

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 32

Focus on:

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

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*1st January 2025*



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



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

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“It does not matter if you are a frog or a pig or a bear or a person. It does not matter if you are a big fish in a little pond, or a little fish in a big pond - you are you and you matter.” - Kermit The Frog

*Welcome to Issue 32 of Healthy Minds, Healthy Bods' New Monthly Health Packs.*

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

We then went monthly for 7 issues.

This is our new venture for 2022/2023/2024. A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

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

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

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

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

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



Here are a few photos from our Sadlers Wells Trip to see the amazing Matthew Bourne's SWAN LAKE in December.

HMHB has delivered across Islington and beyond.

HMHB get referrals from the NHS and other local projects.

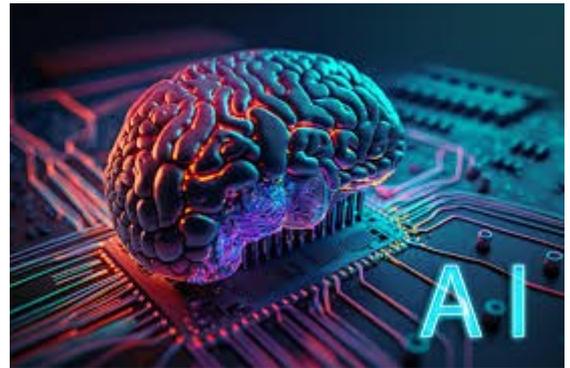
Lots of outings, social events, terrific exercise sessions, new walks and our unique courses. HMHB delivers to all.

## HEALTH NEWS AND RESEARCH PAGE

### Can Artificial Intelligence Diagnose Depression?

Depression is one of the most common mental illnesses. According to experts, as many as 280 million people worldwide are affected by this disease (I think probably higher), which is why researchers at Kaunas University of Technology (KTU), Lithuania, have developed an artificial intelligence (AI) model that helps to identify depression based on both speech and brain neural activity. This multimodal approach, combining two different data sources, allows a more accurate and objective analysis of a person's emotional state, opening the door to a new phase of depression diagnosis.

"Depression is one of the most common mental disorders, with devastating consequences for both the individual and society, so we are developing a new, more objective diagnostic method that could become accessible to everyone in the future," says Rytis Maskeliūnas, a professor at KTU and one of the authors of the invention. Scientists argue that while most diagnostic research for depression has traditionally relied on a single type of data, the new multimodal approach can provide better information about a person's emotional state.



This combination of speech and brain activity data achieved an impressive 97.53% accuracy in diagnosing depression, significantly outperforming alternative methods. "This is because the voice adds data to the study that we cannot yet extract from the brain," explains Maskeliūnas.

According to Musyyab Yousufi, KTU PhD student who contributed to the invention, the choice of data was carefully considered: "While it is believed that facial expressions might reveal more about a person's psychological state, but this is quite easily falsifiable data. We chose voice because it can subtly reveal an emotional state, with the diagnosis affecting the pace of speech, intonation, and overall energy."

In addition, unlike electrical brain activity (EEG) or voice data, the face can directly identify a person's state of severity up to certain extent. "But we cannot violate patients' privacy, and also, collecting and combining data from several sources is more promising for further use," says the professor at KTU Faculty of Informatics (IF).

Maskeliūnas emphasises that the used EEG dataset was obtained from the Multimodal Open Dataset for Mental Disorder Analysis (MODMA), as the KTU research group represents computer science and not the medical science field. "The main problem with these studies is the lack of data because people tend to remain private about their mental health matters," he says.

Another important aspect mentioned by the professor of the KTU Department of Multimedia Engineering is that the algorithm needs to be improved in such a way that it is not only accurate but also provides information to the medical professional on what led to this diagnostic result. "The algorithm still has to learn how to explain the diagnosis in a comprehensible way," says Maskeliūnas.

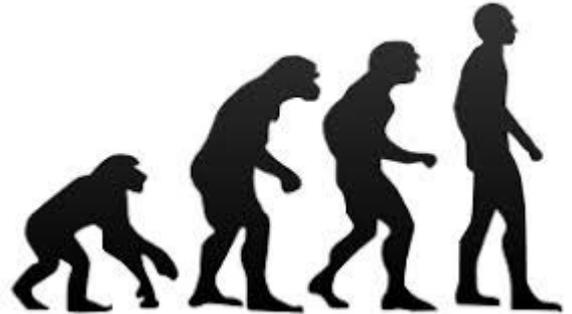
According to a KTU professor, due to the growing demand for AI solutions that directly affect people in areas such as healthcare, finance, and the legal system, similar requirements are becoming common. This is why explainable artificial intelligence (XAI), which aims to explain to the user why the model makes certain decisions and to increase their trust in the AI, is now gaining momentum.

## HEALTH NEWS AND RESEARCH PAGE: Why Have Humans Lost Their Body Hair?

Orangutans, mice, and horses are covered with it, but humans aren't. Why we have significantly less body hair than most other mammals has long remained a mystery. But a first-of-its-kind comparison of genetic codes from 62 animals is beginning to tell the story of how people, and other mammals, lost their hair.

Humans appear to have all the genes for a full coat of body hair, but evolution has disabled them, scientists at University of Utah Health and University of Pittsburgh report in the journal *"eLife"*. The findings point to a set of genes and regulatory regions of the genome that appear to be essential for making hair.

The research answers fundamental questions about mechanisms that shape this defining human characteristic. The scientists suspect it could eventually lead to new ways to recover hair after balding and chemotherapy, or in people with disorders that cause hair loss.



The study goes on to show that nature has deployed the same strategy at least nine times in mammals that sit on different branches of the evolutionary tree. Ancestors of rhinos, naked mole rats, dolphins, and other hairless mammals stomped, scuttled, and swam along the same path to deactivate a common set of genes in order to shed their hair and fur.

"We have taken the creative approach of using biological diversity to learn about our own genetics," says Nathan Clark, Ph.D., a human geneticist at University of Utah Health who carried out much of the research while at the University of Pittsburgh with Amanda Kowalczyk, Ph.D., and Maria Chikina, Ph.D. "This is helping us to pinpoint regions of our genome that contribute to something important to us."

Whether talking about a monkey's coarse body hair or a cat's soft fur, hairiness looks different across the animal kingdom. The same goes for hairlessness. Humans have a characteristic tuft of hair on our heads, but because our body hair is less conspicuous, we fall into the "hairless" category. Joining us are other mammals with hints of hair like elephants with their sparse covering, sheer-coated pigs, and moustachioed walruses.

There are benefits to having a receding hairline. Without dense hair, elephants cool off more easily in hot climates and walruses glide effortlessly in the water. Despite the varied reasons, analysis by Kowalczyk found that these and the other hairless mammals analysed have accumulated mutations in many of the same genes. These include genes that code for keratin and additional elements that build the hair shaft and facilitate hair growth.

Regulatory regions of the genome appear to be equally important, the research additionally showed. These regions don't code for structures that make hair but rather influence the process indirectly. They guide when and where certain genes turn on and how much is made.

Clark and colleagues are now using the same approach to define genetic regions involved in preventing cancer, extending lifespan, and understanding other health conditions. "This is a way to determine global genetic mechanisms underlying different characteristics," Clark says.

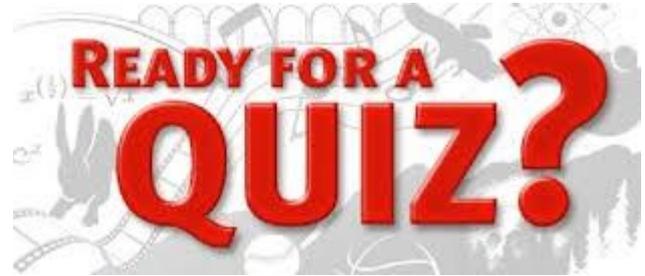
**Lazza's Fiendishly Hard Quiz Spectacular!!!**  
**It's meant to take some time, and make you think.**  
**Answers are on page 39 this week (no peeking)**

**Places:** According to WorldPopulationReview, what are the top twenty US states by size of population.

Yes, it's another tough one!!

**Books:** Name the Author of these Novels, and the year published.

1. Chitty Chitty Bang Bang
2. Dune
3. Airport
4. The Spy Who Came In From The Cold
5. Watership Down
6. The Day Of The Jackal
7. Hitchhiker's Guide To The Galaxy
8. It
9. The Bourne Identity
10. The Hunt For Red October
11. The Secret Diary Of Adrian Mole 13¾
12. A Game Of Thrones
13. American Psycho



**MOVIES:** Can you name these Best Picture Oscar Winners from the year it won plus the stars of the film?

1. 2017: Sally Hawkins, Octavia Spencer
2. 2007: Javier Bardem, Tommy Lee Jones
3. 1988: Dustin Hoffman, Tom Cruise
4. 1964: Audrey Hepburn, Rex Harrison
5. 1957: Alec Guinness, Sessue Hayakawa
6. 1973: Robert Redford, Paul Newman
7. 1998: Joseph Fiennes, Gwyneth Paltrow
8. 2023: Cillian Murphy, Robert Downey Jr
9. 1981: Ben Cross, Ian Charleson
10. 1942: Humphrey Bogart, Ingrid Bergman
11. 1968: Mark Lester, Ron Moody
12. 2008: Dev Patel, Freida Pinto
13. 2019: Lee Sun-Kyun, Cho Yeo-Jeong
14. 1976: Sylvester Stallone, Carl Weathers
15. 1962: Peter O'Toole, Omar Sharif
16. 1997: Kate Winslet, Leonardo DiCaprio
17. 2022: Michelle Yeoh, Ke Huy Quan

**Pop:** Who originally sang these songs released in 1978?

1. Roxanne
2. Sultans of Swing
3. Wuthering Heights
4. Do You Think I'm Sexy
5. Don't Stop Me Now
6. Three Times A Lady
7. He's The Greatest Dancer
8. Grease
9. Blame It On The Boogie
10. I'm Every Woman
11. Hit Me With Your Rhythm Stick
12. Summer Night City
13. Rasputin
14. Mr Blue Sky



**The World:**

There are 12 Sovereign States in South America (Countries).

Can you name all twelve alongside their Capital Cities?

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

## HMHB Activity: Photos and Events from December 2024



Five of our group were delighted to join up with the Sadlers Wells Community Engagement Group for their Christmas Party at the Islington venue. It's been a terrific year of events, and over 25 different people attached to HMHB have managed to enjoy the various sessions that were on offer.

We are already looking forward to the new year, which includes our first visit to the new Sadlers venue opening in the Queen Elizabeth Olympic Park. As well as plenty of Friday community events too.

We had a guest Personal Trainer lead a couple of sessions when Lazza was away on holiday, so we have to thank Anna for running our class.

It has been a terrific year for our exercise, with more and more people attending. We are looking to relaunch our Saturday sessions too.

I love our group, who are inspiring and keep me on my toes. Well done all!!!



A special photo for our walks entry this month. This is our walkers on Boxing Day after we had completed a couple of laps of Highbury Fields (we also do walks in Finsbury Park and Clissold Park), We ended up for coffee together and have to thank our wonderful Justin for the fab photo. Getting outside for walks is not just about fitness, but it is also very important for our social health. So make 2025 a year you get outdoors more.

We offer our heartfelt thanks to Nigel and his team at Highbury Roundhouse for inviting our group to the Over 55s Christmas Dinner.

The new venue is super, and it was my first time to actually get a chance to experience it.

The three course meal (soup, Christmas Dinner, Christmas Pudding) was delicious. There was alcohol and non-alcohol drinking options, and we danced to the DJ too.

One of the joys of running a community based project is mixing with other organisations, and we have built up a great network of friends.



## HMHB Activity: Photos and Events from December 2024



We had an amazing treat this year as we saw Matthew Bourne's Swan Lake. This astonishing production was at Sadlers Wells, with Lazza booking the tickets in January. The music and dancing were, of course, superb, and our group of 23 had a wonderful time. We have been lucky to see some extraordinary plays, ballets, musicals this year. It makes such a difference to your mental health to enjoy social events with others.

We popped along to the Tower Theatre in Stoke Newington to catch the play The Chimes - a Charles Dickens adaptation written a year after A Christmas Carol with similar themes. The amateur production had good acting and singing and we will be going back to the venue. It's always good to support local theatre.



We took a group of 20 to the Peacock Theatre to see the enthralling production of The Snowman, based on the Briggs book. Was terrific to see it all come to life on stage, with great music and dancing. Our attendees definitely enjoyed the show and we have to thank the Sadlers Wells Community Engagement team for all their fantastic efforts over this year, and we look forward to more in the months ahead in 2025.

We enjoyed a captivating performance of Hansel and Gretel at the Globe Theatre. Here our group of nine are huddling together, but the damp and cold mattered not. It was just about an hour long, and we had our usual standing tickets, but we loved the story. HMHB have enjoyed lots of fantastic Shakespeare performances over the last two years, and we are looking forward to seeing what the 2025 Season produces for us.



## HMHB Activity: Photos and Events from December 2024

We had our first ever Christmas Social Gathering Event, with great thanks to Win and Rob for allowing us to use their house as a venue, and over the afternoon we managed to squeeze in around 25 different people. Here are just a few of the photos from the event.

One of the beautiful things about running HMHB is meeting terrific people, who become your friends, and people you enjoy being around and can meet like this, over a glass of wine, and lots of nibbles. I feel humbled and privileged to have these amazing people around me, as they enrich my life, and make it far happier. Whatever you do, find people around you that you love to meet up with.



Our Pantomime this year was the excellent production of Pinocchio (I had never seen this story done as pantomime before), which was on at the Theatre Royal Stratford.

The cast were wonderful, and somehow when I booked this back in April 2024 I managed to get the whole of the front row!

This meant that our Gill was asked onto stage, and our Lazza interacted with the actors too.

Being able to offer these events (five theatre shows in December) makes a huge difference to people, some of whom in our group are going through serious health issues, or have overcome some difficult times. The social aspect of these events can be very understated. I am looking forward to plenty more in 2025.

### LOOKING FORWARD TO 2025

This is a pivotal year for HMHB. We want to work with the Shaw Trust and DWP and be an integral part of their work in local Job Centres as collaborative partners, and are talking to people at this time.

We have established ourselves as competent, reliable, and helpful over the last few years.

We also aim to start a fourth weekly health walk, restart our second weekly exercise session, and get our wonderful Zumba back on track. We have over 20 events already organised for 2025, and want to try and offer a record number of outings and gatherings. So come and join us.

## NUTRITION: Lazza's Kitchen Adventure

### Cowboy Pie

Lazza has been trying out new recipes for over four years  
A favourite from 2023: Cowboy Pie from scratch

#### Ingredients

8 Sausages - you can choose what type you like  
Mashed Potato: Cooking Oil.  
2 Onions: 3 Cloves of Garlic.  
2 x tins Baked Beans  
Grated Cheddar Cheese to top the potato:  
I made my own homemade BBQ sauce - using  
Ketchup, Brown Sauce, Worcestershire Sauce,  
Parsley, Thyme, Mixed Herbs, Olive Oil,  
Paprika, Turmeric, Salt, Pepper

According to chef and food historian Walter Staib, baked beans had their roots as a Native peoples dish in the Americas long before the dish became known to Western culture.

In the northeast of America various Native American peoples, mixed beans, maple sugar, and bear fat in earthenware pots which they placed in pits called "bean holes" which were lined in hot rocks to cook slowly over a long period of time.

Cook the Sausages until evenly golden and cooked through.

Cut into bite-sized pieces.

Cook Mashed Potato (I normally would do from scratch, but I wanted to demonstrate that you can use shop bought mashed potato too if you want - which I did in microwave).

Heat the oil in a frying pan over a high heat. Fry the onions and garlic for 5-6 mins until lightly golden.

Remove from the heat and stir through the sausages, baked beans and BBQ sauce and season. (I made my own sauce, but naturally you can buy shop sauce too).

Tip into a large ovenproof dish .

Top with the mashed potato, swirling it with a fork to encourage a crispy finish.

Sprinkle over the cheese and grill for 10 mins until golden and bubbling.

I did mine in the oven at 180C for 20-25 minutes.

As you can see from the pic, looks amazing. Serve with vegetables.



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

## **MIND-SET:** **Become more Disciplined in 2025 - pt1**

I was extremely fortunate to go on a special holiday a few weeks ago. I had an amazing time but ate too much. I had been doing really well on my weight loss, losing over a stone between September and October, but I put a wedge back on during the trip. I would like to say it was because there was a lot of food, that I could eat virtually any time, it was all free as part of the holiday, etc.etc. But, ultimately, it was down to my total lack of self-discipline and control. It made me realise that I needed to be better in 2025.

I found this quote online. “People with a higher degree of self-control spend less time debating whether to indulge in behaviours and activities that don’t align with their values or goals. They are more decisive. They don’t let impulses or feelings dictate their choices. They are the architects of their own beliefs and the actions they take to achieve a desired outcome. As a result, they aren’t as easily distracted by temptation and tend to feel more satisfied with their lives.” It also said: “with discipline and self-control we actually accomplish more of the goals we truly care about. Self-discipline is the bridge between ‘goals defined’ and ‘goals accomplished’.”



So how can I improve my self-discipline? How can I do better? With a new year now upon us is this not a great time to be looking at how we can all adjust and develop our way of thinking?

### **Know Your Strengths and Weaknesses**

Let’s be honest, we all have weaknesses. Whether they are the urge to consume alcohol, tobacco (never for me, and one of the most stupid things humans do), unhealthy food (yep that’s me), obsession over social media, video games, or our favourite football teams, they have a similar effect on us. Weaknesses don’t just come in the form of areas where we lack self-control either. We all have our strong suits and the stuff we kind of stink at. For example, I can put off paperwork for HMHB that I know is going to be time-consuming and difficult, I am useless when it comes to practical things like plugs and repairing things, and I really need to be shown something a few times before I feel confident to try for myself (like AI for example). And therefore, I used to actively (or purposefully) avoid these activities. Now, I strive to tackle them head-on or, if possible, I delegate them to others - never forget about the subtle art of delegation.

It’s okay to have weaknesses, but not okay to ignore them. I should not have to wait for deadlines to approach before starting various pieces of work. Procrastination can be down to not feeling confident enough to complete a project. It’s very easy to just concentrate on what you know you are good at, and it is great to excel at certain tasks. However, if you can look to progress and tweak the things you know you struggle to complete, that can only improve you going forward.

Too often people either try to pretend their vulnerabilities don’t exist or they succumb to them with a fixed mindset, throwing their hands up in defeat and saying, “Oh well.” Know your strengths, but more importantly, own up to your flaws. You can’t overcome them until you do. Become more self-aware around what you can and cannot do. And instead of saying “I cannot do that”, change that around to “I cannot do that yet, but I’m going to find out what I need to do in order to get it done.”

## **MIND-SET:** **Become more Disciplined in 2025 - pt2**

### **Remove Temptations**

Yep, that's really what I should have done on the holiday. The plentiful, and very tasty, food was mainly all laid out at a certain place. I should have stayed away. Or, at the very least, hung around the more healthy food options.

Like the saying goes, "out of sight, out of mind." It may seem silly, but this phrase offers powerful advice. By simply removing the biggest temptations from your environment, you will greatly improve your self-discipline.



Of course, here we have to understand what is affecting us negatively. I need to lose weight. I have to eat less, and eat more healthily. I need to exercise a bit more. All that is obvious, but I have to remind myself of these when temptation comes along. I feel I have been quite weak-minded on my holiday (I am actually typing this section two days before the end of the holiday - yes, I brought my laptop with me). I have access to a gym (I've used twice). I could, and should, have done a lot more. But at least I have seen the issue, recognised it, and am now formatting a plan on how I can improve moving forward.

### **Take It A Day At A Time**

This covers several aspects. Including goals and targets. If we have something important to aim for then we can remind ourselves of this every time we have to be more disciplined in our actions. However, the goals should be realistic, time manageable, and desirable.

We aren't born with self-discipline; it's a learned behaviour. And just like any other skill you want to master, it requires daily practice and repetition. It must become habitual. But the effort and focus that self-discipline requires can be draining. As time passes, it can become more and more difficult to keep your willpower in check. The bigger the temptation or decision, the more challenging it can feel to tackle other tasks that also require self-control.

So, work on building your self-discipline through daily diligence in a given area associated with a goal, and take it one day at a time. In order to practice daily diligence, you must have a plan. Put it on your calendar, your to-do list, tattoo it on the back of your eyelids - whatever works best for you. With practice, anyone can push the boundaries of their comfort zone every day.

### **What is Willpower to you?**

If you believe you have a limited amount of willpower, you probably won't surpass those limits. Studies show that willpower can deplete over time. But what about changing that perception? With HMHB, I have to believe that I am going to achieve what I have set out to do. If you think you will fail, there is a much greater chance that will happen.

When we embrace the mindset of unlimited willpower, we continue to grow, achieve more, and develop mental toughness. If you can remove these subconscious obstacles and truly believe you can do it, then you will give yourself an extra boost of motivation toward making those goals a reality.

## EXERCISE/FITNESS: STRETCHING

### Five Every Day Stretches for 2025. (*realsimple.com*)

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

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

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

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

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

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

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

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

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

#### OPEN BOOK

Lie on your side, knees above your hips so they form 90-degree angles (shins are parallel to the ceiling). Place arms in front of your together. Inhale as you open your body bringing top arm to other side, and then exhale as you bring your the arm back as if you’re going to clap your hands (or as if your arms are a book that you’re closing). Inhale as you open the upper torso and keep repeating. You can then switch sides. This improves thoracic rotation specifically. You will also get a great stretch in your chest and arm.



**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.**

#### DOWNWARD FACING DOG

Starting on the floor on all fours, spread your fingers wide and lift your hips up toward the ceiling.

Keep your knees slightly bent and think about lifting your tailbone upward to create more length.

Your heels may or may not reach the ground, that’s perfectly OK.

Pedal them out by bending your right knee and pressing your left heel down. Switch sides and repeat this pedal sequence 10 time.

Your head is lower than your heart, so it has the benefits of inversions and improves the blood flow through your body.

Downward dog stretches and helps to relieve tension from the neck and back.



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

## EXERCISE/FITNESS:

### Five Every Day Stretches for 2025. ([realsimple.com](https://www.realsimple.com))

#### BUTTERFLY

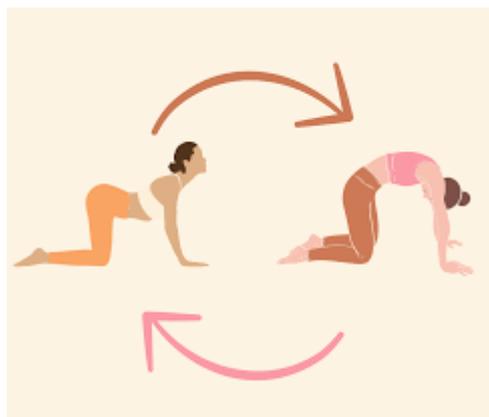
Sit on the floor and bend your knees to the sides and bring the soles of your feet together. Inhale and sit as tall as you can (place a block or pillow under your hips if you have trouble with this). As you exhale, hinge from the hips and fold forward, feeling a stretch in the inner thighs.

Hold for 10 breaths. It improves flexibility of the inner thigh adductor muscles. These muscles are used to draw your legs together. They help you maintain stability and balance. The butterfly stretch also opens the hips, which can become tight from sitting for long periods.



#### CAT / COW

Start on the floor on all fours with knees stacked under hips and wrists under shoulders. Inhaling, tilt your pelvis forward as if to reach your tailbone to the ceiling and drop your belly toward the floor. At the same time, draw your chin and gaze up to arch your back. Exhaling, tuck your tailbone back under, draw your navel up and in toward your spine, and drop your gaze toward your thighs to round your spine. Move through these two poses slowly and fluidly 10 times, moving with your breath (inhale to cow, exhale to cat)



#### CHILD POSE TO COBRA

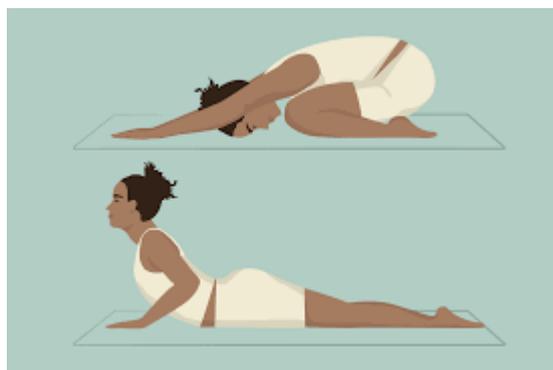
Starting on the floor on all fours, walk your hands slightly forward.

Exhale and pull your hips back toward your heels as you reach your arms forward.

Inhaling, lift your hips, bend your elbows and slide your chest forward.

Press your hands into the ground as you arch your spine and pull your chest through your arms, gazing straight ahead or looking up slightly.

Exhale back into child's pose, and move through these two poses 10 times, alternating slowly and fluidly between them.



**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:

### What are your plans for 2025?

Yay!!! it's that time of year again, time to set goals to work toward for the next twelve months.

It has to be said that sometimes new year resolutions get a tough rap, but they really shouldn't. With the Christmas holidays behind us, January provides a mental fresh start and the freedom to say goodbye to whatever happened the previous year. It's all a matter of setting the "right" new year resolutions.

The key to setting good goals is making them aspirational and yet attainable at the same time, something you actually want to happen and work toward, and you can honestly see yourself achieving.

Choosing a new year resolution that's too big or one that requires a big overhaul of your daily routine will only set you up for frustration and failure. It's also smart to pick a goal that can be broken down into a clear step-by-step process to conquer it. When you can take small steps, the task ahead isn't so daunting and challenges are much easier to overcome.



#### What are you thankful about?

This may sound naff but actually realising that there are good things in your life can be a mental health boost for us all. In fact, research has shown that recognising the things in your life that you can be grateful for is good for your mental and physical well-being. It literally breathes new life into us. It recharges, and it rejuvenates. So why not write down some things that bring you happiness. It could be with family or friends, or colleagues, hobbies you do, groups you take part in, places you go and things you see. I think you will find that positive thinking in this way can boost your emotional health.

And if you have had a tough time in 2024, and inevitably life is not a smooth ride, think how you can find ways to improve that for the new year. As we get older, I will be 59 in August 2025, we start getting slower, more tired, and parts of us begin to not work as well as when we were younger. But you are still here, still fighting, and life is worth that fight.

#### Finances

The Cost of Living crisis, alongside trying to have a decent life, can mean money is tight for many. I know I have been fortunate with compensation lately, plus taking twenty-five per cent of my pension (have spent most of it by now), but at the start of Covid I was using a food bank on occasions, and was concerned about bills. And we have users who I know are struggling. It is one reason I like to keep virtually all HMHB activities free to people.

Budgeting doesn't mean you have to spend a lot of money, or very little. Budgeting is just the process of sitting down to think about what your priorities are, what you would like to spend money on and what you want to avoid spending money on, within your income limits. Like any new habit, it might be best to ease into new spending behaviours so you're able to commit to long-term changes.

And there will be free things to do. I guess I am lucky being in London, with galleries, museums, squares, and plenty to see. However, if you take a packed lunch, bring a flask of coffee or a bottle of water, and plan properly, a day out can be very cheap. It just takes planning.

## MIND-SET:

### Thinking of 2025 Resolutions

#### Experiment with Nutrition and Diet

When I use the word “diet”, I am just talking about food intake, not restricting.

We all have our go-to meals, and they serve us well when we’re short on time or don’t have the energy to plan for something novel. How many times do you just pick out the same things at the supermarket? But chances are you’re missing out on tons of foods that are both yummy and healthy. Set aside one meal every week (even lunch on a weekend!) to try cooking with a new ingredient or making a new-to-you dish. You might be pleasantly surprised to find another dinnertime meal you enjoy.



As people know, one of the aspects of these Health Packs are the recipe pages. Every one are the first times I have cooked those recipes. I try to find things I have never had before, give them by own little twist, and see how they come out. In 2025 I will be hopefully releasing my own recipe book with the first 150 recipes in there. But it has been really cool trying out new ingredients, new spices and herbs, and creating dishes I never thought I would be able to do.

#### Put down your Mobile

We have mentioned this several times before in the health packs, but why not make it something you focus on this new year. I am really going to think about just how much I use my mobile and be more practical.

How often do you go out, sit in a coffee shop or restaurant, and see people on another table not talking to each other because they are too busy looking at their mobiles? Or you have a friend come round and they sit on your sofa and start flicking through an app or two? It feels like we are addicted to our devices, and I think it is something we honestly need to look at properly.

When was the last time you settled down to a good book? Went to the cinema? Visited a theatre? Had friends round and just sat down and chatted. Even popped out to the local park and sat down and enjoyed nature? Find ways to limit your time online in 2025. Get outside. Life is for living in the real world!!!

#### It’s your choice.

We are all individuals. We are human but all have different needs, desires, likes, etc. Why not make 2025 be the year you start making your mental and social health just as important as your physical health. Look at how you can challenge yourself this year. Try new things. Experience the world!!! It’s your choice!!

*Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don’t allow issues and situations to overwhelm, and are proactive in finding solutions to life problems. It something we can all do, but it is hard, and takes effort.*

*HMHB is a mentor led organisation. We are not trained or qualified psychiatrists, psychologists, or health workers. However, we have experienced tough times, overcome depression or addiction, and just want to help people deal with whatever life throws at us. If you feel you need any help with your physical or mental health, please speak to your local medical practice professionals.*

## NUTRITION: Lazza's Kitchen Adventure Chocolate Pudding and Chocolate Custard

Lazza has been trying out new recipes for over four years  
A favourite from 2023: Chocolate Pudding and Chocolate Custard from scratch

### Ingredients

250g Unsalted Butter: 200g Brown Caster Sugar  
50g Dark Brown Sugar: 4 Eggs  
250g Self Raising Flour: 1 teasp Baking Powder  
2Tbsp Cocoa Powder: 50g Grated Dark Choc  
125ml Warm Whole Milk; Vanilla Extract  
Custard: 300ml Whole Milk:  
300ml Double Cream: 4 Large Egg Yolks  
1 teasp Cornflour: 3 tblsp Cocoa Powder  
3 tblsp Golden Caster Sugar

In the late 19th and early 20th century, chocolate pudding was thought of as an appropriate food for invalids or children as well as a dessert. It was not considered a health food in the modern sense of the term but as a wholesome, high-calorie food for those with poor appetites.

Custard became a popular food in the middle ages when it was paired with pastry to become a custard tart. The origin of the word custard actually dates back to the middle ages, coined from the French term 'croustade' originally referring to the crust of a tart, and can also be linked to the Italian word 'crostata'.

Preheat the oven to 180°C/fan160°C/gas 4.

Beat the butter with an electric hand mixer or in a stand mixer until soft, then add the sugars and beat for 5 minutes until light and fluffy.

Gradually add the eggs, beating well after each addition. Sift over the flour, baking powder and cocoa, then carefully fold through the mix along with the grated chocolate. I also added some melted chocolate.

Add the vanilla extract and enough of the warm milk to create a smooth mixture with a dropping consistency. Pour into the tin and bake for 45-50 minutes or until a skewer inserted into the centre comes out clean.

Meanwhile make the custard. Heat the milk and cream together until almost boiling. Whisk the egg yolks in a bowl with the sugar, cocoa and cornflour, then pour the hot milk and cream over the top. Whisk well, then return to a clean pan.

Cook over a low-medium heat, stirring constantly, until it forms a custard that thickly coats the back of a wooden spoon. Set aside. Turn out the sponge and cut into equal squares. Serve warm with the chocolate custard poured over



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

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

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

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

**ROUND ONE: Multiple Choice**

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

- |                               |                     |                            |
|-------------------------------|---------------------|----------------------------|
| Genuine Marvel Comic Villains | Toothpaste Flavours | Best Costume Oscar Winners |
| Radioactive Man               | Minted Lamb         | Grand Budapest Hotel       |
| Praying Mantis                | Coffee              | Les Misérables             |
| Oogie Boogie                  | Rhubarb and Custard | Alice In Wonderland        |
| Tiger Shark                   | Liquorice           | Beauty And The Beast       |

**ROUND TWO: Give Me a Number**

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

- How many floors in the Chrysler Building, New York?
- How many "successful" craft landings have their been on the Mars surface?
- How many cars did Rolls Royce deliver around the world in 2023?
- How old was Elizabeth the First when she became Queen?
- How high, in feet, is Mount Kilimanjaro?



**ROUND THREE: When Did That Happen**

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

- The Eiffel Tower opened, becoming the tallest structure in the world.
- President Truman became the first U.S. president to address the nation on television.
- The first photograph was sent back from the surface of Mars.
- The year that famous Highwayman Dick Turpin was executed.
- Prince William and Kate Middleton got married.

**ROUND FOUR: What specifically links these names? Clue - Television**

Shelley: George: Maggie: Jim: Fred/Freda

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

- |                                    |   |
|------------------------------------|---|
| 1. Most UK Locations as at 2024    | Co-op: Tesco: Sainsburys                      |
| 2. Closest to Berlin               | Istanbul: Madrid: Moscow                      |
| 3. Largest African Country by Size | Egypt: Kenya: Morocco                         |
| 4. Earliest ABBA Song              | Dancing Queen: Mamma Mia: Take A Chance On Me |

**ROUND SIX: What Nationality are these famous actors?**

1. Michael J Fox - Back To The Future
2. Sam Neill - Jurassic Park
3. Jean Claude Van-Damme - Hard Target
4. Arnold Schwarzenegger - Terminator
5. Alicia Vikander - Ex Machina / Tomb Raider



## NUTRITION:

### Amino Acids: What are they?: How do they Work? 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.**

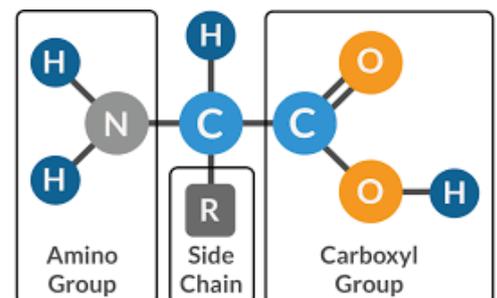
**HMHB are not qualified nutritionists or dieticians. We just pass on information for a healthy lifestyle. If you have any concerns around your diet, do speak to a recognised medical professional who will be delighted to assist.**

Your body is incredible but it can only function if you give it the right amount of nutrients, and one of the major nutrients it needs is Protein - which the body breaks down into Amino Acids. They're integral to life and play a role in just about every function our bodies need to survive. Digestion, muscle building, energy and hormone production, healthy skin, and even a sense of happiness. You can't have any of these things, and much more, without Amino Acids.

So what are amino acids, anyway? Amino Acids are organic compounds made from four components: Nitrogen, Carbon, Hydrogen, and Oxygen. Almost all amino acids also have a side chain composed of different biochemical elements. These side chains make the amino acids unique and link them together to perform different functions.

Amino acids are often referred to as the building blocks of protein. After protein enters your body, it breaks down into amino acids that get to work fulfilling their prescribed roles in the body. The twenty amino acids are grouped into three categories, depending on how the body accesses them. The three categories that amino acids fall into are “Essential”, “Nonessential”, and “Conditional”. Some amino acids are produced in the body, while others are only found in the food we eat.

**Each amino acid is structured from an amino group and a carboxyl group bound to a tetrahedral carbon. This carbon is designated as the  $\alpha$ -carbon (alpha-carbon). Amino acids differ from each other with respect to their side chains, which are referred to as R groups.**



#### Essential Amino Acids

One of the problems with “Essential” amino acids is that your body can't make them on its own. You have to get amino acids from food or an outside supplement to support your body's functions. The good news is that amino acids are available in a wide variety of both plant- and animal-based foods, so it's easy to get what you need if you follow a nutritious, balanced eating plan. The following list includes the nine essential amino acids.

- Histidine
- Isoleucine
- Leucine
- Lysine
- Methionine
- Phenylalanine
- Threonine
- Tryptophan
- Valine

## NUTRITION:

### Amino Acids: What are they?: How do they Work? 2

#### Nonessential Amino Acids

Nonessential amino acids are different from the essential amino acids. The human body can produce these amino acids, though they can also be found in food as well. They are still essential to keep you alive. Despite what this category's name implies, you do need nonessential amino acids to carry out functions throughout your body and maintain good health. The amino acids in this group include:

- Alanine
- Arginine
- Asparagine
- Aspartic acid
- Cysteine
- Glutamic acid
- Glutamine
- Glycine
- Proline
- Serine
- Tyrosine



#### Conditional Amino Acids

This final category includes nonessential amino acids that the body only needs at certain times, hence the name conditional amino acids. The human body usually makes these amino acids during a bad illness or stressful experience, fortifying your health and helping you push through it. The following list includes all the conditional amino acids your body uses in these situations:

- Arginine
- Cysteine
- Glutamine
- Glycine
- Proline
- Serine
- Tyrosine

How do amino acids help the body? Let's dive into that question a little deeper. Name a chemical process in the human body, and amino acids probably play a role in it. Repairing and growing tissues? Check. Facilitating communication in the brain through neurotransmitter production? Check. Promoting lustrous hair and strong nails? Check. This is why it's so crucial that you have enough amino acids for your body to function correctly.

There are many important purposes of amino acids, so it's crucial to get enough of them. The good news is that it's typically easy to get adequate amounts of the essential amino acids if you regularly eat a healthy diet. However, deficiencies, while uncommon, can occur as a result of poor eating habits or medical conditions that interrupt amino acid absorption in the body. Signs of a deficiency include thinning hair, skin sores, edemas and loss of muscle mass.

Supplements are a way for people to get the amino acids they can't consume in their diet. There are several different kinds of supplements to choose from, such as protein powders or pills, and they can be relatively affordable. Oral supplements lose some of their potency because they have to pass through the digestive system. Medications or health issues also may prevent effective absorption. Always ask your Doctor first.

## NUTRITION:

### Some Amino Acids and what they can do for us.

Below is a list of the Essential Amino Acids - the ones our body's cannot make and we have to get through our diet, demonstrating the importance of protein in our diets. Now, I have put the chemical formula for each of the amino acids, and how close they really are. Just a small different in atoms can make a huge difference to our bodies. Ultimately, our body's rely on chemical reactions to function and stay healthy.

#### **Histidine: C<sub>6</sub>H<sub>9</sub>N<sub>3</sub>O<sub>2</sub>**

Histidine is needed for histamine production. This substance is essential for proper functioning immune, digestive and reproductive systems. Histidine also plays a role in blood cell development, healthy sleep/wake cycles, tissue and nerve cell maintenance and growth.

#### **Isoleucine: C<sub>6</sub>H<sub>13</sub>N<sub>2</sub>O<sub>2</sub>**

It contributes to muscle growth and function, energy generation, immunity support and the production of haemoglobin, ensuring your tissues are nourished by the blood in your oxygen.

#### **Leucine: C<sub>6</sub>H<sub>13</sub>N<sub>2</sub>O<sub>2</sub> (same formula as above, but different in structure)**

This amino acid has a diverse portfolio of uses. You need it to help moderate blood sugar levels, synthesise proteins, repair muscles, heal wounds and produce growth hormones.

#### **Lysine: C<sub>6</sub>H<sub>14</sub>N<sub>2</sub>O<sub>2</sub>**

This amino acid functions to make it easier for your body to absorb calcium, and it also produces collagen and elastin, two major proteins necessary for skin health. Lysine also maintains energy levels and the immune system. Plus, it helps keep levels of the stress hormones epinephrine and norepinephrine at a healthy balance.

#### **Methionine: C<sub>5</sub>H<sub>11</sub>N<sub>2</sub>O<sub>2</sub>S**

This amino acid often plays a role in weight loss because it assists with detoxification and metabolism regulation. Methionine can also help with tissue growth and mineral absorption, particularly selenium and zinc.

#### **Phenylalanine: C<sub>9</sub>H<sub>11</sub>N<sub>2</sub>O<sub>2</sub>**

Your brain uses neurotransmitters in its cellular communication network. This amino acid encourages neurotransmitter production (such as tyrosine and dopamine). Phenylalanine also helps the body synthesise nonessential amino acids.

#### **Threonine: C<sub>4</sub>H<sub>9</sub>N<sub>2</sub>O<sub>3</sub>**

Like lysine, threonine encourages collagen and elastin production. It also factors into fat metabolism and immunity building.

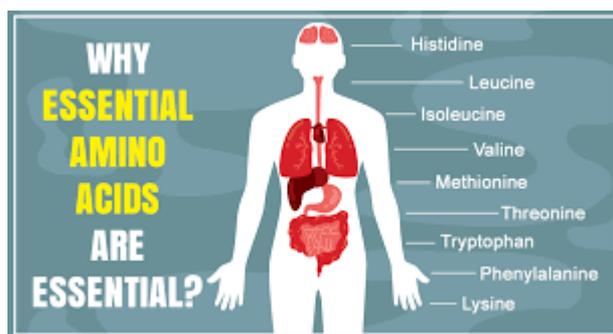
#### **Tryptophan: C<sub>11</sub>H<sub>12</sub>N<sub>2</sub>O<sub>2</sub>**

Tryptophan helps regulate the circadian rhythms that help you sleep at night. Tryptophan also helps you feel good because it contributes to the production of the mood-boosting hormone serotonin.

#### **Valine: C<sub>5</sub>H<sub>11</sub>N<sub>2</sub>O<sub>2</sub>**

Feel empowered with valine. You'll experience enhanced energy, muscle function and overall growth when you get an adequate supply of this amino acid.

Protein from animal sources typically includes all the essential amino acids. Foods that contain all the amino acids are known as a complete protein source. However, protein from plant sources such as grains, vegetables, legumes, fruits, nuts, and seeds lack high amounts of some of the essential amino acids. Fortunately, pairing up certain foods can create a complete protein, thereby ensuring sufficient quantities of all the essential amino acids. Foods that work together to create a complete protein are known as complementary proteins.



## Nutrition: HMHB looks at “Superfoods”

### Today: Leafy Greens

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

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

Leafy greens are filled with vitamins, minerals and phytonutrients meaning that they are some of the most nutrient-dense foods out there. They contain high levels of fibre, iron, potassium, magnesium and calcium, all while having very low levels of carbohydrates, sodium and cholesterol. At under 20 calories per cup, leafy greens are an excellent way to fill up your plate with nutritional ingredients!

A recent Study showed that people who eat just one serving (2 cups raw) of leafy greens each day reported a significant decrease in cognitive decline. So much so that, according to this study, people who consumed one to two servings per day were the equivalent of being 11 years younger compared to those who rarely or never consume leafy greens!! It was admitted that further research is needed to confirm these findings. These superfoods boast high levels of folate, phylloquinone and lutein, all associated with slower cognitive decline.



These superfoods have many nutrients that help aid in a variety of health benefits. Rich in carotenoids-antioxidants, which protect cells, leafy greens can play a role in blocking the early stages of cancer. Folate helps prevent certain birth defects and is necessary for DNA duplication and repair, which also helps to prevent cancer.

Vitamin K, found in dark leafy greens, provides multiple health benefits like protecting bones from osteoporosis and fighting inflammatory diseases.

If leafy greens currently aren't in your diet you may be thinking of the typical iceberg lettuce, which is actually low in nutritional value. But leafy green's variety is wide, each producing a different flavour and providing different textures and opportunities to integrate into your meals.

There is plenty of choice: Kale, Spinach, Cabbage, Broccoli, Watercress, Romaine Lettuce, Swiss Chard, to name just a few. The choice is yours. “Eat your greens,” my mum used to say. There's a reason she said it. It's good advice. Green foods are packed with vitamins, minerals and antioxidants. Bug only you can put them on your plate and into your mouth. Make 2025 a year when you make healthier decisions around nutrition.

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

## LAZZA'S PAGE

### Recommendations, News, Life!!!

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

We have been talking for a while here at HMHB about launching our very own Podcast, and this is definitely one of our plans for this upcoming year.

I have to be honest, I have never actually listened to one.

Yep, I know!! I want to start one and have never heard one, but that should not stop HMHB.

I don't know if anyone will listen, and we will try and make it a fun look at mental and physical health, and, as usual, try and find our own unique twist. Hold this page!



It's a New Year so I am setting my own resolutions for 2025, and will do my very best to make them happen, which I know is not easy.

Mine are around my weight, my health, my activity levels, my mobile, and my social life. I won't list them, as they are mine to make and know, but do set some yourself. And if they go wrong in January do not get disheartened and give up. :-)

I said I won't put my resolutions, but I will name one.

I will use my Limitless Cinema Card more this year.

I do love the big screen very much, as some know.

I use my card to see as many films as I want for one price, but in fits and starts. I can go a couple of months with no films, then see nine the next. I procrastinate a lot.

So I am determined to catch at least three or four a month in 2025, with friends or on my own.



### HMHB Need Help With Funding To Keep Going.

Looking for Sponsorship, Grants, - check out our [JustGiving page](#) - details below.

In 2024: Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures:

HMHB delivered over 10 courses -working with over 100 people in attendance.

HMHB produced and delivered 10 forty-page Health Packs.: HMHB delivered 150 weekly health walks:

HMHB delivered 65 weekly exercise sessions: HMHB grew their Pack email list to over 500 addresses.

HMHB organised, delivered, or took part in over 70 social outings/events (many of which were FREE)

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

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

Islington Voluntary Community Sector turned us down for funding for a "poor quality" application form.

**Please help us: [www.justgiving.com/crowdfunding/hmhb2016](http://www.justgiving.com/crowdfunding/hmhb2016)**



## HMHB's Name Game Page:

Can you name these Star Wars Actors from their photos?  
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

### Prawn Cocktail

Lazza has been trying out new recipes for over four years  
A favourite from 2023: 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](http://www.hmhb2016.org.uk)  
This was a great and very tasty dish to prepare.

## EXERCISE/FITNESS

### Make Exercise a Daily Habit in 2025 - pt1

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

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

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

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

We now have our regular Highbury Gym sessions with Lazza on Tuesdays, thanks to the team at Better, We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza will start 2025.

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.

I have been doing these packs for nearly five years now. Wow!! Even I find that extraordinary. We have covered a multitude of subjects, analysed and questioned and studied a ton of information and research, and written thousands and thousands of words.

Ultimately, though, we can write and research as much as we want, but it comes down to you taking the action you need to do in order to be healthy and happy, to give yourself the best opportunity of having a long and happy life. And when that comes to exercise, that means maintaining and sustaining.

Everyone benefits from exercise, no matter their age, sex or physical ability.

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which lowers your risk of heart and blood vessel, called cardiovascular, diseases.

Need an emotional lift? Or need to lower stress after a stressful day? A gym session or brisk walk can help. Physical activity stimulates many brain chemicals that may leave you feeling happier, more relaxed and less anxious. You also may feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

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

Exercise and physical activity can be fun. They give you a chance to unwind, enjoy the outdoors or simply do activities that make you happy. Physical activity also can help you connect with family or friends in a fun social setting. Remember to check with a health care professional before starting a new exercise program, especially if you have any concerns about your fitness or haven't exercised for a long time.



## EXERCISE/FITNESS:

### Make Exercise a Daily Habit in 2025 - pt2

So, how can I start doing something regularly, and daily.

#### Star With Mini Workouts

When we think of exercise we envisage going to a gym, running a five kilometre Park Run, being very energetic, sweating buckets, and spending a long time.

You don't have to do that at all. A five to ten minute mini workout at home or in the park is a great start. It gets your body used to doing something. It could be crunches while you're watching TV, squats while you fold the laundry at home, or simply a walk around the block. It sounds gimmicky but these are the types of movements that you want to start doing so you get that muscle memory. In your mind you're seeing the workout as just five minutes and who knows? You may be inspired to go for five more minutes and that will build and build.



We had a wonderful lady called Rosie who came to one of our courses and she told us she used to watch those two hour dramas on ITV. There would be at least six or seven advertisement breaks. During them she would do a few squats and lunges. Over the course of the whole show she would manage over 30 minutes of exercise - without actually realising it. What an inspiration!

#### Set Attainable Goals

Here is a good example. I knew someone with some mobility issues. They were constantly aiming to get in 10000 steps a day, but very often would fall short, and they thought they were failing, which knocked their confidence. I said to readjust to aim for 7500 steps a day. That was still terrific. They did that, and they were managing that over 90% of the time which made her feel confident, happy, and strong. Because of that she pushed on and now manages over 10000 steps a day, all because she set realistic goals.

You can do the same. If you can only do twenty squats that's fine. Your body will get stronger and you can add to it week to week. The person who comes last in a Marathon has still come ahead of everyone who could not be bothered to enter.

#### Have Variety

One of the selling points of our Tuesday exercise session we run is that no two weeks are the same. Yes, we all turn up, and yes, the outcomes can be similar. Most people come along to boost their fitness, raise their energy levels, meet their friends, and have a laugh. We work on arms, legs, core, cardio, and strength, but we try and make it a little different each week. Maybe some team games, maybe a circuit, maybe on the mats or standing up, maybe using equipment.

If you do the same thing all the time, which I am not saying is bad because you are at least doing something, your body can get used to it, and maybe you will not get the same benefits if you were changing things up.

Remember you are in control. You make the decisions. So think about 2025. We can all be doing more, and all be healthier and fitter. What can you do, personally, to ensure your 2025 will be active and fun.

## EXERCISE/FITNESS:

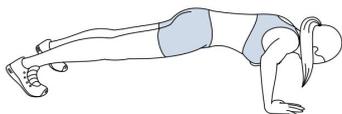
### Push Up Exercises (thx Spotebi for these different options)



#### NORMAL PUSH UP

With your legs extended back, place the hands below the shoulders, slightly wider than shoulder-width apart. Start bending your elbows and lower your chest until it's just above the floor. Push back to the starting position. A 1-second push, 1-second pause, 2-second down count is ideal. Repeat.

While doing the push-up exercise focus on keeping your head in line with your torso, and your torso in line with your hips. Engage your core muscles, maintain your body in a straight line, and exhale as you push back. Take the pressure off the wrists and place it on the outside of your hands.



#### ANKLE TAP PUSH UPS

Start in a push up position, with your hands under your shoulders and your legs extended back. Start bending your elbows and lower your chest until it's just above the floor. As you push back to the starting position, lift your hips, and touch your left ankle with your right hand. Return to the push up position and repeat on the opposite side. Keep alternating sides until the set is complete. Keep the movement fluid, and inhale as you lower the hips and return to the push up position. The ankle tap push ups challenges your coordination and balance and works your whole body. This move gets your heart pumping, strengthens the muscles and helps you burn a ton of calories in a short period of time.



#### SPIDERMAN PUSH UP

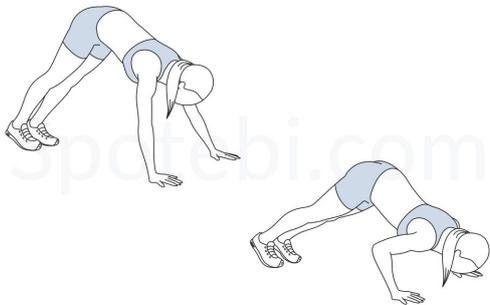
Place your hands under the shoulders and extend your legs back. Start bending your elbows as you bring your left knee to the left shoulder. Push up and return to the starting position. Repeat on the right side and keep alternating sides until the set is complete.

Before you can do spiderman push ups you need to be able to do a regular push up. Remember to keep your spine neutral, engage your core muscles and exhale as you push yourself back up. Keep your knees high and away from the floor and make sure that your movement is fluid and well-coordinated. By the time you get to the bottom of your push up, your knee needs to be up. This burns a ton of calories in a short period of time

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

## EXERCISE/FITNESS:

### Push Up Exercises (thx Spotebi for these different options)



#### PIKE PUSH UP

Get down on your hands and feet, with your hands shoulder-width apart, your legs straight and your hips up. Bend your elbows, until your arms form a 90-degree angle, and bring your head close to the mat. Straighten your elbows, pushing your body away from the mat, and return to the starting position. Repeat until the set is complete.

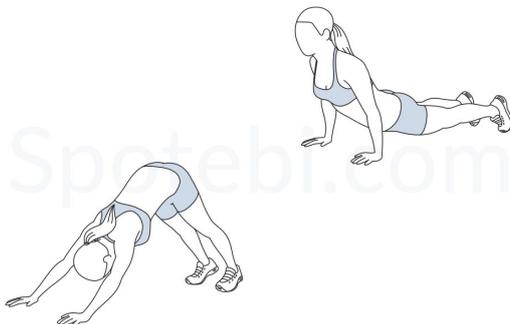
The pike push up is a great exercise for building shoulder strength and improving core stability. This exercise works your shoulders, arms, chest, back, and core, and helps to tone and strengthen your entire upper body.

Exhale as you straighten your arms and push back to the initial position.

#### HINDU PUSH UP

Start in a downward dog pose, with your hands shoulder-width apart, your body in a V shape, and your feet hip-width apart. Bend your elbows and lower your chest until it's just above the floor, going into lower plank pose. Straighten your arms, lift your torso and go into upward dog pose. Lower your torso, lift your hips and return to downward dog pose. Repeat until the set is complete.

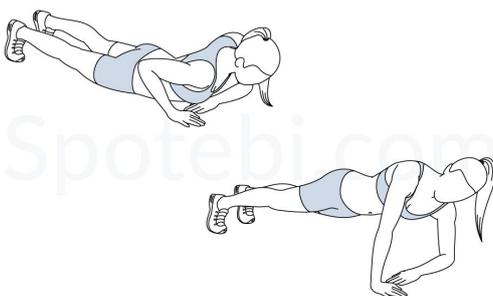
The Hindu push up is a compound move that engages the entire body and helps to improve your fitness level. This exercise increases the flexibility of the spine, improves your cardiovascular endurance, and conditions your whole body. Breathe in deeply as you slowly move from downward dog to upward dog pose. Exhale as you lift the hips and return to downward dog pose.



#### ASYMMETRICAL PUSH UP

Start in a push up position with your legs extended back and the hands below the shoulders. Place your left forearm on the mat, with the elbow directly under the shoulder, and start bending your right elbow until your chest is just above the floor. Push back to the starting position, repeat, and then switch sides.

The asymmetrical push up is a modified version of the normal push up, that creates an element of instability, forcing you to engage your core to a greater degree. This exercise also strengthens your chest, shoulders and back, and helps to sculpt your upper body. Maintain a neutral spine, engage your core muscles and keep your head in line with your torso, and your torso in line with your hips. Breathe in as you lower your chest, and breathe out as you push back up.



## 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.



I hasten to add, this is an AI pic, not a genuine X-Ray, but I do need it to tell this astonishing story. Back in 1988, a 19yr old man with severe OCD could not handle it any more. He put a gun in his mouth and pulled the trigger, the bullet lodging in his brain. Incredibly he survived, the bullet mostly removed, but it had somehow destroyed the part of the brain responsible for his OCD. He became a straight-A College student, got married, and lived his life. WOW!

Dagen H (H-day), today usually called "Högertrafikomläggningen" ( lit. 'the "right hand traffic" reorganisation'), was on 3 September 1967, the day on which Sweden switched from driving on the left-hand side of the road to the right. The "H" stands for "Högertrafik", the Swedish word for right-hand traffic. All vehicles had to come to a complete stop at 4:50, change lane, then start off again at 5:00.



Yes, honestly, that is a real plant. Known as "Hooker's lips", scientifically known as *Psychotria elata*, it is a tropical plant native to rainforests in Costa Rica, Ecuador and other Central and South American countries. The most eye-catching part of the plant is its beautiful pair of red bracts that look like "luscious lips," from where the plant acquires its common name. Its gorgeous and distinctive shape helps the plant attract pollinators such as hummingbirds and butterflies.

It looks like just another building, but in fact it is the Oldest Hotel in the World.

Nishiyama Onsen Keiunkan, a Japanese resort located in Hayakawa, not far from Mount Fuji, has been in business since 705. Many people, from historical samurai to A-list celebrities and politicians, have come to the inn for its history and healing waters. Keiunkan's famous bath, *Mochitani no Yu*, is fed directly from the hot springs. Guests are invited to drink from the springs as well.



## HEALTH / ROUTINE

### How can I improve my Physical Health in 2025?

Physical health, also known as physical wellness, is more than just how fit you are. Physical health is how well your organs and body systems function.

Each person's version of physical health is different. Someone can achieve their own definition of physical health, despite a disease, a disability, or their age.

Our diets influence our physical health. We should focus on eating regular meals made of nutrient-dense foods. These are foods that have lots of vitamins, minerals, and nutrients and not too much sugar, sodium, or saturated fats. We have to be careful about substance abuse. That is not just smoking, drugs, and alcohol, but also overeating. Prescription medicines can also affect us negatively.



Sleep helps our bodies and brain recover. Rest gives us the energy to be more physically active too. Obviously exercise and fitness sessions are what we mainly think about when we consider our physical health

Stress is a part of life, but too much stress for too long affects our physical health. We can't always control if we experience stress, but we can find healthy ways to handle it. Stress management can include:

- Talking to a therapist
- Making changes to your schedule or responsibilities
- Asking for help from loved ones
- Practicing self-care

Why not see what exercise groups are around you in 2025? If you've arranged to be in an exercise class, you're more likely to keep that commitment. Not wanting to let yourself or the others down can be a great motivator to show up. And as your exercise becomes routine, perhaps after a few weeks, you'll find it less challenging and will more likely stick to your commitment.

You're less likely to get bored when you have workout buddies, especially a friend. While you're catching up, having a laugh, encouraging each other, you're also getting healthier. It's a win-win. It is one of the biggest pieces of feedback we get at HMHB. Just being with other people can be a boost to you.

So in 2025, much of your physical health will focus around lifestyle choices. We can take steps to improve physical health.

- Drink plenty of water.
- Get enough quality sleep.
- Regularly stretch and exercise.
- Eat regular meals containing nutrient dense foods.
- Avoid using substances.
- Practice self-care.
- Regularly visit the doctor, dentist, therapist, and other specialists who help you care for your physical health.

## HEALTH / ROUTINE

### How can I improve my Social Health in 2025?

The broad definition of social health is the way in which people create and maintain healthy, positive relationships with each other. Feeling emotionally supported in our daily lives helps improve our social well-being. And when our social well-being improves, the results extend to very specific benefits for our overall health. For example, our immune system becomes stronger, we are less stressed and we are more likely to live longer.

On the other hand, a study by Health Insurers researchers have linked poor social health to negative physical conditions. These include high blood pressure, heart failure, inflammation and depression. And according to publication "Psychology Today" research also shows that loneliness, which is a key indicator of poor social health, can even be more deadly than obesity.



You may have an incredible social life. At HMHB, part of what we do is to help people get together, whether that be through our walks, our exercise, or our social events, and we recognise the benefits that brings.

When we build strong support systems with a loyal group of friends and loved ones, we are much better positioned to ask for help when we need it. These are the relationships that will carry us through hard times and help us come out stronger and healthier.

I sometimes see postings on social media where there are comments that make fun of people who go out on their own. I love being on my own - although I also love being out with my friends and HMHB users too. I go to the cinema and theatre, I go on holiday, and am very happy sitting down watching a game of football. But it can be enhanced by being around others.

I think a lot of social skills come down to confidence. How do you feel when you are in a group? Do you feel happy contributing to the conversation? Do you worry about looking stupid? That was me when I was younger. I was very shy (I know some will doubt that, as shutting me up at the moment is not easy!), but I hated having to chat to people. I thought I had nothing to say, that my knowledge was weak, and I would look silly. I soon realised that was just a pile of rubbish.

So how about making 2025 a year where your social life grew. After the lockdowns during Covid, a lot of people go out of the habit of going out. I was quite to opposite. It showed me just how much I had been staying in, and I realised I was missing out on so many opportunities. I love going out now, and most evenings of the week I am out doing something.

Yes, I am lucky with HMHB. Because of that, I organise the walks, the exercise, the social events, and it means I have met so many wonderful, brilliant, and inspiring people. It is an absolute joy organising a trip to a gallery or a museum and seeing who comes along. We have a lot of laughs and it improves my life no end.

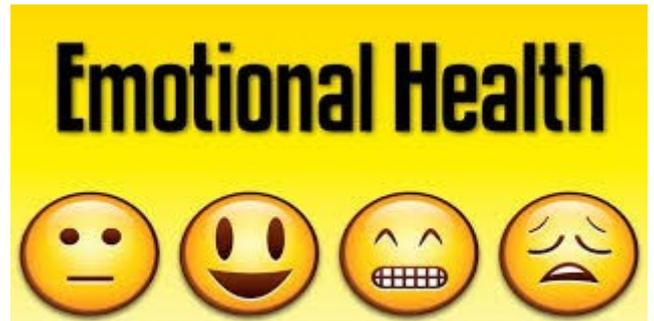
A social life is very much down to you as an individual. There are many events and places to go, but the only person who can get you to them is yourself. Let 2025 be the year you really go for it.

## HEALTH / ROUTINE

### How can I improve my Emotional Health in 2025?

Mental health involves your overall psychological well-being, while “Emotional Health” refers to your ability to handle and express your emotions. The definition of emotional health, is pretty much the same as the definition of “*emotional well-being*”. It’s what helps you not just survive but also heal when you’re faced with difficult times in life and thrive overall. Emotional wellness or health is an essential component if you want your everyday life to feel whole and balanced.

Emotional health is essential in keeping your whole being healthy on multiple levels. When your emotional health is monitored and taken care of you’ll be more in control of every aspect of your life. From your feelings, to your thoughts, to how you behave, you’ll be more prepared and able to deal with all of life’s emotional distress and challenges, and learn how to form lasting, healthy relationships with others.



Focusing on your emotional health doesn’t just allow you to maintain a productive perspective. It also helps you notice when you need to course correct so you can come back from disappointment and challenging times. Being mentally and emotionally healthy lets you feel good in general about both yourself as well as about the relationships you have.

It’s important to note that just because you’re emotionally healthy doesn’t mean you’ll be in a constant state of happiness. It simply means you’re more aware of the emotions that you have. You can handle whatever life hands you. You’ll still feel every emotion, including anger, disappointment, stress, and even sadness, but you’ll have strong emotional resilience and a greater sense of how to manage the basic negative emotions and feelings that everyone has.

You can find help with your emotional health using any of the following tactics:

- Figure out your strengths and build on them
- Find areas of opportunity- there are areas of opportunity or positivity in many challenging or difficult situations.
- Work on being resilient
- Build a social network — keeping it small is fine
- Establish a healthy self-concept — find and remember the good in yourself
- Develop coping skills that can be put into play when you deal with the inevitable stress that occasionally will come your way
- Find a hobby, and then make time for it
- Live your life with a sense of purpose

Your emotional health is just as important as your physical or mental health. Prioritising your whole being — your spirit, body, and mind — means you’ll be able to live an emotionally healthy life that allows you to have a positive outlook and perspective.

But, once again, it is all about taking action. With this new year, evaluate your own emotional health and what you need to do to make sure it can improve and stay healthy.

## HEALTH / ROUTINE

### How can I improve my Mental Health in 2025?

According to the World Health Organisation, “Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal, community and socio-economic development.

Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.

Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm. People with mental health conditions are more likely to experience lower levels of mental well-being, but this is not always or necessarily the case.” It should be pointed out that mental health can be good as well as tough. When we think “mental health” it is always with negative connotations, but it is not always the case.



Self-care means taking the time to do things that help you live well and improve both your physical health and mental health. This can help you manage stress, lower your risk of illness, and increase your energy. Even small acts of self-care in your daily life can have a big impact.

- **Get regular exercise.** Just 30 minutes of walking every day can boost your mood and improve your health. Small amounts of exercise add up, so don't be discouraged if you can't do 30 minutes at one time.
- **Eat healthy, regular meals and stay hydrated.** A balanced diet and plenty of water can improve your energy and focus throughout the day. Pay attention to your intake of caffeine and alcohol and how they affect your mood and well-being—for some, decreasing caffeine and alcohol consumption can be helpful.
- **Make sleep a priority.** Stick to a schedule, and make sure you're getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.
- **Try a relaxing activity.** Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.
- **Set goals and priorities.** Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you're taking on too much. Try to appreciate what you have accomplished at the end of the day.
- **Practice gratitude.** Remind yourself daily of things you are grateful for. Be specific. Write them down or replay them in your mind.
- **Focus on positivity.** Identify and challenge your negative and unhelpful thoughts.
- **Stay connected.** Reach out to friends or family members who can provide emotional support and practical help.

## NUTRITION: Lazza's Kitchen Adventure

### Mexican Beef Mince

Lazza has been trying out new recipes for over four years  
A favourite from 2023: Mexican Beef Mince from scratch

Tomato paste is a concentrated form of cooked tomatoes, where tomatoes are cooked, strained and recooked until most of the liquid has evaporated and the tomatoes reach a thick, pasty texture similar to toothpaste. Because tomato paste is cooked for a longer period of time, it has a deep red hue and sweet flavour thanks to the natural sugars present in the tomatoes. Like tomato puree, store-bought tomato paste may contain added acid and salt.

#### Ingredients

Red onion sliced: Garlic to taste  
2 teasp Paprika. + Cumin, Oregano,  
500g Beef Mince  
Tomato Paste and Garlic Puree  
Peppers - diced: Mushrooms - sliced  
Sour Cream: Grated Cheese  
Salt and Pepper to Season - plus around 300ml  
beef stock.  
250g Wild brown rice

Heat some oil in large frying pan over medium-high heat.

Add red onion. Cook, stirring occasionally, for 5 minutes or until starting to brown. Add garlic, paprika, oregano, and cumin. Stir 30 seconds.

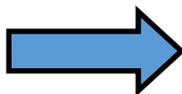
Add beef mince.

Cook, breaking up mince with a wooden spoon for 6 to 8 minutes or until browned.

Add peppers, mushrooms, stock, tomato paste and garlic puree, and maybe some water if you feel it needs more liquid. Give a good stir, and leave to reduce on a medium heat, stirring occasionally to keep an eye on it.

Let a lot of liquid become absorbed before adding some sour cream (maybe some avocado if you want).

When ready put into bowls and top with some grated cheese. You can add chilli, but I prefer mine without.



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

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



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

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

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

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

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



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

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

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

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



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

**[www.healthygenerations.org.uk](http://www.healthygenerations.org.uk)**

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

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



# Help on Your Doorstep

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

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

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

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

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

We keep in contact, send them our health packs, and are on their social media and beyond. [www.walkwithadoc.org](http://www.walkwithadoc.org)



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

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

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

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

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

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

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

**Voluntary  
Action  
Islington**

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

- Round One: 1 RM / TS 2 Cof / Lic 3 GBH / AIW  
 Round Two: 1, 77: 2, 10: 3, 6032: 4, 25: 5, 19,340:  
 Round Three: 1, 1889: 2, 1947: 3, 1976: 4, 1739. 5, 2011.  
 Round Four: Blue Peter Tortoises: Fred/Freda as they got the gender wrong at first  
 Round Five: 1 Co-op: 2 Moscow: 3 Egypt: 4 Mamma Mia  
 Round Six: 1 Canada: 2 New Zealand: 3 Belgium: 4 Austria: 5: Sweden



# Review for this month's Challenges and Targets

## Mind-set:

I will be honest with you, when I was younger I never thought I would reach the year 2025. I can't tell you why. There is no logical reason for it. But here we are. 2025 is here. A whole quarter of a century has happened since 2000. Which does not seem right. I am still working on HMHB, still trying to get a salary, and more recognition for our work. But that is down to positive thinking, challenging myself, working hard. There have been ups and downs for sure, but I have not given up. Neither should you. What will you do?



## Nutrition.

I am typing this on the last day of a holiday I have been on. It has been amazing, and I feel very lucky to have these opportunities. But, I will be honest, I have not done well with nutrition. I should have done better. I am a little annoyed. Yes, it was a holiday. But I am trying to lose weight. So, maybe having 2025 is a great opportunity to press that reset button. I was doing well in the previous three months, so it should be easy for me to get back on track. What about you? What can you do in 2025 which will make a difference to your diet? How about making 2025 the year you made significant steps?



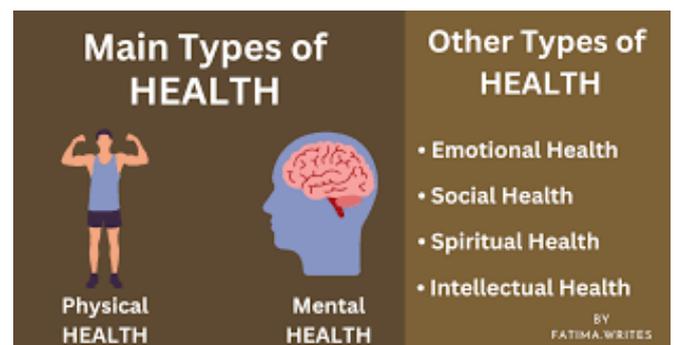
## Exercise.



I think one of the things we procrastinate the most on is doing exercise. We find many reasons why we cannot do it - time, being busy, work, family, etc. 2025 should be the year you realise the many incredible benefits exercise has for your body, your health, and your overall well-being. Find a local group, get outside in the park, walk around the block, use stairs, have a swim, there are so many options available to you. Get off the sofa and out into nature. But make 2025 the year you put your health at Number One!!

## Health.

In this issue we look at four aspects of health, but there are others, and even more not listed in the pic opposite. Our overall health and well-being is intrinsically linked to every aspect of health, and it is important we focus on them in order to give ourselves the best opportunity to have a terrific life. But it is down to you. It's your choice. Make 2025 the year you choose wisely.



**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 + Star Wars Actors from Page 24

See if you can beat your family and friends

**Books:** Here is the Author of these Novels, and the year published.

1. 1964: Ian Fleming
2. 1965: Frank Herbert
3. 1968: Arthur Hailey
4. 1963: John Le Carre
5. 1972: Richard Adams
6. 1971: Frederick Forsyth
7. 1979: Douglas Adams
8. 1986: Stephen King
9. 1980: Robert Ludlum
10. 1984: Tom Clancy
11. 1982: Sue Townsend
12. 1996: George R. R. Martin
13. 1991: Bret Easton Ellis

**MOVIES:** Those Best Picture Movie Titles based on the names and the years

1. The Shape of Water
2. No Country For Old Men
3. Rain Man
4. My Fair Lady
5. The Bridge On The River Kwai
6. The Sting
7. Shakespeare In Love
8. Oppenheimer
9. Chariots Of Fire
10. Casablanca
11. Oliver!
12. Slumdog Millionaire
13. Parasite
14. Rocky
15. Lawrence Of Arabia
16. Titanic
17. Everything Everywhere All At Once

**Pop:** Who originally sang those songs released in 1978?

1. The Police
2. Dire Straits
3. Kate Bush
4. Rod Stewart
5. Queen
6. Commodores
7. Sister Sledge
8. Frankie Valli
9. The Jacksons
10. Chaka Khan
11. Ian Dury And The Blockheads
12. ABBA
13. Boney M
14. Electric Light Orchestra (ELO)

**Places:**

The top 20 US States by Population.  
California, Texas, Florida, New York  
Pennsylvania, Illinois, Ohio, Georgia  
North Carolina, Michigan, New Jersey, Virginia  
Washington, Arizona, Tennessee, Massachusetts  
Indiana, Missouri, Maryland, Wisconsin

QUIZ ANSWERS  
ANSWERS  
IONS

**Star Wars Actors: Did you name them? - from Page 24 (how well did you do? Tough wasn't it?)**

- |                       |                       |
|-----------------------|-----------------------|
| 1: Billy Dee Williams | 2: Peter Cushing      |
| 3: Domhnall Gleeson   | 4: Kenny Baker        |
| 5: Ian McDiarmid      | 6: Laura Dern         |
| 7: Mark Hamill        | 8: Hayden Christensen |
| 9: John Boyega        | 10: Natalie Portman   |
| 11: Oscar Isaacs      | 12: Ewan McGregor     |
| 13: Adam Driver       | 14: Richard E Grant   |
| 15: Daisy Ridley      |                       |

**The World:** South American Countries and their Capitals:

- |   |                  |
|---|------------------|
| Brazil-Brasilia:                            | Colombia-Bogota: |
| Argentina-Buenos Aries:                     | Peru-Lima:       |
| Venezuela-Caracas:                          |                  |
| Chile-Santiago:                             | Ecuador-Quito:   |
| Bolivia-Sucre (de jure) / La Paz (de facto) |                  |
| Paraguay-Asuncion                           |                  |
| Uruguay-Montevideo                          |                  |
| Guyana-Georgetown                           |                  |
| Suriname-Paramaribo                         |                  |

# THE LAST PAGE

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

You can contact HMHB:

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

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

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

Check out our JustGiving: [www.justgiving.com/crowdfunding/hmhb2016](http://www.justgiving.com/crowdfunding/hmhb2016)

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

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

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

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

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

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

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

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

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

Lawrence and HMHB: Official Nominee Mayor Civic Award 2023

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



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[Link to our Website](#)