funny, but no knowledge was required.  
**All Answers are at the base of Page 31 - don't look till you have done the whole page!!**

**ROUND ONE: Odd Two Out**

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

- |                            |                               |                        |
|----------------------------|-------------------------------|------------------------|
| 1 Groups of Animals        | 2 Genuine Toothpaste Flavours | 3 Genuine Spiders      |
| A Quiver of Emus           | Coffee                        | Mirror Spider          |
| A Flamboyance of Flamingos | Avocado                       | Scorpion Tailed Spider |
| A Nest of Jellyfish        | Cheese and Onion              | Aqua Spider            |
| A Shiver of Sharks         | Banoffee Pie                  | Frankenstein Spider    |

**ROUND TWO: Give Me a Number**

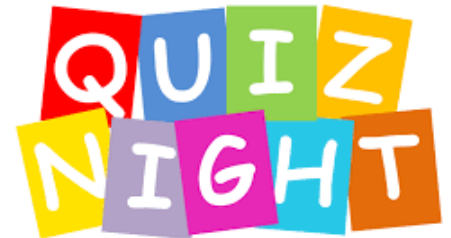
**Every answer to the question is a number. Can you get close?**

- In 1984, how many weeks was "Ghostbusters" at the top of the UK Single Charts?  
In minutes – how long is the longest someone has voluntarily held their breath underwater and lived?  
How long, in feet, is Tower Bridge?  
How many children has Eddie Murphy?  
How old was Leonardo Di Caprio when Titanic was released in January 1998?

**ROUND THREE: When Did That Happen**

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

1. First commercial television broadcast of ITV
2. Disney's Snow White and the Seven Dwarfs is released
3. Boris Yeltsin becomes Russia's first elected President
4. Wolfgang Amadeus Mozart dies aged 35
5. The eruption of Iceland Volcano Eyjafjallajökull



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

Gemma Arteton, Kate Hudson, Maria Sharapova, Drew Carey, Garfield Sobers,

**ROUND FIVE: True or False. Can you decide correctly on these statements about Walt Disney?**

1. In his will, Walt Disney left money (reportedly over £5M ) to the first man to get pregnant
2. A hyena researcher sued Disney for "defamation of character" for their portrayal of hyenas in the Lion King
3. At Disney World, if your shout "Andy's Coming" at Toy Story characters they are instructed to lie down and pretend to be real toys as that is what happens in the film

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

## NUTRITION:

**Let's look at some nutrition myths.**

**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.**

A Myth is “a widely held but false belief or idea”.

There are many many myths that focus on nutrition, foods, and diets. So this month I thought we would look at a few, see if they are all truly false, or if there could be something behind them. Obviously, we have done extensive research but like all things we can only go with what we find. We try to just show facts, but if we do make errors please forgive us.

### **Question: High Cholesterol Foods are bad for you?**

Some foods that are high in cholesterol are actually quite good for you. Yes, you do have to be careful. Cholesterol can be tricky and if you have high levels in your body there is an increase in your chances of heart disease, stroke, and heart attacks. But do not just avoid these foods.

Eggs are one of the most nutritious foods you can eat. They also happen to be high in cholesterol, with 1 large egg (50 grams) delivering 207 mg of cholesterol. People often avoid eggs out of fear that they may cause blood levels of cholesterol to skyrocket. However, research shows that eggs don't raise cholesterol levels and that eating whole eggs may boost heart-protective HDL (good) cholesterol. Aside from being rich in cholesterol, eggs are an excellent source of highly absorbable protein and beneficial nutrients such as selenium, vitamin A, and several B vitamins. Research has shown that eating 1–3 eggs per day is perfectly safe for healthy people.

Shellfish, including clams, crab and prawns, are an excellent source of protein, B vitamins, iron and selenium. They are also high in cholesterol. For example, a 3-ounce (85-gram) serving of canned shrimp provides 214 mg of cholesterol. Additionally, shellfish contain bioactive components, such as carotenoid antioxidants and the amino acid “taurine”, which help prevent heart disease and lower LDL (bad) cholesterol. Older research indicates that people who eat more seafood exhibit lower rates of heart disease, diabetes, and inflammatory diseases such as arthritis than those who eat less seafood.

Full-fat yoghurt is a cholesterol-rich food packed with nutrients such as protein, calcium, phosphorus, B vitamins, magnesium, zinc, and potassium. One cup (245 grams) of full-fat yogurt contains 31.8 mg of cholesterol. Research associates increased intake of full-fat fermented dairy products with reduced LDL (bad) cholesterol and blood pressure, as well as a lower risk of stroke, heart disease, and diabetes. Plus, fermented dairy products like yogurt benefit intestinal health by supporting friendly gut bacteria.

However, do try and avoid fried food, fast foods, processed foods and sugary desserts. These are high in cholesterol and not so good.





## NUTRITION: More nutrition myths

### **White Potatoes are bad for you?**

With Potatoes, preparation and cooking style is key.

White potatoes have historically been a staple food for many cultures and continue to be an inexpensive nutrient source around the world. Unfortunately, the white potato has been labelled as a “food to avoid” because of inconsistent epidemiologic research showing that a “Western” dietary pattern, which included all white potatoes regardless of preparation method, was linked to weight gain and increased risk of type 2 diabetes.

Consequently, the role of white potatoes in providing a low-cost source of critical nutrients, high-quality protein, and a satiating carbohydrate is ignored. White potatoes are typically grouped with “other” or “starchy” vegetables in food guides, but these subgroups do not adequately describe the energy, vitamin, mineral, and phytochemical contributions that white potatoes make to the diet. Dietary guidance should continue to stress the need to moderate consumption of high-fat foods, and white potatoes prepared in a healthy way have an important role in a nutritious diet.



While eating too much of any food, including white potatoes, can lead to weight gain, these starchy tubers are highly nutritious, and can be included as part of a healthy diet. White potatoes are an excellent source of many nutrients, including potassium, vitamin C, and fibre. Plus, they’re more filling than other carb sources like rice and pasta and can help you feel more satisfied after meals. Just remember to enjoy potatoes mashed, baked, or roasted, not fried!!!

### **“Low Fat” and diet foods are healthy alternatives?**

Lets be clear. As per the last issue of these health packs, fat is an essential macronutrient that your body needs to survive. But there are different kinds.

But just because some items are labelled low fat, that does not mean they are better. For example, one reason fat is added to foods is that it helps with the taste. If it is removed, it can be replaced with things like sugar. Low fat yoghurts, for example, can be higher in sugar content than full fat yoghurts!!! In fact, research has shown that many low fat and diet items can contain much more added sugar and salt than their regular-fat counterparts. Experts say it is best to forgo these products and instead enjoy small amounts of foods like full fat yogurt, cheese, and nut butters.



Nobody is saying not to watch your fat content. But you can have a low fat diet that is likely to be healthy and may help you lose weight if it is still balanced with "good" fats and nutrient-rich carbohydrate and protein sources. Ultra-low-fat diets have been thoroughly studied, and evidence indicates that they may be beneficial against several serious conditions, including heart disease, diabetes, obesity, and multiple sclerosis. This is probably an area to chat with your local medical practice and see if you can sit down with a nutritionist if you have concerns.

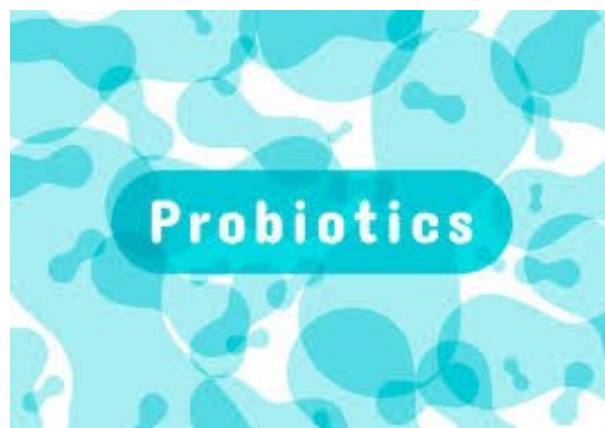
## NUTRITION: Even More Nutrition Myths

### Probiotics help everyone?

I remember a few years ago visiting a very good friend of mine in hospital down near Gravesend. It was just past breakfast time and part of his breakfast included an Actimel probiotic drink, probably one of the most famous ones, but there many about. I recall thinking that they must be good if they are supplied by hospital.

Probiotics are amongst the most popular dietary supplements on the market. However, it is said that practitioners generally overprescribed them, and research has demonstrated that some people may not benefit from probiotics like others do. Not only are some people's digestive systems resistant to probiotic colonisation, but introducing probiotics through supplements may lead to negative changes in their gut bacteria.

Plus, bacterial overgrowth in the small intestine related to probiotic use can lead to bloating, gas, and other adverse side effects. Additionally, some studies show that probiotic treatment following a course of antibiotics may delay the natural reconstitution of normal gut bacteria.



Instead of being prescribed as a one-size-fits-all supplement, probiotics should be more personalised and only be used when a therapeutic benefit is likely. So it is interesting that they can be sold to anyone in a supermarket. Like any supplements (of which some can be extremely useful) maybe check with your doctor if you are using probiotics, just to make sure you are not doing more harm than good.

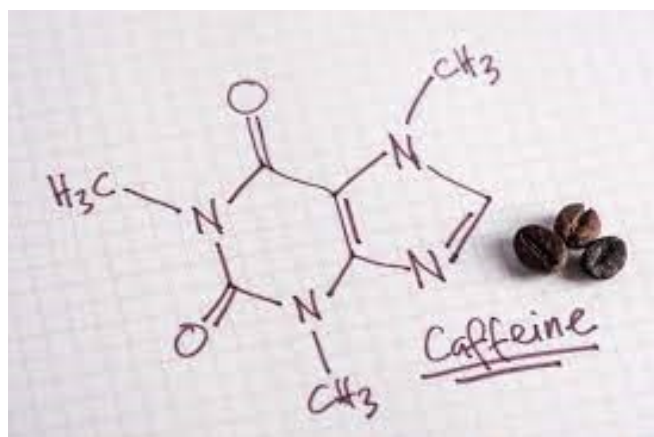
### Caffeine has no health benefits?

Caffeine has few proven health benefits. But the list of caffeine's potential benefits is interesting. Any regular coffee drinker may tell you that caffeine improves alertness, concentration, energy, clear-headedness, and feelings of sociability. You might even be the type who needs that first cup of coffee each morning before you say a single word (although one interesting study demonstrated that people given caffeine free coffee without their knowledge said they still experienced the benefits of caffeine). One French study even showed a slower decline in cognitive ability among women who consumed caffeine.

Other possible benefits include helping certain types of headache pain. Some people's asthma also appears to benefit from caffeine. These research findings are intriguing, but still need to be proven.

Limited evidence suggests caffeine may also reduce the risk of the following:

- Parkinson's disease
- Liver disease
- colorectal cancer
- Type 2 Diabetes
- Dementia



Despite its potential benefits, don't forget that high levels of caffeine may have adverse effects. More studies are needed to confirm both its benefits and potential risks

## Nutrition: HMHB looks at Vitamins

### Today: Vitamin B1

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

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

Vitamin B1 is a water-soluble vitamin. Water-soluble vitamins are those that are dissolved in water and readily absorbed into tissues for immediate use. Because they are not stored in the body, they need to be replenished regularly in the diet. Any excess of water-soluble vitamins is quickly excreted in urine and will rarely accumulate to toxic levels.

Also known as “Thiamine”, vitamin B1 enables our nervous system and muscles to work properly. It also processes glucose, allowing the body to use carbohydrates to make us feel energetic.

Any product with white flour or white rice may be enriched with vitamin B, but to get vitamin B1, you will have to eat more specific foods. Foods that are rich in vitamin B1 include meats like beef, pork, and fish. Vegetarians can opt for alternatives such as grains, like cereals, brewer’s yeast, nuts, eggs, and pulses.



Some fruits and vegetables are also rich in the vitamin, such as cauliflower, oranges, potatoes, and kale. Choose whole grain rice when you can since white rice usually contains a less amount of the vitamin.

Besides being necessary for survival, Thiamine is in charge of assisting bodily functions in the brain, nerves, intestine, stomach, and heart. It is particularly known to help prevent diseases such as beriberi, a condition that manifests through damaged senses, reflex or motor skills. Thiamine can also aid in ailments like AIDS, cataracts or other vision conditions; the accompanying pains that come with diabetes, kidney disease, canker sores, and cervical cancer.

It also helps to boost more general health conditions such as a weakened immune system, motion sickness, and stress. Digestive problems such as poor appetite and diarrhoea can also be prevented with increased consumption of Vitamin B1. As a whole, B vitamins are vital for maintaining the health of your liver, brain, hair, and eyes.

It is important to note that certain foods can cause a reduction in the rate that vitamin B1 is absorbed by the body. Coffee and tea contain tannins, a chemical that could lead to less efficient and thorough absorption if it comes into contact with vitamin B1

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



# HMHB's Name Game Page: a little easier this month

Here are Fifteen National Flags.

Can you name the country, plus its capital city?

Answers at bottom of quiz page answers (page 35)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

## NUTRITION: Lazza's Kitchen Adventure

### Chicken and Mushroom Pie

**A NEW Recipe from Lazza's Kitchen.  
Lazza made his first Chicken and Mushroom Pie from scratch**

**Chicken and mushroom pie is a common British pie, ranked as one of the most popular types of savoury pie in Great Britain and often served in restaurants. It is also very popular in South Africa.**

**Variations on the theme can use nutmeg or spring onion as part of the creamy filling. I used some Bacon, and added a couple of extra herb seasonings.**

#### **Ingredients**

3 large chicken breasts (can use 6/8 thighs)  
8 rashers smoked bacon.  
1 Onion: 250g baby mushrooms  
Parsley / Basil / Thyme  
2 tablespoon plain flour  
400ml chicken stock  
200ml milk  
Puff Pastry to cover pie (shop bought)  
1 beaten egg yolk

Heat some oil in the pan and add the diced chicken till golden brown  
Remove chicken from pan and add the chopped bacon for around 5 minutes.  
Add the onion and mushrooms, with some parsley, basil, and thyme.  
Cook for five minutes till onion starting to brown.  
Tip flour into pan and stir for one minute, then take off heat.  
With the pan off the heat, gradually stir or whisk in the chicken stock, followed by the milk, then add the chicken back to the pan.  
Bring to the boil, and simmer for 30 minutes - no need for salt/pepper.  
Pour mixture into your pie dish and leave to cool.  
Roll out your pastry and add to top of pie dish - try not to have pastry touching the mixture too much, as this can delay cooking of the pastry.  
Heat oven to 200C. Brush egg yolk over top of pastry and cook for around 30 minutes.  
Remove from oven when top is golden brown and filling bubbling.  
Tastes divine. The chicken stock and bacon means there is enough salt in the filling.  
Enjoy with some green vegetables.



**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

### Get Up and Get Out; Sedentary Life can be a killer.

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.

Physical inactivity can have serious implications for people's health, said the World Health Organisation earlier this year on the occasion of World Health Day. Approximately two million deaths per year are attributed to physical inactivity, prompting the WHO to issue a warning that a sedentary lifestyle could very well be among the ten leading causes of death and disability in the world. World Health Day is celebrated annually on April 7 and used to inform the public about leading public health issues. By choosing physical activity as the theme for the 2022 World Health Day, the WHO aimed to promote healthy, active, and tobacco-free lifestyles. The aim is to prevent the disease and disability caused by unhealthy and sedentary living.

Sedentary lifestyles increase all causes of mortality, double the risk of cardiovascular diseases, diabetes, and obesity, and increase the risks of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression and anxiety, amongst others. According to the WHO, 60 to 85% of people in the world, from both developed and developing countries, lead sedentary lifestyles, making it one of the more serious, yet insufficiently addressed, public health problems of our time. It is estimated that nearly two-thirds of children are also insufficiently active, with serious implications for their future health.



Physical inactivity, along growing tobacco use and

poor diet and nutrition, are increasingly becoming part of today's lifestyle leading to the rapid rise of diseases such as cardiovascular diseases, diabetes, or obesity. Chronic diseases caused by these risk factors are now the leading causes of death in every part of world except sub-Saharan Africa, where infectious diseases such as AIDS are still the leading problem. These chronic diseases are, for the most part, entirely preventable. Countries and people could save precious lives and health care resources by investing in preventing these diseases, says the WHO.

You are going  
to be GREAT.  
KEEP GOING

**"Warning. Being more active will increase your energy levels and make you feel amazing."**

## EXERCISE/FITNESS:

According to the NHS we need to “sit less”.

According to the NHS Website:

There is increasing evidence that, unless you are a wheelchair user, sitting down too much can be a risk to your health.

To reduce our risk of ill health from inactivity, we are advised to exercise regularly, for a minimum of 150 minutes a week (but please do more) and reduce sitting time. Studies have linked being inactive with being overweight and obese, type 2 diabetes, some types of cancer, and early death.

Sitting for long periods is thought to slow the metabolism, which affects the body's ability to regulate blood sugar, blood pressure and break down body fat. Many adults in the UK spend around 9 hours a day sitting. This includes watching TV, using a computer, reading, doing homework, travelling by car, bus or train but does not include sleeping.

The link between illness and sitting first emerged in the 1950s, when researchers found double decker bus drivers were twice as likely to have heart attacks as their bus conductor colleagues. The drivers sat for 90 per cent of their shifts, the conductors climbed about 600 stairs each working day.

It is thought excessive sitting slows the metabolism, (which affects our ability to regulate blood sugar and blood pressure, and metabolise fat), and may cause weaker muscles and bones. Research on astronauts in the early 70s found life in zero gravity was linked with accelerated bone and muscle loss and ageing.

Adults aged 19 to 64 are advised to try to sit down less throughout the day, including at work, when travelling and at home. Here are some tips to reduce sitting time:

- stand on the train or bus - get outdoors more.
- take the stairs and walk up escalators
- set a reminder to get up every 30 minutes
- place a laptop on a box or similar to work standing
- stand or walk around while on the phone
- take a walk break every time you take a coffee or tea break
- walk to a colleague's desk instead of emailing or calling
- swap some TV time for more active tasks or hobbies.

Some older people (aged 60 and over) are known to spend 9 hours or more each day sitting. Here are some tips to reduce sitting time:

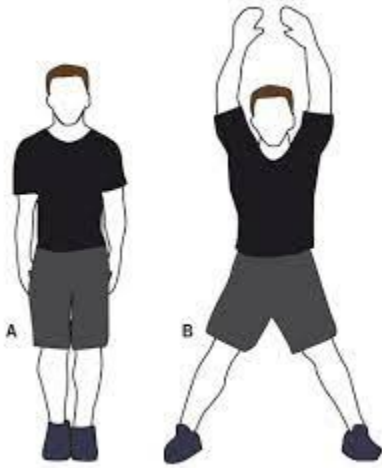
- avoid long periods sat in front of a TV or computer
- stand up and move during TV advert breaks
- stand or walk while on the phone
- use the stairs as much as possible
- take up active hobbies such as gardening and DIY
- join in community-based activities, such as dance classes and walking groups - get outdoors more.
- take up active play with grandchildren, if you have them
- do most types of housework



It's  
Your  
Choice

## EXERCISE/FITNESS:

### Three Exercises to Raise Energy Levels



#### Jumping Jacks

Begin by standing with your legs straight and your arms to your sides.

Jump up and spread your feet beyond hip-width apart while bringing your arms above your head, nearly touching.

Jump again, lowering your arms and bringing your legs together. Return to your starting position. Repeat.

Plyometric exercises, like jumping jacks, are intended to help people run faster and jump higher. That's because plyometrics work by rapidly stretching the muscles (eccentric phase) and then rapidly shortening them (concentric phase).

#### Inchworm with Jump

Stand tall, your feet roughly hip-distance apart.

Place your hands on the floor in front of your feet.

Inhale and walk your hands forward, one at a time, allowing your heels to lift off the floor as your body begins to straighten. When your hands are directly under your shoulders you should be in a full plank position.

Keep your legs relatively straight and begin walking your feet forward, one at a time, toward your hands.

Stop when your feet are as close to your hands as you can comfortably bring them. Return to standing with a jump. Repeat.

Great for leg muscles, glutes, and core.



#### Jog / Sprint / Jog / Sprint

This is quite easy, but can really get your breathing hard and get those energy levels up.

Either on the spot, or outdoors, you jog for five seconds, sprint for five second, jog for five second, sprint for five seconds, and so on.



The benefits of sprinting are endless. It is an excellent cardiovascular exercise, it increases your stamina, burns lot of calories in a short time and moreover, it gives a boost to your metabolism so even when your workout is over, it keeps on burning calories.

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



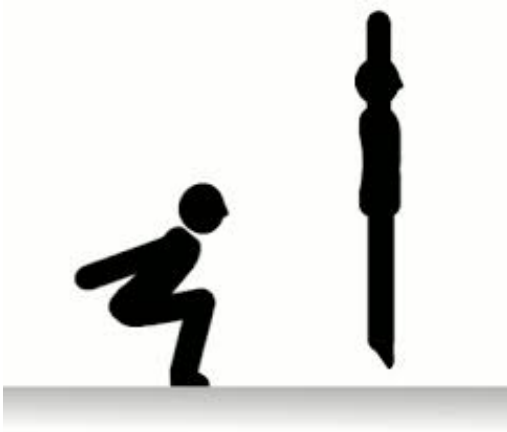
## EXERCISE/FITNESS:

### Three More Exercises to Raise Energy Levels

#### Jump Squats

You can do these on the spot, or by jumping forward. For is more important than speed here.

Use your hands to "load" your body so that you can create power to explode upwards out of the squat. That means that when you're in the lowest point of your squat, your hands should be behind you, departure from air squats, where you can keep your hands in front to help with balance.



After you jump, make sure to bend your knees on the landing, too. This will help you to land safely without jarring your joints while also prepping you for your next rep if you're performing multiple reps

#### Skipping

A very simple exercise - but also effective, and you can do without a rope if necessary.

Just skip on the spot for a minute. Rest. Repeat.



Skipping is great cardio, aerobic exercise. Skipping rope helps to tone your calves, tighten your core, build stamina, and improve your lung capacity. Skipping rope alone won't help you to reduce weight loss, but skipping rope can be a part of a diet and exercise routine which boosts your metabolism.

Depending on your fitness you should try to skip for at least one minute each day to feel the benefits.

#### Swimming

The health benefits of swimming are countless.

It builds endurance, muscle strength and cardiovascular fitness. It helps you maintain a healthy weight, healthy heart and lungs. tones muscles, and builds strength. It provides an all-over body workout, as nearly all of your muscles are used during swimming.



Water therapy is also beneficial for sprains, strains, and tears. Experts recommend swimming or walking in the water as preferred rehabilitation exercises for injuries to ligaments, muscles, or tendons.

**It's your workout. Your time. Your body. Own it!!**

## 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.

#### **Your Ashes don't need to go into an Urn!!!**

That's the best headline I could come up with for this. But several inventors have used their ideas to help house their ashes after death.

Edward "Steady Ed" Headrick, who invented the game of Frisbee golf, made as one of his dying wishes that his family would cremate him and mould his remains into a Frisbee. (no news if it was ever thrown).

Fred Bauer, the Procter & Gamble employee who devised the idea of stacking Pringles into cans, asked his family to bury his ashes in one his signature cans.

Renato Bialetti, the guy who popularized the stove-top, octagonal espresso coffee maker that still bears his name, also asked that his remains be buried in the receptacle.



#### **"Bonobo" was a typo**

It can be fascinating how people come up with words. For example, the Bonobo is an endangered great ape and, along with the common chimpanzee, is the closest extant relative to humans.

In fact, "Bonobo," the common name for apes, may sound like some sort of translation of a meaningful term, but in fact, it was the result of a typo.

Researchers reputedly first found the animals in the town of Bolobo, Zaire, in the 1920s, but the name of the place was misspelled Bonobo on the shipping crate in which the animal was placed, leading others to refer to the animal by the name, which stuck.



#### **Umbrellas were only used by women initially.**

Most people place the date that we started using the umbrella to keep us dry in the 1600s, and according to accounts, English society, along with France and Italy, pioneered the trend.

For the first half of the 1700s, umbrellas remained strictly a female accessory, although, they grew rapidly in popularity. Around 1750, a gentleman named Jonas Hanway took it upon himself to launch a trend in men's umbrellas, protecting himself with a rain umbrella as he traversed the streets of London. He put up with intense ridicule for his daring style at first, but eventually, men came around and the trend took off. By the turn of the 19<sup>th</sup> century, the rain umbrella became a common accessory for both men and women.



#### **And finally, your heart will beat approximately 2.5 billion times.**

Your heart may beat faster when you're excited and could slow down when you're relaxed, but in most cases, it tends to keep a regular pace.

In fact, most human hearts beat an average of 60 to 70 times per minute and 100,000 times per day.

That's about 35 million times a year, and more than 2.5 billion times during an average lifetime.

## HEALTH / ROUTINE

### Personal Health: Physical

“Physical health is the well-being of the body and the proper functioning of the organism of individuals, which is a normal condition for individuals of both physical, and mental condition who are not suffering from any type of sickness.” I found that quote online.

Traditionally, physical health might have been understood as your physical body being free of disease or disability but as our healthcare has improved and people have started living longer and living with many different conditions, this definition has really evolved to reflect that concept.

So, now the “Physical Health” definition might be more focused on being able to live comfortably to do the things that you want to do. The more accurate definition of physical health could be “the ability to perform daily tasks and live comfortably in one’s body”.



## Physical Health

Physical Health is correlated with Mental Health because good physical health leaves a better personal feeling in the long term.

Our physical health is our responsibility. Yes, there are things out of our control - some viruses and diseases just happen. But with better behaviour on our physical health we can lower the chances of heart disease, some cancers, chronic respiratory diseases, and stroke - all of which are in the top causes of death worldwide.

HMHB are constantly talking about a healthy lifestyle, and it is proven that a healthy lifestyle can help you to maintain your physical health. It can help you to feel good, stay at a healthy weight, and have plenty of energy for both work and play. It also can lower your risk for serious chronic diseases such as high blood pressure, heart disease, and diabetes.

As per our nutrition pages, you can maintain your physical health by keeping a balanced diet. You should eat foods that contain vitamins and minerals. And the types of food contains fruits, vegetables, whole grains, dairy, and a source of protein. Balanced nutrition is really good for your health.

Physical exercise is really important to maintain good physical health. There are many benefits of regular exercise and maintaining fitness because it increases energy levels, improves muscle strength and brain function, it reduces the risk of many diseases and it can help you to maintain a healthy weight.

Researchers found that prolonged sitting increases the risk of developing numerous serious diseases like various types of cancer, heart disease, and type 2 diabetes, etc.

Exercise helps you to maintain good physical health. Whatever stage of life you’re currently at, there are plenty of different exercise options to try. Exercise doesn’t just mean going to the gym or heading out for a run. It may be as simple as walking to and from the shops instead of getting in the car or getting off the bus a few stops earlier.

**You have one body - look after it!!! It’s your responsibility.**

## HEALTH / ROUTINE

### Personal Health: Emotional

Emotional health is an important part of overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviours. They're able to cope with life's challenges. They can keep problems in perspective and bounce back from setbacks. They feel good about themselves and have good relationships.

Being emotionally healthy doesn't mean you're happy all the time. It means you're aware of your emotions. You can deal with them, whether they're positive or negative. Emotionally healthy people still feel stress, anger, and sadness. But they know how to manage their negative feelings. They can tell when a problem is more than they can handle on their own. They also know when to seek help from their doctor.

Emotional health allows you to work productively and cope with the stresses of everyday life. It can help you realise your full potential. It helps you work with other people and contribute to society.

It also affects your physical health. Research shows a link between an upbeat mental state and physical signs of good health. These include lower blood pressure, reduced risk of heart disease, and a healthier weight.

There are many ways to improve or maintain good emotional health.

- **Be aware of your emotions and reactions.** Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things.
- **Express your feelings in appropriate ways.** Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside adds to stress, and can overwhelm you. It can cause problems in your relationships and at work or school.
- **Think before you act.** Give yourself time to think and be calm before you say or do something you might regret. Rushing into responses can exacerbate situations. This is where having a part fixed mind-set can help you to sit back and look at a situation before you possibly make a mistake.
- **Manage stress.** Learn relaxation methods to cope with stress. These could include deep breathing, meditation, and exercise (always comes back to that)..
- **Strive for balance.** Find a healthy balance between work and play, and between activity and rest. Make time for things you enjoy. Focus on positive things in your life.
- **Take care of your physical health.** Exercise regularly, eat healthy meals, and get enough sleep (much easier to say than do, I can empathise). Don't abuse drugs or alcohol. Keep your physical health from affecting your emotional health.
- **Connect with others.** Make a lunch date, join a group, and say hi to strangers. We need positive connections with other people. Put that phone down.
- **Find purpose and meaning.** Figure out what's important to you in life, and focus on that. This could be your work, your family, volunteering, caregiving, or something else. Spend your time doing what feels meaningful to you.
- **Stay positive.** Focus on the good things in your life. Forgive yourself for making mistakes and forgive others. Spend time with healthy, positive people.



## HEALTH / ROUTINE

### Personal Health: Social

Social health can be defined as our ability to interact and form meaningful relationships with others. It also relates to how comfortably we can adapt in social situations. Social relationships have an impact on our mental health, physical health, and mortality risk.

Over the years, sociologists have created a link between social relationships and health outcomes. Studies are showing that social relationships, both quality and quantity, are having short and long-term effects on our health.

Studies show that people with poor social interactions are more likely to die younger than those with high involvement rates. Researchers have also linked the following health issues to poor social health:

- Suffering a heart attack
- Chronic disease
- Mobility issues
- High blood pressure
- Raised stress hormones leading to inflammation
- Cancer
- Poor mental health
- Anxiety & depression
- Poor immune system



Researchers have made the comparison between being lonely and smoking 15 cigarettes per day - both are as deadly as each other. A person who is lonely is 50% more likely to die prematurely than a person who has healthy social relationships. Loneliness can reduce a person's immune system and cause inflammation in the body which can lead to heart disease and other chronic conditions. Without social or emotional support, stress can place a bigger toll on a person's health.

In the UK, 15-20% of the adult population described themselves as "often lonely" or "always lonely". The UK government has recognised the size of the problem and introduced a Minister for Loneliness. The best way to beat loneliness is to meet new people and make friends throughout our lives.

Before you can set out to improve your social wellness, you need to practice self-care. Look after yourself by getting enough sleep, eating a healthy balanced diet, exercising and removing any coping mechanisms like excessive alcohol consumption. Understand what causes you stress and how to not let it consume you.

Not everyone needs close friendships. Some people prefer plenty of low-key friendships and acquaintances throughout different areas of their lives. One of the easiest ways to meet new people is to join a group in your community. Find something you're interested in, so you'll have that in common with your new group. You could try volunteering or joining a youth group.

Whatever your age or stage of life is, don't take relationships for granted. Value the friendships you have and keep developing new ones. Your physical and mental health will thank you for it and your quality of life will reflect it. This is one reason HMHB likes bringing people together, even just for our social events, where we go out as a group and visit a museum, or the zoo, or just to have a picnic.

## HEALTH / ROUTINE

### We need to be more responsible for our health

**There is a nurse who works for the NHS. Her name is Marion Foreman, and she typed the paragraphs below in the quote marks. I think it is interesting, and correct.**

“We are told that the NHS is at breaking point, but instead of wringing our hands and feeling desperately sorry for everyone who works in the giant that it has become, what could we do to help? I believe we could take a bit more responsibility for our own health. We seem to have adopted a culture that allows us to do whatever we want and expect the NHS to mop up the mess we make.

We are constantly told that we are a nation of obese people but we continue to pile on the weight. We continue with our fast food, our unhealthy snacks, and our sugar laden drinks. The strain on our bodies is enormous, our joints, our heart, and our pancreas for starters. But that’s okay – the NHS will mop up the resultant pool of sickness.

The number of people who smoke has reduced but we still do it. And we still get lung cancer and other ghastly lung diseases. Never mind – the NHS is good with lungs and hearts and strokes. As for alcohol: it’s cheap, easy to get, and on the rise. It will pickle my liver but it’s an OK risk because we will always have the NHS to sort it out. We drive too fast and hope the NHS will be able to rescue us and put us back together if we crash.

We know that there are many things that we can do to lessen our chances of getting cancer but how many of us take it seriously? Most people do not even achieve the government recommended minutes of exercise every week.

If you have a car and put in the wrong fuel, drive in the wrong gear, forget to check the oil and water it won’t run smoothly – if at all. If you don’t service it regularly and look after it, the car will fail its MOT. You will have to take it to the garage to get fixed and you don’t blame the garage. Could we consider applying some of those principals to ourselves?

How about if we all made a concerted effort to put the right fuel in our bodies, upped our performance, kept the water levels up, and make sure we get all the vitamins and minerals we need to keep us ticking over?

Most importantly, let’s stop blaming the NHS for not giving us everything we think we should have.

The NHS is a partnership, it’s an institution for us to work with, not our parent to pamper us. The more we can do for ourselves the less we are leaving to fate and the greater the chance of the NHS surviving our onslaught.”

being  
responsible

**This is what HMHB is constantly saying.**

**You have one body, and one life.**

**It’s your choice how you live it. Your choice how you look after it.**

## LET'S PLAY A GAME

### Plus quiz answers from Page 15

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

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

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

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

Name 10:

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

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

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

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

**It arises out of comprehension.**

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

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

**HOW'D WE DO?**

### Answers to Fun Quiz from Page 15 - don't look till you have done all the quiz

Round One: 1 Flamingo, Sharks: 2 Coffee, Avocado: 3 Scorpion-Tailed, Mirror  
 Round Two: 1, 0: 2, 24: 3, 801: 4, 10: 5, 24.  
 Round Three: 1, 1955: 2, 1937: 3, 1001: 4, 1791: 5, 2010.  
 Round Four: Link: They were all born with either an extra finger or toe  
 Round Five: 1 False: 2 True: 3 False

## NUTRITION: Lazza's Kitchen Adventure Strawberry, Coconut, and Walnut Flapjacks

**A NEW Recipe from Lazza's Kitchen.  
Lazza made his first Flavoured Flapjacks from scratch**

**The word "flapjack" is used as early as the beginning of the 16th century, although at this time it seems to have been a flat tart.**

**Shakespeare refers to "flap-jacks" in his play "Pericles, Prince of Tyre", but this is one of the many anachronisms in his historical plays and does not suggest that he thought it was a middle eastern dish, merely a common English dessert of the time.**

### Ingredients

- 200g Salted Butter
- 200g Soft Brown Sugar
- 200g Golden Syrup
- 500g Rolled Porridge Oats
- Walnut Pieces
- Strawberry Jam
- Desiccated Coconut
- Vanilla Essence

One of the simpler recipes here. But quality is just as important.

The great thing with flapjacks (like muffins) is you can play with different flavours.

Heat the oven to 150C and line baking tray.

Melt the butter, sugar and syrup gently in a saucepan until smooth and well combined.

Stir in the oats and walnuts, adding a splash of vanilla essence, until combined

Put half the mix in the tin and spread out evenly to cover the base.

Top with half the strawberry jam, then evenly scatter over half the coconut.

Top with the remaining oat mixture, then repeat with the remaining jam and coconut.

Bake for 40 minutes.

Leave to cool in the tin, then turn out and cut into squares with a sharp knife.

I would say this is very sweet. You can probably cut the syrup and sugar content down if you wanted.



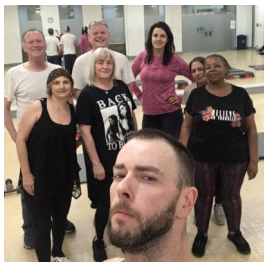
**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.  
Why not try out some new recipes and foods yourself?  
More on HMHB recipe pages: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)  
This was a great and very tasty bake to prepare.**



**Why not try an exercise class!!!**

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

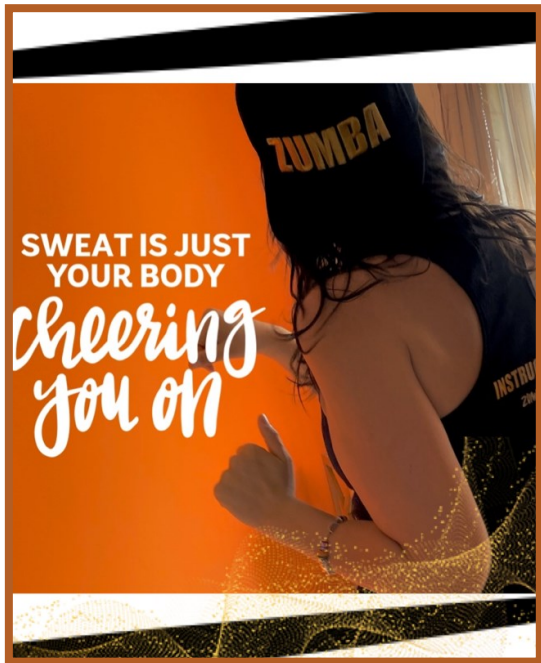
HMHB is doing outdoor Zumba on Highbury Fields on Sundays at 12pm followed by a picnic. (do note, Karina is currently injured, so just picnic in September)



Please contact her. They are fun, but also great for your overall health. Treat yourself!!  
yummymummyzumba@gmail.com

**yummymummyzumba@gmail.com**

**ZUMBA**



**ACTIVE WITHIN**

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

**www.activewithin.com**

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

**HMHB Izzwalkz is part of the “Walk With A Doc” network.**

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

Check out their website for more information.

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

HMHB are proud to be part of their network. Let's walk!!!!

**www.walkwithadoc.org**



**HEALTHY GENERATIONS PILATES**

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

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

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

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

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

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

hello@emmaahlstrom.com  
www.emmaahlstrom.com

## Review of Challenges and Targets

### Mind-set:

Being more assertive and looking after yourself are paramount to a successful and healthy life. If you look down on yourself, how do you expect others to treat you?

You are amazing, even if there are times you do not believe it. We all have talents, they might just be different from others. But we need to applaud them, work on them, work on new ones, and believe we can achieve what we want to do.

At current times of uncertainty, concentrate on making sure you are ok.



### Nutrition.

Lately it feels like we have been bombarded with so much fake news that it just becomes a normality.

And that focuses on nutrition too. It appears that we are constantly being told different things all the time.

So what do we believe?

I think we have to try and do our own research and decide for ourselves. What we do know, is that our bodies need certain nutrients to function properly. As long as we can focus on that, and look after ourselves, that is the main thing.



### Exercise.



Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

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.

### Health.

It is very easy to just take everything for granted, and then when things go wrong turn to the NHS and say "help me".

But how about helping ourselves first? Think about the amount you smoke maybe (and the damage that does). If you drink too much or take substances, that can affect your body. If you eat too much of the "wrong" stuff, and not enough of the "healthy" stuff.

We looked at different types of health too - but ultimately everything links into our responsibility of how we look after our miraculous bodies.

It's your choice. Make better decisions, before it is too late!!

**I ACCEPT  
COMPLETE  
RESPONSIBILITY  
FOR MY  
HEALTH.**

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

**Quiz Answers from Page 6 + Flags from Page 20**  
**See if you can beat your family and friends**

**Literature: The books/plays where would you find those people?**

1. Oliver Twist
2. The Hobbit
3. 1984
4. A Midsummer Night's Dream
5. Jaws
6. The Lion, The Witch, & The Wardrobe
7. To Kill A Mockingbird
8. Pride & Prejudice
9. Gone With The Wind
10. The Wizard Of Oz
11. Treasure Island
12. Dracula
13. Peter Pan

**Films: Did you name the film and its year of release for those characters (I put the actor too)?**

1. 1981: Superman 2
2. 1993: Jurassic Park
3. 1968: Chitty Chitty Bang Bang
4. 2006: Casino Royale
5. 1996: Independence Day
6. 1980: The Elephant Man
7. 1987: Fatal Attraction
8. 1990: Ghost
9. 1998: Titanic
10. 2000: Gladiator
11. 2009: Avatar
12. 1965: My Fair Lady
13. 1968: Oliver!
14. 1972: The Godfather
15. 1979: Moonraker
16. 1979: Alien
17. 1960: Psycho

**Pop Music:** These sang those songs with colours in the title, and the years.

1. 2007: Amy Winehouse
2. 1984: Prince
3. 1983: UB40
4. 1966: The Beatles
5. 1983: Elton John
6. 1986: Madonna
7. 1978: Electric Light Orchestra
8. 1983: Spandau Ballet
9. 1982: Stevie Wonder / Paul McCartney
10. 1986: Chris De Burgh
11. 1980: Visage
12. 1978: Boney M
13. 1982: Billy Idol
14. 1964: Shirley Bassey

**Europe (as per wiki)**

The top 20 highest populated European cities by population.  
 Istanbul, Moscow, London, St Petersburg, Berlin  
 Madrid, Kiev, Rome, Bucharest, Paris,  
 Minsk, Vienna, Hamburg, Warsaw, Budapest,  
 Belgrade, Barcelona, Munich, Kharkiv (Ukraine), Milan.



**Flags: Countries and Capitals - from Page 20 (it's meant to be tricky - how well did you do?)**

- |  |                      |
|--|----------------------|
| 1 Norway, Oslo   | 2 China, Beijing     |
| 3 South Africa - 3 capitals: Pretoria, Cape Town, Bloemfontein |                      |
| 4 Greece, Athens   | 5 Spain, Madrid      |
| 6 Ireland, Dublin  | 7 Kosovo, Pristina   |
| 8 USA, Washington DC   | 9 Turkey, Ankara     |
| 10 Saudi Arabia, Riyadh  | 11 Canada, Ottawa    |
| 12 Australia, Canberra   | 13 Germany, Berlin   |
| 14 Argentina, Buenos Aires                                     | 15 Belgium, Brussels |

**UK Politics:**

**List of chancellors:**

Nadhim Zahawi, Rishi Sunak  
 Sajid Javid, Phillip Hammond,  
 George Osborne,  
 Alistair Darling, Gordon Brown,  
 Kenneth Clarke  
 Norman Lamont, John Major,  
 Nigel Lawson  
 Geoffrey Howe

## THE LAST PAGE

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

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

You can contact HMHB:

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

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

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

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

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

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

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

Please follow and like our blogs:

[www.hmhb2016.blogspot.com](http://www.hmhb2016.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.**

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

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



ISLINGTON

*Cripplegate Foundation Helping since 1500*

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