

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 02

Focus on:

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

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*Tuesday 1st March 2022*



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



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

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



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**“The elevator to success is out of order.  
You’ll have to use the stairs, one step at a time.”**

***Welcome to Issue 2 of Healthy Minds, Healthy Bods’ Revamped Monthly Health Packs.***

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

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

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

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

For these packs to happen, there are so many people to thank. That includes Islington Council who print copies that we can post to those who have no internet, as well as our amazing local councillors, Osh Gantly, Sue Lukes, and Caroline Russell, 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 we hope will continue to do so.

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



Some photos: 21 January 2022.

Visiting the Natural History Museum

Teas and Coffees after the dinosaurs.

A fabulous afternoon for thirteen of us.



## NEWS PAGE

### A further vaccine booster in 2022?

In February 2022, Sajid Javid, the Health and Social Care Secretary, released this statement:

“Thanks to our COVID-19 vaccination rollout, we are already the freest country in Europe. It has saved countless lives, reduced pressure on the NHS, and is allowing us to learn to live with the virus.

Today I have accepted the advice from the independent Joint Committee on Vaccination and Immunisation (JCVI) to offer, from spring, an additional COVID-19 booster jab to people aged 75 years and over, residents in care homes for older adults, and people aged 12 years and over who are immunosuppressed. All four parts of the UK intend to follow the JCVI’s advice.

Following the JCVI’s advice, I have asked the NHS to prepare to offer those eligible a vaccine from around six months after their last dose and they will set out further details in due course.

We know immunity to COVID-19 begins to wane over time. That’s why we’re offering a spring booster to those people at higher risk of serious COVID-19 to make sure they maintain a high level of protection. It’s important that everyone gets their top-up jabs as soon as they’re eligible.

The JCVI will keep under review whether the booster programme should be extended to further at-risk groups.

This is a national mission. The vaccines are the best way to protect yourself and your loved ones and I urge everybody to get your jabs as soon as you can. For anyone who is yet to get a booster, come forward to Get Boosted Now.”

It should be said, late last year, studies showed that third shots (boosters) of COVID vaccines were effective at providing a little extra protection from infection, particularly in the face of the Omicron variant. Some countries are now offering fourth doses, but scientists say that endless boosting might not be a viable strategy, nor is it how these vaccines were meant to be used.

“We’re in totally uncharted territory for vaccinology,” says Danny Altmann, an immunologist at Imperial College London. “We’ve stumbled into a de facto programme of frequent mRNA boosters as an emergency measure, but this really doesn’t feel like the way to go.”

The UK statement above does follow other countries. In early January, Israel began offering fourth doses to older and immunocompromised people and to health-care workers, hoping to shield vulnerable groups from a wave of Omicron infections, says Ran Balicer, a public-health physician at the Clalit Health Institute in Tel Aviv. This week, preliminary data from Israel revealed that a fourth dose reduces the risk of infection and severe disease.

But researchers are debating whether a third dose will be enough to confer lasting immunity against Omicron and emerging variants in most people, or whether a fourth dose, or even regular boosters, will be needed, as they are for influenza.





## NEWS PAGE:

### So what about all people? Do we need more boosters?

Omicron changed the thinking around boosters, says Alejandro Balazs, an immunologist at the Ragon Institute in Cambridge, Massachusetts. That's because, faced with the variant, people previously regarded as fully vaccinated now have "an antibody response that is insufficient to prevent infections", he says.

As Omicron outbreaks have spread, boosters have been used to ramp up levels of neutralising antibodies, curbing cases and easing strain on hospitals. But the concern is that boosters don't block infections for long.

Data from Israel, collected between June and November last year when Delta was dominant, and detailed online ahead of peer review, indicate that the immunity from a third (mRNA booster) shot wanes within months, mirroring the decline after two doses.



Real-world data from the UK, collected in late 2021, suggests that immunity from boosters might decrease even faster against Omicron than against Delta. However, another laboratory study, posted as a preprint which has yet to be peer reviewed, suggests that neutralising antibodies elicited by a third dose could sustain protection against Omicron infections for up to four months.

Because protection from boosters might be short-lived, rolling out endless doses, potentially at the expense of immunising unvaccinated people in low-income nations, is not a "viable or reasonable" long-term global strategy, says Kanta Subbarao, a virologist at the Peter Doherty Institute for Infection and Immunity in Melbourne, Australia. And, in a statement released on 11 January, the World Health Organization warned that "a vaccination strategy based on repeated booster doses of the original vaccine composition is unlikely to be appropriate or sustainable".

Repeated booster doses of existing vaccines also probably offer only diminishing returns in terms of protection against future strains, says Miles Davenport, a computational immunologist at the University of New South Wales in Sydney, Australia. New vaccines that target specific variants are likely to be much more effective, he adds.

Whether four shots boost levels of infection-blocking antibodies any higher than a third dose remains to be seen, Davenport says, but that hasn't deterred nations including Chile, Cambodia, Denmark and Sweden from offering fourth doses to specific groups.

Peter McIntyre, an infectious-disease specialist at the University of Otago in Dunedin, New Zealand, argues that, until we have new vaccines, strategies should prioritise protecting individuals against severe illness, boosting to shield vulnerable groups and using antivirals to keep people out of hospital. "We need to keep our focus very firmly on protection against severe disease," he says. "That is the yardstick we should be judging ourselves by."

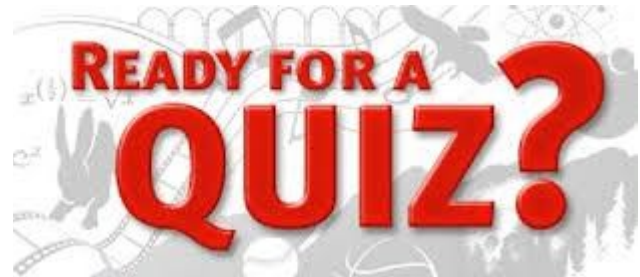
All in all, it appears we will all probably get offered some kind of booster this year, while they work on improving vaccines.

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

**Geography**

According to "worldpopulationreview", which are the top 15 most populated UK cities?

Clue: twelve are English, two are Scottish and one is Welsh. Good luck.



**Television.**

Who played these Television crime solvers?

1. Kojak
2. Jonathan & Jennifer Hart.
3. Dave Starsky
4. Remington Steele
5. Jane Tennison (Prime Suspect)
6. Cagney & Lacey
7. Adrian Monk
8. Jessica Fletcher
9. Columbo
10. Morse & Lewis
11. John Luther
12. Jack Frost
13. Jonathan Creek

**Film:** Who starred as the title character of these films, and what year was the film released?

1. Willy Wonka & The Chocolate Factory
2. Forrest Gump
3. John Wick
4. Rambo: First Blood
5. Hannibal
6. Harry Potter & The Philosopher's Stone
7. The Hobbit: An Unexpected Journey
8. Schindler's List
9. Alice In Wonderland
10. The Truman Show
11. Jerry Maguire
12. Edward Scissorhands
13. The Terminator
14. Charlie & The Chocolate Factory
15. Beetlejuice
16. Robin Hood: Prince Of Thieves
17. Tootsie

**Music**

Name the acts who sang the following songs from Now That's What I Call Music 10: 1987

1. Barcelona
2. Never Can Say Goodbye
3. Pump Up The Volume
4. China In Your Hand
5. Mony Mony
6. Sweet Little Mystery
7. La Bamba
8. Love In The First Degree
9. My Baby Just Cares For Me
10. Here I Go Again
11. Crazy Crazy Nights
12. Fairytale of New York
13. When Smokey Sings



**History:**

Since 1707, only twelve people have ruled the Kingdoms of England, Scotland, and Ireland.

Can you name them in order of accession?

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



## HMHB Activity: Highlights from the Past.



The Mayor in 2017, 2018, 2019, and 2020, joined us for our birthday Thursday walks. (even a spaced one in lockdown). Thanks to the Highbury Grange Medical Practice for



Had some terrific trips out:  
Here we are at the English National Opera for HMS Pinafore, visiting the Sky Garden, and a trip to the British Library. We have also seen museums, churches, arsenal stadium, and had a personal tour around Clissold House, and have plenty more ideas for the group in 2022.



Various Fitness session, indoors and outdoors, with some fantastic, amazing people. Wow!!!

## MIND-SET: When things feel like the end of the world!!

*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.*

Healthy Minds, Healthy Bods first started working with users way back in November 2016. It was just a simple walk, in partnership with our local medical practice, Highbury Grange. It turned into a weekly walk, which still is going to this day.

I was so proud. Although just a walk, it was the culmination of many years of meetings, paperwork, and planning. Since then, we have been able to organise lots of other events and, most importantly, develop our own course, with a unique delivery, which has achieved better feedback than we could have ever wished.



Coming up to nearly five and a half years later, our local NHS and CCG (at time of typing this) have said that there is no money for us, even though there is a multi million “fresh approach” to mental health in our area. Working for over 63 months with users, with just two months of those being salaried back in 2018, this is a crushing blow to HMHB. We found out towards the start of February and, I have to be honest, I was devastated and very hurt. It affected my own mental health negatively, and I had a three week period where I allowed it to completely consume me. Hence the late delivery of our health pack that should have been the 1st of March!!!

So, we at Healthy Minds, Healthy Bods can empathise with anyone who may be going through a bad patch. A time when things seem to work against you. That it appears there is little chance of success. It is particularly galling when it is others making decisions that affect you, and maybe you feel that they do not understand the situation the way that you do.

So how do we deal with this? What is the Mind-set, and how can we achieve it?



Firstly, take a deep breath and look at the perspective. It is not the end of the world. It is, possibly, the end of one part of your life. But, also, it is a challenge to see how you react, how you move forward, and how you challenge yourself with decisions made. Can you do anything about it? Is there a way to continue? What are options? But it is definitely not the end of the world!!!



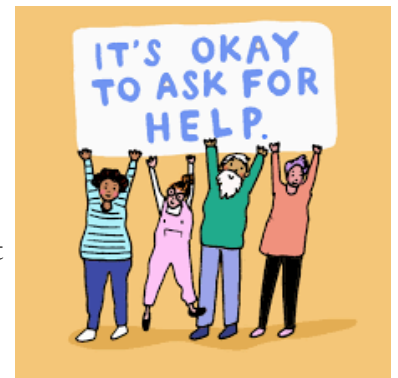
## MIND-SET: Overcoming that sinking feeling!!

There is no set answer or procedure. Everyone deals with things differently. What works for one, may not work for another. But, ultimately, the main thing to do is stay calm, and then look to focus on what you need to do next. Make a plan. Maybe write things down on a piece of paper as that seems to help me organise myself. And don't take your time. Dwelling can only lead to depression, despair, and anxiety. The quicker you can try and make sense on moving forward, the better.

I am not saying it is easy. I found it very very tough following on from the events of early February. I'll be honest, there were days I did not want to get out of bed. I felt like chucking it all in. But that is a natural emotion, and how can we enjoy the ups if we don't have to experience the downs?

So are there any tips? Any advice we can offer if you are feeling trapped?

Definitely, number one, you are not alone, and you do not have to find answers yourself. Ask for help. There are friends, community organisations, community centres, medical practices, maybe even your local religious centre, and I know most of them would welcome the chance to listen to you. Be prepared not to get the answers you want though. Or maybe have someone point you towards someone else. Just be honest about how you feel.



Also, take action, which is part of what the above is all about. Finding someone to listen is just part of the action, it is actually doing something proactive that can lift you up. It may feel as if nothing can do that, but that is back to mind-set!!!. Are you someone who just gives up, or someone who is willing to look for opportunity? And that is not something set in stone. You can change your mind-set. If you have given up in the past, it does not mean you have to do that again.

HMHB now has to try and persuade the local NHS and CCG we are worth investing in, or find other ways to finance ourselves - which is not an easy thing to consider. I still believe our feedback and passion should give us a chance. But that decision is out of our hands. What we have to do is find a way to make them look again at their decision.

And that is what we all have to do when things go wrong. Look at what actions we need to take. That could be trying to change circumstances, or face up to making changes ourselves to enable us to move on. Even if that is not the result we want. Some situations are insurmountable.



Mind-set is all about our attitude to what is happening around us, and how we react to that. When life hits us between the eyes with, what we feel is, disaster, we can crawl under a rock, or we can stand tall and fight.

HMHB has to do that, and we have done that before and overcome the odds. It isn't easy. But it is necessary. I know you can do it too. Even if it feels like you cannot cope, I promise you, you can. Take action.

## NUTRITION: Lazza's Kitchen Adventure

### Bread and Butter Pudding

A Recipe from Lazza's Kitchen. - first published in weekly pack number 12  
Lazza made his first Bread and Butter Pudding from scratch

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

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

#### Ingredients

50g raisins (I used blueberries instead):

Zest and juice of one orange.

Bread - crust less white, use number of slices you need for size of dish.

Butter: 400ml milk (depending size of dish)

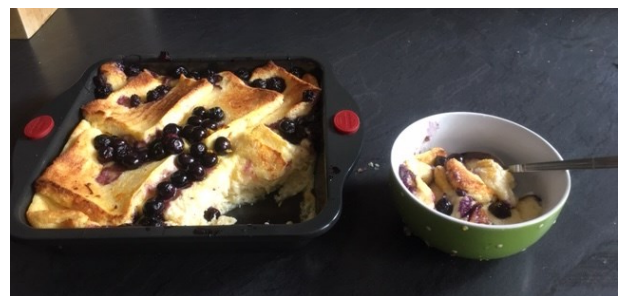
300ml double cream:

1 large egg: 3 large egg yolks

1/2 teasp. Vanilla Essence

4 tablespoon of caster sugar:

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



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

## EXERCISE/FITNESS: STRETCHING

### Warm Up/Down Stretches

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

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

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

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

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

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

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

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

Check out our other monthly packs for other stretches.

#### Triangle Pose

Stand with feet wider than hip-width apart. Keep left toes straight and rotate right thigh out until right toes point to the side. Keeping both legs straight, ground through your feet and lift through your thighs. Spread arms wide at shoulder height, roll front thigh open, and hinge at front hip. Lengthen spine toward front foot and release right palm to right shin, right ankle, or the floor. Repeat on the other side.



**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.**

#### Wall Calf Stretch

Stand facing a wall.

Shift your weight to left leg and place right toes up on the wall with heel on the floor. Rest hands on the wall for support.

Slowly lean toward the wall to feel the stretch in your calf deepen. Gently push into left leg for more depth. Hold, then repeat on the other leg.

Stretching your calves activates the muscles, stimulates blood flow, and can increase your short-term range of motion and flexibility.



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



## EXERCISE/FITNESS:

### Stretches: Page 2: More Warm Up/Down Stretches

#### Quad Stretch / Flamingo

Stand up tall and shift your weight to the right leg.  
Lift your left foot and grasp it with your left hand.  
Pull the left foot toward your butt until you feel the stretch in your quads.  
Hold the stretch for 30 seconds and repeat with the right leg. Proper Form And Breathing Pattern.  
If you need to hold on for balance, use finger tips, as finding balance is so important.

Tight quads can lead to lower back pain because they pull the pelvis down. Tight quads naturally lead to weak hamstring muscles



#### Single Leg Knee Hug

Lie down on the floor. Or you can do this standing up against a wall.

Lift your shoulders off the mat, and hover your feet in the air. Bring your right knee to your chest, and hug it toward your body with your hands. (do this if standing too)

Hold for around 10 seconds, then reverse the movement, and repeat with your left knee.

Knee Hug strengthens and tones the thighs, calves, and ankles. It stretches the hamstrings, hips, and low back.



#### High/Full Plank

Place your hands on the ground, stacking shoulders over wrists. Extend your legs outward. Engage your core. Lift your body up into a high-plank position. Make sure you keep your chest and abs taut for the duration of your plank. This allows you to understand how your core muscles work together, and also ensures proper balance. Make sure you keep your thighs activated – this is another important part to maintaining balance during a plank.

Your body should look like a straight line (save for natural contours) for the duration of your plank.

#### FULL PLANK



Thanks to Clipart for some wonder

## MIND-SET:

### Don't feel guilty for being happy.

With restrictions being lifted, being able to meet up with friends again, now allowed to travel without forms to complete, and all the other wonderful aspects of life, our mental health can improve, and we can hopefully start feeling happy again. Obviously, the pandemic itself is not over. Covid is an airborne virus and will be with us for the foreseeable future. People will still get ill, and some will very sadly die. But, as has been proven over many decades and centuries, life will carry on, in some form. It is important we embrace that.

I have just been extremely fortunate, following some compensation I received last year, to be able to take a trip away for a week to Cyprus. I count my blessings very much, although I did deserve the financial boost considering what I went through a decade ago.

The week away has helped me to focus on my own health and my own needs as well as those of HMHB, but I will also say, it has brought me some happiness. And part of me is feeling guilty about that. That I have been able to do something while others are still maybe struggling.



It is something we all can go through. And we need to embrace the good times, and good thoughts. It was not that long ago when social media was inundated with oxygen and ventilator requests and the very thought of finding personal happiness seemed rather selfish. Many of us were riddled with survivor's guilt, and are probably still dealing with it, but here's what you need to know: there's nothing wrong in experiencing happiness; it doesn't make you a 'bad' or 'insensitive' person in any way.

As we see suffering, pain, and loss all around us, we are bound to feel guilty when we experience joy. Often this is attached with a doubt of being insensitive, lacking empathy, or not respecting one's grief. This is NOT the case. Emotions do not come as standalone elements that we experience one at a time. Feeling sad does not mean there is no room for joy, and vice versa.



We already know that happiness has a positive effect on our mental health but turns out, it can also improve our physical health!

Happiness is not the absence of problems but the ability to deal with them.

You probably already know that the feeling of happiness is extremely positive. In fact, so many of us actively take steps in life to reach that state of happiness. This feeling can be hidden in the joys of everyday life or it can be about big milestones.

Being happy reduces negative thinking and helps you look at the world in a more positive light. Having a positive mindset also reflects in all areas of your life, be it staying motivated at work or putting in extra effort in your personal relationships. Turns out, happiness isn't just going to uplift your mental health but also improve your physical health!

## MIND-SET:

### Happiness affects your Health

#### **It can boost your immune system (handy in a pandemic).**

Do you know a grumpy person who always seems to be getting sick? That may be no coincidence: Research is now finding a link between happiness and a stronger immune system.

In a 2003 experiment, 350 adults volunteered to get exposed to the common cold. Before exposure, researchers called them six times in two weeks and asked how much they had experienced nine positive emotions, such as feeling energetic, pleased, and calm that day. After five days in quarantine, the participants with the most positive emotions were less likely to have developed a cold.



Some of the same researchers wanted to investigate why happier people might be less susceptible to sickness, so in 2006 they gave 81 graduate students the hepatitis B vaccine. After receiving the first two doses, participants rated themselves on those same nine positive emotions. The ones who were high in positive emotion were nearly twice as likely to have a high antibody response to the vaccine, a sign of a robust immune system. Instead of merely affecting symptoms, happiness seemed to be literally working on a cellular level.

A much earlier experiment found that immune system activity in the same individual goes up and down depending on their happiness. For two months, 30 male dental students took pills containing a harmless blood protein from rabbits, which causes an immune response in humans. They also rated whether they had experienced various positive moods that day. On days when they were happier, participants had a better immune response, as measured by the presence of an antibody in their saliva that defends against foreign substances.

#### **Happiness can lengthen our lives.**

In the end, the ultimate health indicator might be longevity, and here, especially, happiness comes into play. In perhaps the most famous study of happiness and longevity, the life expectancy of Catholic nuns was linked to the amount of positive emotion they expressed in an autobiographical essay they wrote upon entering their convent decades earlier, typically in their 20s. Researchers combed through these writing samples for expressions of feelings like amusement, contentment, gratitude, and love. In the end, the happiest-seeming nuns lived a whopping 7-10 years longer than the least happy.



You don't have to be a nun to experience the life-extending benefits of happiness, though. In a 2011 study, almost 4,000 English adults ages 52-79 reported how happy, excited, and content they were multiple times in a single day. Here, happier people were 35 percent less likely to die over the course of about five years than their unhappier counterparts.

**“If you’re reading this, Congratulations, you’re alive.  
If that’s not something to smile about, then I don’t know what is.”**



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

Since last summer, HMHB has been hosting an online quiz on Thursday evenings.

We started it as a way of bringing people together, having a laugh, and not taking things seriously. It was important that anyone could win, so we decided to make it funny, but no knowledge was required. If you enjoy the questions on this page, why not come and join us on Thursdays? If you contact us, we can send a link.

**All Answers are at the base of Page 31 - don't look till you have done the whole page!!**

### ROUND ONE: Odd One Out

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

- |  |   |   |
|--|---|---|
| 1 Not an Agatha Christie novel<br>Crooked House<br>Murder Is Easy<br>Third Girl<br>Final Curtain | 2 Not a Jellyfish species<br>Cauliflower<br>Fried Egg<br>Flower Hat<br>Demon  | 3 Is an American Actor<br>Renee Zellweger<br>Keanu Reeves<br>Kiefer Sutherland<br>Margot Robbie |
| 4 Did Not Win Best Animated Oscar<br>Shrek<br>Kung Fu Panda<br>Ratatouille<br>Finding Nemo       | 5 Not a Famous Five Book<br>Five Get Into Trouble<br>Five In A Dorset Adventure<br>Five Have Plenty Of Fun<br>Five Go Down To The Sea | 6 Not a US State Capitol<br>Seattle<br>Atlanta<br>Augusta<br>Nashville                          |

### ROUND TWO: Give Me a Number

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

1. In millions of KM, how far is the Earth from the Sun (on avg)?
2. If you were a fan of Plymouth, and travelled to and back from every away game this season, how many miles would you travel?
3. Most number of bananas peeled and eaten in one minute?
4. How many people in the original line-up of Madness?
5. What is the highest number motorway in the UK?



### ROUND THREE: When Did That Happen

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

1. When was the first London Marathon?
2. When did the first British footballer one million transfer happen?
3. When was the first Official Women's Football World Cup?
4. When was the first Xray taken?
5. Mars has two moons: When were they discovered?

### ROUND FOUR: What links the four names below? Make something up and see if right.

Olivia: Imogen: Jessica: Miranda

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

## NUTRITION:

### How does Protein break down?

**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.**

As, we have previously covered in the health packs, Protein is one of the “essential nutrients” we need for our bodies to work and we survive. But how does that actually happen?

Protein is one of a complex group of molecules that do all kinds of jobs in your body. They make up your hair, nails, bones, and muscles. Protein gives tissues and organs their shape and also helps them work the way they should. In short, protein is one of the building blocks that make you into who you are.



Protein is a very large nutrient that’s made up of smaller substances called amino acids. There are 20 amino acids, but your body can only make 11 of them. The other nine are called essential amino acids, and you can only get them through your diet. High-quality protein sources, such as meat, fish, eggs, and dairy products, contain all nine of the essential amino acids. These are also called whole proteins or complete proteins. Other protein sources, such as nuts, beans, and seeds, only contain some essential amino acids. However, you can combine some of these protein sources, such as rice and beans, to create a complete protein that contains all nine essential amino acids.

Protein digestion begins when you first start chewing. There are two enzymes in your saliva called amylase and lipase. They mostly break down carbohydrates and fats. Once a protein source reaches your stomach, hydrochloric acid and enzymes called proteases break it down into smaller chains of amino acids. Amino acids are joined together by peptides, which are broken by proteases. From your stomach, these smaller chains of amino acids move into your small intestine. As this happens, your pancreas releases enzymes and a bicarbonate buffer that reduces the acidity of digested food. This reduction allows more enzymes, such as Trypsin, Chymotrypsin, and Carboxypeptidase to work on further breaking down amino acid chains into individual amino acids.

Protein absorption also happens in your small intestine, which contains microvilli. These are small, finger-like structures that increase the absorptive surface area of your small intestine. This allows for maximum absorption of amino acids and other nutrients. Once they’ve been absorbed, amino acids are released into your bloodstream, which takes them to cells in other parts of your body so they can start repairing tissue and building muscle, and all the other wonderful jobs performed by this nutrient.

**Protein is a vital nutrient for almost every part of your body**

**It’s digested in your mouth, stomach, and small intestine before it’s released into your bloodstream as individual amino acids.**

**You can maximize the nutrients you get from protein sources by eating complete proteins and adopting certain habits, such as chewing thoroughly before swallowing**

## NUTRITION:

### How do Carbohydrates work?

Food contains three types of carbohydrates: sugar, starches and fibre. Carbohydrates are either called simple or complex, depending on the food's chemical structure and how quickly the sugar is digested and absorbed. The type of carbohydrates that you eat makes a difference. Foods that contain high amounts of simple sugars raise triglyceride levels. Triglycerides (or blood fats) are an important barometer of metabolic health; high levels may be associated with coronary heart disease, diabetes, and fatty liver.

When you eat carbs, your body breaks them down into simple sugars, which are absorbed into the bloodstream. As the sugar level rises in your body, the pancreas releases a hormone called insulin. Insulin is needed to move sugar from the blood into the cells, where the sugar can be used as a source of energy.

When this process goes fast, as with simple sugars like sugar-sweetened beverages and high-calorie desserts, you're more likely to feel hungry again soon.

When it occurs more slowly, as with a whole-grain food, you'll feel satisfied longer because it takes longer for your body to break down the complex carbohydrates in whole-grains into simple sugars. These types of complex carbohydrates give you energy over a longer period of time.



The carbs in some foods (mostly those that contain a lot of simple sugars) cause the blood sugar level to rise more quickly than others. How fast or slow carbohydrates are turned into blood glucose are measured on the glycaemic index. If you're healthy, carbohydrates turn into glucose (blood sugar), which your body uses for energy. But if your blood glucose levels become too high or too low, it could be a sign that your body can have trouble producing the insulin that it needs to stay healthy which can eventually result in diabetes.

Simple carbohydrates found in processed, refined or added sugars that do not contain any nutritional value include:

- Confectionary
- Carbonated beverages, such as coke and energy drinks
- Syrups
- Table sugar
- Added sugar

Complex carbohydrates, often referred to as “starchy” foods, include:

- Legumes
- Starchy vegetables
- Whole-grain and fiber

Try and get carbohydrates, vitamins, and other nutrients in as natural form as possible. For example, enjoy fruit instead of a soft drink and aim for whole grains instead of processed flours.

The most common and abundant forms are sugars, fibres, and starches.

Foods high in carbohydrates are an important part of a healthy diet.

Carbohydrates provide the body with glucose, which is converted to energy used to support bodily functions and physical activity.



## NUTRITION:

### Why is it important to consume fat?

I had an other wake up call this month. I had a pre-op for a Hiatus Hernia operation and I was told, in no uncertain terms, that I needed to reduce my weight. My cholesterol was too high, and my blood pressure was not exactly good either. For someone who runs a health project, and talks all the time about the importance of nutrition and exercise, I can also be doing a lot better.

Too much saturated fat in your diet can lead to high cholesterol, which increases the risk of heart disease.

A small amount of fat is an essential part of a health balanced diet. Fat is a source of essential fatty acids, which the body cannot make itself. Fat helps the body absorb Vitamin A, Vitamin D, and Vitamin E, as well as Vitamin K. These vitamins are fat-soluble, which means they can only be absorbed with the help of fats.

Any fat that's not used by your body's cells or turned into energy is converted into body fat. Likewise, unused carbohydrates and proteins are also converted into body fat. All types of fat are high in energy. A gram of fat, whether it's saturated or unsaturated, provides 9kcal (37kJ) of energy compared with 4kcal (17kJ) for carbohydrate and protein.



The main types of fat found in food are:

- saturated fats - including Trans Fats
- unsaturated fats - polyunsaturated and monounsaturated

Most fats and oils contain both saturated and unsaturated fats in different proportions. As part of a healthy diet, you should try to cut down on foods and drinks that are high in saturated fats and trans fats and replace some of them with unsaturated fats.

Cholesterol is a fatty substance that's mostly made by the body in the liver. It's carried in the blood as:

- low-density lipoprotein (LDL)
- high-density lipoprotein (HDL)

Eating too much saturated fats in your diet can raise "bad" LDL cholesterol in your blood, which can increase the risk of heart disease and stroke. "Good" HDL cholesterol has a positive effect by taking cholesterol from parts of the body where there's too much of it to the liver, where it is then disposed.

**"WHEN DIET IS WRONG, MEDICINE IS OF NO USE.  
WHEN DIET IS CORRECT, MEDICINE IS OF NO NEED."**

At HMHB, when we first set out to build awareness around nutrition, one of our major aims was not to tell people what to eat. Instead, we wanted to provide guidance on what we needed from our diets that would keep us healthy. That meant we looked more at the make up of foods. We are all old enough to choose what we like to eat. Nothing wrong with treats. But it is vital we all ensure we get a good selection of protein, carbohydrates (more complex), fats (more unsaturated), vitamins, and minerals. Do your own research. It is up to you to make sure you are giving your body the best chance to work well.

## **Nutrition: HMHB look at different Foods**

### **Today: Rice**

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

As a cereal grain, Rice is the most widely consumed staple food (dominant portion of diet) for a large part of the world's human population, especially in Asia and Africa. Behind sugarcane and maize, it has the third-highest worldwide production (738 million metric tonnes in 2019).



Rice is the most important grain with regard to human nutrition and caloric intake, providing more than one-fifth of the calories consumed worldwide by humans. There are many varieties of rice and culinary preferences tend to vary regionally.

Rice cultivation is well-suited to countries and regions with low labour costs and high rainfall, as it is labour-intensive to cultivate and requires ample water. However, rice can be grown practically anywhere, even on a steep hill or mountain area with the use of water-controlling terrace systems. Although its parent species are native to Asia and certain parts of Africa, centuries of trade and exportation have made it commonplace in many cultures worldwide.

The traditional method for cultivating rice is flooding the fields while, or after, setting the young seedlings. This simple method requires sound irrigation planning but reduces the growth of less robust weed and pest plants that have no submerged growth state, and deters vermin. While flooding is not mandatory for the cultivation of rice, all other methods of irrigation require higher effort in weed and pest control during growth periods and a different approach for fertilizing the soil.

A detailed analysis of nutrient content of rice suggests that the nutrition value of rice varies based on a number of factors. It depends on the strain of rice, such as white, brown, red, or black (or purple) varieties having different prevalence across world regions. It also depends on nutrient quality of the soil rice is grown in, whether and how the rice is polished or processed, the manner it is enriched, and how it is prepared before consumption.

- Rice is an excellent food source, low in fat and high in starchy carbohydrate.
- Rice is packed full of vitamins and minerals and provides an excellent source of vitamin E, B vitamins (thiamine, niacin) and potassium. Brown rice and basmati rice have medium or low GI values, and are not associated with increasing risk factors for weight gain and diabetes.
- Rice has been found to be very easy to digest. It is low in fat, low in cholesterol, high in starch, and has a high nutritional content.
- Rice also contains a range of important nutrients, including B and E vitamins, protein, and minerals, especially potassium which helps the body reduce toxins.
- Rice can contribute significantly to vitamin and mineral intake, although the contribution to micronutrient intake will depend on the proportion of germ, bran and endosperm consumed (i.e. the balance between brown and white rice)

**Eating Rice is a sure way to regulate your digestive system.**

**In just one ounce of raw rice bran, there are 6 grams of fibre.**

**Rice's high-fibre is essential for reducing constipation and regulating the digestive system.**

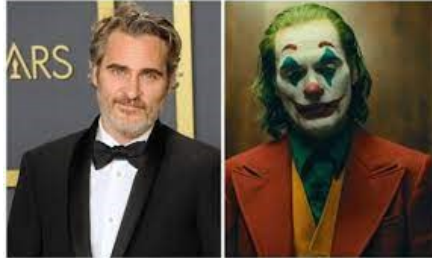
**Rice also works as a natural diuretic, which helps eliminate water from the body**



**HMHB's Name Game Page - trickier than you think.**  
**These are the last fifteen winners of the Oscar for Best Actor.**  
**Please name the actor, and the film**  
**Answers at bottom of quiz page answers (page 35)**



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15



## NUTRITION: Lazza's Kitchen Adventure

### Toad In The Hole

A Recipe from Lazza's Kitchen. - first published in weekly pack number 22  
Lazza made his first Toad In The Hole from scratch

"Dishes like toad in the hole appeared in print as early as 1762, where it was described as a "vulgar" name for a "small piece of beef baked in a large pudding". Toad in the hole was originally created as a way to stretch out meat in poor households.

Chefs therefore suggested using the cheapest meats in this dish."

#### Ingredients

Not a lot of ingredients in this recipe.

8oz / 225g Plain Flour  
300 ml of Milk  
8 Sausages  
3 Eggs  
Salt and Black Pepper  
Little bit of oil

- Preheat the oven to 200C, and in a roasting tin, add the oil and sausages and cook them until they are brown on all sides (turn occasionally). They don't have to be cooked through.
- For the batter:
- Add the flour to a large bowl, and add the salt and pepper.
- Make a well in the middle and add the three eggs and whisk them slowly into the flour.
- Once combined, add the milk gradually, whisking all the time, so that you have a smooth lump-free mix.
- Cover the batter and rest in fridge for an hour (I just realised I did not do that - it did not matter)
- Now add the batter to the browned sausages and return to the oven.
- Cook for a further 30-35 minutes until the batter is risen and golden brown.
- Bring out and serve.



I found the mixture stuck a bit to the dish, but when left to soak it washed out fine. Browning the sausages first was a good idea. It meant a great taste with the batter.



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

## EXERCISE/FITNESS

### When should I stop exercising?

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 are part of two health walks in Islington, one of these 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 have restarted our Highbury Gym sessions with Dean on Tuesdays, thanks to Mark and his team at Better, and look forward to restarting the others as soon as we possible can. Zumba also restarts in April.

We will also be resuming our two FREE outdoor sessions, just as soon as the weather improves in the Spring.

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.

For many people, just getting around to doing exercise is amazing - and most of us definitely don't do enough. We come up with as many reasons as possible to avoid it. And, this involves me too. I have been quite lax of late, and my weight issues are testament to that. But when we do get around to pushing ourselves, at what stage should we look to stop? I have seen people be physically sick before. What is the healthy option?

Clearly, if you have any issues around exercise, chat to your doctor first. And if you feel chest pains, or extreme breathlessness, then it is always best to stop. It's very important to listen to the signals that your body sends about what is happening. These signals will tell you if you are pushing yourself hard enough or if you are holding back. Unfortunately, interpreting these signals can be difficult, especially if you are new to exercise.



The human body is very good at sending out signals to get out of work, but that lazy, sluggish feeling is one that you need to ignore and push through to get to work or to keep at it. One of the biggest hurdles to working out is your mind-set. How badly do you know you need it? How badly do you want to be fitter and stronger? You need to push yourself forward.

You can experience minor fatigue during a workout, or go all the way up to that colossal muscle burn while pushing through a particularly hard workout. The middle of this range is where most newcomers tend to hover during exercise because they don't yet know how hard they can push themselves, while veterans typically get to the top of that range when they are challenging themselves.

Getting stuck in the middle of this level is where most people (especially beginners) get off track by thinking that the burning of lactic acid they feel in their muscles is bad or dangerous and that they need to limit it or avoid it all together. Even the most basic starting exercise should give you a decent amount of muscle burn while doing it. It doesn't matter if you are doing strength training, toning, cardio, or HIIT, you should always challenge yourself to "feel the burn" when you can. Some pain is natural. Many people stop when they feel this, but actually it is good for your body.

Only stop if you know you have pushed as far as you can. You can always go more next time!!!!

## EXERCISE/FITNESS:

### Core Exercises.

Core exercises help build a strong core that will keep you healthy and pain-free. Your core is your centre of gravity. A strong core allows for stronger functional movement throughout exercise and everyday life. You should constantly engage your core, whether you are doing a workout, standing in the kitchen cooking a meal, or sitting down at work. A strong core will help prevent injury and promote more efficient workouts overall.

A robust and healthy core means good posture. Good posture means a healthy body, especially a healthy back. Slumping in chairs and arching the neck at screens is horrible for posture. A healthy core helps alleviate that tendency.

Core exercises are great for improving overall balance. Running and training require a solid foundation. A strong core helps build and maintain that foundation. The core is used in virtually every movement so it makes sense to strengthen it.

When most people think of core muscles, they think of the abdominals. But the core is made up of more than 12 different muscles! They include deep core muscles as well as outer core muscles.

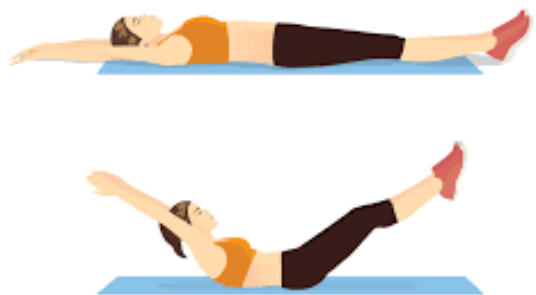
#### Hollow Man

Lie on your back with legs at 45-degrees, arms by the side and chin slightly tucked. Your back should be flat on the ground. Tuck hip bones and rib cage together and squeeze stomach, quads, and glutes. Breathe deeply to engage the diaphragm.

Pull shoulders down and away from your ears

Do not leave space between your back and the floor.

This means the core is not engaged and you are stressing the lower back.



#### High Plank

Place hands on the floor shoulder-width apart, same with legs. Keep neck neutral, slightly looking forward but at the floor.

Make sure you keep your butt tucked in, your back flat and your stomach tight to use your core muscles and avoid lower back pain.

Make sure you squeeze your legs and glutes, as they are an extension of your core. Rounding your shoulders can feel nice and helps support the lower back



**Your core stabilizes your body, allowing you to move in any direction as well as having proper balance. It helps prevent falls and supports your body. So having a strong core is beneficial to everyone because it allows your body to function properly.**

## EXERCISE/FITNESS:

### More Core Exercises for you



#### Superman Pull

Lie on your stomach with legs straight and arms above your head.

Raise your arms and legs up off the ground and engage your back and glute muscles.

Pull your elbows backwards and downwards in a “W” shape to activate your back and shoulder muscles, or pull arms directly behind you (as in pic)

Return to starting position in reverse order.

Keep looking forward to protect your neck.

Take your time. This is not an exercise to rush.

**Alongside your core muscles, this also works your Glutes, Hamstrings, Shoulders, as well as your Lats and Back.**



#### V-Ups

Lie on your back with your arms above your head  
Legs remain straight with feet together or as close together as possible,

At the same time, roll shoulders off the ground to “crunch” your stomach, and lift your legs off the ground. Try to keep them mostly straight.

Form a “V” with your body where your hands and legs come together to touch

Return back to starting position slowly

**V-ups benefit by increasing stability and strength, and they help prevent injury. These are perfect to build up your core and hip flexor strength for those weekend long runs.**



#### Leg Raises

Lying flat on your back, start with your legs in the air (90-degrees) and feet together. Arms stay flat by your sides. Keep chin tucked in. Core engaged and strong. Keep back flat on the ground. You should not be able to place a hand under your back. Slowly lower your legs to just above the floor (try not to touch it).

Return to starting position.

If additional support is needed, put your hands facing down underneath your butt

**The major muscles of your core include your transverse abdominis, multifidus, internals and external obliques, erector spinae, diaphragm, pelvic floor muscles, and (of course) your abs, the rectus abdominis.**

**Your minor core muscles include your lats, traps, and glutes.**



## EXERCISE/FITNESS: Still working that Core.



### Ankle Touches

Lie flat on your back with your knees bent.

Arms remain straight down by sides.

Lift upper back and head off the floor (tuck chin in but do not curl shoulders forward. Keep spine neutral).

Using oblique core muscles to bend, reach with the right hand down to reach the right heel slowly and return to starting position.

Repeat on left side. Try and imagine an orange under your chin, so keep looking upwards.

**Adding alternate heel touchers to your workout routine helps to target the oblique muscles. The obliques are located on the side and front of the abdomen and strengthening these muscles can help tighten the entire side ab wall effectively.**



### Bicycle Crunches

Lie on your back and lift legs off the ground so there is a 90-degree angle at the hip and knee joints. Place hands behind your head but keep elbows out wide. Lift head and upper back off the ground and engage core muscles. Use obliques to perform a “crunch” motion while bringing right elbow and left knee close together at the same time. While making this motion, straighten the right leg. Return to start position. Repeat.

**One common mistake is to perform Bicycle Crunches too fast. This is not a speedy exercise despite what you see in some gyms! Keep it in slow motion. it should take about 2 seconds for your right elbow to meet your left knee.**



### Starfish Crunch

Lie flat on your back in an “X” shape.

Leading with your right arm, roll your upper back off the floor into a cross-body crunch motion.

While leaning up, bring your left leg straight up (keeping it mostly straight), and reach your right hand to meet left ankle.

Return to start. Repeat on opposite side.

Try to keep your legs as straight as possible.

**Core exercises train the muscles in your pelvis, lower back, hips and abdomen to work in harmony.**

**This leads to better balance and stability, whether on the playing field or in daily activities. In fact, most sports and other physical activities depend on stable core muscles.**

## Lazza's Page of Fascinating Facts

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 for this month.

### **The Eiffel Tower was nearly taken down.**

Believe it or not, The Eiffel Tower in Paris was only meant to be a temporary monument. It was France's way of demonstrating its superior technological and construction skills. However, when it was constructed in 1889, it was extremely unpopular. Residents and senior figures protested against it, and the media called it a 'useless monstrosity'.



### **Incredible Twins coincidence**

A set of twins from Ohio who were separated at birth grew up without any knowledge of each other's existence. When they eventually met, they found their lives did however share a number of strange similarities. They were both named James on their adoptions, they both grew up to be police officers, and both of them married women named Linda. But that's not all. Each had a son, one named James Allan and the other one named James Alan, and each also had a dog named Toy. Both brothers later got divorced, and both ended up remarrying women named Betty!



### **The Post-It Note was invented by accident**

Spencer Silver, a researcher in 3M Laboratories was trying to make a strong adhesive. While working away, Silver created an adhesive that was rather weaker than what already existed. It stuck to objects but could be pulled off easily without leaving a mark. No one thought there was any use for such a product, until another scientist, Art Fry, realised that the little pieces of paper made great bookmarks for his church songs without leaving residue on the page. The rest, as they say, is history.



### **Finally, some incredible facts about your body.**

If they were laid end to end, all of the blood vessels in the human body would encircle the Earth four times.

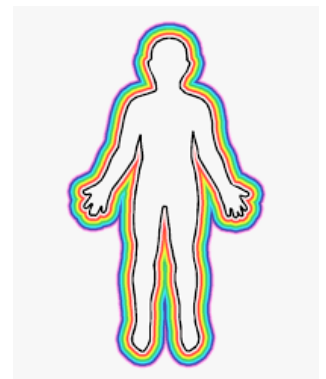
They believe goose bumps evolved to make our ancestors' hair stand up, making them appear more threatening to predators.

Humans are the only animals with chins.

Your tongue is made up of eight interwoven muscles, similar in structure to an elephant's trunk or an octopus's tentacle.

You are about 1cm taller in the morning when you first get up than when you go to bed. This is because during the day the soft cartilage between your bones gets squashed and compressed.

The entire surface of your skin is replaced every month, which put another way means you have about 1,000 different skins in your life!



## HEALTH / ROUTINE

### Talk about our Eyes

#### Why do we blink?

There are two main reasons.

First, blinking clears away particles from the eyes. If there's a foreign body, it helps get rid of it. It might be under the eyelid or something that blew in.

Second, blinking lubricates the eyeballs. The eyes need a smooth surface for light to properly focus on, so vision doesn't become blurry. Blinking releases a tear film, which mostly consists of water, oil, and mucus, to keep the surface of the eyeball smooth.

It also prevents the eye from drying out, which can be uncomfortable. When you have a large area of dryness, it almost feels like a scratch on your cornea, which is the eye's outer protective layer. This can be very painful, because there are many nerve endings in the cornea.



The tear film also supplies oxygen to the eye. Blood vessels don't reach the cornea, but the tear film directly transfers oxygen to it. The film also contains enzymes that fight bacteria and help prevent the eye from becoming infected.

Blinking helps during emotional times, too. When you cry, you blink more often to clear away the tears. This prevents them from building up a lake on the eye, which could blur vision.

Blinking is a reflex. It happens involuntarily, but you can also make yourself blink. It takes the average person 400 milliseconds to blink. Most people blink somewhere between 10 and 20 times per minute, usually around 15 or 16 times.

#### Why do I have eyebrows?

If you have been running around on a hot day, you might notice some sweating on your forehead. The shape of the bones and skin around the eyebrows helps direct the sweat toward the side of our faces. That stops water from running directly into our eyes.



How our eyebrow hairs are lined up, and the direction they grow in, also help protect our eyes from sweat, as well as from dirt, dust and water. In fact, when dust lands on our eyebrows, we often blink automatically to get rid of the dust. Even if dust lands on one eyebrow, we can't help blinking both eyes.

Our eyebrows also shade our eyes from bright lights. The eyebrow hairs stick out from our face, which reduces the amount of sunlight entering our eyes. And when we've had a tiring day, or when we're asleep, eyebrows help us relax our eyes. They reduce strain on our eye muscles and help us shut our eyelids.

Moving our eyebrows can also tell people if we're happy, confused, sad or upset. These expressions help us communicate. So, eyebrows can tell a story without saying a word. How quickly we move our eyebrows also matters. When we're sad, we move our eyebrows slowly. When we're angry, we move them faster. And when we're happy, we move them the fastest.

## HEALTH / ROUTINE

### Talk about our Tongue

Has anyone ever told you that the tongue is a muscle? Well, that's only partly true: The tongue is really made up of many groups of muscles. These muscles run in different directions to carry out all the tongue's jobs.

The front part of the tongue is very flexible and can move around a lot, working with the teeth to create different types of words. This part also helps you eat by helping to move food around your mouth while you chew. Your tongue pushes the food to your back teeth so the teeth can grind it up.

The muscles in the back of your tongue help you make certain sounds, like the letters "k" and hard "g" (like in the word "go"). Try saying these letters slowly, and you'll feel how the back of your tongue moves against the top of your mouth to create the sounds.

The back of your tongue is important for eating as well. Once the food is all ground up and mixed with saliva, the back muscles start to work. They move and push a small bit of food along with saliva into your oesophagus, which is the food pipe that leads from your throat to your stomach.

#### Can I swallow my tongue?

Look in the mirror at what's under your tongue and you'll see your "Frenulum". This is a membrane (a thin layer of tissue) that connects your tongue to the bottom of your mouth. In fact, the whole base of your tongue is firmly anchored to the bottom of your mouth, so you could never swallow your tongue even if you tried!

#### Why is my tongue bumpy?

Look at your tongue again, but this time look closely at the top of it. Notice how it's rough and bumpy, not like the underside, which is very smooth. That's because the top of your tongue is covered with a layer of bumps called "Papillae". Papillae help grip food and move it around while you chew. And they contain your taste buds, so you can taste everything from apples to chicken. People are born with about 10,000 taste buds. But as a person ages, some of his or her taste buds die. (An older person may only have 5,000 taste buds!) That's why some foods may taste stronger to children than they do to an adult.

So how do you know how something tastes? Each taste bud is made up of taste cells, which have sensitive, microscopic hairs called microvilli. Those tiny hairs send messages to the brain, which interprets the signals and identifies the taste for you.

Identifying tastes is your brain's way of telling you about what's going into your mouth, and in some cases, keeping you safe. Have you ever taken a drink of milk that tasted funny? When the milk hit the taste buds, they sent nerve impulses to your brain: "Milk coming in, and it tastes funny!" Once your brain unscrambled the nerve impulses, it recognized the taste as a dangerous one, and you knew not to drink the milk.

Some things can make your taste bud receptors less sensitive, like cold foods or drinks. An ice lolly made from your favourite juice won't taste as sweet as plain juice. If you suck on an ice cube before you eat a food you don't like, the odds are you won't notice the bad taste.





## HEALTH / ROUTINE

### Why do we have lips?

#### Food

Because they have their own muscles and bordering muscles, the lips are easily movable. Lips are used for eating functions, like holding food or to get it in the mouth. In addition, lips serve to close the mouth airtight shut, to hold food and drink inside, and to keep out unwanted objects.

Through making a narrow funnel with the lips, the suction of the mouth is increased. This suction is essential for babies to breast feed. Lips can also be used to suck in other contexts, such as sucking on a straw to drink liquids.



#### Speech

The lips serve for creating different sound, and thus are an important part of the speech apparatus. The lips enable whistling and the performing of musical instruments such as the trumpet, clarinet, flute, and saxophone. People who have hearing loss may unconsciously or consciously lip read to understand speech without needing to perceive the actual sounds.

#### Tactile

The lip has many nerve endings and reacts as part of the tactile (touch) senses. Lips are very sensitive to touch, warmth, and cold. It is therefore an important aid for exploring unknown objects for babies and toddlers.

#### Sexual Attraction

Because of their high number of nerve endings, the lips are an erogenous zone. The lips therefore play a crucial role in kissing and other acts of intimacy.

A woman's lips are also a visible expression of her fertility. In studies performed on the science of human attraction, psychologists have concluded that a woman's facial and sexual attractiveness is closely linked to the makeup of her hormones during puberty and development. Contrary to the effects of testosterone on a man's facial structure, the effects of a woman's oestrogen levels serve to maintain a relatively "childlike" and youthful facial structure during puberty and during final maturation. It has been shown that the more oestrogen a woman has, the larger her eyes and the fuller her lips, characteristics which are perceived as more feminine.

Surveys performed by sexual psychologists have also found that, universally, men find a woman's full lips to be more sexually attractive than lips that are less so. A woman's lips are therefore sexually attractive to males because they serve as a biological indicator of a woman's health and fertility. A woman's lipstick, or collagen lip enhancement, attempts to take advantage of this fact by creating the illusion that a woman has more oestrogen than she actually has, and thus that she is more fertile and attractive.

Lip size is linked to sexual attraction in both men and women. It is agreed that women are attracted to men with masculine lips, that are more middle size and not too big or too small; they are to be rugged and sensual. In general, the researchers found that a small nose, big eyes, and voluptuous lips are sexually attractive both in men and women. The lips may temporarily swell during sexual arousal due to engorgement with blood.

## HEALTH / ROUTINE

### Why do I have fingernails?

Fingernails are present in all primates, including humans, monkeys, and apes, to support our fingertips. When taking proportions into account, our fingertips are wider on average than those of most other primates.

Fingernails play several important roles in the body that may provide a sign as to why we have them. These include:

**Strengthening.** The hard, outer covering on the tips of the fingernails makes the fingertips one of the strongest parts of the hand. This makes performing everyday tasks, including gripping, less risky. The fingernails have many small blood vessels to supply them, and can maintain their blood flow even when you're gripping something very tightly.

**Protection.** Having a fingernail covering can prevent viruses and bacteria from entering the body. If a person's nail bed is disrupted, they may be more at risk for nail infections.

**Enhancing fine movements.** The fingernails enhance your ability to scratch and separate, such as pages in a book or hairs on your head. A person can also use their fingernails to pick up items.

**Sensation.** While you may not think of the nails as being as sensitive as your fingertips, there's an intricate network of nerves underneath the nail. While a person doesn't have to have fingernails to survive, they can certainly help with many tasks.



Fingernails comprise three layers of tissue called "Keratin". Keratin is a tissue type that has amino acid proteins and is naturally present in your hair and nails. It's also a component found in other animals, including horse hooves, and the horn of the Rhino.

The way keratin cells link to form together can influence the consistency and feel of the fingernails. For example, the nail layers are made of soft, moderately hard, and hard keratin. These all come together to create the protective shield you know as your fingernails. While the keratin cells are no longer living (which is why you can trim your fingernails and toenails), they represent formerly living cells that needed nutrients and proteins to survive. When you consider this, it's easy to see how deformities in the nails can indicate potential underlying problems, such as nutritional deficiencies.

Common disorders that may indicate underlying health conditions include the following:

**Clubbing.** This causes an extreme curve and rounding appearance to the fingernails and could indicate low oxygen levels, including chronic lung disorders.

**Concavity.** Also known as koilonychia, concavity occurs when the nails bend up at the sides, making a U shape instead of a traditional C shape. This can occur in people who have a chronic iron deficiency.

**Pincer.** Pincer nails are very rounded, almost as if the nail side edges are trying to touch. Aging is a common cause as is taking certain medications, such as beta-blockers.

**Pitting.** Pitting causes multiple, shallow depressions in the nail area. This symptom can be the result of conditions such as alopecia areata or psoriasis.

**Horizontal lines.** The fingernails naturally have up-and-down lines. When lines appear side-to-side and have a whitish, pale tone to the nail plate, doctors call these Muehrcke's lines. People who have low albumin levels, an essential protein that helps maintain fluid balance and transport substances in the body, may have these lines.

## LET'S PLAY A GAME

### Plus quiz answers from Page 15

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

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

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

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

Name 10:

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

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

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

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

**It arises out of comprehension.**

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

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

**HOW'D WE DO?**

Answers to Fun Quiz from Page 15

Round One: 1 Final Curtain: 2 Demon: 3 Renee Zellweger: 4 Kung Fu Panda  
5 Dorset Adventure: 6 Seattle

Round Two: 1, 150 million km: 2, 9925 miles: 3, 8: 4, 7: 5, M898

Round Three: 1, 1981: 2, 1979: 3, 1991 (unofficial since 1970); 4, 1895: 5, 1877

Round Four: Link: All four girl's names were invented by William Shakespeare.

## NUTRITION: Lazza's Kitchen Adventure

### Beef and Mushroom Pie

A Recipe from Lazza's Kitchen. - first published in weekly pack number 15  
Lazza made his first Beef And Mushroom Pie from scratch

According to Wikipedia.

Meat pie is found in the Neolithic Period, around 9500 BC.

The ancient Egyptians' diet featured basic pies made from oat, wheat, rye, and barley, and filled with honey and baked over hot coals.

The Greeks used a flour-water paste resembling pie pastry, and filled it with meat.

#### Ingredients

- 2 tbsp. vegetable oil: 500g/1lb 2oz beef mince
- 1 onion chopped
- 1 tbsp. tomato purée 1½ tbsp. plain flour, plus extra for dusting
- 75g/2½oz mushrooms, chopped
- 250ml/9fl oz. stout or beef stock
- Dash Worcestershire sauce
- 400g/14oz ready-made shortcrust pastry
- 1 free-range egg yolk only, lightly beaten

- Preheat the oven to 200C/400F/Gas 6.
- Heat the oil in a deep frying pan and fry the beef mince for 4-5 minutes.
- Add the onion and cook for 2-3 minutes
- Then stir in the tomato purée and cook for 2-3 more minutes.
- Stir in the flour and cook for a further minute, then add the chopped mushrooms, the stout or beef stock and a couple of dashes of Worcestershire sauce.
- Bring to the boil, then reduce the heat.
- Cover the pan with a lid and leave to simmer for 20 minutes and then turn into one litre pie dish.
- Roll out the pastry. Drape over the dish and trim the edges.
- I created a little leaf design on top, and then brushed the pastry with the beaten egg yolk.
- Bake in the oven for 20-25 minutes, or until golden brown.
- Serve nice and hot. Wow!! It was lovely.



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



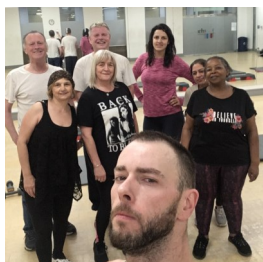
## Why not try an exercise class!!!

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

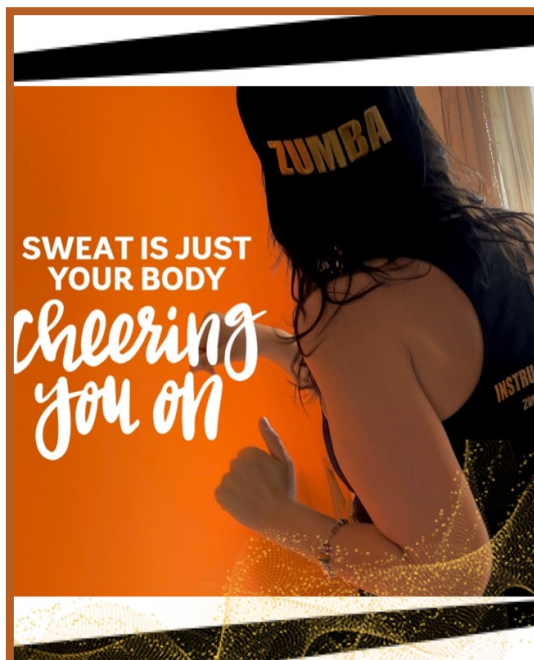
HMHB is restarting our Zumba indoors in April 2022, and outdoors on Highbury Fields in June 2022.

Karina is based in Islington, but her online classes are fabulous.

Please contact her.  
They are fun, but also great for your overall health. Treat yourself!!  
[yummymummyzumba@gmail.com](mailto:yummymummyzumba@gmail.com)



# ZUMBA



### ACTIVE WITHIN

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

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

HMHB Izzwalkz is part of the "Walk With A Doc" network.

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

[Check out their website for more information.](http://www.walkwithadoc.org)

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

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

[www.walkwithadoc.org](http://www.walkwithadoc.org)



### HEALTHY GENERATIONS PILATES

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

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

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

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

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

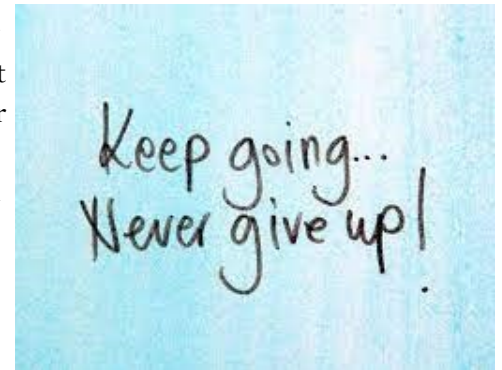
**Saturday 9.30-10.30am:**  
**Beginners Pilates**

[hello@emmaahlstrom.com](mailto:hello@emmaahlstrom.com)  
[www.emmaahlstrom.com](http://www.emmaahlstrom.com)

## Review of Challenges and Targets

### Mind-set:

All of us come across times when we feel that we have been let down, or that we cannot carry on. It feels there is no way to be a success. But that is part of the challenge of life. We need to find a way to keep fighting for what we believe in. There is no guarantee of success of course. But action is better than shutting ourselves away. HMHB experienced this in February and March. We found it tough, so we empathise. But we are continuing our fight. You can do the same.



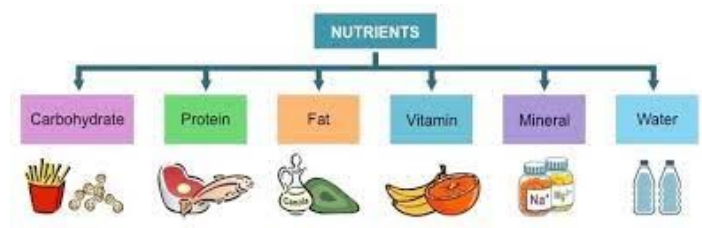
### Nutrition.

We took another look at the essential nutrients. That means that we have to include Carbohydrates and Fats in our diets, just a lot more of the right kind.

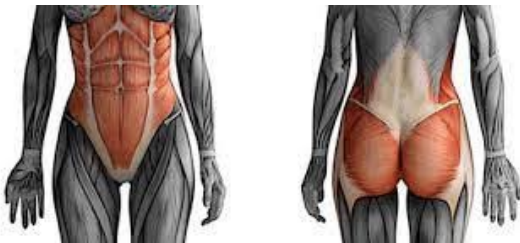
With carbs, that the body uses for energy, it is vital we consume more complex carbs than simple ones.

With Fats we need more unsaturated than saturated, especially less Trans Fats.

Your diet is up to you. You decide what you eat. I myself have failed a lot recently, my weight has increased. I also struggle.



### Exercise.



Weak, tight, or unbalanced core muscles can undermine your health, affecting balance, stability, and strength. And while it's important to build a strong core, it's unwise to aim all your efforts at developing rippling abs. Overtraining abdominal muscles while snubbing muscles of the back and hip can set you up for injuries and cut athletic prowess. We have shown several exercises that work all the muscles of your Core, including obliques and glutes. A strong core is a sign of good health. Make sure you work them during the week.

### Health.

This week we looked at a few of your body parts, around the eyes, lips, tongue and fingernails.

All of these we take for granted but, like everything to do with our bodies, they are actually incredible additions to humans, with various jobs to complete.

This is another reason we all need to make sure we exercise, eat healthy, and get outdoors. Your body needs you to look after it, every part, be that eyebrows or lips. That is your choice.

Why not make the next month one in which you make real changes.



**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 + Actors and films from Page 20

See if you can beat your family and friends

### Television.

Here are those Television crime solvers?

1. K: Telly Savalas
2. JJH: Robert Wagner / Stefanie Powers
3. DS: Paul Michael Glaser
4. RS: Pierce Brosnan
5. JT: Helen Mirren
6. C&L: Sharon Gless / Tyne Daly
7. AM: Tony Shalhoub
8. JF: Angela Lansbury
9. C: Peter Falk
10. M&L: John Thaw / Kevin Whatley
11. JL: Idris Elba
12. JF: David Jason
13. JC: Alan Davies

### Music

These are the acts who sang the songs from  
Now That's What I Call Music 10: 1987

1. Freddie Mercury / Montserrat Caballe
2. The Communards
3. MAARS
4. T'Pau
5. Billy Idol
6. Wet Wet Wet
7. Los Lobos
8. Bananarama
9. Nina Simone
10. Whitesnake
11. Kiss
12. The Pogues, feat Kirsty MacColl
13. A.B.C.

**Film:** These are the list of actors in starring roles, and the year the films were released.

- |             |       |                       |
|-------------|-------|-----------------------|
| 1. WW&TCF:  | 1971: | Gene Wilder           |
| 2. FG:      | 1994: | Tom Hanks             |
| 3. JW:      | 2014: | Keanu Reeves          |
| 4. RFB:     | 1982: | Sylvester Stallone    |
| 5. H:       | 2001: | Anthony Hopkins       |
| 6. HP&TPS:  | 2001: | Daniel Radcliffe      |
| 7. TH:AUJ   | 2012: | Martin Freeman        |
| 8. SL:      | 1993: | Liam Neeson           |
| 9. AIW:     | 2010: | Mia Wasikowska        |
| 10. TTS:    | 1998: | Jim Carrey            |
| 11. JM:     | 1996: | Tom Cruise            |
| 12. ES:     | 1990: | Johnny Depp           |
| 13. TT:     | 1984: | Arnold Schwarzenegger |
| 14. C&TCF:  | 2005: | Freddie Highmore      |
| 15. B:      | 1988: | Michael Keaton        |
| 16. RH:POT: | 1991: | Kevin Costner         |
| 17. T:      | 1982: | Dustin Hoffman        |

### Geography

15 most populated UK cities are:

London, Birmingham, Liverpool, Nottingham,  
Sheffield, Bristol, Glasgow, Leicester,  
Edinburgh, Leeds, Cardiff, Manchester  
Stoke-On-Trent, Coventry, Sunderland

QUIZ ANSWERS

### List of Oscar Winning Actors and the film - from Page 20 (it's meant to be tricky - how well did you do?)

- |   |  |
|---|--|
| 1 Anthony Hopkins: The Father                 | 2 Joaquin Phoenix: The Joker             |
| 3 Rami Malek: Bohemian Rhapsody               | 4 Gary Oldman: Darkest Hour              |
| 5 Casey Affleck: Manchester By Sea            | 6 Leonardo De Caprio: Revenant           |
| 7 Eddie Redmayne: Theory Everything           | 8 Mathew McConaughey: Dallas Buyers      |
| 9 Daniel Day Lewis: Lincoln                   | 10 Jean Dujardin: The Artist             |
| 11 Colin Firth: The King's Speech             | 12 Jeff Bridges: Crazy Heart             |
| 13 Sean Penn: Milk                            | 14 Daniel Day Lewis: There will be blood |
| 15 Forest Whitaker: The Last King Of Scotland |  |

### History:

The 12 British Monarchs  
in order from 1707 are:

Anne, George I:  
George II  
George III: George IV  
William IV: Victoria  
Edward VII: George V  
Edward VII: George VI  
Elizabeth II

# THE LAST PAGE

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

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

You can contact HMHB:

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

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

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

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

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

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

Please follow and like our blogs:

[www.hmhb2016.blogspot.com](http://www.hmhb2016.blogspot.com) ; this about HMHB as a whole

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

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

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

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

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

We also thank the National Lottery Communities Fund for extra funding, that enabled us to continue packs last year, to reach further and do more.



ISLINGTON

*Cripplegate Foundation Helping since 1500*

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