

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 13

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st April 2023



www.hmhb2016.org.uk





CONTENTS



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

Page 3:	Introduction.
Page 4-5:	Health News: Recent Health Research on Various Subjects.
Page 6:	Lazza's Fiendish Quiz (it's meant to take some time).
Page 7-9:	HMHB - Some of our recent news with photos, plus HMHB in April 2023.
Page 10:	Brand NEW Recipe: Lazza's Kitchen: "Prawn Cocktail" from scratch.
Page 11-12:	Mind-set: Let's look at Creative Thinking
Page 13-14:	Exercise: Stretching: How to improve Flexibility.
Page 15-16:	Mind-set: Being Self-Critical, and how we need Self-Love
Page 17:	Brand NEW Recipe: Lazza's Kitchen: "Chocolate/Coconut Traybake" from scratch.
Page 18:	Lazza's Fun Quiz - challenge your friends and make your best guess!!
Page 19-21:	Nutrition: Nutrition and your Brain.
Page 22:	Nutrition: Vitamin B9.
Page 23:	Lazza's Page of Recommendations, News, Life.
Page 24:	Lazza's Photo Game Page: A Nature theme this month.
Page 25:	Brand NEW Recipe: Lazza's Kitchen: "Cullen Skink" from scratch.
Page 26-27:	Exercise: Why do we not exercise enough?
Page 28:	Exercise: Three Core Exercises for your routine.
Page 29:	Exercise: Three More Core Exercises
Page 30:	Lazza's Fascinating Facts to astound your friends.
Page 31:	Health: Crucial For Health: Hugs, Clean Bed Sheets
Page 32:	Health: Crucial For Health: Hydration, and Being Around Friends
Page 33:	Health: Crucial For Health: Get Outdoors, and Sunscreen
Page 34:	Health: Crucial For Health: Sleep, and Declutter Your Life
Page 35:	Brand NEW Recipe: Lazza's Kitchen: "Egg and Potato Salad" from scratch.
Page 36:	Promoting some of our Partners: Part 1
Page 37:	Promoting some of our Partners: Part 2: plus quiz answers from Page 18
Page 38:	Targets and Goals around Mind-set, Nutrition, Exercise, and Health.
Page 39:	Quiz answers from P6 and photo game page answers from P24.
Page 40:	All contact details for Healthy Minds, Healthy Bods, plus our Social Media.



“Time and health are two precious assets that we don’t recognize and appreciate until they have been depleted.”

Welcome to Issue 11 of Healthy Minds, Healthy Bods’ Revamped Monthly Health Packs.

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

We then went monthly.

This is our new venture for 2022/2023.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

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

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

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

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

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



Our Lazza had a well earned break at the end of February. He found an astonishing cheap cruise deal last October and joined the MSC Virtuosa at Southampton in Feb/Mar. Photos above include Hamburg, Bruges, Rotterdam and Le Havre, which were all fascinating. Always look out for special deals!!!

HEALTH NEWS AND RESEARCH PAGE

Obesity - Sugar Processing and the Brain

On a diet? Perhaps you're avoiding sweets or carbohydrates altogether or curbing late-night munchies. These are examples of behaviour modifications and when it comes to food, avoiding those diet triggers can be pretty hard to do. To understand what drives people to overeat, scientists are looking more closely at a brain structure involved in motivation, called the "Nucleus Accumbens". This small region drives reward-seeking behaviours underlying the pursuit of sex, recreational drugs like nicotine and alcohol, and food.

"These brain motivation centres evolved to help us survive; finding food and having sex are essential to the survival of an individual and of a species," said Carrie Ferrario, Ph.D., Associate Professor in the Department of Pharmacology at U-M Medical School.



"What was advantageous when food was hard to find has become a disadvantage and unhealthy in the current food dense environment. This is compounded by the over-abundance of over-processed, low nutrition foods that may satisfy our taste but leave our bodies unnourished. People don't tend to find it difficult to turn down an extra serving of broccoli, but just one more chip, or making room for a bit of chocolate dessert, that's a different story. The real challenge is overcoming these urges and changing our behaviour when it comes to food," Ferrario added.

Given the immense toll obesity takes on virtually all body systems, Ferrario, Peter Vollbrecht, Ph.D., of Western Michigan University, and their colleagues are using rat models to understand potential brain differences between animals who are prone to over-eating and obesity and those who are not. Previous research from Ferrario's lab pinpointed differences in the nucleus accumbens in obesity-prone and obesity-resistant rats. Their latest study, published in the "Journal of Neurochemistry", tracked what was happening in real time in the brain when these animals were presented with glucose.

Sugar is the brain's main fuel source and once there, the molecule is broken down and used to create new molecules such as glutamine, glutamate, and GABA, each with an important role in influencing the activation of neurons in the brain and nervous system.

"Glucose that is consumed gets broken down and then its carbons get incorporated into neurotransmitters. We see those labelled carbons showing up in those molecules, glutamate, glutamine, and GABA, over time," explained Vollbrecht. They found that glucose was taking longer to get into the nucleus accumbens of obesity-prone animals. Furthermore, when measuring the concentration of the glutamate, glutamine, and GABA, they discovered excess levels of glutamate, an excitatory neurotransmitter. This, said the team, implied a defect in a neurotransmitter recycling process, typically maintained in the nervous system by star-shaped cells called astrocytes. (sounds fascinating!!)

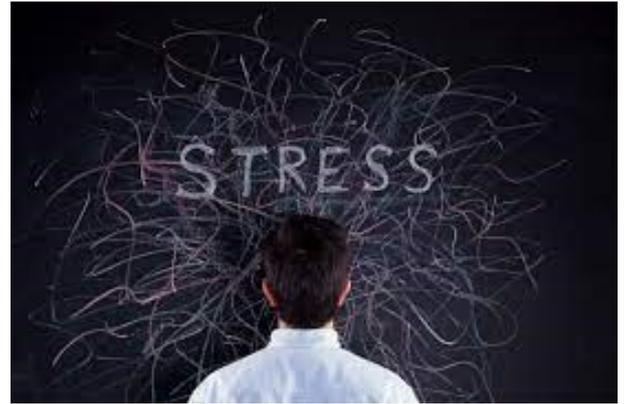
Normally, astrocytes will pull glutamate out of the space between neurons, called the synapse, convert it into glutamine, and then shuttle it back to cells that produce GABA or glutamate. This sequence is crucial for turning neurons off and on.

"The findings suggest that we're getting too much glutamate and it's not being taken out of the synapse," said Vollbrecht. The team hopes to next study the role of inflammation in the development of obesity, and how differences in brain function contribute to susceptibility and resistance to obesity.

HEALTH NEWS AND RESEARCH PAGE: Young Adults: Health Impacts of Stress.

It's well established that experiencing stress can hurt our physical health. Now two new studies by North Carolina State University, USA, find that younger adults who take pre-emptive steps to respond to stress are better able to avoid those negative health outcomes.

"The fact that we have two studies with the same results highlights the importance of proactive coping for younger adults when it comes to handling stress," says Shevaun Neupert, corresponding author of a paper on the two studies and a Professor of Psychology at North Carolina State University. "These results are important for helping us work with people to build resilience, since proactive coping refers to skills that can be taught. The findings also suggest that younger adults, in particular, can benefit significantly from these skills."



Proactive coping is an umbrella term for behaviours that allow people to avoid future stressors or prepare themselves to respond to those stressors. These can be behavioural, such as saving money to deal with unexpected expenses, or cognitive, such as visualising how to deal with potential challenges. "You can also think of proactive coping as a way of helping people continue to work toward their goals, even when dealing with challenges," Neupert says.

The first of the two studies focused on skills that allowed people to concentrate on their goals when dealing with stressors. For this study, the researchers enlisted 223 people: 107 younger adults (ages 18-36) and 116 older adults (ages 60-90). Study participants completed an initial survey that focused on understanding goal-oriented proactive coping behaviours that the participants engaged in. The participants then completed daily surveys for the next eight days, recording the stressors they experienced each day, as well as their physical health symptoms. "We found that younger adults who consistently engaged in proactive coping, such as thinking about what they need in order to be successful, experienced fewer negative physical health symptoms on stressful days," Neupert says. "However, there was no positive or negative effect of proactive coping for older adults."

The second study focused on efforts aimed at avoiding or preventing stressors. For this study, the researchers enlisted 140 people between the ages of 19 and 86. Study participants completed a baseline survey designed to capture their stress-prevention proactive coping behaviours. After that, the study participants completed daily surveys for 29 consecutive days, reporting on their daily stressors and physical health. For this study, the researchers found that adults between the ages of 19 and 36 who engaged in proactive coping reported little or no drop-off in physical health on stressful days, compared to adults in the same age range who engage in less proactive coping. However, as with the first study, proactive coping had no effect for older adults.

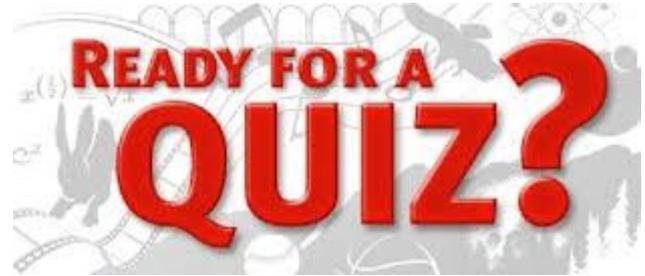
"The effects in the both studies were linear, so the more proactive coping younger adults engaged in, the better their physical health on stressful days," Neupert says.

"These findings suggest there is tremendous value in teaching young people how to engage in proactive coping, starting with college-age young adults, but extending through to people who are established in adulthood." The work was done with funding from NC State's College of Humanities and Social Sciences.

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

Geography

Twelve Country Capitals begin with the letter T.
 How many do you think you can name?
 For bonus, name the country too.
 It's meant to be hard!!!



Art: Can you name the artist for these famous paintings?

1. Mona Lisa
2. The Scream
3. Girl with a Pearl Earring
4. The Kiss
5. The Starry Night
6. The Birth of Venus
7. American Gothic
8. The Hay Wain
9. Guernica
10. Campbell's Soup Cans
11. The Water Lily Pond
12. Balloon Girl
13. The Ballet Class

Cinema: Which actor played the title role in these Oscar nominated films, plus give the year the film was released.

1. The Graduate
2. Ben Hur
3. The Elephant Man
4. Schindler's List
5. The Curious Case of Benjamin Button
6. Mad Max. Fury Road
7. Erin Brockovich
8. The Godfather
9. Oliver!
10. Black Panther
11. Elvis
12. Lawrence Of Arabia
13. Cleopatra
14. Capote
15. The Martian
16. Mary Poppins
17. Gandhi

Pop Music: Name the Artists for these songs that never reached UK No.1. Plus year released.

1. My Generation
2. Vienna
3. Last Christmas
4. Sit Down
5. Angels
6. Milkshake
7. Chasing Cars
8. Jean Genie
9. Bitter Sweet Symphony
10. Take On Me
11. Ray Of Light
12. Only You
13. Modern Love
14. Children Of The Revolution



Names

What are the top 20 Wine producing countries In the world.

This is by production in tonnes, according to Atlasbig.com.

Good luck.

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

HMHB Activity: News - page 1



On Thursday March 2nd, HMHB had their first every visit to a comedy night at the wonderful Pleasance Theatre off North Rd, N1.

The fantastic Jack Lambert was our comedian for the night and the group totally enjoyed the evening.

We are so grateful to the theatre for looking after us, and to Ollie for standing in as leader on the night as Lazza was away.

HMHB went along to a lovely event at the Islington Museum organised by Healthy Generations, called "Songs From The Musicals".

Here we are pictured with our wonderful vocalist - I would have had the extremely talented pianist but I got him to take the photo.

Terrific entertainment for a Saturday afternoon.



HMHB have forged a relationship with the fantastic North London Cares and our Lazza, with PT Zombie (Dean), ran one of our Well-Being Circuit Training sessions with them at the Vibast Community Centre close to Old Street Junction in March.

We took various pieces of our equipment and had a terrific time with their users of mixed ages. Most importantly we made it fun and everyone had a good time. We look forward to more events with them.



HMHB has formed a partnership with the amazing Health Generations, who have a similar outlook to us in providing free opportunities to exercise.

In the last Health Pack we listed a lot of their sessions, do check it out by downloading the PDF.

They in return are promoting us too.

We will be listing all their free sessions on our website, and that is being updated.

Forging community networking like this is terrific, and it is great to be part of Islington's intervention.



HMHB Activity: News - page 2



Lazza, together with Jane, Jazz, and Georg, attended the Islington Mayor Civic Awards at the Assembly Hall on the 14 March.

Lazza won a Civic Award in 2022 and was one of the official nominations this year too, which is very unusual, but well deserved.

Was a terrific evening of entertainment and celebration for the work HMHB does in Islington.



HMHB joined Islington Walks as they delivered a History/Health walk in Elthorne Park, which is towards the North of the Borough. A fascinating local history and a quite wonderful park to which I had never been. A lovely peace area, with running water too. Here we are on the damp Friday 31 March with all the people who came along. These are once a month events and we will be coming in April and May to hear about other parks.

A few of us enjoyed an interesting autobiographical one man comedy play at the King Head's Theatre on Upper Street in March.

Called "Wonder Drug", it was a light comedy as it followed actor Charlie Merriman's own story about his Cystic Fibrosis and the launch of the drug Kaftrio at the end of 2020 in the UK, the problems he had before, and how it has helped him and others.

Charlie kindly had his photo taken with us. Yay!!



A few of us on a wet Friday lunchtime decided to visit the amazing British Library down at Euston. There was a fascinating exhibition focusing on the way Chinese Culture and Britain was forged.

I certainly learnt a lot and it is funny how we can get stereotypical about nationalities.

We then headed into an interesting room with a huge number of old books. The elaborate designs, fine wording, and bright colours were jaw dropping.

A coffee/tea rejuvenated us. :-)



HMHB Activity: News - page 3

Healthy Minds, Healthy Bods is launching a new Health Walk in Highbury Fields in April. We have organised a Poster (which is the pic with the red surround opposite). The Poster also doubles up as the front of the Flyer, the back of which is the other photo - which you may be able to read on here!!

We are very excited to be having two Free health walks, and in fact will be launching a third later in the year in Finsbury Park. Technically, this means we would have one in Hackney, one in Islington, and one in Haringey. Not bad for a project like ourselves!!!! We would love anyone to come and walk with us.



Highbury Fields Health Walks
Healthy Minds, Healthy Bods's new Highbury Fields walk launches on Wednesday 19th April and then every Wednesday in partnership with Better Gyms (Highbury Leisure Centre), Islington Central Medical Centre as well as our US based partners Walk With A Doc.

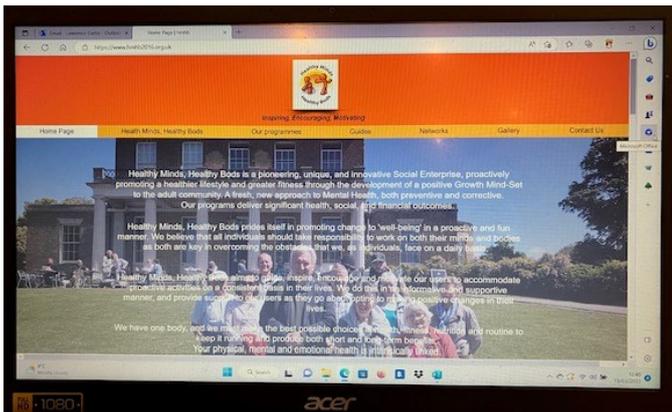
We leave from outside Highbury Leisure Centre at the bottom of Highbury Fields at 9:30am, and will complete at least three laps of the Fields before finishing where we started. We will walk every week, regardless of weather. When possible we have a coffee afterwards at the White Swan Wetherspoons on Highbury Junction.

The walk is fairly leisurely and more about getting outdoors with a group of people, interacting and having fun. Focusing on improving your physical, mental & social health, walking has such a huge number of benefits.

I would LOVE you to join us :)
Lazza
Lazza, Walk Leader

Do check out our website for more information about this walk, as well as other walks and activities, and there are photographs on our Gallery Page too.

Website: www.hmhb2016.org.uk
Facebook: [healthymindshealthybods](https://www.facebook.com/healthymindshealthybods)
Twitter: [hmhb2016](https://twitter.com/hmhb2016)
Instagram: [healthymindshealthybods2016](https://www.instagram.com/healthymindshealthybods2016)



This is actually the Homepage for our HMHB website. www.hmhb2016.org.uk

Lazza has been busy updating it over the last couple of weeks, ensuring News is up to date, as well as the Health Packs, Outings Page, Gallery Page, and the Recipe Pages - so many first time ones!!!

Do check it out. We are constantly looking at our social media. We are trying to get the website Mobile friendly, and if ANYONE can help please contact us.

Social Media is important to projects like ours. But being small, it can be really difficult to provide a lot of content, as it obviously takes up time and resources.

However, HMHB will be working hard this year to improve our video content. It is something we have tried to do a couple of times over the last couple of years, but time and Covid interfered with our plans.

Do look out for more information soon on exciting ideas we have for unique HMHB content.



HMHB in April / May

A busy couple of months for HMHB. We are running a number of our courses in Islington, Camden, Haringey, working with local Job Centres, plus other organisations, to provide our unique intervention. HMHB are launching a new walk in Highbury Fields (detailed above) and hoping this will be as successful as our Clissold Park walk (going since November 2016). Lazza has arranged theatre trips, a party, a London jaunt, another bowling adventure, plus events with other organisations.

NUTRITION: Lazza's Kitchen Adventure

Prawn Cocktail

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

A dish of cooked seafood with a piquant sauce of some kind is of ancient origin and many varieties exist. Oyster or shrimp dishes of this kind were popular in the United States in the late nineteenth century and some sources link the serving of the dish in cocktail glasses to the ban on alcoholic drinks during the 1920s prohibition era in the United States.

Ingredients

Raw Jumbo King Prawns (can use prepared already)
200g Mayonnaise
50g Tomato Ketchup
1 teasp Worcestershire Sauce, ½ teasp ginger juice
1 teasp Lemon Juice - plus lemon wedges
Large pinch of Paprika, and Cayenne Pepper
2 Avocado
Lettuce
Baby Plum Tomatoes

If you are cooking the prawns and they are not already prepared, bring a large pan of water to the boil and tip in all of the prawns. Cook for around 3-4 minutes, until pink and cooked through.

Drain the prawns once cooked and spread out on a plate to cool.

Meanwhile, mix together the Mayonnaise, Ketchup, Worcestershire sauce, Lemon juice, Ginger juice, and Paprika. Taste and season with salt and pepper.

Once the prawns are cool to the touch, mix with the sauce.

I sliced up the avocado and mixed it in with the lettuce: you could also maybe slice up some cucumber if you wish.

Slice up the plum tomatoes to add a little colour (you could also maybe chop up a pepper for taste too)

Top with the prawn cocktail mixture and sprinkle with a little cayenne pepper.

Serve immediately.



The beauty of this is you can add what you want. You can see I put in some ginger, just a smidge.



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: Let's talk about Creative Thinking

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.

In a fast-moving world, being able to find new perspectives and create innovation is an increasingly valuable skill. Creative thinkers are often at the forefront of driving change, solving problems, and developing new ideas. Not only that, but those who bring creative thinking to how they work and live are often happier, more productive, and resilient too!

So you might be asking yourself, how can I develop my creative thinking skills and think more creatively at work and in life? Whether you want to supercharge your interpersonal skills, advance your career, or just be happier and more satisfied in life, it pays to learn to think more creatively. And it is something we can all do, however much we know ourselves.

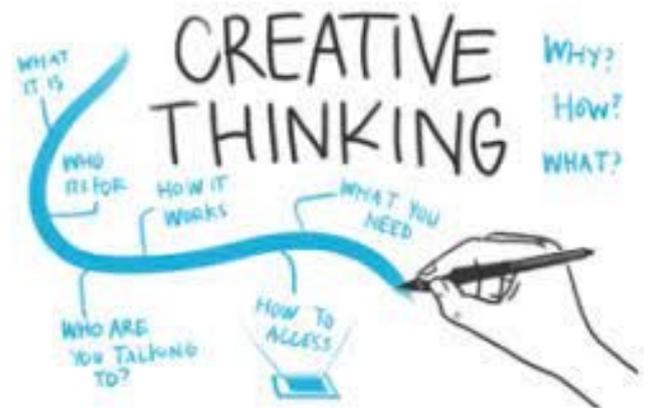
As people get older and grow, they often develop tried and tested ways of how they live their lives. In fact, we develop routines that may not change very much. While it's important to have solid working practices and processes, unswerving dedication to the norm can lead to stagnation and a lack of innovation and growth.

Creative thinking is important because it drives new ideas, encourages learning, and creates a safe space for experimentation and risk-taking. Simply put, creativity and creative thinking are part of what helps individuals succeed and grow.

Creative thinking is the ability to approach a problem or challenge from a new perspective, alternative angle, or with an atypical mindset. This might mean thinking outside of the box, taking techniques from one discipline and applying them to another, or simply creating space for new ideas and alternative solutions to present themselves through dialogue, experimentation, or reflection.

Bear in mind that the number of different creative approaches is as vast as the number of creative thinkers. If an approach helps you see things differently and approaching a challenge creatively, follow that impulse. Everyone is different and you need to find what works for you.

One misapprehension about creative thinking is that you have to be skilled at more traditional creative skills like drawing or writing. This isn't true. What's important is that you are open to exploring alternative solutions while employing fresh techniques and creative approaches to life.

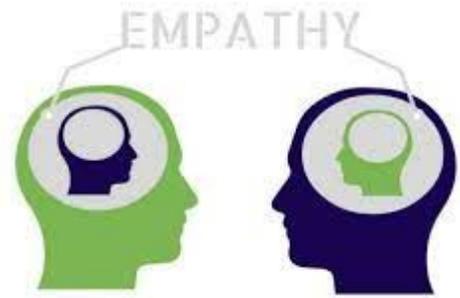


MIND-SET: A Few Benefits of Creative Thinking

Can gain Empathy

Emotion researchers generally define empathy as “the ability to sense other people's emotions, coupled with the ability to imagine what someone else might be thinking or feeling.”

Empathy and creative thinking go hand-in-hand. By practicing creative thinking skills and regularly looking for new ideas and points of view, you can actively become better at understanding your family and friends, and even your work colleagues. One of the major barriers to having productive and meaningful relationships is an unwillingness to see things from a perspective other than your own or failing to understand how another person is feeling.



By developing this skill, you can engage more meaningfully and honestly with people, ideas, and perspectives in all aspects of life. What’s more, because of the benefits that creative thinking can bring, you’ll actively want to see things from new perspectives and be more empathic: something that’s fundamental to creating real change.

Solve Problems Better

An example of not being a creative thinker is sticking to a tried and tested approach and sticking to the norm in every situation without considering whether trying something new might not lead to better results.

When looking to solve a problem or create innovative solutions, going outside of what you know and being open to new ideas is not only exciting, but it can create more impactful solutions too.

With HMHB we have had to overcome many issues and we have found it is important to treat them all as separate incidents. Just because we were able to find a solution at one time, it does not mean that a similar problem later on can be solved the same way. Looking at all angles is part of creative thinking.

Discover New Talents

As children, we are encouraged to see things differently and try new things as part of our learning and growing process. There’s no reason we shouldn’t do this as adults too! Trying new things and learning to think creatively can help you find new skills, talents, and things you didn’t even know you were good at.

Staying curious and following what interests you with an open mind is a prime example of what a small change in thinking can achieve. Remember that creative thinking is a gateway to learning and by actively developing your creative toolset, you can grow and discover more in all walks of life. A sure-fire path to personal development.



**"Creativity is seeing what others see and thinking what no one else ever thought."
Albert Einstein**

EXERCISE/FITNESS: STRETCHING

Stretches: To Improve Flexibility - Pt 1

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

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

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

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

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

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

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

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

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

Seated Side-Straddle

Sit on the floor with your legs splayed in front of you as wide as possible without being uncomfortable.

Bend your elbows and raise your arms to your sides, keeping your head and neck in line with your spine.

Engage your abs and on an exhale bend slowly to your right.

Bring that elbow as close to the floor as you can without rotating your spine.

Bend until you feel tension.

Hold for 15–30 secs then relax back into the starting position



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.

Multiple Flamingo Stretch

Stand tall with your spine straight.

Lift left leg up in front grabbing the knee and hold.

Swing left knee away from body to the side, whilst keeping foot in the air, and hold.

Move left ankle over the right knee and, if you can, push down into the side of the knee with your hand.

Finally, move left leg behind your bum into normal flamingo position.



Quad stretches can help improve your posture, reduce the risk of injury, and increase your range of motion

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

EXERCISE/FITNESS:

Stretches: To Improve Flexibility - Pt 2

Cat-Dog

Start in Table Pose (on your hands and knees). Your spine should be neutral.

Lift your head, relax those shoulders so they fall away from your ears, and look straight ahead.

Curve your spine outward on an exhale. This means tucking in your tailbone and bringing your pelvis forward, so your back arches toward the ceiling.

Release and lower your head (although not so far your chin hits your chest).

Relax back to a neutral spine



Seated Inner-Thigh

Sit upright with both your feet pulled up toward your groin so that your right and left soles of your feet are connected.

Holding your feet in your hands, allow your elbows to rest until they connect with your knees.

Press gently into your knees with your elbows so they sink toward the ground. Do this until you feel tension and pull in the groin.

Hold for 20–30 seconds.



Cobra Pose

Start from a prone position.

With palms flat and positioned beneath your shoulder blades, lift your upper body and head off the floor.

Pushing from your hands, bring your head and upper body as high as they'll go. Engage your lower back muscles and lift that chin to raise as much as possible.

Hold for a few breaths.

Slowly lower on an exhale.

It's easy to tense up with Cobra Pose since you're engaging so many muscles, so remember to keep relaxed and stay mindful of your shoulders.



**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.**

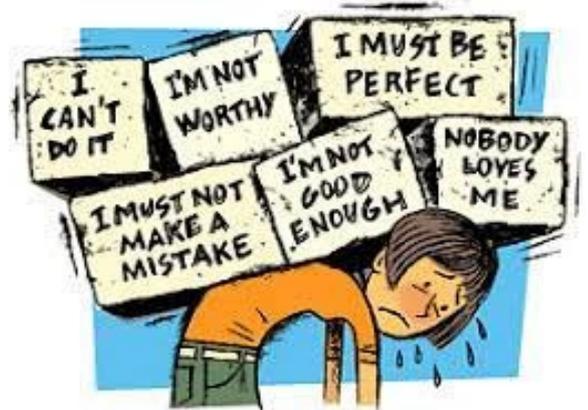
MIND-SET:

Why are we so self-critical?

We all do it. We all knock ourselves. But why do we do it? We don't do it to others. If anything, we try to tell people how good they are and not to be down on themselves. And then we do the opposite to us.

Although self-criticism is something we all fall into from time to time, for some it's practically a way of life. For the chronically self-critical, even the tiniest mistakes trigger tidal waves of self-directed anger and judgment:

- Why am I such an idiot?
- I can't get anything right!
- I always say the wrong thing!
- I can't believe I did that!
- How could I be so stupid?
- What's wrong with me?



Thankfully, no matter how self-critical you are it's always possible to change: to learn to become kinder, gentler, and more compassionate with yourself. Because, fundamentally, self-criticism is a habit. And habits can be changed if you know what's maintaining them.

Consciously or not, many people believe that being tough on themselves motivates them to perform better and achieve. It's one of our culture's most deeply embedded assumptions about human nature that if you're not constantly being hard on yourself, you'll end up lazy, unproductive, and ultimately worthless.

Many people get stuck in the habit of self-criticism because it gives them the illusion of control. Since they can't actually control what other people think of them, they turn to something they can control - their own self-talk - and channel all that anxious energy into that.

And while it feels good momentarily to take control and distract yourself from feeling helpless and out of control, reality is reality. We are all far more helpless than we like to admit. And most of life is far, far beyond our control and influence. While you can live in denial about this by losing yourself in habits that temporarily give the illusion of control, the long-term side effects make this a losing proposition.

Whether you appear humble or arrogant to other people is their concern, not yours. And no amount of self-criticism will change that. Stop worrying what other people think and instead focus on your own life.

Self-compassion isn't about telling yourself you're wonderful, and everybody likes you, and other unrealistic nonsense. Self-compassion just means treating yourself with respect. The same respect you would give unthinkingly to others.

Ultimately, we're all going to keep making mistakes and failing in life. It's inevitable. If you really want to get out of the habit of self-criticism, you need to replace it with a healthier alternative.

Academicians use terms like self-esteem, self-worth, self-support, self-care, but rarely self-love. That is left to the spiritual community. People don't realize that taking care of their own needs; eating, drinking, brushing their teeth, showering, wearing clean clothes, going to work, are all acts of self-love."

NUTRITION: Lazza's Kitchen Adventure Chocolate and Coconut Traybake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his ever version of a Chocolate and Coconut Traybake from scratch

Coconut is a high fat fruit that is highly nutritious and has been associated with a wide range of health benefits. In particular, coconut is rich in antioxidants, has powerful antibacterial properties, and may support better blood sugar control. However, coconut is very high in fat and calories, so be sure to moderate your intake if you are trying to lose weight or need to follow a low fat diet.

Ingredients

200g Unsalted Butter (softened)
100g Golden Caster Sugar
100g Brown Soft Sugar:
3 Large Eggs
75g Desiccated Coconut (more if want)
200g Self-Raising Flour
150g Greek Yoghurt
200g Dark Chocolate for baking
200ml Double Cream

Prepare Chocolate Topping First.

I broke up the chocolate into pieces and microwaved for a minute to start the melt process, but not necessary. Heat the cream up till steaming, then pour over the chocolate and stir till all the chocolate has melted, and the mixture is smooth.

Leave to cool and then chill for around an hour to an hour and a half.

Meanwhile, make the sponge.

Beat the butter and sugars, and then whisk for 3-5 mins, or until light and fluffy.

Add the eggs one at a time, beating well after each addition.

Add the desiccated coconut, flour, yogurt, (I added a smidge of vanilla essence), and briefly beat until just combined.

Spoon the mix into the tin, smooth the surface using the back of a spoon, then bake for 30 mins until golden and firm to the touch. Leave in the tin to cool completely.

When fully cool spread over the chocolate, and chill again.

You can sprinkle with coconut flakes if you wish - it's your bake!!!

Slice up into squares and enjoy. Utterly delicious. :-)



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

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

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

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

ROUND ONE: Multiple Choice

Only one of the choices are correct: which one is it?

Richard Gere's middle name	Largest Moon of Neptune?	Is not a Marvel Character
Cloud	Titan	Doctor Cyber
Twisleton	Titania	Avalanche
Kimberley	Hyperion	Microchip
Tiffany	Triton	Butterfly

ROUND TWO: Give Me a Number

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

1. How many novels did Barbara Cartland Publish?
2. How many verses in the Greek National Anthem?
3. How many distinctive passenger rooms and suites in the floating QE2 hotel in Dubai?
4. In feet, how long was Concorde?
5. How many times did Roger Moore play James Bond?

ROUND THREE: When Did That Happen

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

- Charles Webb became the first man to swim the channel unaided?
- What year was Ben Hur, with Charlton Heston, released?
- When did Austrian song Rise Like A Phoenix win Eurovision?
- When was the first official F1 World Championship Grand Prix?
- What year did Napoleon die on St. Helena?



ROUND FOUR: What specifically links these famous people? Hint: Life

Chris Pratt (Jurassic World), Martin Clunes (Doc Martin), Oprah Winfrey, Zayn Malik (One Direction), Russell Crowe (Gladiator), Kelvin Fletcher (Emmerdale):

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

- The human brain produces enough electricity to power a light bulb.
- Blood cells are produced in the Liver.
- There are 48 muscles that control the movement of the eye.
- Blood accounts for 4% of body weight.
- A heart attack is caused by blocked coronary circulation.
- Leeches are still used by doctors today.
- Your blood contains Gold.
- You actually have hair on every part of your body.
- The Hallux is another name for your Little Finger.
- Your left lung is slightly smaller than your right lung.



NUTRITION:

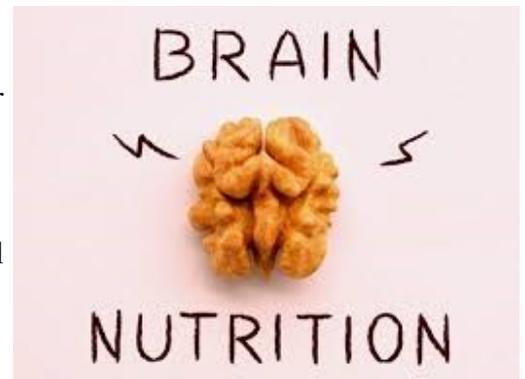
Nutrition and your Brain. Pt 1

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

HMHB are not qualified nutritionists or dieticians. We just pass on information for a healthy lifestyle. If you have any concerns around your diet, do speak to a recognised medical professional who will be delighted to assist.

The foods that we eat make a big impact on how we think, feel, heal, and grow. In fact, studies show that the nutrients in food can literally become part of what makes up our brains. And as it turns out, those nutrients are not found in cake and chips - I know, I am very sad about that too.

The first rule of brain health is: what’s good for your heart is good for your brain. The good news here is that you get double the benefit. The foods that your medical practice would encourage you to eat for your best heart health are the same as what maximises your brain health. This applies to your activities as well: regular exercise is good for your heart and brain. When you make healthy choices, you can feel twice as good about yourself knowing your heart and mind feel good too.



The second rule is that vitamins and supplements are not as effective as you might think. Research shows that getting the nutrients you need from food is much more effective than taking a supplement. When you eat whole foods, you get more than just the vitamins and minerals. You also get all the complex micronutrients that come with it, including fibre and antioxidants. These nutrients are also easier for your body to absorb when they come from food than from a vitamin supplement. So, always do your best to get your nutrients from food and talk to your doctor if you want to use any supplements. Do be aware that they can interfere with certain medications you could be taking.

Antioxidants: Your brain uses a lot of oxygen in its daily function. As a result, oxidative stress occurs, which creates free radicals. Free radicals damage healthy cells and cause aging, memory loss and disease. Vitamins C, E and A, along with beta carotene, are types of antioxidants.

Anti-inflammatories: Lots of foods and habits can cause inflammation in your body and brain. Inflammation is uncomfortable and can do significant damage to your brain. Combatting it with foods containing anti-inflammatories and changing your diet is the best way to avoid it. Foods that are anti-inflammatory include berries, oats, leafy green veggies and olive oil.

Omega-3 fatty acids: These brain boosters are like bouncers for your cells, building protective barriers around them and preventing the wrong types from getting in.

B vitamins: This group of vitamins aid in energy production, make important neurochemicals and help repair brain cells.

Amino acids: If you were wondering where “protein” is on this list, here it is, more or less. Amino acids are the building blocks of protein. In your brain, they act as neurotransmitters and neurotransmitter watchdogs, keeping their levels right where they should be for your best brain health.

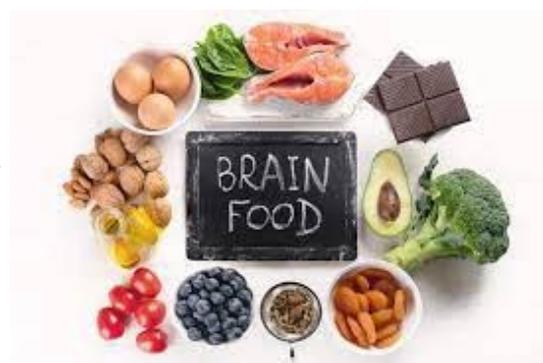
Caffeine: Have your morning coffee or tea and know you’re doing your brain a favour. When taken in moderation, caffeine works in your brain by blocking a chemical called adenosine which makes you sleepy and causes “brain fog.”

NUTRITION:

What foods are good for Brain function?

At HMHB, we like to talk about nutrition - we think it is fascinating - but normally stay away from telling people what to eat. We feel that, as adults, we have our own responsibility to think about our diets, as long as we understand what we are putting into our bodies. But sometimes we feel it is good to point out the foods that contain a lot of what we need, and then you can decide if you want to eat them.

Therefore, now that we have looked at what you need to get from your diet in order for your brain to be healthy, let's talk about some of the foods that contain these essential nutrients that are particularly good for improving memory, focus, and mood. Keep in mind that while eating a few berries before an event won't provide immediate focus, eating these foods regularly can help keep general brain fog and memory loss at bay.



Leafy green vegetables and broccoli: Leafy green vegetables are an important part of a healthy diet. They're packed with vitamins, minerals, and fibre but low in calories. Eating a diet rich in leafy greens can offer numerous health benefits including reduced risk of obesity, heart disease, high blood pressure, and mental decline. Spinach and kale, plus their cousin broccoli, are chock full of antioxidants. With vegetables, we do tend to stick to what we know. Why not try out a few you rarely touch? Make a soup?

Berries: In addition to antioxidants, berries also have anti-inflammatory properties that keep brains functioning at peak performance. A Harvard study found that people who ate two servings of strawberries and blueberries every week delayed their memory decline by as much as two-and-a-half years. In fact, any kind of berry like blueberries, strawberries, and raspberries will help improve your focus thanks to their powerful makeup of antioxidants and anti-inflammatories - and before I get emails telling me that strawberries and raspberries are not actual berries, going by the botanical definition, I know. But I did not want to confuse the issue. :-)

Whole grains: Grains including oats, barley, brown rice, bulgar, and quinoa pack tons of B vitamins and antioxidants. It is a good idea to shop slower and concentrate on what your body needs for health.

Whole-grain kernels have three parts

- Bran. This is the hard, outer shell. It contains fibre, minerals, and antioxidants.
- Endosperm. The middle layer of the grain is mostly made up of carbs.
- Germ. This inner layer has vitamins, minerals, protein, and plant compounds.

Grains can be rolled, crushed, or cracked. Nonetheless, as long as these three parts are present in their original proportion, they're considered whole grains. Refined grains have had the germ and bran removed, leaving only the endosperm. Though enriched refined grains have had some vitamins and minerals added back, they're still not as healthy or nutritious as the whole versions.

One of the biggest health benefits of whole grains is that they lower your risk of heart disease, which is the leading cause of death worldwide. A review of 10 studies found that three 1-ounce (28-gram) servings of whole grains daily may lower your risk of heart disease by 22%. Similarly, a 10-year study in 17,424 adults observed that those who ate the highest proportion of whole grains in relation to their total carb intake had a 47% lower risk of heart disease. Researchers concluded that health hearty diets should include more whole grains and fewer refined grains.

NUTRITION:

More foods that are good for Brain function?

Fish

I know some people who find seafood difficult to eat, but I love it. And fish is among the healthiest foods on the planet. It's loaded with important nutrients.

Fatty species are sometimes considered the healthiest. That's because fatty fish, including salmon, trout, sardines, tuna, and mackerel, are higher in fat-based nutrients. This includes vitamin D, a fat-soluble nutrient that many people are lacking.

Fatty fish also boast Omega 3 fatty acids which are crucial for optimal body and brain function and strongly linked to a reduced risk of many diseases. To meet your omega-3 requirements, eating fatty fish at least twice a week is recommended. If you are a vegan, choose omega-3 supplements made from microalgae.



While mild mental decline is normal as you age, serious neurodegenerative ailments like Alzheimer's disease also exist. Many observational studies show that people who eat more fish have slower rates of mental decline. Studies also reveal that people who eat fish every week have more grey matter (your brain's major functional tissue) in the parts of the brain that regulate emotion and memory.

Beans and Legumes

Beans and legumes are rich in plant protein, fibre, B-vitamins, iron, folate, calcium, potassium, phosphorus, and zinc. Most beans are also low in fat. Legumes are similar to meat in nutrients, but with lower iron levels and no saturated fats.

A Study that tracked the dietary habits of elderly people across four countries found that eating just 20 grams of legumes a day (basically any plant that grows fruit inside a pod, including beans) may reduce one's risk of death by 7 to 8 percent. No other food group even comes close. In fact, experts say that beans are the cornerstone of most centenarian diets. Legumes may also help with brain function as we age, which means they can help increase the quality of those extra years as well.

Colourful Vegetables

Colourful fruits and vegetables can paint a beautiful picture of health because they contain phytonutrients, compounds that give plants their rich colours as well as their distinctive tastes and aromas. Phytonutrients also strengthen a plant's immune system. They protect the plant from threats in their natural environment such as disease and excessive sun.

When humans eat plant foods, phytonutrients protect us from chronic diseases. Phytonutrients have potent anti-cancer and anti-heart disease effects. And epidemiological research suggests that food diets that include fruits and vegetables are associated with a reduced risk of many chronic diseases, including cardiovascular disease, and may be protective against certain types of cancers.

Eating high-quality foods that contain lots of vitamins, minerals, and antioxidants nourishes the brain and protects it from oxidative stress, the "waste" (free radicals) produced when the body uses oxygen, which can damage cells.

Nutrition: HMHB looks at Vitamins

Today: Vitamin B9

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

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

Vitamin B9 (also known as Folate and Folacin) is a water-soluble vitamin. Water-soluble vitamins are those that are dissolved in water and readily absorbed into tissues for immediate use. Because they are not stored in the body, they need to be replenished regularly in the diet. Any excess of water-soluble vitamins is quickly excreted in urine and will rarely accumulate to toxic levels.

Vitamin B9 is an essential vitamin that helps your body form red blood cells and DNA, which are the building blocks of your body. It's especially important for healthy growth and development during pregnancy.

You need B9 for the health of your liver, skin, hair and eyes, and to keep your nervous system working properly.

Healthcare providers may prescribe B9 to lower high blood levels of “Homocysteine”, a chemical that builds proteins (amino acids) that can harden your arteries. Both high and low levels of homocysteine (compared with moderate levels) have been associated with an increased risk of death from cardiovascular disease. But the exact link between folic acid and heart disease remains unclear.

Taking folic acid supplements may improve memory and thinking skills in older adults who experience faster-than-normal decline. One study also suggested a possible link between folate deficiency and an increased risk of Alzheimer's Disease.

Folate occurs naturally in a wide variety of foods that you can add to your daily diet. These include:

- Beans and peas, including black-eyed peas, lentils, chickpeas and kidney beans.
- Beef and chicken liver.
- Dark, leafy green vegetables, such as spinach, asparagus, Brussels sprouts and beets.
- Fruit (and fruit juice), including avocados, tomato juice, oranges and orange juice, and melons.
- Nuts, such as walnuts and peanuts.
- Eggs and dairy.
- Seafood, including Dungeness crab and halibut.
- Meat and poultry, including chicken

Like all Vitamins, this micronutrient is “essential for life”.

Your body cannot create it so you have to get it through your diet.

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

It's your body, and your choice.



LAZZA'S PAGE

Recommendations, News, Life!!!

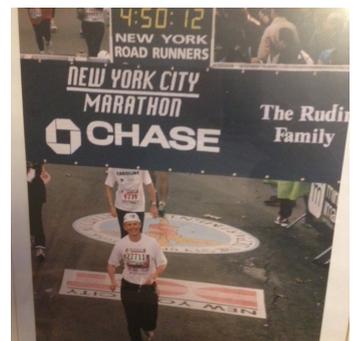
I thought I would launch a new page in 2023. I just wanted to talk a little more about who I am and the people behind HMHB, and maybe talk about what gets me through life.

In the last issue I talked about loving crime/thriller novels, and I think it all started with Agatha Christie. My mum was a fan and had all the books. I now own all the books too. First published in 1920, her stories remain top sellers. She created Hercule Poirot and Miss Marple. Try reading: "The Mysterious Affair of Styles", "The Murder of Roger Ackroyd", "The Murder at the Vicarage", "4:50 From Paddington". See if you can guess the killer.



I started playing the Euphonium when I was about 9, and played in various Brass Bands as I got older. I studied Music to A-Level (got a B pass) and as part of the exam you could get good marks if you played an instrument to a decent level. So I passed my Grade 8 (the highest grade), part of which included performing the Slow Movement of a Euphonium Concerto by Joseph Horowitz, written in 1972. I was also the first ever National Brass Band Soloist Champion for the Boys' Brigade, back in my distant youth. I do still own a Euphonium but have not played for years.

Back in November 2000, I ran the Marathon in New York, which was an incredible experience. My time was actually 4hrs, 43 mins, 59 secs (as it took nearly seven minutes to get to the start line at the beginning). Never Again!!!!!! That is me crossing the line in Central Park. What you cannot see is the pain I was in. But it was worth all the effort. I was 34, and that is me with my medal. I am very proud of that achievement.



My mum was a Cricket fan so I guess it was inevitable I would end up playing - and was an opening bowler. That is me aged 17 releasing the ball. I did have a trial for Essex CC but the standard was very high. One of my claims to fame is that I bowled out future England Captain Nasser Hussain for 0 when he played for Ilford, before Essex. He was two years younger than me. Took his off stump out the ground. The group picture is when I played for Graces CC, the first gay team. I am kneeling holding a stump near the front. Was a terrific part of my life.



HMHB's Name Game Page:

Can you name all of these Birds?

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

Answers at bottom of quiz page answers (page 39)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Cullen Skink

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Cullen Skink from scratch**

This soup is a local speciality, from the town of Cullen in Moray, on the northeast coast of Scotland. It is often served as a starter at formal Scottish dinners but is also widely served as an everyday dish across the northeast of Scotland. In 2012 a Guardian columnist described the dish as "the milky fish soup which has surely replaced your haggises and porridges as Scotland's signature dish".

Ingredients

50g Unsalted Butter
Finely Chopped Onion
300g Peeled and Cubed Potatoes (or more)
300g Smoked Haddock
250ml Whole Milk
Little bit of Double Cream (if you want)
Chopped Parsley
Pepper to taste

Melt the butter in a saucepan over a medium heat.
Add the onion and fry for 5-8 mins until translucent but not browned.
Add the potatoes and 300ml water and bring to the boil.
Reduce the heat slightly and simmer for 10-15 mins.

Meanwhile, put the haddock in another pan and cover with the milk.
Cook gently for 5 mins, or until just tender.
Remove the haddock from the milk with a slotted spoon (reserving the milk),
transfer to a plate and leave to cool slightly.
When cool enough to touch, flake into large pieces, removing any bone.

Put the reserved milk and flaked haddock in the pan with the potato mixture.
Add cream, if you want, and cook for another 5 mins.
Season and sprinkle over the parsley to serve.



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

EXERCISE/FITNESS

Why don't we exercise enough? Pt 1

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

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

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

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

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

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

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

Be active, be safe, and go for it.

The benefits of exercise on a regular basis are numerous and far outweigh the negatives. By performing some form of exercise regularly for just a short time each day you will increase your energy, improve your mood, and reduce stress. You will also improve your immune system function which will lead to less common illnesses, as well as lowering your risk for more serious illnesses such as heart disease and cancer.

Still, many people choose not to exercise frequently or even at all.

Many people are simply not motivated enough to begin an exercise routine. Or they are motivated inside, but not prepared to actually sacrifice time and effort to do it.

You may view exercise as something that is too much work, too boring, or something that is just not for you. Perhaps you have tried exercising in the past and were met with failure, or you quit because you did not enjoy it. Well, I can promise you that you are not alone. Many people start exercise plans over and over again only to quit them. For some people, they do not see changes in their body fast enough and become discouraged. For others, they just are not having fun. After repeated attempts that ended in failure, people are less likely to be motivated to start up another new exercise routine.

I think this has happened to me a bit. I weighed myself this morning, determined to turn things around. But I know that half the problem is psychological. If I can overcome that in the next few weeks I know I can turn myself around.

The best solution here is to just get outdoors and do some walking, if you can. That can boost you to then start doing something else. Also, look about for a friendly local exercise session. It is one of the reasons our HMHB sessions are popular. We have people who can work out with others, push themselves more than if they were on their own, they can socially interact, and it boosts their mental health too.

Also, think about what you really want to achieve. I am on holiday in July and, at time of typing this, that is 16 weeks away. So I have set myself a goal of losing a stone in that time. I should be able to do that. It gives me focus and direction. But you need to try and pick something yourself. It may be to lose weight, or even put on weight. It may be to be able to run for 5 minutes, 10 minutes, 30 minutes etc. But pick yourself something. Make it realistic, and something you can do in the time. Then go for it.

EXERCISE/FITNESS:

Why don't we exercise enough? Pt 2

Finance

Many people think that in order to exercise regularly they must dish out a large chunk of change in order to join a gym or invest in expensive fitness equipment for their home.

If you feel this way, you may have tried exercising at a gym in the past and could not keep up with the monthly or annual payments. You may have thought about and looked into expensive sets of weights or pricey cardio equipment such as high-tech treadmills or these peloton bike machines only to decide they were not worth the price tag. This should not keep you from starting an exercise routine. It can be surprisingly affordable, or free.

You do not need to join a gym or invest in expensive equipment for your home in order to get enough exercise each day to reap all of the benefits regular exercise provides.

You can do a complete cardio and strength training no weights workout without as much as a single piece of equipment. You just need to learn the right exercises to do. That's another benefit of finding a local free workout group session too. But if you do fancy equipment, you can find some cheap options online. Do not let finance be a reason you do not work out.

Time

The most common reason people give for not exercising is that they simply do not have the time for it. Whether it is due to work, family, children, or a combination of these, you may say that exercise just does not fit into your busy schedule.

You may see exercise as something that takes away from time with your spouse and children, or as something that cannot be done given the hours you work.

While finding the time is a legitimate challenge for many people, doing so may actually help you with your other time-consuming activities by increasing your energy and lowering your stress levels.

Saying you do not have the time is an easy excuse to make. However, changing your mindset and gradually finding a way to work exercise into your daily routine, will make you feel better in the long run.

If you do not have a solid 30 minutes to exercise in a day, you might find three ten minute segments in which you can exercise. Find ways to add a little extra time into your day and build exercise into that period. If you are someone who worries about what to do with your kids while you exercise, find a way to exercise together. And that goes for your friends too. You could take a walk, or go for a bike ride. Schedule a time each day for exercise. Write it in your diary and stick to it.



**MANY THINGS ARENT
EQUAL BUT
EVERYONE GETS THE
SAME 24 HOURS A
DAY, 7 DAYS A WEEK.
WE MAKE TIME FOR
WHAT WE TRULY
WANT.**

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

EXERCISE/FITNESS:

Six Core Exercises you can do at home



Bird Dog

Begin on all fours with your knees under your hips and your hands under your shoulders. Raise your right arm and left leg, keeping your shoulders and hips parallel to the floor. Tuck your chin into your chest to gaze down at the floor. Hold this position for a few seconds, then lower back down to the starting position.

Raise your left arm and right leg, holding this position for a few seconds. Return to the starting position.

It improves stability, encourages a neutral spine, and relieves low back pain. This exercise pose uses the whole body to target and strengthen your core, hips, and back muscles. It also helps promote proper posture and increase range of motion.



Skydivers

Begin in prone position face-down on mat, arms along side, palms up.

With a smooth exhale, lift legs and arms as high into the air as possible, balancing on the belly/front of hips.

Squeeze glutes while holding for one breath for three seconds, then relax back into prone pose.

Works: Rear Shoulders, Transverse Abdominals, Lats (back), Glute Max, Hip Flexors, Rhomboids.

This is an exercise used to build lower back strength that also targets the hamstrings and glutes.



Dead Bug

Start in tabletop position, knees stacked over hips and ankles in line with knees at a 90-degree angle. Arms reach straight overhead, in line with shoulders. Keep back planted flat on the ground and core tight to avoid back strain. Reach left arm straight back over head toward the wall behind you and extend right leg forward, keeping leg elevated off the floor. Slowly bring left arm and right leg back to the tabletop position at the same time. Repeat on the other side.

Dead bugs are recognised as one of the best options for stabilising the lumbopelvic region, aka your low back and pelvis.



Your body will thank you for working it hard.

EXERCISE/FITNESS:

Six More Core Exercises you can do at home



Side Plank

Lie on your right side with your legs straight and feet stacked on top of each other. Place your right elbow under your right shoulder with your forearm pointing away from you and your hand balled into a fist. Lift your hips off the mat so that you're supporting your weight on your elbow and the side of your right foot. Your body should be in a straight line from your ankles to your head.

Hold this position for the duration of the exercise.

Depending on your fitness level, aim for between 15 to 60 seconds. Repeat on your left side.

Works your "oblique" muscles that help you rotate and bend your trunk, and they also play a role in helping to protect your spine.



Spider Monkey - Slow Mountain Climber

Start in a high plank position with shoulders stacked directly over wrists, hands placed shoulder-width apart, and core engaged so that your body forms a straight line from shoulders to hips to heels. Keep your neck relaxed by looking down between your hands. Engage your glutes, quads, and thighs to keep your legs straight.

With a tight core, initiate the movement by driving your left knee forward outside the knee, then quickly stepping it back to plank position. Immediately drive the right knee up outside the opposite knee, then quickly step it back into plank position. Continue to alternate. Works shoulders, hamstrings, core, triceps, quads and core



Cross Body Extension (similar Bird Dog)

To start in the regular press-up position, there should be a straight line from shoulder down to heel. Core is nice and tight. From here make sure your buttock is tight, too. You're going to lift one leg off the floor, and at the same time you're going to lift the opposite arm off the floor and reach out. That's one repetition...two repetitions...three, and so on.

Core exercises train the muscles in your core to work in harmony. This leads to better balance and steadiness, also called stability. Stability is important whether you're on the playing field or doing regular activities. In fact, most sports and other physical activities depend on stable core muscles



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

Lazza's Page of Fascinating Facts

Some knowledge to amaze your friends.

As part of our Thursday quiz, I try to find some fascinating facts that people can say "oh, I did not know that" - and maybe even take away to share with others.

Here are some fascinating facts for you to share.

Rowan Atkinson's World Record

Most people have heard of Rowan Atkinson, a very funny comedian/actor. Most famous for Blackadder and Mr Bean, he has performed stand-up and sketch shows, and appeared in many films.

But did you know he holds a surprising world record: the world's most expensive car insurance claim. Atkinson was driving his McLaren F1 supercar when he suffered a crash. The car, originally purchased for £640,000, required £900,000 in repairs.

The insurer paid the claim because the value of the car had risen to £3.5 million by the time the accident occurred. The previous record for a car insurance pay-out stood at approximately £300,000.



Composers can be funny

Born in 1756, Wolfgang Amadeus Mozart, baptised as Joannes Chrysostomus Wolfgangus Theophilus Mozart, was a prolific and influential composer of the Classical period. Despite his short life (he died in 1791), his rapid pace of composition resulted in more than 800 works of virtually every genre of his time. But he didn't always take things seriously. Once he had to write for a singer he really disliked as she moved her head up and down depending on the notes she was singing. So when she was going to be singing one of his songs he wrote an aria which specifically had a bunch of quickly alternating high and low notes so that she would bob her head up and down like a chicken. Now that is brilliant!!!



The astonishingly brave Robert Landsburg

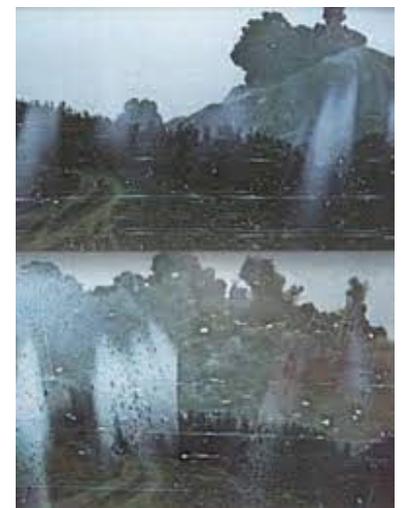
When Mount St. Helens erupted on May 18, 1980, photographer Robert Landsburg was there within a few miles of the summit, shooting away. He had already spent several weeks prior to the eruption documenting the volcano, putting himself very close to danger.

On the day of the eruption, Landsburg's luck ran out. Seeing the explosion in the not-so-distant distance, Landsburg knew there would be no way he would be able to escape the eruption in time to save his own life. And so, he used his body to save his film.

He continued to photograph the eruption until the last possible moment, leaving himself enough time to wind up his film into its case, place his camera in its bag, place that bag into his backpack, and lay his body on top of the bag as the final protective layer against the shower of magma and ash.

Landsburg's body was found 17 days later, buried in ash with his film intact. The photographs were published in the January 1981 issue of National Geographic.

The two photos opposite are his. The top one (to the top right) you can see the actual eruption and realise just how close he was. It must have been extraordinary, but he knew he was going to die. Wow!!!



HEALTH / ROUTINE

GPs believe these are crucial for good health: Pt 1

I found a fascinating article online which went over various topics that it is said your Doctor would recommend you do to try and ensure a health life. Most of them are common sense, but that is the point. Sometimes it is good to be reminded of what we should all be doing. So here is a look at a few of those ideas!!

Hug people you love

Sounds obvious I know, but hugs are amazing!!!

During those lockdown days of the pandemic, it may have felt like hugs were a thing of the past. In fact, of all the things you may have craved during that difficult time, a hug may have topped the list. The isolation and lack of human connection are part of what made quarantining so difficult. The longing for human touch and connection is as basic as any human need, and there's strong evidence that hugs don't just make you feel good. Researchers have found that giving your loved ones an affectionate squeeze can actually be good for your health.



It's believed hugs are one of the fastest ways to get the feel-good chemical "Oxytocin" flowing in the body, which helps to reduce stress and, in turn, protect immunity. Hugs also cause a decrease in the release of "Cortisol", a stress hormone, and other research indicates that hugs decrease your blood pressure and heart rate in stressful situations. It has also been found that giving and receiving hugs can strengthen your immune system.

Clean Your Bedsheets

Each and every week, most of us spend approximately 40 to 60 hours sleeping in our beds. That's a lot of time to get the rest our bodies need to thrive, but it's also ample time to build up dirt, sweat, oil, and other gunk on our sheets and bedding.

Proper hygiene is important in all areas of life. When it comes to our bedding, it's perhaps more important than you might think. Without regular cleaning, dirty sheets can contribute to allergies, skin breakouts, asthma, and more. For your health and sleep quality, it's important to keep things clean. But how often should you wash your sheets?



It is recommended that most people should wash their sheets once per week, and duvet covers at least twice a month. If you don't sleep on your mattress every day, you may be able to stretch the sheets to once every two weeks or so.

Some people should wash their sheets even more often than once a week. If you have pets, and particularly if you let them sleep in your bed, a wash every 3-4 days is recommended.

If you experience allergies or asthma, it may be worth it to try cleaning your bedding more frequently to see if your symptoms improve.

HEALTH / ROUTINE

GPs believe these are crucial for good health: Pt 2

Drink plenty of water - even when you get up

It is recommended to drink a good large glass of water as soon as you wake up. This is a good idea to help rehydrate you after a night's sleep. But water is vital during the whole day and many of us don't get enough.

This substance makes up a majority of your body weight and is involved in many important functions, including:

- flushing out waste from your body
- regulating body temperature
- helping your brain function

You get most of your water from drinking beverages, but food also contributes a small amount to your daily water intake.

Water is a main component of saliva. Saliva also includes small amounts of electrolytes, mucus, and enzymes. It's essential for breaking down solid food and keeping your mouth healthy.



Staying hydrated is crucial to maintaining your body temperature. Your body loses water through sweat during physical activity and in hot environments. Your sweat keeps your body cool, but your body temperature will rise if you don't replenish the water you lose. That's because your body loses electrolytes and plasma when it's dehydrated.

Water consumption helps lubricate and cushion your joints, spinal cord, and tissues. This will help you enjoy physical activity and lessen discomfort caused by conditions like arthritis.

Contrary to what some believe, experts can confirm drinking water before, during, and after a meal will help your body break down the food you eat more easily. This will help you digest food more effectively and get the most out of your meals.

Spend Time with People you Love

I know, yet again, this sounds very obvious, but the benefits to mental health and social health is enormous.

Studies have repeatedly shown that being socially isolated is bad for our mental health and even increases our risk of physical health problems. Connecting with those around us is one of the most valuable ways to keep ourselves fighting fit for the future, stave off depression, and keep our wellbeing in check. And our friends are pivotal to that.

It turns out that healthy relationships actually contribute to good physical health. Having a close circle of friends can decrease your risk of health problems like diabetes, heart attack, and stroke.

Having strong social ties can also decrease feelings of loneliness, which evidence shows can take a toll on your longevity. According to a 2010 review, people with strong relationships have half the risk of premature death from all causes.

HEALTH / ROUTINE

GPs believe these are crucial for good health: Pt 3

Get Outdoors

The lockdowns during the pandemic demonstrated clearly to many people just how important it was to get outdoors and away from your flat/house.

Spending time in nature has been found to help with mental health problems such as anxiety and depression. For example, research into ecotherapy, (a type of formal treatment which involves doing activities outside in nature) has shown it can help with mild to moderate depression. This might be due to combining regular physical activity and social contact with being outside in nature.



Being outside in natural light can be helpful if you experience “seasonal affective disorder (SAD)”, a type of depression that affects people during particular seasons or times of year (can be both summer as well as winter). And people say that getting into nature has helped them with many other types of mental health problems. Just getting outdoors can:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem
- help you be more active
- help you meet and get to know new people
- connect you to your local community
- reduce loneliness
- help you feel more connected to nature.

Make sure you wear Sunscreen

Sunscreen is an important part of a complete sun protection strategy. But sunscreen alone isn't enough to keep you safe in the sun. When used as directed, sunscreen is proven to:

- Decrease your risk of skin cancers and skin precancers. Regular daily use of SPF 15 sunscreen can reduce your risk of developing “Squamous Cell Carcinoma” (SCC) by about 40 percent, and lower your “Melanoma” risk by 50 percent.
- Help prevent premature skin aging caused by the sun, including wrinkles, sagging, and age spots.



According to the Skin Cancer Foundation, people should be wearing Sunscreen every day. I realise that is something that does not happen, but your skin is constantly being bombarded by the sun, even if we cannot see it. Apparently, even when it's cloudy, up to 80 percent of the sun's UV radiation reaches the earth. Going unprotected on an overcast day can lead to skin damage. They say, if you're inside most of the day with just short intervals in the sun, you can use a sunscreen or cosmetic product with an SPF of 15 or higher. If you spend a lot of time outdoors, especially when and where the sun is strongest, you need an SPF 30 or higher, water-resistant sunscreen.

HEALTH / ROUTINE

GPs believe these are crucial for good health: Pt 4

Try and get good sleep, and don't do lie-ins

We have covered sleep many times, and we all know how much a good night sleep can help us, even though many of us report issues around sleep (myself included).

A study by the University of Colorado, USA, found that weekend lie-ins don't reverse the effects of too many late nights and early mornings. The resulting tiredness causes stress on the body and can lead to unhealthy snacking which has been linked to obesity and Type 2 diabetes.

The researchers split the study participants into 3 groups with the first sleeping 9 hours a night, the second 5 hours and the 3rd classified as 'yo-yo' sleepers had 5 hours sleep weekdays and unlimited sleep at weekends. The 2 sleep-restricted groups showed an increase in snacking which contributed to weight-gain and insulin-resistance which is a precursor to Type 2 diabetes. Interestingly, when comparing the 5 hour sleepers with the yo-yo sleepers, insulin sensitivity appeared worse in the group that had 'catch-up' sleep at the weekends.

The obvious answer to this potential problem is to ensure you have a regular sleep pattern and the indicators are that we need between 7 - 9 hours sleep per night.

It's no surprise that getting a good night's sleep can help to keep your energy levels up. But plenty of rest can also help to keep your mind from wandering, and maintain your attention throughout the day.

Not sleeping properly can mean that both your body and brain don't function properly the next day. It could affect your attention span, concentration, strategic thinking, assessment of risk and your reaction times. This is really important if you have a big decision to make, are driving, or are operating heavy machinery, because sleep deprivation makes you more likely to make a mistake or have an accident. But getting plenty of sleep can help you to stay sharp and focused all day long.

Declutter Your Life

Sometimes we try to do too much, so much so that we lose focus on what we should really be doing.

Often times, our lives are too cluttered with all of the things that we need to do at home, work, school, in our religious or civic lives, with friends and family, with hobbies, and so on. Take a look at each area of your life and write down all of your commitments. Seeing it all written down can be quite an eye-opening experience as well as overwhelming. From here, look at each one and decide whether it really brings you joy and value, and if it is worth the amount of time that you invest in it.

Another way to reduce your commitments is to identify a few that you truly love and get rid of the rest. Learn how to say no and decline offers. If you eliminate the things that don't bring you joy or value, you'll have more time for the things that you love.



“Clutter is not just physical stuff. It's old ideas, toxic relationships and bad habits. Clutter is anything that does not support your better self.”

- Eleanor Brown

NUTRITION: Lazza's Kitchen Adventure

Egg & Potato Salad

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Egg and Potato Salad from scratch**

Whole eggs are nutritionally rich, supplying almost every nutrient you need. They are useful sources of some of the hard to get nutrients like vitamins D and B12, as well as the mineral iodine. Eggs are regarded as a 'complete' source of protein as they contain all nine essential amino acids, which we must obtain from our diet. Eggs are also rich in nutrients that promote heart health, such as betaine and choline.

Ingredients

Onion: Cucumber: Plum Tomatoes:
Grapes: Apples: Sweetcorn:
Lettuce: Peppers: Greek Yoghurt:
Mayonnaise: Lemon Juice: Vinegar.

Potatoes: Greek Yoghurt: Salad Cream:
Parsley

Eggs

The beauty of Salads is that you can put in whatever you want. This is why I have not put quantities in the ingredients list. Just the actual items. You can do what you want.

For this:

I diced the cucumbers, halved the plum tomatoes and grapes, and cubed the apples. Into a large bowl I put the diced up onion, cucumber, tomatoes, grapes, apples, sweetcorn and peppers.

In a separate bowl I poured in mayonnaise, Greek yoghurt, Vinegar, lemon juice (maybe add some paprika, ginger, or whatever - it's your salad).

I poured that mixture into the large bowl and thoroughly mixed it in.

For the potatoes - I boiled up some sliced and diced new potatoes. Drained them and let them cool (I did not peel). Then I added Greek yoghurt, salad cream, and parsley.

The eggs I just boiled and let them cool. Finally, add everything onto the plate. And enjoy!!!



**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.**

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



Age UK are both national, international, and local. They do tremendous work, especially with older people, running many classes around health and well-being, as well as helping people with care and support, financial and legal matters, education and retirement. Age UK Islington would be very happy to speak with you. Look at www.ageuk.org.uk/islington/ Or Call: **020 7281 6018**: HMHB are doing a couple of one off 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 are running our course with them this Spring, this following a successful course we did with them before. We are hoping this will be the start of a working relationship with them.



HMHB is very proud of its collaboration with Better Gyms in Islington and Camden. We have run various classes at Pancras Leisure Centre and the Sobell Centre in the past, and currently have our Tuesday indoor morning session at Highbury Leisure Centre, who have been very supportive of our work.

They are one of our Highbury Fields walk partners, and we hope to have more classes with them in the near future.

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



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

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

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



Help on Your Doorstep

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

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

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

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

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

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



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

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

www.shp.org.uk 0204 509 8300

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

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

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

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

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

- Round One: 1 Tiffany 2 Triton. 3 Doc Cyber (DC Comics)
 Round Two: 1, 723: 2, 158: 3, 447: 4, 203: 5, 7:
 Round Three: 1, 1875: 2, 1959: 3, 2014: 4, 1950. 5, 1821.
 Round Four: Link: All own Farms, that they do live on.
 Round Five: 1 True: 2 False (bone marrow): 3 False (6): 4 False (7-8): 5 True
 6 True: 7 True: 8 False: 9 False (Big Toe): 10 True:

Review of Challenges and Targets

Mind-set:

We look at a couple of subjects this week. Firstly, creative thinking. It's very easy to just sit back and let life pass you by. But it is important to try and keep developing, learning new skills and setting new targets. But part of that is not to be too critical of ourselves, and instead to start realising just how special we all are.

Life affects many of us in different ways, and that voice in your head can lecture you and put you down too much. Instead start thinking about how good you are, and what else you can be doing. It's a challenge!!



Nutrition.

As we know, what we eat and drink has a direct effect on our bodies, and it is vital we make sure we provide the right nutrients for everything to work properly.

That is of course relevant to our brains, probably one of the most fascinating and extraordinary objects that have ever existed.

Our brains control every aspect of our lives, but we rarely think of what we need to eat and drink for it to function properly.

That responsibility is yours, and yours alone. So why not do a little research and see if you can improve your diet.



Exercise.



We have covered Core many times, but it is essential we do work our whole bodies. For many people exercise is just running on a treadmill or walking.

Your core provides support to your spine and pelvis and is very important in aiding the transfer of forces to your upper and lower limbs.

Treat your core like any other muscle group by training it regularly and practising good form, and you'll reap all the benefits that increased core strength can bring.

See what you can do this month.

Health.

If you can trust anyone to give you advice on a healthy body then that has to be your GP. This week we look at various ways local doctors have said are good for our health.

Yes, most are common sense. I did not include Stop Smoking, for example, as we know that kills (please stop if you smoke).

However, even simple things like being around friends more, putting down electrical devices, getting outdoors (with sunscreen), and good hydration can all make a huge difference.

You have one body, and one life, do all you can to make it healthy.



**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 + Birds from Page 24

See if you can beat your family and friends

Art: The artist for those famous paintings?

1. ML: Leonardo Di Vinci
2. TS: Edvard Munch
3. GPE: Johannes Vermeer
4. TK: Gustav Klimt
5. TSN: Vincent Van Gogh
6. TBV: Sandro Botticelli
7. AG: Grant Wood
8. THW: John Constable
9. G: Pablo Picasso
10. CSC: Andy Warhol
11. TWLP: Claude Monet
12. BG: Banksy
13. TBC: Edward Degas

Cinema: The actors who played the title role in those films, plus the year the film was released.

1. 1967: Dustin Hoffman
2. 1959: Charlton Heston
3. 1980: John Hurt
4. 1993: Liam Neeson
5. 2008: Brad Pitt
6. 2015: Tom Hardy
7. 2000: Julia Roberts
8. 1972: Marlon Brando / Al Pacino
9. 1968: Mark Lester
10. 2018: Chadwick Boseman
11. 2022: Austin Butler
12. 1962: Peter O'Toole
13. 1963: Elizabeth Taylor
14. 2005: Philip Seymour Hoffman
15. 2015: Matt Damon
16. 1964: Julie Andrews
17. 1982: Ben Kingsley

Pop Music: The Artists for the songs that didn't reach UK No 1, plus year released.

1. 1965: The Who
2. 1980: Ultravox
3. 1986: Wham
4. 1991: James
5. 1997: Robbie Williams
6. 2003: Kelis
7. 2006: Snow Patrol
8. 1973: David Bowie
9. 1997: The Verve
10. 1985: A-ha
11. 1998: Madonna
12. 1982: Yazoo
13. 1983: David Bowie
14. 1972: T. Rex

Geography

The 12 Capitals starting with T, plus their countries.

Taipei, Taiwan: Tallinn, Estonia:

Tashkent, Uzbekistan: Tbilisi, Georgia:

Tegucigalpa, Honduras: Tehran, Iran:

Thimphu, Bhutan: Tirana, Albania: Tokyo, Japan:

Torshavn, Faroe Islands: Tripoli, Libya

Tunis, Tunisia:

QUIZ ANSWERS

Film: Birds - from Page 24 (how well did you do?)

- | | |
|-------------|----------------|
| 1: Crow | 2: Emu |
| 3: Toucan | 4: Turkey |
| 5: Blue Tit | 6: Albatross |
| 7: Sparrow | 8: Swift |
| 9: Pelican | 10: Peacock |
| 11: Cuckoo | 12: Moorhen |
| 13: Robin | 14: Woodpecker |
| 15: Stork | |

Names

The top 20 Wine Countries:

Italy, Spain, France, USA
China, Argentina, Chile
Australia, South Africa, Germany
Portugal, Romania, Greece
Russian Federation, New Zealand
Brazil, Hungary, Austria
Serbia, Moldova

THE LAST PAGE

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

We would love to incorporate some items from you in future packs. That could be a recipe, a story, or just letting us know what you are doing.

Maybe even a word or two you would like us to pass on to everyone so we know you are safe and well.

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

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

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

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

HMHB: Nominee Volunteer of the Year Awards 2021

Lawrence & HMHB: Winner Mayor Civic Award in 2022

Lawrence: Winner at Volunteer of the Year Awards 2022

Lawrence and HMHB: Official Nominee Mayor Civic Award 2023



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well