

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 47

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st April 2026



www.hmhb2016.org.uk



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**Our monthly health packs now contain a massive 50 pages.
To help you get through it, here is a list of contents for you. Something for everyone.
We want to encourage you, inspire you, and motivate you. :-)**

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“In life you can't lie to yourself - you have to look in the mirror and feel good about your choices, feel good about your morals - at the end of the day, it's yourself you have to deal with. Listen to your gut and your instincts.”

Welcome to Issue 47 of Healthy Minds, Healthy Bods' New Monthly Health Packs.

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

We then went monthly for 7 issues.

Our current venture for 2022 onwards is here.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

Now an incredible 50 pages. HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering, fresh approach.

Mentor led by people who have experienced some very tough times, come through recovery, and now want to help others who may themselves be struggling, HMHB

looks to prevent people from experiencing depression, stress, and anxiety, and show that a healthy lifestyle is the way forward, as well as guide people who may be currently having a tough time.

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

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

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



Here are some photos from some of our journeys in 2024. Wonderful memories. Fantastic group. HMHB has delivered across Islington and beyond. HMHB get referrals from the NHS and other local projects. Lots of outings, social events, terrific exercise sessions, new walks and our unique courses. HMHB delivers to all.

HEALTH NEWS AND RESEARCH PAGE

Some recent health research that we find interesting.

Sprinting helps release HGH.

Studies have discovered that doing six 30-second sprints, with adequate rest in between, can boost human growth hormone levels by up to 771%.

The body releases hormones, including Human Growth Hormone (HGH) - or Somatotropin - in response to strenuous activity. Sprints push the body in an anaerobic state, meaning your muscles require energy faster than your body can supply oxygen. This creates significant metabolic stress. During an aerobic workout like sprinting, the body produces a good amount of lactate. Elevated blood lactate levels are strongly correlated with an increased HGH response.



The HGH released during a sprint session benefits more than just the muscles being worked. It creates a systemic hormonal effect that stimulates growth and repair throughout the whole body. HGH can increase caloric burn and shift the body's fuel source from carbohydrates to stored fat. HGH also promotes protein synthesis, the process by which muscle fibres are repaired and rebuilt. This helps to increase and maintain muscle mass.

HGH also helps improve bone density and bone strength. The cellular regeneration and repair drive by HGH contribute to healthy aging. High intensity exercise also triggers endorphins which improve mood and resilience. So get out and do some running - if you can, of course.

Injection may re grow Cartilage in your body

Cartilage is a fibrous tissue in your body that acts as a natural shock absorber. A few years ago I damaged the cartilage in both my knees playing football, requiring two surgeries. You have not been able to replace cartilage up till now, but a new breakthrough could be imminent.

Recent developments in orthopaedic research indicate that several types of injections show promise in stimulating the body to repair or regrow cartilage in joints, particularly the knee. While traditional treatments for osteoarthritis focus on symptom management, newer, primarily experimental approaches aim to regenerate hyaline cartilage - the smooth, durable tissue that cushions joints.

These use mesenchymal stem cells (often derived from bone marrow or fat tissue) to encourage cartilage regeneration, reduce inflammation, and potentially delay the need for joint replacement. Some studies suggest they can slow the progression of early-stage osteoarthritis.

Developed at Northwestern University (Illinois, USA), this therapy uses a "bioactive scaffold" that mimics the natural environment of cartilage, prompting existing cells to regenerate it. It has shown success in animal models and is intended to produce high-quality hyaline cartilage.

Derived from a patient's own blood, PRP injections contain high concentrations of growth factors that may stimulate tissue repair and reduce pain, with some evidence suggesting a potential for cartilage healing. The goal is to produce "hyaline" cartilage, which is durable. Be aware, some treatments may only produce "fibrocartilage" (scar tissue), which is less effective.

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

Gloves that translate sign language into speech.

Yes, you read that right. A remarkable innovation is bridging communication gaps for the deaf and hard of hearing. Gloves have been created that can translate sign language into speech in real time, allowing conversations to flow naturally and effortlessly.

The gloves use sensors to detect hand and finger movements and convert these gestures into words through connected software. With real-time processing, the device allows sign language users to communicate instantly with people who do not understand the language, transforming accessibility and inclusion.

Early demonstrations show impressive accuracy and speed, highlighting the potential of wearable technology to enhance everyday life. This breakthrough combines robotics, AI, and human-centred design to create practical tools that empower communities and break down barriers in communication.



The invention is more than a technological marvel - it represents how innovation and creativity can address real-world challenges. By translating sign language directly into speech, these gloves could revolutionise education, workplaces, and social interactions, fostering inclusivity and independence.

Walking Faster Is Good For You

A recent study conducted by researchers at the University of Leicester found that people who consistently walked at a brisk pace (faster than 4mph) had a biological age equivalent to being sixteen years younger than their chronological age, compared to those with a slower walking speed (under 3mph).

We all have Telomeres in our body. They are protective, repetitive DNA sequences at the ends of chromosomes, acting like plastic tips on shoelaces to prevent genetic degradation during cell division. They are crucial for maintaining chromosome stability, regulating cell lifespan, and preventing cancer by controlling how many times a cell can divide.

As cells divide over time, telomeres shorten, eventually leading to “cellular senescence” -when cells can no longer divide - and contributing to age-related diseases.

Research has revealed that a faster walking pace, particularly exceeding 4mph, is associated with longer telomeres. This shows that walking at a brisk pace helps slow down the rate at which telomeres shorten, thus delaying the onset of age-related diseases and slowing down aging.

The benefits of walking, on Telomeres length, seem to be more pronounced with increased intensity. This suggests it is not just about the total steps taken, but also how quickly those steps are taken. Other studies have also linked brisk walking to longer life expectancy, and might actually have up to twenty years greater life expectancy compared to slow walkers.

HMHB Activity: Photos and Events from MARCH 2025

A lovely pic of our Monday walkers at the lake in the middle of Finsbury Park. We found a particularly lovely morning for this one, with blue skies and sun shining. We take various routes once we enter the park by the LIDL on Seven Sisters Road at 9:30am. We head round to the lake where we do like to feed the ducks, geese, and swans. Then it is into the café for a warming cup of coffee or tea or hot chocolate. Occasionally we may bring some homemade nibbles. It is a lovely start to the week, and admittedly gets me out of bed. Various numbers, but why not think of joining us one week?



Professor Lazza's Quizerium, our Thursday Zoom Online Quiz, is definitely one of a kind - a quiz that anyone can win, and is more about imagination and fun than any real answers, and has a scoring system that only Lazza really only knows how it works. With ten rounds, including True/False, Dingbat, Call My Bluff, Name That Year, Order Order, and others, Lazza takes the teams around a collection of befuddling and bemusing questions, with inventive answers and we laugh a lot. Great fun.

We enjoyed another visit to the Victoria and Albert Museum, South Kensington, this month to catch a couple of free displays. Ironically, we chose International Women's Day to see the displays, dedicated to women. The first was "Lasting Impressions: Women Printmakers 1900-Present" - with a lot of prints created with various methods. The second was "American Photography" - the V&A has a huge collection, and they were particularly interesting. We had our photo taken in front of a cabinet full of cameras from all ages, including modern. The V&A is always a good visit.

www.vam.ac.uk



HMHB Activity: Photos and Events from MARCH 2025

We enjoyed our regular monthly visit to the Second Chance Café in Stoke Newington, by St. Mary's Church, which is always welcoming.

The usual Red, Yellow, or Green soups were devoured, and followed by the fruit crumble and custard - washed down with tea/coffee.

It is great to support such a useful venture, and I really hope they get the funding to enable them to go back to Thursdays, as well as the Fridays they do.

www.2ndchancecafe.co.uk



This was actually our second visit to the Kings Head Theatre (the first is later in the pack) to see the show "Tomatoes nearly killed me, but banjos saved my life", and our five thanked the staff at the theatre for the opportunity to see this one man show.

Bekah and the team at the theatre are wonderful and we urge you to check out the shows on offer this year, as they are very diverse in genre and nature, and it is good to support your local theatre in Islington.

www.kingsheadtheatre.com

I was blown away by the Francis Crick lecture this month - Crash Course: Protein Puzzles – and we all learnt a huge amount about protein structure, how it forms, how it works, how it folds, and how the body solves problems that occur.

What a fascinating subject and wonderfully delivered by Professor David Balchin.

I definitely picked up some tips for my own delivery on the subject for our Ajani course.

www.crick.ac.uk



With massive thanks to the Kings Head Theatre, we are now part of their Over 50s Old Queen's Club - centred around LGBTQ+, but fully inclusive to us too, this new venture offers cheaper tickets to come and see a matinee performance of a show and stay on after for some tea/coffee and biscuits and a natter.

This is definitely something our users enjoy!! So we popped along to see the show "Blink" which we thoroughly enjoyed, and then had a great chat with new friends in the bar area afterwards.

Thx again to Bekah, Zoe and their team.

www.kingsheadtheatre.com

HMHB Activity: Photos and Events from MARCH 2025

On Wednesday, March 18, 2026, the lunchtime concert (13:10) at St James's Church, Piccadilly, was scheduled to be performed by Erola Masque (violin) and Aimee Taranni (piano).

St James's Church, Piccadilly, is a Grade I listed Anglican church in London, designed by Sir Christopher Wren and consecrated in 1684. Built of red brick and Portland stone, it is considered one of his finest parish churches. Severely damaged in a 1940 bombing, it was restored and reopened in 1954. Easy to get to on the 19 and 38 bus routes, and a short walk from Piccadilly Circus, it has been a real find for us with the free lunchtime concerts.

www.sjp.org.uk



We were very happy to join in the Sadlers Wells Community Engagement session on Friday, March 13, 2026. It was the “Vocal” workshop with Dionne, with her very talented pianist accompanying us.

We enjoyed our warm ups and were encouraged to allow our voices to sing out.

People know that HMHB does enjoy a Karaoke session, so this was a chance to get some tips around using our talents.

I was there and can confirm all of us thoroughly enjoyed the session.

www.sadlerswells.com



Yes, that is our wonderful Justin in Clissold Park helping out at the Tiny Forest Planting in March.

A “Tiny Forest” is a dense, fast-growing native woodland, about the size of a Tennis court made up of around 600 trees. The forests are not only great homes for butterflies, bees, and other wildlife, but also a place for people to connect with, and learn about, nature. The trees included Beech, Oak, Birch, Willow, Hazel, Chestnut, and others.

Clissold Park User Group thanked everyone who came, including us. Fencing will be up for a few years to allow the trees to properly take root and flourish.

It felt great to be able to give something back considering we have been walking around the park for nearly ten years on Thursdays.

www.clissoldpark.com



HMHB Activity: Photos and Events from MARCH 2025

Some of our group visiting the interesting Canal Museum in Kings Cross one Saturday. They were running a Free Open Day event and we were obviously going to take advantage of that. There are two themes at London Canal Museum. London's canals have a fascinating past and you will learn not only how they came to be built but about the lives of the workers, the cargoes, horses and how canals work. Normally there is a fee so do check before you go. But definitely worth a look.

www.canalmuseum.org.uk



On Friday, 20th March 2026, the Sadler's Wells Culture Club featured the English National Ballet (ENB) Body & Soul movement workshop.

This event was more a question and answer session, but they brought some costumes along which was special, and dancer Stephen was kind and great to chat with according to our users. These kind of events bring ballet and dance closer to our group, and it can only do good.

www.sadlerswells.com



Some of our group joined Mary Gibbs on one of her Healthy Generations walks in town on 31 March. We met at Hyde Park Corner and headed into the park, passed the Serpentine, up to the Albert Memorial and the Royal Albert Hall. Then we crossed into Kensington Gardens to go past the beautiful Kensington Palace (the home of royalty before Buckingham Palace) and passed the statue of Peter Pan before finishing at Latimer Road. A brilliant couple of hours of walking and chat.



We were fortunate enough to catch a cracking free concert at the LSO St. Luke's church close to Old Street. It featured LSO Principal Cello David Cohen and Principal Viola Elvind Ringstad.

As you can imagine, the quality of the playing was wonderful, and how often do you get to see players of that talent for free? Very rarely.

Events like this can really help with mental health, as music and arts have shown to be beneficial.

www.lso.co.uk/free-friday-lunchtime-concerts



HMHB Activity: Photos and Events from MARCH 2025

We have to send great thanks to the King's Head Theatre, behind the pub on Upper Street. We saw an inspiring one man show called: "Tomatoes Tried To Kill Me, But Banjos Saved My Life" - the first of two visits. It chronicles his journey from a high-stakes corporate CEO to a cancer survivor who finds healing, passion, and a new life purpose through learning to play the banjo. We all have a story inside of us, and if we can inspire others that's terrific.

www.kingsheadtheatre.com



It was "Disco" fever for our intrepid Sadlers Wells Community Engagement attendees in March. Disco Danielle turned up to teach the group some groovy disco moves, and it was a lot of fun. Disco was a 1970s genre of dance music and subculture that emerged from US underground club scenes (African-American, Latino, and queer communities) in cities like NYC and Philadelphia. I think most of our group remembered it very well. Yay!!!

www.sadlerswells.com



Another brilliant Gresham College Lecture - this one titled "Why Do We Hate".

Delivered by Professor Clive Stafford Smith, it took us through the whole gambit of how it can be inbuilt, how we learn it, and how it drives us. We were all fascinated, and are looking forward to two more in April, and more in May.

As you can see from the photo with Clive, we had a good number attend.

www.gresham.ac.uk



We have been very lucky in the last few months to have found several places that provide free concerts, and the quality is always fantastic. One of those is the LSO at St Luke's in Old Street. And they also cater for people who may not normally be able to attend concerts. One of our group went along to the concert opposite at the end of February. And it allowed people to come along who might normally be considered not suitable. Being able to cater for all people is important, especially when we saw the recent fallout from the incredible John with Tourettes at the Baftas. HMHB is all about inclusivity. Nobody should feel bad about themselves.



Relaxed Friday Lunchtime Concert

LSO Discovery

Friday 27 February 2026 • 12.30pm

A short concert tailored for people who have sensory and communications impairments, learning disabilities, or who are neurodiverse.

No Ticket Required

[Learn More](#)

HMHB Activity: Photos and Events from MARCH 2025

We had our first ever visit to the Golden Hinde based behind Southwark Cathedral by London Bridge. Here we are pictured on the deck.

This is, of course, a replica, and it has astonishingly travelled further than the original. We were lucky to join a guided tour and learned a great deal about sailing conditions, the food, medical, and how they all lived. We explored the whole ship, going down two levels, and it was a terrific morning for us all.

www.goldenhinde.co.uk



We have to thank our wonderful Karina for running an energetic Zumba session for us as part of our Tuesday exercise we run at Highbury Leisure Centre, supported by Better Gym. Our large group were definitely put through their paces with quite a few moves that got us marching, swinging, and jumping. Karina has been around us for quite a few years now, and we feel so lucky to have met her. More Zumba to come as well. :-)



Four of our group joined an Islington Winter Warmer's event at the Museum of St. John. The extensive collections include paintings and illuminated manuscripts, rare armour, a bronze cannon given by Henry VIII, ancient coins, decorative furniture, ceramics, silverware and textiles. The Church's Priory Gallery features an exhibition on life in the medieval priory and Clerkenwell through the ages. We thank Clare for all her efforts getting so many brilliant events together to attend.



Looking forward to April 2025 - we will feature these in the next issue.

18 attending evening event at St. Paul's Cathedral. Karaoke night in Islington.

2 x Concert St. Bride's Church: 4 x Concert St. James's Church. 1 x Concert LSO St. Luke's.

17 attending Gresham Lecture "Music of the Mind": First group visit for 18 to London Mithraeum.

9 x Kayaking City Basin with Better Lives: Elephant Trail at Battersea Power Station.

Kings Head Theatre visit to see In The Print: Lunch at the Second Chance Café. CGL Event in Camden.

16 attending Gresham Lecture "Why Do We Love" at Gresham College, Chancery Lane.

First group visit to Two Temple Place Exhibition: First group visit to Southbank for Quentin Blake.

Alongside our three weekly walks, exercise sessions, courses, friends meeting up and Lazza's Quizerium.

NUTRITION: Lazza's Kitchen Adventure

MIXED FRUIT PASTRIES

Lazza has been trying out new recipes for six years
His first time making: Mixed Fruit Pastries from scratch

Ingredients:

2 x rolls Puff Pastry (makes 12)
Large Punnet Raspberries
100g Caster Sugar
Lemon Juice
Vanilla Essence
Cinnamon
1 x Egg
Runny Honey
Mixed Fruit: I used Pineapple, Peach, Pear, and Apricot.

Lemon and lime juice are used in cooking to add depth and provide an arresting and acidic touch to dishes. The pair are the most commonly used juices in the foodservice industry. I used bottled juice in this recipe, but I could have bought and squeezed a few instead. It can be a good substitute for a dish that is intended to be sour.

Be aware, Lemon Juice, due to its acidic nature, can irritate inflamed stomach lining, causing burning, pain, or discomfort.

I first made my Raspberry base for the pastries.
Into a saucepan I put the Raspberries. On top of that I gave a good few splashes of lemon juice.
I add the sugar and around 2-3 tablespoons of the honey.
I then cooked all that to get the raspberries mushy.
I sprinkled on some cinnamon and a teaspoon of vanilla essence, and then I took it off the heat and allowed it to cool for a bit.
I opened up the puff pastry, and divided each sheet into six squares.
From the top left corner of each to the bottom right I spread a healthy dollop of the raspberry mix.
On top of that I placed the fruit: apricot on some, pineapple on another, and so on.
I folded over from top right to bottom left and squiggled down to attach.
I whisked up the egg and brushed the top of each pastry, sprinkling a little caster sugar on top.
I baked at 190C for around 15-20 minutes (check at 15, but you may need longer) - to ensure pastry was cooked all through. The results were very tasty.



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

MIND-SET:

How can mind-set change your life?

I absolutely love Healthy Minds, Healthy Bods (HMHB), and am very proud of just how far we have come in a relatively short time, although I did believe we would be further along following the awards. It has been a rocky road of many ups and downs. But one thing that does follow me is my passion.

I have lots of people say to me: “I love your attitude” and “how can you stay so positive?” and “you are always smiling”. Which are lovely comments and points. But what they are really saying is; “how do you have such a positive mindset all the time?”

Well, I don't. There are days where I just wonder what is going to happen. We are currently at that stage with funding. Keeping HMHB going costs money. Maintaining positive thoughts is not easy at all, although we had some good news at the end of March.

Staying upbeat is very difficult for many people. And changing your mindset is really one of the toughest things we can do. When things are working against us, it is not easy to find silver clouds. That could be around friendships, relationships, finances, your job, and even your health. Subconsciously, we are sort of wired to almost feel negative. That “fixed mindset” attitude is there to protect us on occasions.

So how can we change? The first thing is being aware enough to notice when we are feeling negative. Sounds easy I know, but it is not. If something is happening that is affecting you badly notice how you think about it. Is it really hopeless? Can you do anything about it? Is it solvable in a way that suits you?

You can start by recognising negative thought patterns and attitudes, and then create a way to transform those into a positive space. One way you can do that is to step out of your comfort zone, that could mean that you're going to try something new. Do you see the problem as a challenge? Or something that is not worth pursuing, even though you would like to.

Overtime, that is how you will start to deal with all problems. Instead of giving up, or giving in to the issue, you will start to look for solutions. That is the “growth mindset” at work. The one that help you find solutions. Once you start you will see the benefits. It does not mean that you will always get the answer you want, but more often that not you will get results that benefit in some way.

The more we're aware of the difference between a fixed mindset a growth mindset, the more we're able to grow personally and be more successful. A growth oriented outlook encourages us to try new things without worrying about failure. And it also leads us towards better mental health and mental fitness. It lets you confront difficult scenarios head on and achieve some great accomplishments personally and professionally.

When you have a growth mindset, you just never stop learning, you believe you can learn more, you always think you can learn more, and you try to learn from people around you and experiences around you as well. So a person with a fixed mindset is not necessarily bad or wrong. But a growth mindset is going to help you to achieve happiness and growth, and move in some new directions.



**IF YOU
CHANGE
YOUR MIND,
YOU CAN
CHANGE
your life**

MIND-SET: Overcoming “Limiting Beliefs”.

Get rid of “Limiting Beliefs”

Limiting beliefs are deeply held thoughts, feelings, and convictions that hold you back from going after the things you want, keep you stuck where you’re at, and block you from realising your full potential. They can be about yourself, other people, or the world. Often, they run beneath the surface of your mind on autopilot, without you even realising how much they’re holding you back.

Many limiting beliefs didn’t begin with you. They often stem from childhood conditioning, past trauma, cultural messaging, or fear of failure. What began as a single thought was repeated so many times that it eventually took root in your subconscious as truth. If a parent repeatedly told you that you aren’t musical, you might eventually believe them and avoid things like singing and playing an instrument. Or if a childhood bully called you weak, you may have internalised a sense of fear that still lingers into adulthood.



Because limiting beliefs are thoughts reinforced and crystallised over years, they can be challenging to release. Let’s show some examples of those negative thoughts.

- I’m too old to change.
- I always mess things up.
- I cannot learn that.
- I’ll never be as good as that person.
- Everyone is better than me.
- Nobody likes me.
- I always get it wrong.

I’ll be honest, the internal voice I have repeats things like this a lot in my day. I compare it with those old cartoons where the character would have an angel appear on one shoulder and a devil on the other. The devil is that “limiting belief” voice - with constant negativity. The angel is the voice that is encouraging. And it is very easy to believe the devil voice instead.

We have to break the cycle of negative thinking. You can change your mindset by replacing those thoughts with empowering thoughts, affirmations that will help you look at your potential and use your gifts, talents and strengths, and your positive attributes. And lean into those and achieve your goals more successfully. It is not easy, but it is doable. Instead of “I cannot do it”, replace it with “I cannot do it yet!”

I’ll use myself as just an example who believed in my ability to beat this discouraged outlook, which led me to new accomplishments with HMHB. Because I built better habits around positive feedback and thoughts, instead of remaining stagnant, doubting myself. So every time those doubts came up, I challenged them and reminded myself, no, I had the strength. So you can also do this. And that’s a really great example showing how important it is to overcome mental blocks when you’re trying to achieve something.

EXERCISE/FITNESS: STRETCHING

Some Yoga stretches to start your morning. (Spotebi.com)

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.

REVOLVED TRIANGLE POSE

Stand upright. Rotate your right foot out, to a 90-degree angle, and inhale as you raise your arms to the sides until they’re parallel with the floor. Exhale as you bring your left hand to the floor on the inside of your right foot, reach the right arm toward the ceiling, and gaze at your right thumb. Hold the pose for 30 seconds. This pose opens the chest and shoulders, stretches the hamstrings, hips, groin, and calves, and strengthens the spine. This pose also stimulates the abdominal organs, improves balance, and relieves back pain.



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.

SIDE PLANK POSE

Start in plank pose, bring your feet together, and roll onto your left side, placing the outside edge of your left foot on the mat. Stack your right foot and leg on top of the left, reach your right arm toward the ceiling and gaze at your right thumb. Stay in side plank pose for 15 to 30 seconds and then switch sides.

Open the chest, stack your hips and keep your body in a straight line. Breathe slowly, strengthen the thighs, and press through the heels toward the floor.

The side plank pose strengthens the core, arms, and legs, and improves your balance and posture.



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

EXERCISE/FITNESS:

Some Yoga stretches to start your morning. (Spotebi.com)

ONE LEGGED DOWNWARD DOG

Start in Downward Dog Pose (as opp, but both feet on the ground) with your hands and feet pressed firmly against the mat and your hips up and back. Inhale as you lift your right leg up, keeping it straight and in line with your spine. Stay in one legged downward dog pose for 30 seconds then repeat with the opposite leg. Breathe deeply and smoothly, keeping your shoulders and pelvis square.

The one legged downward dog helps to quiet the mind, reduces stress, and develops confidence. This pose elongates the spine, strengthens the arms, improves core strength and stability, and stretches the hamstrings and hip flexors.



LORD OF THE DANCE

Stand upright, transfer your weight to the left leg, bend your right knee and bring your foot toward your right buttock. Reach back with your right hand, grasp your foot, and raise the left hand up toward the ceiling. Hold the pose for 20 to 30 seconds, and then repeat on the opposite side. Engage your core, open the chest, breathe deeply and shift your gaze upward. The lord of the dance pose is a backbend that opens up and stretches the chest, shoulders, quads, abs, and hip flexors. This pose strengthens the back, legs, and ankles, boosts concentration, and improves balance.



CRESCENT LUNGE POSE

Start in standing forward bend and, as you inhale, step your right leg straight back. Lift your torso and sweep your arms out to the sides and overhead.

Stay in crescent lunge pose for 30 seconds to 1 minute. Exhale, place your hands on the floor, step your left leg back, beside the right, and walk your hands back to standing forward bend.

Repeat with the opposite leg.

The crescent lunge pose stretches the groin area, opens the hips, strengthens the legs and arms, and lengthens the spine. This pose also helps improve your balance and coordination and build mental focus.



**As long as you're not overdoing it,
the more regularly you stretch, the better it is for your body.
It's better to stretch for a short time every day or almost every day
instead of stretching for a longer time a few times per week.
Being flexible and having full joint mobility can have several beneficial implications on
quality of life, including reducing day-to-day pain and increasing vascular health.**

MIND-SET:

Why do we procrastinate?

It has happened to me many times. It's the end of my day and I'm staring at the to-do list I made earlier. In fact, it happened to me a couple of days ago. Working on this very Health Pack. It was not that late, but I had not done as many pages as I had wanted to. I told myself I would tackle the pack tomorrow. And I admit, I was quite frustrated with myself for not getting it done.

If this sounds like you too, you're not alone.

Almost everyone procrastinates at one point or another. For many, the issue doesn't interfere with their quality of life. But if you find yourself continually procrastinating, and then regretting it, you could be caught in a negative cycle. It's easy to be hard on yourself when you delay tasks, either at home or in the workplace. But do you deserve self-criticism—or is your procrastination pointing to something more serious?

It's important to know that procrastination is not your fault. There are reasons we engage in this behaviour, and there are ways we can address it.



Experts define procrastination as a self-defeating behaviour pattern marked by short-term benefits and long-term costs. Many of us know it as putting off things that we need to get done, no matter the level of difficulty behind the task. We all procrastinate from time to time. However, when we develop a habit of putting off necessary actions, even when we face negative consequences, procrastination can affect our well-being.

According to a recent study on procrastination and coping, 20-25% of adults worldwide are chronic procrastinators. That is a staggering number. The issue can be linked to depression, anxiety, low self-esteem, ADHD, and poor study habits. Procrastination is connected to negative functioning and risks to mental health. People who procrastinate tend to have high levels of anxiety as well as poor impulse control.

Procrastination is even linked to physical illness. People who procrastinate experience more stress and tend to delay treatments - which can create a cycle of poor health due to just putting things off.

Why do we Procrastinate?

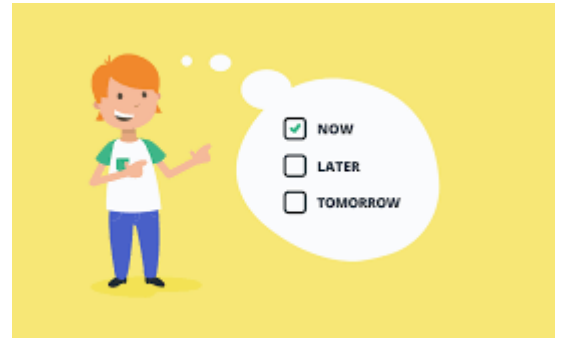
- **Boredom:** It makes sense that if you perceive an activity as boring or unpleasant, you're far more likely to put it off until later .
- **Faith in Ability:** Believing that you can carry out tasks is essential to functioning. If your sense of self-efficacy is low, you're less likely to begin a task or to see it through.
- **Fear:** For example, you might delay essential medical tests because you're afraid of a diagnosis. The more anxiety we experience about a task, the more likely we'll put it off until later. Not only does your stress level increase when you do this, but there's a risk to physical health with an undetected, untreated illness. Social anxiety can also play a role. The fear of being judged or embarrassed can cause you to put off scheduling meetings or completing projects.
- **Perfectionism:** People may delay tasks they believe they won't perform well or that they'll fail altogether. They may try to put off a task until they suddenly feel more inspired or have a better idea, even though inspiration is more likely to strike once a person starts a task.

MIND-SET:

How can I overcome Procrastination?

Studies show young people are more likely to procrastinate than older age groups. In fact, many people seem to outgrow procrastination as they mature.

A recent Study that analysed procrastination in several different age groups found that procrastination was highest in 14-to-29-year-olds, the youngest age group studied. The same study reports that people procrastinate less as they age. Researchers believe the decline is linked to personality development, changes in time perception, and increased coping skills. In particular, people tend to develop more conscientiousness with age. Individuals with this personality trait tend to be careful and thorough.



Conscientiousness is linked to several positive aspects of life, from fulfilment with work to healthy relationships. The more conscientious a person is, the less likely they are to procrastinate.

Another reason older people may procrastinate less? They have more awareness that time is limited. Young people tend to have abstract thoughts about time. As people become more aware of their own mortality, they realise they cannot indefinitely delay what needs to be done.

It's important to know: procrastination is not a sign of laziness. Although procrastination is not considered a mental health condition in and of itself, it is connected to mental health challenges. Several studies have linked procrastination to depression, anxiety, and low self-esteem. Procrastination can also play a role in attention-deficit/hyperactivity disorder (ADHD), obsessive compulsive disorder (OCD), and several other conditions.

With procrastination and mental health concerns, it can be hard to know which comes first. Symptoms of mental health disorders, such as racing thoughts and fatigue, can make it hard to take on tasks. On the other hand, putting things off can create stress that leads to mental health concerns.

The surest way to beat procrastination is to start doing what you have been dreading. Stop analysing the project, and just begin to work on it. While this may be easier said than done, it is possible to focus your mind to start tackling the task. Once you begin a task, the next steps often flow naturally. Taking the initiative on that first action can be a springboard for momentum. You may end up realizing the task was easier than you expected.

People sometimes procrastinate because they overestimate how much they can achieve in a certain timeframe. They may also feel overwhelmed by tasks that keep pouring in from every direction. Think about your organisational skills, time management, and creativity. You can do this. You just need to take action.

Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don't allow issues and situations to overwhelm, and are proactive in finding solutions to life problems. It something we can all do, but it is hard, and takes effort. HMHB is a mentor led organisation. We are not trained or qualified psychiatrists, psychologists, or health workers. However, we have experienced tough times, overcome depression or addiction, and just want to help people deal with whatever life throws at us. If you feel you need any help with your physical or mental health, please speak to your local medical practice professionals.

NUTRITION: Lazza's Kitchen Adventure

TANGY EGG MAYONNAISE

Lazza has been trying out new recipes for over four years
His first time making: Tangy Egg Mayonnaise from scratch

Ingredients

8 x Eggs
Cress
Mayonnaise
Salad Cream
Balsamic Vinegar
Natural Yoghurt
Horseradish
Yellow Mustard
Black Pepper
(you can of course add a little pepper or something, but I left it as above)

Cress is one of the oldest cultivated leafy greens, originating in western Asia and prized since ancient times for its peppery flavour and medicinal properties. Ancient Persians, Greeks, and Romans used it for health, with Hippocrates using it to treat patients around 400 BC. It became a staple in Europe, known as a nutritious "poor man's bread" by the Victorian era. In the Middle Ages, it was widely cultivated in monastic gardens. Watercress cultivation is recorded in Germany in the 16th century, and by the 1800s, it was popular in England. The name comes from Germanic roots (Kresso)

I had just been operated on and required food that was mushy, so I made this.

I boiled 8 eggs and then left them to cool.

Once ready, I first put four tablespoons of Greek Yoghurt into a bowl.

I added two tablespoons of Mayonnaise.

I added one tablespoon of Salad Cream.

I then stirred in a teaspoon of English Mustard.

I added a teaspoon of Horseradish

A tablespoon of Balsamic.

I cut the cress and stirred that all in.

I shelled the boiled eggs - sliced them up - and added them all to the mix.

Finally I added some ground black pepper.

Tasted great and tangy.



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

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

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

All Answers are at the base of Page 47 - don't look till you have done the whole page!!

ROUND ONE: Multiple Choice

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

- | | | |
|--------------------|---------------------------------|----------------------------|
| Bone in your Skull | Danced on Strictly Come Dancing | Have Owned A Football Club |
| Sphenoid | John Barnes | Natalie Portman |
| Ethmoid | Jamie Radknapp | Keira Knightly |
| Ursoid | Tony Adams | Gordon Ramsey |
| Lamoid | Stewart Downing | Mathew McConaughey |

ROUND TWO: Give Me a Number

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

- In feet, how tall is "The Sagrada Familia" in Barcelona, the tallest church in the world?
- How many different legal moves does White have to start a game of chess?
- How many male actors have won the Oscar for Best Actor more than once?
- When formed in 1973, how many members made up the musical group Showaddywaddy?
- As at Mar 2026, how many high speed trains does Eurostar have in its fleet?

ROUND THREE: When Did That Happen

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

- The anti-depressant drug Prozac was introduced to the US market.
- Slavery was officially abolished in the Emirate of Dubai.
- The first machine-sliced and machine-wrapped loaf of bread was sold.
- The first-ever SMS text message was sent reading "Merry Christmas"
- James Ritty invented the first cash register in Dayton, Ohio.



ROUND FOUR: What specifically links these words?

Cherries: Bees: Pensioners: Toffees: Irons: Eagles.

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

- | | |
|-------------------------------|---|
| 1. Longest Arm Bone: | Humerus: Radius: Ulna |
| 2. Highest Population: | Bangladesh: Japan: Philippines |
| 3. Died aged 90: | Nikola Tesla: Sidney Poitier: Winston Churchill |
| 4. Most Used Spice Worldwide: | Cinnamon: Ginger: Turmeric |

ROUND SIX: What is the answer to these questions?

- In which Sea will you find the Bahamas?
- In which Sea will you find the Orkney Islands?
- In which Ocean will you find the Falkland Islands?
- In which Ocean will you find the Maldives?
- In which Sea will you find Ibiza?



NUTRITION:

How does Fat help the body?

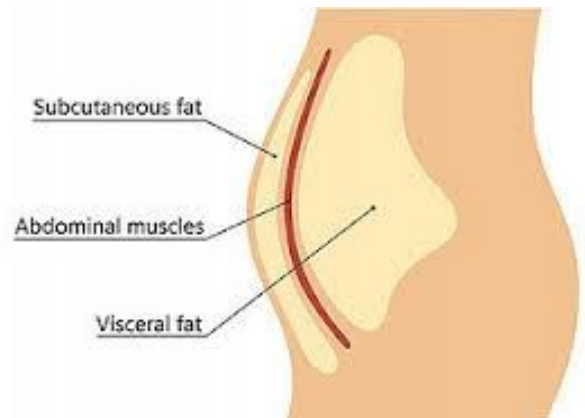
There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.

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.

I am typing this three and a half weeks after having a Hiatus Hernia operation - which I had been waiting for quite a while. In fact, in December 2023, I was in UCL Hospital for just that operation, but sadly for me I discovered on waking that they had not been able to do the operation due to my having too much visceral fat. Yes, I was too fat!!! As you can imagine, that was not only disappointing but also quite embarrassing.

Around our middles we have two types of fat: subcutaneous fat and visceral fat. While some subcutaneous fat is good for you (protecting you, giving energy, etc.), too much visceral fat can lead to everything from stroke to diabetes to certain cancers.

Though you may not always love the few extra pounds that can collect around your hips, thighs, belly and elsewhere, a little bit of fat is not a terrible thing. It can, in fact, be good for you, acting as a cushion against physical external stress, providing insulation and even producing beneficial hormones.



However, when that subcutaneous fat (the fat right below the skin’s surface) increases too much, it can begin to accumulate in other places, like between your intestines and other abdominal organs. This fat is called visceral fat and it can pose serious health concerns.

Subcutaneous fat lies just beneath the skin throughout most of the body, most commonly in the upper arms, legs and buttocks, while visceral fat is stored within and between our internal organs, such as the liver and intestines.

Generally people who are healthy store most of their fat (around 80% of it) in the subcutaneous regions because that's where it's most useful to your body. There, the fat protects your muscles and bones from impact, gives you energy, helps control your body temperature and even attaches the middle layer of skin, called the dermis, to your muscles and bones with special connective tissue.

Visceral fat, on the other hand, isn't nearly as useful. Though having some visceral fat can be helpful for protecting your internal organs, an excessive amount doesn't serve any positive purpose and can easily put you into dangerous territory.

Nutritionally, a key factor in gaining visceral fat is high consumption of sugar (especially fructose), processed foods, trans fats, and alcohol. Being in a calorific surfeit!!

NUTRITION:

Which fats are better to consume?

Let's be clear, eating fat does not inherently make you gain body fat. Weight gain is caused by a sustained calorie surplus - consuming more total calories than your body burns - regardless of whether those calories come from fat, carbohydrates, or protein.

Fats are essential macronutrients, playing vital roles in energy storage, cell structure, and hormone production. Yet, with so many types of fats and conflicting health information, it's easy to feel confused about what to eat and what to avoid. The truth is that not all fats are created equal. Some fats are crucial for maintaining health, while others may contribute to chronic diseases like heart disease, diabetes, and inflammation.

Saturated

Saturated fats are fats in which all the carbon atoms are fully "saturated" with hydrogen, meaning there are no double bonds in their chemical structure. This makes them stable and solid at room temperature, which is why butter, lard, and coconut oil maintain a solid form in cooler environments. These fats are commonly found in animal products such as meat, dairy, and eggs, as well as tropical oils like palm and coconut oil.

Historically, saturated fats have been linked to higher levels of LDL cholesterol (commonly known as "bad" cholesterol), which is a risk factor for heart disease. Because of this, health organisations around the world have recommended limiting their intake. Yet, not all saturated fats are identical in their effects on the body.

Saturated fats are essential for several biological functions. They form a key component of cell membranes giving cells their structure and stability. Furthermore, saturated fats play a significant role in the production of critical hormones, such as testosterone and oestrogen. These fats are also involved in the creation of energy, as they are a source of calories that the body can draw from in times of need.

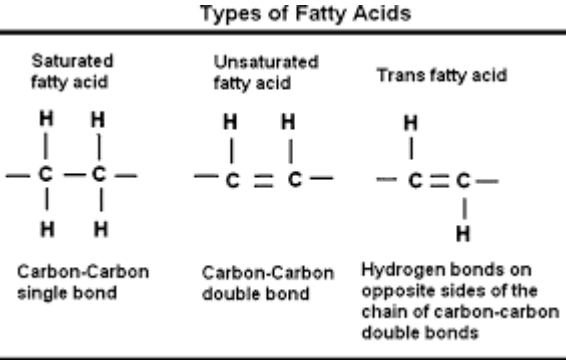
Unsaturated

Unsaturated fats are fats that have one or more double bonds in their chemical structure, which makes them liquid at room temperature. They are divided into two categories: "monounsaturated fats" (MUFAs) and "polyunsaturated fats" (PUFAs). Monounsaturated fats have a single double bond, while polyunsaturated fats have multiple double bonds.

Common sources of monounsaturated fats include olive oil, avocados, and nuts, while polyunsaturated fats are found in foods like fatty fish (such as salmon), walnuts, flaxseeds, and certain vegetable oils. Polyunsaturated fats are further broken down into omega-3 and omega-6 fatty acids, which play critical roles in reducing inflammation and supporting brain function.

Trans Fats

Among the types of dietary fats, trans fats are the most harmful. These artificially produced fats have no known health benefits and have been linked to an increased risk of several chronic diseases. Trans fats are created through an industrial process called hydrogenation, which adds hydrogen to liquid vegetable oils, making them more solid. This process extends the shelf life of processed foods but also introduces harmful health effects. Trans fats are primarily found in partially hydrogenated oils, which are used in many fried and packaged foods like margarine, baked goods, and fast food.



NUTRITION: Changing Diet for Better Fats

Let's be honest, Saturated fats are in most things that taste nice. So we need to limit our consumption of these, which makes me sad. Saturated fat is found in:

- butter, ghee, suet, lard, coconut oil and palm oil
- cakes
- biscuits
- fatty cuts of meat
- Sausages and bacon
- cured meats like salami, chorizo and pancetta
- cheese
- pastries, such as pies, quiches, sausage rolls and croissants
- cream, crème fraîche and sour cream and ice cream
- coconut milk and coconut cream
- milkshakes
- chocolate and chocolate spreads.



Snack time: swap foods high in sugar, salt and fat, such as chocolate, doughnuts and pastries, for:

- some fruit or vegetables
- wholegrain toast with hummus or peanut butter.
- low-fat and lower-sugar yoghurt (but check out sugar content)
- a small handful of plain, unsalted nuts
- a currant bun
- a slice of fruit loaf or a slice of malt loaf

A robust body of research has revealed the wide-ranging benefits of including healthy fats in the diet. These include lowering the risk of developing heart disease, improving blood cholesterol levels, helping with blood sugar control and reducing inflammation. Healthful fats have a beneficial effect on blood pressure, and they have been shown to support gut health. There is also growing evidence that getting enough good fats in the diet helps to maintain the health of the lining of the gut. Known as the intestinal barrier, this plays a crucial role in numerous metabolic functions, including maintenance of the gut microbiome, absorption of nutrients and immune function. It will also help lower that amount of visceral fat we spoke about earlier.

Healthy fats are found in plant-based foods such as walnuts, flax seeds, chia seeds, soybeans, avocados and olives. They are present in vegetable oils, as well. These include olive, safflower, corn, sesame, canola, walnut and soybean oils. And don't forget about fatty fish. These are an excellent source of a certain form of omega-3 fatty acid. Fatty fish, sometimes referred to as oily fish, include tuna, salmon, mackerel, whitefish, herring and sardines. Oysters, mussels and some types of fish roe are also good sources. A recent analysis of several large studies found that having two or more servings of fatty fish per week can help prevent cardiovascular disease in high-risk individuals.

Lovers of dark chocolate will be happy to know it contains monounsaturated fats, although in small amounts. Just remember that, while dark chocolate is rich in disease-fighting antioxidants, it also contains sugar and should be consumed in moderation.

This is your body. Your health. Why would you put it at risk? I know it's a struggle. I have been losing weight now since the start of February. It's tough. But I know the benefits to my health as I get older.

Nutrition: HMHB looks at “Superfoods”

Today: Bananas

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

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

Did you know, bananas are the World’s favourite fruit? When you consider the versatility, portability, affordability, and tastiness of the humble banana, it’s not exactly shocking to see that global production of the tropical fruit is at an all-time high. In fact, bananas are the most exported fresh fruit in the world, according to the Food and Agriculture Organisation of the United Nations.

Our body needs plenty of potassium to operate normally, and bananas are packed with it. This electrolyte helps your muscles contract, nerves function, move nutrients into cells (and waste out of them), regulate your heartbeat, and regulate sodium in your body. So when you don’t get enough potassium, your blood pressure and kidney stone risk can increase, you may feel weak and tired, or even experience muscle cramps.



One medium banana has 3 grams of filling fibre (about 10 percent of your daily intake). Bananas also contain prebiotics, a type of fermentable fibre that helps the good bacteria in your gut (also known as probiotics) thrive. That’s a big win for your overall health, since research suggests these beneficial bugs may improve digestion, shorten the duration of your cold, and even aid in weight loss.

The best foods to eat before you work out are the ones that contain natural sugars (carbohydrates) for energy, but aren’t too harsh on your stomach. Bananas check off both of those boxes, and are portable enough to throw in a gym bag. Plus, research suggests that bananas have unique compounds that can enhance athletic performance.

On the flip side, bananas may be beneficial after your workout, too. One small recent study published in the journal PLOS One found that certain compounds and phytochemicals in bananas could play an effective role in reducing exercise-induced inflammation—which spurs muscle soreness—after a tough bout of endurance training (in this case, intense cycling).

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

LAZZA'S PAGE

Recommendations, News, Life!!!

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

You have one body - so do you look after it?

I do tell my users it is good to get a health check every year - that's blood pressure, cholesterol, etc. Your local medical practice will be happy to do that.

But how about your eyes and ears?

We go to the theatre and some of my group have said in the past they had trouble hearing the words, or reading captions if provided. It is good to get your eyesight checked once a year too. And hearing. It's your body!!!



People who know me also know I love reading - especially crime thrillers (got a good one going now). How often do we catch ourselves flicking through stuff on our phones - normally with no actual purpose? Why not instead delve into a book - fact or fiction? Find a subject you are interested in. Learn some new facts. Find an author that peaks your interest. Maybe even research a project you would like to do. I escape into a book. Phones not so much!!!

I realised when I started losing weight again at the start of February, that I had not been exercising as much as I should. And an easy option is swimming.

Swimming is an exceptional fitness activity because it provides a low-impact, full-body workout that engages all major muscle groups against water resistance while supporting body weight. It boosts cardiovascular health, builds muscle strength and endurance.

Pop down to your local pool and get fitter.



HMHB Need Help With Funding To Keep Going.

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

In 2025: Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures:

HMHB delivered over 10 courses -working with over 120 people in attendance.

HMHB produced and delivered 12 Health Packs.: HMHB delivered 150 weekly health walks:

HMHB delivered 50 weekly exercise sessions: HMHB grew their Pack email list to over 700 addresses.

HMHB organised, delivered, or took part in over 110 social outings/events (many of which were FREE)

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

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

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

DO YOU KNOW YOUR BODY?

Teeth

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

Your teeth play a big role in digestion. They cut and crush foods, making them easier to swallow. Though they look more like bones, teeth are actually ectodermal organs. Other ectodermal organs include your hair, skin and sweat glands.

Ectodermal organs are structures derived from the outermost embryonic germ layer (ectoderm), forming essential tissues like the nervous system, skin epidermis, hair, nails, and teeth.

Most adults have 32 permanent teeth. But some people are born with missing teeth (“Hypodontia”), and some people have extra teeth (“Hyperdontia”). Most children have 20 primary teeth that grow in (erupt) between the ages of 4 months old and 6 years old. These are baby teeth that’ll eventually fall out and make room for permanent adult teeth.

Your incisors are the most visible teeth in your mouth. Most people have four incisors on the upper jaw and four on the lower. These include your front two teeth and the teeth on either side of them. Each incisor has a single narrow edge, which helps cut into food when you bite.

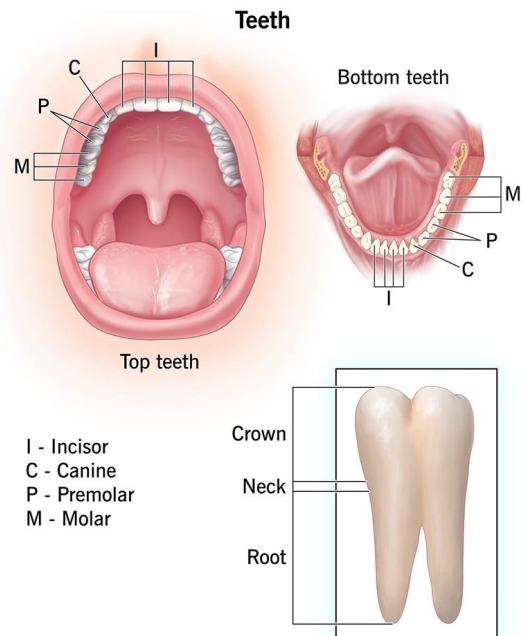
Canine teeth get their name because they resemble a dog’s fangs. They’re pointier than other types of teeth. Most people have four canine teeth, one in each quadrant (upper right, upper left, lower right, lower left). Canine teeth help you tear into foods like meat and crunchy vegetables. Sometimes, people call canines “eye teeth” because of their position directly under your eyes.

Also called bicuspids, premolars sit between your canines and your molars (the teeth in the back of your mouth). Premolar teeth have features of both canines and molars. They help you tear, crush and grind food into smaller pieces.

Your molar teeth are in the very back of your mouth. Most of your chewing (about 90%) takes place here. Most adults have 12 molar teeth, three in each quadrant. Molar teeth include Wisdom teeth (third molars). So, if you’ve had your wisdom teeth removed, or if you were born without them, then you probably have eight molars altogether. Because molars are your main chewing teeth, they’re good for crushing and grinding up your food.

Experts say - to keep your teeth healthy you should:

- Visit your Dentist for regular exams and teeth cleanings
- Brush your teeth at least twice a day for at least 2 minutes.
- Use a soft-bristled toothbrush and fluoride toothpaste.
- Try and Floss between your teeth once every day.
- Use an alcohol-free, antibacterial mouthwash.





HMHB's Name Game Page:

Give the actor's name of these action heroes from their photos?
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 49)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

NUTTY APPLE CRUMBLE

**Lazza has been trying out new recipes for over four years
His first time making: Nutty Apple Crumble from scratch**

2 x Cooking Apples - chopped
4 x Granny Smith Apples - chopped
Lemon Juice
150ml Apple Juice
100g Golden Caster Sugar
100g Plain Flour: 75g room temp butter
100g Rolled Oats
Large Bag Chopped Mixed Nuts
75g Brown Sugar
Cinnamon: Cream for serving

Cooking apples, valued for their firm texture and tartness, have been used in human cuisine for millennia, evolving from small wild Eurasian fruits to cultivated, savoury cooking staples by the Roman era. They gained immense popularity in Europe for pies and puddings by the 17th century, serving as a primary sweetener before refined sugar was common. The 19th and early 20th centuries saw the popularity of specific cultivars tailored for cooking - like Bramleys.

I first made my Apple Base.

Into a saucepan I put the chopped apples - I kept the skin on.

I added a good splash of lemon juice.

I also added the apple juice, and caster sugar - and cooked the apples till they were just going a bit soft. I then took off the heat and put aside.

In a bowl I mixed the flour and butter with my hands to make a breadcrumb consistency.

I then added the rolled oats, brown sugar, and the mixed nuts.

I sprinkled in some cinnamon, and had my crumble mix ready.

Into a oven casserole dish I placed the apple fruit into the bottom.

I spooned over the crumble mix, ensuring everything was covered.

I cooked in an oven at 180C for around 30-40 minutes (checking at 30 minutes).

Utterly delicious with some cream or custard. The nuts give the topping a real crunch and taste.



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

PLACES TO VISIT IN LONDON

HMHB recommends places we have been.

STRATFORD EAST (THEATRE ROYAL)

Stratford East is a producing theatre, built in 1884, in the heart of East London, situated a short walk from Stratford station.

We have been as a group many times, including plays, musicals, and the Christmas Pantomime.

We like to travel as a group if we can on the Mildmay Line - which is part of the London

Overground, and I love the photo of us here.

The theatre was designed by architect James George Buckle, and commissioned by Charles Dillon, né Silver, adoptive son of the actor-manager Charles Dillon (died 1881) in 1884.

It is the architect's only surviving work, built on the site of a wheelwright's shop on Salway Road, close to the junction with Angel Lane.

Do check out their website for upcoming productions. We definitely hope to be back this year (funding willing) as you get terrific value for money, a wide variety of shows, and it is so easy to travel there and back.

www.stratfordeast.com



Young V&A (Bethnal Green)

The Young V&A (formerly the V&A Museum of Childhood) is a free, interactive museum in Bethnal Green, London, specifically designed for children, teenagers, and families (and us of course). A branch of the Victoria and Albert Museum, it aims to foster creativity and design skills in young people through three main galleries (Imagine, Play, and Design) featuring, sensory spaces, and hands-on exhibits.

We have been a couple of times in the past when they have kindly allowed us free passage to the paid exhibition. As you can see, some of us dressed up for the occasion.

It has been designed beautifully to allow a lot of light into the venue, and here we are pictured at one end of the atrium at the café. It really is worth a visit to get hands on and see toys from your own past in the cabinets.

Just up from Bethnal Green Station (Central Line) and handy for buses too.

www.vam.ac.uk/young

EXERCISE/FITNESS

How Exercise Affects Your Lungs

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

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

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

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

We now have our regular Highbury Gym sessions with Lazza on Tuesdays, thanks to the team at Better.

We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza will start 2025.

Regular movement is good for your lungs because it increases the strength of the muscles around your lungs and the rest of your body. As you build strength, your muscles need less oxygen to work. This means you will be able to breathe more easily when you're active.

If you have a lung condition, being active can help to manage your lung condition, improve your quality of life and feel better.

There are many other benefits of physical activity more. It can:

- improve your immune system, helping you to fight colds and flu
- help you to manage and maintain a healthy weight
- lower your stress levels, which can be a trigger for some lung conditions like asthma
- reduce anxiety and depression
- strengthen your muscles, helping you to walk further and reduce falls
- help improve your sleep
- improve your brain health, so you can learn and remember more
- reduce your risk of other health problems such as heart disease, stroke, diabetes, osteoarthritis, dementia, and some cancers
- create opportunities for you to meet new people and feel part of a community.



But we will concentrate on the lungs.

The fear of getting out of breath may put you off doing any activity that makes you more breathless. However, getting out of breath when you're active is completely normal and can help improve the symptoms of your lung condition.

If you avoid activities that make you breathless, your muscles become weaker. Weaker muscles need more oxygen to work. Over time you feel more and more breathless. This is called the cycle of inactivity, or the cycle of breathlessness.

The good news is that you can break this cycle of inactivity. By becoming more active you can make your muscles stronger, including your breathing muscles. This will help you feel less out of breath when you do everyday tasks.

EXERCISE/FITNESS: Exercise helps with Breathing.

An easy way to start getting more active is to try to move more during the day.

Sitting down less and moving a bit more can make a big difference. If you usually spend a lot of time sitting down, think about ways you can get up and move about more.

Any movement is good for you and can be part of your daily routines. You could:

- Stand up and stretch during TV breaks
- Try watching some online keep fit videos: they could include step-by-step exercises and stretches you can do at home to help you feel stronger and more energetic
- Do some housework
- Walk your dog or go for a walk with a friend
- Play with your children or grandchildren (I'm sure grandparents will say how energetic that can be)
- Get off the bus one stop early
- Walk to work, school or the shops – if you usually drive or get the bus, try walking instead. You can get the bus back if it's too much.
- Could try a local class - there will be some - and many can be free if you look hard enough. That could be sit down exercise, circuit training, Zumba, tai chi, yoga, or many more.

You could track your steps with tools like a smartphone, smartwatch, or pedometer. Even walking 1,000 more steps a day can help you improve your fitness.

Set yourself goals with achievable steps. When you reach your goals, you can continue to set yourself new goals.

Exercise improves breathing by strengthening the diaphragm and intercostal muscles, which increases lung efficiency and capacity. Regular physical activity enhances oxygen utilisation by the body, reduces the effort needed for breathing, and helps lower air trapping in the lungs. It also lowers inflammation and strengthens the cardiovascular system, reducing breathlessness over time.

When you exercise and your muscles work harder, your body uses more oxygen and produces more carbon dioxide. To cope with this extra demand, your breathing has to increase from about 15 times a minute (12 litres of air) when you are resting, up to about 40–60 times a minute (100 litres of air) during exercise.



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

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

conceived & delivered by:




Finsbury Park Health Walks

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

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

supported by:




& local Medical Practices

hmb2016.org.uk
tel: 0796 4430 456




Highbury Fields Health Walks

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

We meet Wednesday mornings 9.30am outside Highbury Leisure Centre

hmb2016.org.uk ☺ contact: 07964430456

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







Clissold Park Health Walks

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

We meet Highbury Grange Medical Practice every Thursday 11am

hmb2016.org.uk ☺ contact: 07964430456

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






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

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

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

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

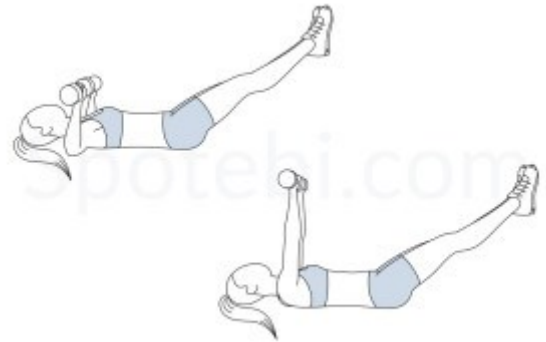
EXERCISE/FITNESS:

Let's Try A Workout (focus on Chest): *thx to Spotebi.com*

CHEST PRESS - LEG EXTENDED:

Lie on your back, holding a dumbbell in each hand (or two cans) and raise your legs to a 45-degree angle. Push the dumbbells up toward the ceiling, with your palms facing your feet and your arms directly above your shoulders. Bend your elbows, lower your arms and repeat the movement. Breathe out as you squeeze your chest and push the dumbbells up, being careful not to fully extend your elbows. Inhale as you lower the dumbbells.

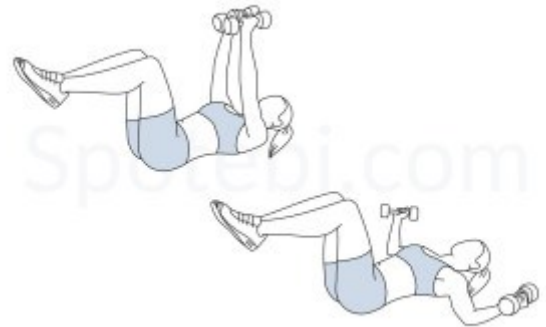
The chest press legs extended is a full body move that engages both your upper body and your core. This exercise strengthens the chest, abs, shoulders, triceps, and lower back, and improves your posture, flexibility, and stability.



CHEST FLY

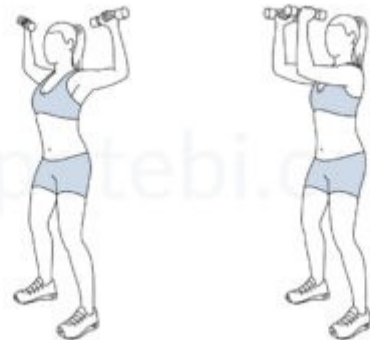
Lie down on the mat with a dumbbell in each hand (or two cans), your arms up, and the palms of your hands facing each other. With your elbows slightly bent, lower your arms out to sides until you feel a stretch in your chest muscles. Return to the starting position and repeat the movement.

The chest fly is an exercise that targets the chest muscles. Women often avoid chest training, but neglecting your chest can create muscle imbalances in the body that can lead to bad posture, injuries, and the inability to perform other exercises correctly. If you want a sculpted, beautiful and healthy body you need to work all muscle groups.



STANDING CHEST FLY

Stand with your feet shoulder-width apart, your arms out to the sides, and hold a dumbbell (or tin can) in each hand. With your palms facing forward and your elbows directly under your wrists, raise the dumbbells until your upper arms are parallel to the floor. Bring your elbows and forearms toward the midline of the body and then return to the starting position. Breathe out as you bring your elbows and forearms toward the midline of the body and squeeze the chest. The standing chest fly targets the chest and shoulder muscles. Chest exercises help build muscle strength and power and can also give the breasts somewhat of a lift, making them appear perkier.



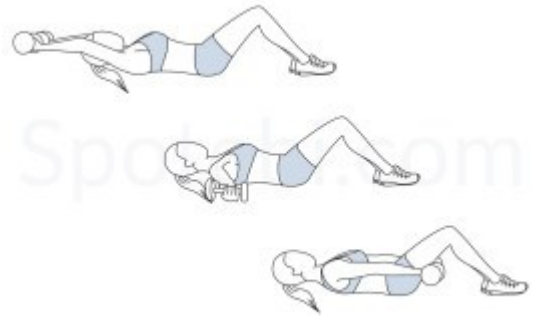
**“Fitness is not about being better than someone else.
It’s about being better than you used to be.”**

EXERCISE/FITNESS:

Let's Try A Workout (focus on Chest): *thx to Spotebi.com*

AROUND THE WORLDS

Lie down on a mat with a dumbbell (or tin can) in each hand, your arms by your sides, and the palms of your hands facing the ceiling. Pull your arms away from the body in a semi-circular movement, and bring the dumbbells over your head. Reverse the movement to return to the starting position, and repeat. Maintain your arms parallel to the floor during the entire movement and inhale as you pull the dumbbells over your head. The around the worlds exercise targets your pecs, which are the muscles that lie under your breast tissue. By training your chest and tightening those muscles, you can give your breasts somewhat of a lift and get an even perkier bust line (or for men, better pecs).



KNEE PUSH UP (PRESS UP)

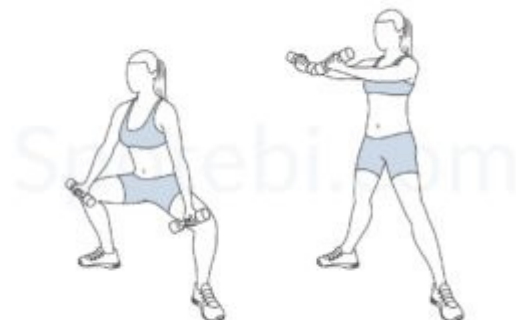
Place the knees on the floor, the hands below the shoulders, and cross your feet. Keeping your back straight, start bending the elbows until your chest is almost touching the floor. Pause and push back to the starting position. Repeat until the set is complete. Keep your head, hips, and torso in line. Maintain your core muscles tight and keep your spine in a neutral position. Inhale as you lower the chest and breathe out as you push back up. The knee push up and push ups, in general, are upper body exercises that also strengthen the core, increase metabolic rate and reduce bone loss. You can add knee push ups to an upper body warm up routine to prepare your muscles for strength training.



PLIE SQUAT SCOOP UP (what a great name!)

Stand with your feet in a wide stance, your toes pointing out to the sides, and hold a dumbbell (or tin can) in each hand with your palms facing up. Squat until your thighs are parallel to the floor, and lower the dumbbells close to your knees. Stand up and bring the dumbbells together in front of your chest. Repeat until the set is complete. Breathe in as you squat and lower the dumbbells, and breathe out as you push through the heels to stand up.

The plie squat scoop up is a compound move that targets your glutes, thighs, legs, hips, chest, and arms. This is a full body exercise that boosts the metabolism, strengthens the whole body, and improves your fitness level.



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

EXERCISE/FITNESS:

Let's Try A Workout (focus on Chest): *thx to Spotebi.com*

CHEST PRESS PUNCH UP

Lie on your back with your knees bent, your back flat, and hold a dumbbell (or tin can) in each hand. Squeeze your abs, lift your right shoulder off the floor and punch up with your right arm. Lower your arm to the starting position and repeat with the left arm. Keep your chin off your chest, look up, and exhale as you lift your shoulder off the floor and punch. Don't extend your arm completely and breathe in as you slowly return to the initial position.

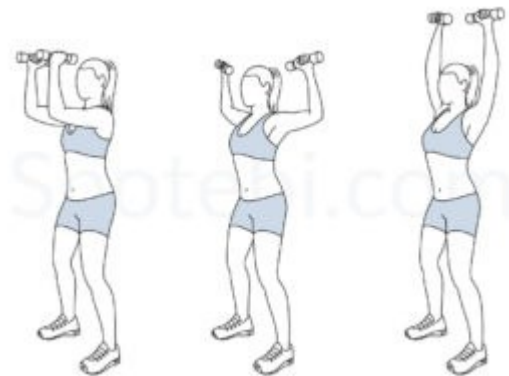
The chest press punch up targets and strengthens your core and your upper body. This exercise improves your stability and posture, trims down your waist, and tones your shoulders and chest.



ELBOW SQUEEZE SHOULDER PRESS

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

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



SPIDERMAN PUSH UP (PRESS UP)

Place your hands under the shoulders and extend your legs back. Start bending your elbows as you bring your left knee to the left shoulder. Push up and return to the starting position. Repeat on the right side and keep alternating sides until the set is complete. Remember to keep your spine neutral, engage your core muscles and exhale as you push yourself back up.

The spiderman push up challenges your coordination and balance and works the core muscles and the upper body. This is a great bodyweight exercise that gets your heart pumping, strengthens the muscles, and burns a ton of calories in a short period of time.



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

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.



Oh my word, is this not one of the cutest animals? The "pink fairy armadillo" is the smallest species of armadillo, is 90–115mm (3.5–4.5 inches) long, and typically weighs about 120g (4.2oz). This solitary, desert-adapted animal is endemic to the deserts and scrub lands of central Argentina. Sadly, if removed from the wild, they have a tendency to die during or a couple of days after transport from their natural habitat to captive facilities. Already, one of my new favourite animals.

"Ball's Pyramid" is the world's tallest volcanic stack. It is part of the Lord Howe Island Marine Park, which is recorded by UNESCO as a World Heritage Site of global natural significance. The Pyramid is located in the Tasman Sea in the south west Pacific Ocean approximately 700 km (420 nm) north east of Sydney, New South Wales. It rises 562m straight out of the ocean, and is even home to a species of stick insect that was thought to have been extinct.



Located in the north Poland town of Szymbark, the Upside Down House is a popular tourist attraction. Completed in 2007, it was designed by businessman Daniel Czapiewski as a statement about the uncertainty of life in post-Communist era Poland. The construction of the timber-clad house proved rather problematic. The foundations alone required 200 m³ of concrete, and it took 114 days to construct the house rather than the normal time of just three weeks, in part due to the regular breaks workers had to take because of the disorientation caused by the strange angles of the walls.

For those who like to try different dishes, here is one that I will not be testing with you. Yes, that picture is Fried Tarantula. Apparently, Tarantula tastes similar to crab or shrimp, with soft meat and a nutty flavour. When cooked, it becomes crispy on the outside and is often enjoyed fried, grilled or even in tacos. In Cambodia, they are rolled in sugar or garlic and are eaten by the handful out of street vendors' carts by local residents and adventurous tourists.



HEALTH / ROUTINE

Should I worry about Cramp?

A muscle cramp is an uncontrollable and painful spasm of a muscle. Any muscle can be affected, but the muscles of the calf and foot are particularly prone. A cramp can last for varying periods of time and generally resolves by itself. The exact cause of cramp is unknown but risk factors may include poor physical condition, mineral and electrolyte imbalances and tight, inflexible muscles.

Cramps are usually harmless but may sometimes be symptomatic of an underlying medical disorder, such as “Atherosclerosis” (narrowing of the arteries). Regular cramping or severe cramping that lasts longer than a few minutes should always be investigated by your doctor.

The symptoms of a muscle cramp include:

- sudden sensation of uncontrollable and painful spasms in the muscle
- muscle twitching



Muscle tissue relies, in part, on a range of minerals, electrolytes and other chemicals in order to contract and relax. Some of these important substances include Calcium, Magnesium, Potassium and Sodium. Inadequate diet, dehydration, vomiting and diarrhoea are just some of the factors that are thought to disturb the body's balance of minerals and electrolytes, and make muscles more susceptible to cramping.

“Tetany” is a special form of cramping – it can be brought on by over-breathing, which results in a low level of carbon dioxide in the blood. It is usually caused by anxiety.

Certain diseases or conditions may increase the risk of muscle cramp, including:

- **Atherosclerosis:** a condition characterised by narrowed arteries due to the formation of fatty plaques. Muscles are more likely to cramp if their blood supply is inadequate.
- **Sciatica:** pain in the buttock and leg caused by pressure on nerves in the lower back. In some cases, the irritated nerve may prompt the associated muscles to contract.
- **Medications:** some medical conditions require the regular use of fluid pills (diuretics). These drugs can interfere with the body's mineral balance and contribute to cramping

These are some suggestions by experts on how to reduce the likelihood of muscle cramp:

- Increase your level of physical fitness
- Incorporate regular stretching into your fitness routine.
- Warm up and cool down thoroughly whenever you exercise or play sport.
- Drink plenty of water before, during and after exercise.
- Make sure your diet is nutritionally adequate, and include plenty of fruits and vegetables
- A regular massage may help to reduce muscle tension.
- Wear properly fitted shoes and avoid high heels.

Most muscle cramps resolve after a few seconds or minutes. There has been very little research done to work out which treatment works best. However, do see your doctor if you experience regular muscle cramping or if cramps last longer than a few minutes. You may have an undiagnosed medical condition that requires treatment.

HEALTH / ROUTINE

Should I worry about Peeing at night?

Nocturia is where you frequently wake up in the night and need to pee (pass urine). It often increases with age. It is common with elderly people who may be getting up twice a night. More frequent visits to the toilet may indicate a problem that can be treated. If you start needing to make several trips to the toilet at night you may find this distressing or your sleep may be disturbed.

The antidiuretic hormone (ADH) helps regulate the amount of water in your body. You produce less of this hormone as you get older. Lower levels of this hormone mean that more urine is produced at night.

Prostate glands often start growing as you get older. This gland is a small gland found only in men. It surrounds the urethra (the tube that urine passes through before exiting the body). An enlarged prostate can press on your urethra and prevent your bladder from emptying properly, so you need to pee more often.



It could be something to do with your bladder. That includes:

- Urge incontinence: (also known as an overactive bladder). This is where you have a sudden need to pee and may leak before you are able to reach a toilet.
- Bladder infections: These are usually caused by bacteria entering your bladder. Symptoms include dark, cloudy and smelly urine; a burning feeling or pain when passing urine; and not being able to empty your bladder completely.

If you have a heart condition, your heart and circulation become less efficient and you will notice swelling around your ankles. When you are lying down or your feet are raised up, fluid is absorbed into your blood stream and removed by your kidneys. This increases the need to pee at night. If you have Diabetes, high blood sugar increases your thirst, so you may drink more than usual. This leads to a frequent need to go to the toilet. High blood sugar levels also irritate the bladder causing you to pee more often.

- Reduce the amount you drink before you go to bed. For example, have your last drink at 8pm instead of 10pm. However, make sure you are still drinking the recommended daily amount. This is 6 to 8 cups of fluid a day, which is about 3 to 4 pints or 2 litres. Reducing the amount you drink does not help, unless you currently drink large amounts.
- Have fewer drinks that contain caffeine, such as tea, coffee, chocolate and cola. These can irritate your bladder and change your sleep patterns, as can alcohol.
- If you regularly have swollen ankles, make sure you sit or lie down for about an hour during the day. Raise your legs and feet so they are at, or above, the level of your heart. It may also help to wear support stockings.
- Some medicines make your body produce more urine, or increase its flow. In many cases this is how the medicine works to treat the condition (for example, water tablets for high blood pressure). Ask your GP if you are not sure if your medicines could be causing nocturia. Please do not stop taking your regular medicines without the advice of your doctor.
- Consider whether anything is disturbing your sleep. If your room is too light or too cold, this may wake you up. If you have painful conditions that disturb your sleep, talk to your GP. Reduce any naps you take during the day to see if this helps you to sleep better at night. Also, avoid stimulants like drinks containing caffeine before you go to bed

HEALTH / ROUTINE

Should I worry about hard skin on my feet?

Do you have any patches of thick, hard skin on your feet? If so, you may be suffering from “Hyperkeratosis”. This is a common condition that occurs when the outer layer of skin becomes thicker than normal in some areas.

The excessive thickening of the skin on your feet is due to an overgrowth of “Keratin”. This tough, fibrous protein is hugely important, as it helps to protect your skin and prevent pathogens from entering your body. However, excessive amounts of keratin can be problematic for your feet.

Keratin overgrowth frequently affects the bottom of the foot, known as the plantar surface. This excess keratin can build up and cause plantar hyperkeratosis, a condition where the thickened skin on the bottom of the foot becomes hard and cracked. Plantar hyperkeratosis can be painful and make it difficult to walk.



To prevent plantar hyperkeratosis, it is important to keep any excess keratin growth under control. You can do this by exfoliating regularly and keeping your feet moisturised.

If you have excessively thick skin, you may have difficulties sensing changes in temperature and terrain. You may also take longer to notice a foot injury or infection. Additionally, walking may become uncomfortable and you may develop a limp.

Plantar hyperkeratosis is a condition that can occur when the soles of your feet are subject to too much pressure. This can happen if you wear ill-fitting shoes that rub and pinch your feet. The excessive pressure can cause the skin to produce too much keratin, resulting in the formation of thick, hard skin on the pressure points of the feet, such as the ball and heel.

If you have plantar hyperkeratosis, you may get calluses or corns. They often show up on the pressure points.

- Calluses are hardened, thickened areas of skin that lack a well-defined border. They're commonly yellowish or brown. Calluses can form on the hands, feet, and other areas of the body where there is repeated friction or pressure.
- Corns are small outgrowths of hard skin that often have a tough keratin plug at the centre. They can appear on the soles of the feet and are then referred to as seed corns.

Plantar hyperkeratotic lesions, such as calluses and corns, are a common problem among mature adults. The ageing process causes the skin to become less supple and well-cushioned, making it more susceptible to these types of lesions.

A case of severe plantar hyperkeratosis can be treated in various ways depending on the underlying cause. Common treatments include corticosteroid creams to alleviate scaly and irritated skin, urea creams to break down keratin build-up, and debridement to remove thickened skin with a scalpel.

If you think you may be suffering from hyperkeratosis, contact your local medical centre.

HEALTH / ROUTINE

Should I worry about Stomach Ache?

Abdominal pain is discomfort anywhere in your belly region, the area between your ribs and pelvis. We often think of abdominal pain as “stomach pain” or a “stomach ache.” But pain in your abdomen could be coming from organs other than your stomach. Your abdomen is home to many important organs, including:

- Stomach
- Liver
- Bladder
- Spleen
- Bile ducts
- Gallbladder
- Kidneys
- Pancreas
- Small intestine
- Large intestine (colon)
- Appendix

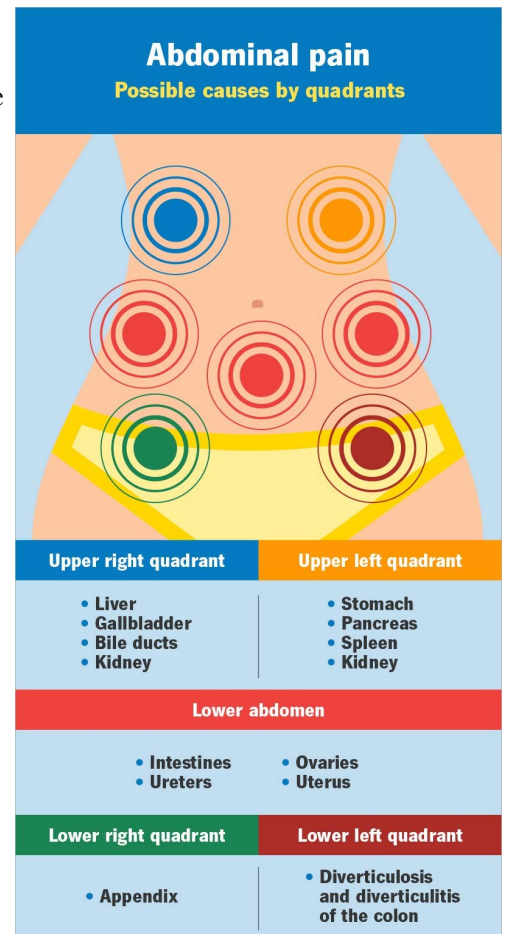
These are all organs in your digestive system and urinary system. But pain can also be in your abdominal wall. This is the skin and muscles that make up the outer shell of your abdomen. Sometimes, the pain that you feel in your belly may be coming from somewhere else, like your chest, pelvis or back.

There are many reasons you may have abdominal pain. It may be related to digestion, injury, infection or disease. It may come from an organ inside your abdominal wall, or from the muscles or skin within it. Or it may have spread from somewhere else nearby. Your healthcare provider will ask you detailed questions about your pain to figure out the cause. Keep in mind that the level of pain you feel doesn't always line up with how serious it is. Some common, temporary conditions can cause intense abdominal pain. And some life-threatening, serious conditions may feel mild. Abdominal pain can feel much worse than others might expect. So, make sure your provider knows exactly what kind of pain you're in.

Abdominal pain has a wide variety of causes and treatments. For some conditions, you'll just need medicine to relieve your symptoms. For others, you may need surgery. And sometimes, you just have to get through a bout of stomach flu or a kidney stone until it passes. If you don't know what's causing your abdominal pain, it's important to find out. This is especially true if it doesn't go away on its own. Remember that even mild cases can be serious.

So many things can cause abdominal pain. So, it's certain that you'll experience it from time to time. You may recognise common causes, like abdominal pain and diarrhoea. Other causes may be more mysterious. And sometimes, abdominal pain is a sign of an unknown or serious medical condition.

Your healthcare provider can help you figure out what's causing your pain. They can often treat common causes easily, helping you find relief. Even if your abdominal pain is mild, make sure you see your provider if it doesn't go away, keeps coming back or gets worse.



Laughter is the Best Medicine

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

A woman bumped into her friend in the park who had two dogs with her. "What are their names?" she asked. "Calvin and Klein" replied her friend. "Isn't that underwear?" said the lady. "Yes, they're a pair of Boxers."

A woman advertises for a man saying: "looking for someone gentle, wont leave me, and is great in bed". Days later a man rings her doorbell. When she answers he says: "Hello. I am Dave. I have no arms, so I cannot hurt you, I have no feet, so I cannot run away and leave you." "What makes you think you are great in bed" she asks. "Well, I rang the doorbell, didn't I" he replied.

A woman was holding a funeral for her husband when a strange man walked in and sat in the row directly behind her. "Would you mind if I say something" he asked. "Of course" she replied. He stood up, cleared his throat, and said "Plethora", and sat back down.

She turned to him and said; "thank you so much. That means a lot."



Just been to the doctors to have a golf ball removed from my bum. I was a little worried as it had gone up a fairway.

In 1827, Beethoven sadly passed away and was buried in Austria. A few days later, a drunk was travelling through the cemetery when he thought he could hear some music. He walked over to the grave and it was unmistakably Beethoven's 9th Symphony coming from the grave. The drunk was very scared so he ran to get the priest. Back they came and the priest listened and said it was his 8th Symphony. Another man was passing and wondered what was happening. He asked, then listened himself, but he was sure it was the 7th symphony. The priest decided to get the bishop. He bent his ear to the ground and it was clearly Beethoven's 5th Symphony coming from the grave. He suddenly realised what was happening. He stood up and announced to the crowd, as by now lots of people had come to listen, "fellow citizens, do not worry, it is just Beethoven decomposing".

NUTRITION: Lazza's Kitchen Adventure

MIXED ONION SOUP

**Lazza has been trying out new recipes for over four years
His first time making: Mixed Onion Soup from scratch**

Ingredients

I used 3 large Brown Onions (chopped)
I used 3 large Red Onions (chopped)
Garlic
2 tablespoon Plain Flour
1 large teaspoon brown sugar
100g Butter - chopped
1 litre of Beef Stock (you may have to add some hot water if not enough)
Small Bottle White Wine
Parsley: Black Pepper

Onion soup originated as an ancient Roman and Greek peasant dish due to its inexpensive, accessible ingredients. The modern, iconic French onion soup with caramelised onions and beef broth gained popularity in 18th-century Parisian markets, later becoming a staple in American dining during the 1960s. A popular tale suggests King Louis XV invented the modern version at a hunting lodge, finding only onions, butter, and champagne, though this is likely a myth.

Due to my operation I decided to make an easy soup - and this is easy - but very tasty.

I melted the butter and put the onions in to soften. There are a lot so you will need a large pot. I also added in some chopped garlic - the amount of onion is up to you, so you do not have to do as much as I did.

It takes a while to soften, so be patient, and keep an eye so it does not burn.

Around 15-20 minutes, add the white wine and the stock. Give it a good stir.

Also now add the flour and sugar.

Allow it to really cook now - again keeping an eye on burning or sticking, make sure you stir it well.

I let mine cook for around a total of 45 minutes. But this is your soup too.

Finally I stirred in some black pepper and added a little parsley before serving.

A very tasty soup, which does not cost a lot, and you can have for a few days.



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

LAZZA's Letter Game:

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

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

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

Name 10:

Countries

Cities

Animals

Birds

Insects

Sports

Actors (surnames)

Actress (surnames)

Singers (surnames)

Authors (surnames)

Jobs

Hobbies

Film Titles

Book Titles

Song Titles

Vegetables

Flowers

Fruits

Trees

Things you find in the Kitchen

Things you find in the Bathroom

Things you find in the Bedroom

Things you find in the Garden

Items of Clothing

Means of Transport

Lazza's Letter Game

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

Keep coming back to it.

Try not to look the answers up.

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

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



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

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

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

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

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



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

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



You can't guarantee good health but you can improve the odds!

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

www.healthygenerations.org.uk

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

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



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

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



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

As per their website, Change Grow Live is a health and social care charity. They provide free and confidential treatment, support and information about drug and alcohol use, smoking, homelessness, justice and probation, and employment. They are judgement-free, whatever your circumstances. We enjoy a great relationship with them and deliver sessions for them.



Change Grow Live



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

www.sadlerswells.com

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



Help on Your Doorstep

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

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

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

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

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

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



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

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

www.shp.org.uk 0204 509 8300



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

VAI support hundreds of small projects and organisations throughout Islington, and it was through them that Lawrence won an award at the Volunteer of the Year Awards in 2022 and 2023.

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

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

**Voluntary
Action
Islington**

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

- Round One: 1 Spheh / Eth 2 Barnes / Adams 3 Nat / Mat
 Round Two: 1, 566: 2, 20: 3, 11: 4, 8: 5, 51
 Round Three: 1, 1987: 2, 1963: 3, 1928: 4, 1992. 5, 1879.
 Round Four: Nicknames of current Premier League Football Teams.
 Round Five: 1 Humerus: 2 Bangladesh: 3 Winston: 4 Ginger:
 Round Six: 1 Caribbean: 2 North: 3 Atlantic: 4 Indian: 5 Mediterranean



Review for this month's Challenges and Targets

Mind-set:

Limiting beliefs are deeply held, self-deprecating, and restrictive thoughts or assumptions about yourself, others, or the world that prevent you from reaching your full potential. Often stemming from past experiences or fear, they function as perceived truths that create mental barriers, leading to anxiety, imposter syndrome, and procrastination (which we also cover in this issue).

We allow limiting beliefs and procrastination to hold us back, but you can change that mindset. This is your challenge this month.



Nutrition.

Let's be honest here, the foods that help you gain Visceral Fat, especially around the tummy area, all taste nice. It's unfair.

You really need to limit these foods (not cut out entirely).

To maintain a healthy diet, focus on eating unsaturated fats—specifically monounsaturated and polyunsaturated fats—which help lower cholesterol and reduce heart disease risk. Prioritise olive oil, avocados, nuts, seeds, and oily fish (salmon, mackerel) while minimising saturated fats like butter and lard, and avoiding trans fats. This is your body and you decide what goes into it, and therefore it is up to you to make better decisions around diet.



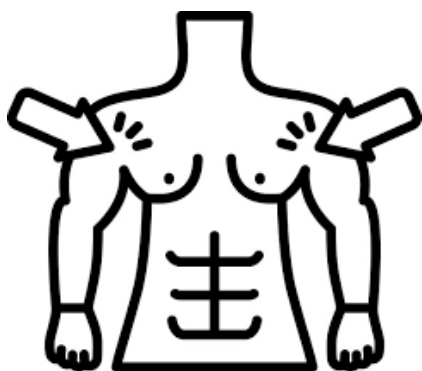
GOOD FATS

VS.

BAD FATS



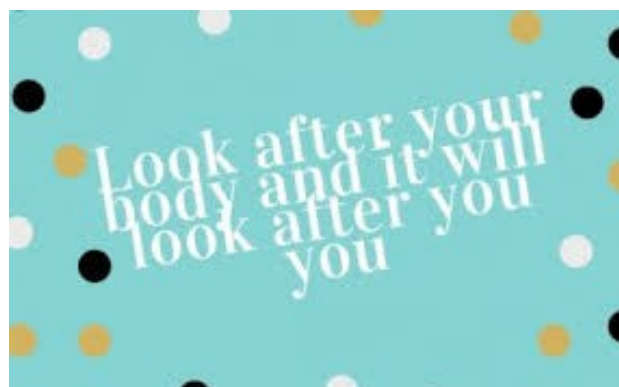
Exercise.



We discussed how exercise can help your lungs, so we also decided to concentrate on chest exercises - which does not necessarily mean you getting a ripped chest. Chest exercises are essential for building upper body strength, enhancing posture, and boosting functional fitness to make daily tasks - like pushing heavy doors or lifting items - easier. Strengthening the pectoral muscles supports shoulder stability, prevents injury, aids in breathing, and contributes to a balanced, toned physique while helping to burn calories.

Health.

Looking after your body is essential, and part of that is understanding when you need to get help with that. We looked at four questions about our health, and when we may have to seek medical advice around certain situations. But that is anything to do with your body. If you find that you are having problems always go and seek advice from a medical professional. More times than not it is probably something simple, but it could be something damaging. The earlier caught, the earlier solved. We hope!!!



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

Quiz Answers from Page 6 + from Page 28
See if you can beat your family and friends

MUSIC: The singers of those songs which were all UK Number Top Ten Singles in 1978.

1. Brotherhood of Man
2. Wings
3. ABBA
4. Kate Bush
5. The Bee Gees
6. Boney M
7. John Travolta & Olivia Newton John
8. The Commodores
9. The Boomtown Rats
10. David Essex
11. The Jacksons
12. The Village People
13. Blondie

LITERATURE: The writers of those literary pieces with numbers, and the first publishing date?

1. 1844: Alexandre Dumas
2. 1953: Ray Bradbury
3. 1859: Charles Dickens
4. 1949: George Orwell
5. 1623: William Shakespeare
6. 1890: Sir Arthur Conan Doyle
7. 1961: Joseph Heller
8. 1915: John Buchan
9. 1968: Arthur C. Clarke
10. 1872: Jules Verne
11. 2011: E. L. James
12. 1950: Graham Greene
13. 1902: E. Nesbit
14. 1957: Agatha Christie

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

- | | |
|------------------------|----------------------|
| 1: Scarlett Johansson | 2: Angelina Jolie |
| 3: Michelle Rodriguez | 4: Milla Jovovich |
| 5: Charlize Theron | 6: Sigourney Weaver |
| 7: Uma Thurman | 8: Alicia Vikander |
| 9: Margot Robbie | 10: Carrie Anne Moss |
| 11: Laura Dern | 12: Daisy Ridley |
| 13: Chloe Grace Moretz | 14: Demi Moore |
| 15: Karen Gillan | |

FILMS: The film where that character first appeared on a movie screen, and in what year did that happen?

1. 2002: The Bourne Identity
2. 1962: Dr. No (1954 CR not official)
3. 1979: Star Trek: The Motion Picture
4. 1977: Star Wars (now known as Ep IV)
5. 1985: Back To The Future
6. 1960: Psycho
7. 2010: Despicable Me
8. 1963: The Pink Panther
9. 1996: Mission Impossible
10. 1995: Toy Story
11. 2009: The Girl With The Dragon Tattoo
12. 1988: The Naked Gun
13. 1999: The Matrix
14. 1984: The Terminator
15. 1984: Beverley Hills Cop
16. 1980: Star Wars Ep. V: Empire Strikes Back
17. 1986: Manhunter

THE WORLD: The top 20 Potato Producers

China: India: Ukraine: Russia
 United States: Germany: Bangladesh: France
 Pakistan: Netherlands: Canada: Egypt
 Poland: Peru: Turkey: United Kingdom
 Algeria: Kazakhstan: Brazil: Belarus



THE UK:

The 20 Boys Names:

James, Michael, John
 Robert, David, William
 Richard, Joseph, Thomas
 Christopher, Charles, Daniel
 Matthew, Anthony, Mark
 Steven, Donald, Andrew
 Joshua, Paul

THE LAST PAGE

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

Check out our JustGiving: www.justgiving.com/crowdfunding/hmhb

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

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

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

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

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

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

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

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

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

Lawrence: Official Nominee Mayor Civic Award 2023

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



Cripplegate Foundation Helping since 1500



Be Safe, Be Active, Be Well

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