

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 16

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st July 2023



www.hmhb2016.org.uk





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

Page 3:	Introduction. And photos from HMHB in 2019 - memories!!
Page 4-5:	Health News: Recent Health Research on Various Subjects.
Page 6:	Lazza's Fiendish Quiz (it's tough, and meant to take some time).
Page 7-9:	HMHB - Some of our recent news with photos, plus HMHB in July 2023.
Page 10:	Brand NEW Recipe: Lazza's Kitchen: "Savoury Pasta With Cheese" from scratch.
Page 11-12:	Mind-set: Are you taking on too much - and the signs of that.
Page 13-14:	Exercise: Stretching: Let's try some Cooldown Stretches.
Page 15-16:	Mind-set: More signs you are doing too much - take some "me" time.
Page 17:	Brand NEW Recipe: Lazza's Kitchen: "Peanut Butter Muffins" from scratch.
Page 18:	Lazza's Fun Quiz - challenge your friends and make your best guess!!
Page 19-21:	Nutrition: The Fridge. Should these foods be kept in or out?
Page 22:	Nutrition: Minerals. Calcium.
Page 23:	Lazza's Page of Recommendations, News, Life.
Page 24:	Lazza's Photo Game Page: A Music theme this month.
Page 25:	Brand NEW Recipe: Lazza's Kitchen: "Hallongrotta (Thumbprint Biscuits)".
Page 26-27:	Exercise: Why should we incorporate Jumping exercises into our routines?
Page 28:	Exercise: Three Jumping Exercises (you can step if jumping is awkward)
Page 29:	Exercise: Three More Jumping Exercises (you can step if jumping is awkward)
Page 30:	Lazza's Fascinating Facts to astound your friends.
Page 31:	Health: It's never too late to change: Smoking.
Page 32:	Health: It's never too late to change: Drinking.
Page 33:	Health: It's never too late to change: Eating.
Page 34:	Health: It's never too late to change: Fitness.
Page 35:	Brand NEW Recipe: Lazza's Kitchen: "Yorkshire Parkin" from scratch.
Page 36:	Promoting some of our UK Partners: Part 1
Page 37:	Promoting some of our UK Partners: Part 2: plus quiz answers from Page 18
Page 38:	Targets and Goals around Mind-set, Nutrition, Exercise, and Health.
Page 39:	Quiz answers from P6 and photo game page answers from P24.
Page 40:	All contact details for Healthy Minds, Healthy Bods, plus our Social Media.



“There is no end to education. It is not that you read a book, pass an examination, and finish with education. The whole of life, from the moment you are born to the moment you die, is a process of learning.”

Welcome to Issue 16 of Healthy Minds, Healthy Bods' Monthly Health Packs.

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

We then went monthly.

This is our new venture for 2022/2023.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

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

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

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

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

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



**I was having a look back at some of our older photos.
All these are from 2019.**

We were doing multiple courses with terrific feedback.

Our weekly walk in Clissold was blooming.

Our exercise with Highbury was terrific.

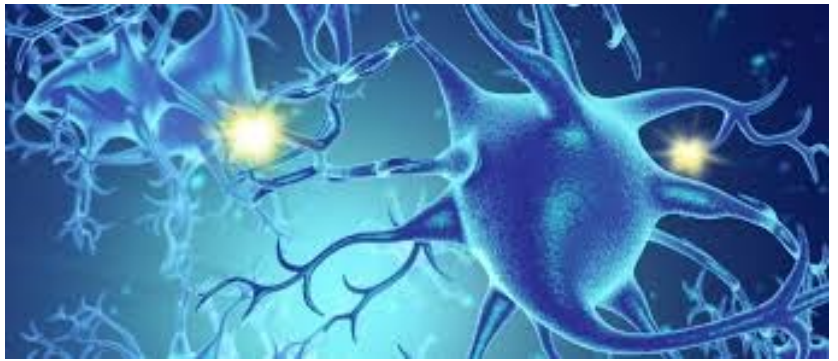
And we had started doing outings too. Great times!!

HEALTH NEWS AND RESEARCH PAGE

New Alzheimer's Drug Slows Disease By A Third

We could be entering the era of Alzheimer's treatments, after the second drug in under a year has been shown to slow the disease. Experts said we were now "on the cusp" of drugs being available, something that had recently seemed "impossible".

The company Eli Lilly has reported its drug - "Donanemab" - slows the pace of Alzheimer's by about a third. However two volunteers, and possibly a third, died as a result of dangerous swelling in the brain. Donanemab works in the same way as "Lecanemab", which created headlines around the world when it was proven to slow the disease.



Both are antibodies like those the body makes to attack viruses. But these are engineered to clear a sticky gunk from the brain, called beta amyloid. Amyloid builds up in the spaces between brain cells, forming distinctive plaques that are one of the hallmarks of Alzheimer's.

"The decades-long battle to find treatments that change Alzheimer's disease is changing," Dr Cath Mummery, the clinical lead for the cognitive-disorders clinic at the UK's National Hospital for Neurology and Neurosurgery, said. "We are now entering the time of disease modification, where we might realistically hope to treat and maintain someone with Alzheimer's disease, with long-term disease management rather than palliative and supportive care."

- 1,734 people in the earliest stages of Alzheimer's took part.
- Donanemab was given as a monthly infusion until the distinctive plaques in the brain were gone.
- The pace of the disease was slowed by about 29% overall - and by 35% in a set of patients researchers thought more likely to respond
- Those given the drug also retained more of their day-to-day lives such as being able to discuss current events, drive, or pursue hobbies.

However, brain swelling was a common side-effect in up to a third of patients. It was mostly mild or asymptomatic despite being detected on brain scans - but 1.6% developed dangerous brain swelling, with two deaths directly attributed to it and a third volunteer dying after such a case.

"We are encouraged by the potential clinical benefits that donanemab may provide, although like many effective treatments for debilitating and fatal diseases, there are associated risks that may be serious and life-threatening," Eli Lilly group vice-president of neuroscience research and development Dr Mark Mintun said.

The company said it would begin the process of having its drug approved for use in hospitals in the next few months.

Dr Liz Coulthard, from the University of Bristol, said there were "significant side-effects" and a lack of long-term data but the drug could "help people live well with Alzheimer's for longer".

HEALTH NEWS AND RESEARCH PAGE:

What is Relationship Anxiety?

With thanks to MedicalNewsToday.

Relationship anxiety is when a person experiences persistent doubt, fear, or worry in a relationship. They may need constant reassurance or ignore their own needs and wishes to please a partner. Doctors call this relationship anxiety, or relationship-based anxiety.

Relationship anxiety involves feelings of intense worry about a romantic or friendly relationship. Although health professionals are aware of this type of anxiety, the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)* does not include it.

Unlike other forms of anxiety, such as “generalised anxiety disorder and “panic disorder”, doctors do not have specific guidelines to diagnose or treat relationship anxiety. Relationship anxiety encompasses some features of “social anxiety disorder”. More specifically, both conditions can cause a person to experience significant discomfort about rejection.



Although many people may worry about acceptance and reciprocal feelings in a relationship, anxiety tends to develop when a person experiences excessive fear or worry. For example, anxiety can lead a person to worry about the future of a relationship. People with relationship anxiety may end their relationships out of fear, or they may endure the relationship but with great anxiety.

The effects of this anxiety may hinder a person’s ability to function in the relationship.

Researchers describe three common symptoms of relationship anxiety:

- excessive reassurance-seeking
- self-silencing
- partner accommodation

Excessive reassurance-seeking is also common in social anxiety disorder and depression. Some researchers suggest that excessive reassurance-seeking is related to interpersonal dependency. Interpersonal dependency refers to a person’s reliance on others for constant evaluation and acceptance. People who exhibit excessive reassurance-seeking behaviour may fear receiving a poor evaluation or not being accepted.

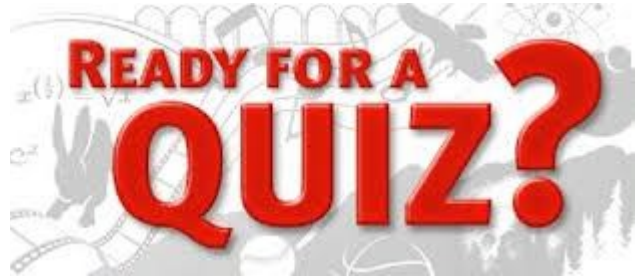
Self-silencing is another symptom shared across many mental health conditions. One study showed that women who are sensitive to rejection may be likely to engage in self-silencing to please their partner. People who self-silence may not express their tastes, opinions, or feelings to their partner, especially when these thoughts are different to those of their partner. People tend to engage in self-silencing behaviour to appear similar to those whose acceptance they seek, and in an attempt to prevent rejection. Over time, a person may silence themselves and make sacrifices to preserve the relationship. However, this has the potential to lower relationship satisfaction.

Partner accommodation is a response from the other partner toward the anxious partner. This is a common effect observed in relationships where one or more people have obsessive-compulsive personality disorder.

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)

The World

According to "worldpopulationreview.com", what are the top 20 most populated countries in the world at the start of 2023?
 See how many you can get right.



Music: Can you name the composers for these famous pieces of music?

1. The Magic Flute
2. The Planets
3. 1812 Overture
4. Brandenburg Concertos
5. The Moonlight Sonata
6. Zadok The Priest
7. Also Sprach Zarathustra
8. The Carnival Of The Animals
9. Ride Of The Valkyries
10. The Four Seasons
11. The Rite Of Spring
12. The Enigma Variations
13. Madame Butterfly

Pop Music: These are all UK No1 Singles. Can you name the band/singer that released it, and the year it was No1?

1. Can't Get You Out Of My Head
2. I Don't Like Mondays
3. The One And Only
4. Someone Like You
5. What A Wonderful World
6. Livin La Vida Loca
7. Are You Lonesome Tonight?
8. There Must Be An Angel
9. Rivers Of Babylon
10. Firestarter
11. Come On Feel The Noise
12. Crazy
13. Ride On Time
14. Reach Out I'll Be There
15. Gangnam Style
16. Do You Really Want To Hurt Me?
17. Umbrella

Literature: Which Author created these classical characters?

1. Winston Smith
2. Ebenezer Scrooge
3. Captain Nemo
4. Mr Fitzwilliam Darcy
5. Huckleberry Finn
6. Captain Ahab
7. Inspector Lestrade
8. Tweedledee
9. Ariel - The Little Mermaid
10. Jane Eyre
11. Long John Silver
12. Tarzan
13. Tintin
14. Prince Caspian



Places

According to experts, what are the top 20 largest English Counties by area.

This is area km squared.

Tough. Write down 20 and compare lists.

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

HMHB Activity: News - page 1



Our group of eight enjoyed a fabulous Friday night at the Bankside Globe Theatre in London on 2 June. We caught an absolutely fantastic performance of *The Comedy Of Errors*.

A play about misunderstanding, twins being confused with each other, and the repercussions of all that causes.

The acting was spot on, and we had standing tickets for just £5 each. Not bad at all.

Terrific evening, with wonderful friends.

The first weekend of June, eight of us enjoyed a walk around Kings Cross with a larger group organised and led by local artist Anne Howeson.

Starting off at Kings Place, we took in the station and the area around the back, we went up part of the canal, and ended up towards Angel, where we took that photo of us, after nearly two hours.

An enjoyable afternoon.



HMHB have just finished a course with our own users and some of Eagle Project too.

It was held at Sotheby Mews Day Centre, N5, and over the four weeks we had over 25 different people attend at different times.

Here is a photo of a few of us on the last week. The course was fabulous, and we were delighted to be able to share our course with our users.

We thank Nigel and his team for allowing us to use the Day Centre, and everyone who came.

Our fantastic PT Zombie continues to lead our Tuesday sessions at Highbury Leisure. The gang here had just done some team games, as we like to shake things up and try different ways to exercise and improve our fitness.

We get referrals from the NHS, and have to thank everyone who comes along and pushes themselves.

Exercise can feel like a chore sometimes, but HMHB like to make it fun and interactive.

It's your body!! Let's look after it.



HMHB Activity: News - page 2



Our walkers like to take over Clissold House, and our numbers are growing every week.

We currently run two walks:

Wednesdays - Highbury Fields at 9:30am.

Thursdays - Clissold Park at 11am.

Excitingly we will be launching a third walk in Finsbury Park at the end of July, which will be on Mondays and starting around 9:30am.

More news on that will follow.

Whatever you do, get into the great outdoors.

We had a fascinating outing to the Bank Of England Museum, which is part of the enormous Bank Of England Building. It was a very warm day so we were thankful to the cool air-conditioned building. Very interesting seeing the formation of the Bank, the buildings, and looking at how banknotes came into existence. We even got to touch a real Gold Bar - Lazza was seen desperately trying to pull it out of its case!! Thanks to all those who came.



With massive thanks to our friend John at Eagle Recovery Project, HMHB joined ERP for a fantastic FREE trip to the Saatchi Gallery on King's Road. We very fortunate enough to visit the "Civilisation" exhibition with an interesting and illuminating free tour of the photographs, followed by an extraordinary classroom event, where we were encouraged to make our own small booklets. It really was a fabulous afternoon, and we were fascinated at some of the award winning photos. I certainly wish I could have had some on my walls.

Eleven of us descended on the Pleasance Theatre for our third visit of the year.

This comedy venue in North Rd, Islington, is an outstanding theatre, allowing comedians to try out materials as well as put on comedy plays.

We saw the brilliant Benji Waterstones, who was preparing for his Edinburgh show.

We all laughed and had a fun evening. Justin even got voted Audience Member of the Night!! :-)



HMHB Activity: News - page 3



As always, Funding is paramount to everything HMHB does. Without it, nothing would happen, and Lazza is constantly on the look out for grants and funds.

Here he is outside Voluntary Action Islington in Pentonville Rd, and he was attending an “Meet The Funders” event. Hopefully we will be able to apply to two of the pots that were described at this event.

If we do not get proper core salary funding in the next twelve months I think HMHB will sadly stop. It's that serious.

Here is our wonderful Zumba Instructor Karina, accompanied by our very own Justin, just about to start our weekly Zumba class on Highbury Fields, where we have been joined lately by Eagle Recovery Project, as well as people just passing. The dancing takes around 50 - 60 minutes, and then we always stop for a picnic afterwards, which is lovely. Do join us from 11am every Sunday.



I think our outings are very important, for both social and mental health.

Here we are at the wonderful Tower Theatre, a local venue near to us in Stoke Newington.

We had gone to see a show called “In Hiding”.

One of our members has previously acted there.

Fifteen of us enjoyed the show and here we are pictured on the actual set. It was great as we had new members with us as well, joining in, making friends.



This photograph was actually taken just over an hour ago.

As it was the last Friday of the month, it was our usual Islington Guided Walks visit to a local green space in the borough - this time, Dartmouth Park.

It is quite high up to the North of the borough, near Tufnell Park, and we had an extraordinary view over London, from the East to the West - it needs to be seen.

Here we are pictured with the group this morning.

HMHB: Busy in July

July has one more of our eight courses to finish - and that is with Change Grow Live starting in July. We have a visit to the Sky Garden, a return to bowling at Rowans, a party in the garden of one of our fantastic users, a trip to the Globe to see Macbeth, and even an Islington event celebrating local projects. Plus all our usual walks, exercise sessions, and Zumba. Lazza is also heading to Bulgaria for a few days too.

We are preparing reports, and working on a video film for funders too.

NUTRITION: Lazza's Kitchen Adventure

Savoury Pasta With Cheese

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever version of Savoury Pasta With Cheese from scratch

Food historians estimate that "Pasta" probably took hold in Italy as a result of extensive Mediterranean trading in the Middle Ages. From the 13th century, references to pasta dishes, such as macaroni, ravioli, gnocchi, and vermicelli, crop up with increasing frequency across the Italian peninsula. In the 14th and 15th centuries, dried pasta became popular for its easy storage. This allowed people to store pasta on ships when exploring the New World

Ingredients

500g Lean Minced Beef - oil to cook
Diced Onion
2 Garlic Cloves - + Garlic Puree
Tin Of Chopped Tomatoes - + Tomato Puree
50ml Water with Beef Stock
Mushrooms:
Pasta - you can judge amounts
Plenty of herbs - again you can choose
Grated Cheese - up to you how cheesy.

In a saucepan, cook up pasta.

Heat a little oil in a different pan and cook up the mince until browning.

Add the diced onion stir and cook for five minutes.

Add in the garlic and garlic puree.

Add the tomatoes and tomato puree.

Stir in well. And now add the chopped mushrooms.

Mix some beef stock in the water and then pour into the pan. Stir well.

I like to use a lot of herbs so I included:

Oregano, Mixed Herbs, Basil, Thyme, and some Garlic powder too.

Leave to cook for around 15 minutes.

I drained the pasta (put aside if ready before the beef mix) and then poured the pasta into the meat mix and stirred.

Transfer into an oven dish or bowl (or both in my case) and top with grated cheese (I used Red Leicester to get that nice colour).

Cook at 180C for around 20-25 minutes. You can see when it looks ready.

Then enjoy.



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

MIND-SET: Are you taking on too much?

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.

Working with HMHB can be hectic and challenging, as well as interesting and rewarding. June, for example, is going to be a very hectic month (I am typing this on Tuesday 5 June). I have a multitude of reports to complete on the courses we have been providing - all of which have received great feedback so far. Also we have outings, sessions, applications to complete, and deadlines to follow.

I sometimes wonder if I am doing too much, and it made me think that this would be quite a good subject to look into, as we all can overwhelm ourselves with work and projects. And this can have an adverse effect on our mental health.

How is your calendar?

I would be totally lost without my phone calendar - I like to keep busy, both with project and personal life. June, especially, has me doing lots and lots.

But is being busy fantastic? What if there are no gaps in your schedule at all? From the moment you wake up to the second you collapse into bed at night, there's something to take care of. You have no downtime, and if something arises that needs to be tended to immediately, you'll need to juggle and rearrange half your life to accommodate it. Is that healthy? No. It is important to have down time and relaxing time. What about general life chores at home? It's great to have a lot to do, but do think about your own health. Rest is important. You are important.

Are you fatigued?

One of the side effects of doing too much is the feeling of being too tired. You never feel rested, no matter how much you sleep (when you manage to sleep at all). Feeling tired and drained is your "new normal," and you don't have much energy to do anything. Your limbs might seem heavier than they used to be, and you may get exhausted after doing the smallest amount of physical exertion. You may not even have the strength to do things like lift a saucepan one-handed, or walk up a flight of stairs without needing a rest.

Fatigue results in slower reactions, reduced ability to process information, memory lapses, absent-mindedness, decreased awareness, lack of attention, underestimation of risk, reduced coordination etc. Fatigue can lead to errors and accidents, ill-health and injury, and reduced productivity.



MIND-SET:

Signs you are doing too much.

Headaches and Jaw issues

You may be living on Paracetamol or Ibuprofen because you have a killer headache that just won't go away. Migraine-like effects such as hypersensitivity to light or sound might be present, and you may feel a tightness around your temples.

Tension headaches are the most common type of headache. They're what we think of as normal, 'everyday' headaches. They feel like a constant ache that affects both sides of the head, as though a tight band is stretched around it. Stress and overwork can be a cause of these.



Furthermore, you may notice signs of “Temporal Mandibular Jaw disorder (TMJ)”. This can include a tightness or “clicking” in your jaws, along with chronic headache pain, especially on one side. The temporomandibular joints (TMJ) are the 2 joints that connect your lower jaw to your skull. More specifically, they are the joints that slide and rotate in front of each ear, and consist of the mandible (the lower jaw) and the temporal bone (the side and base of the skull).

Eating is not regular or healthy

Have you noticed that you don't eat regular meals around the same time every day. In fact, there are some days when you barely eat at all, and others where you might gorge yourself to make up for the previous fasts. Sometimes you'll feel lightheaded and realise that you've forgotten to eat. Other times you'll graze all day long and then wonder why you feel off later in the evening. These could all be signs that you are doing too much.



Also, while no food is truly “junk” food, there are some options that are significantly less nutritious or healthy than others. If you've been doing too much, then you probably haven't been able to devote much time to food shopping and cooking. As a result, your meals tend to be cheap, quick, and dirty rather than healthy. You may opt for instant meals and takeout or delivery. These tend to be high on flavour and low on nutrition, but won't exhaust you the way a roast dinner or multi-step meal prep would. Make time for shopping and cooking. A healthy diet can help with focus and energy.

Appearance

Maybe you can't be bothered with your regular skincare routine so your skin is looking dull and sallow. Or you're breaking out because you haven't washed your pillowcases in a few months. You might have dark circles around your eyes, and you've either lost or gained a significant amount of weight in a short time. Either way, you look like you're not feeling well at all. You may not even notice it when you look in a mirror (if you look in them at all these days), but you might get concerned responses from friends, family members, even colleagues.

I've realised while typing this that this can be me. I sometimes feel like I neglect my own health while I am concentrating on the project. I need to focus on me a little more. I'm taking a rest right now!!! :-)

EXERCISE/FITNESS: STRETCHING

Cooldown Stretches - page 1

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

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

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

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

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

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

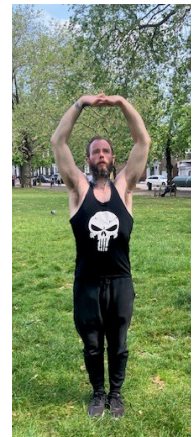
It is not just about warming up before an exercise session, or warming down after completing one.

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.

Standing Reach Stretch

As you can see from photos, start in a standing position, bent over, with hands clasped, and palms facing down, as if you were pushing into the ground. Hold that. Then slowly come to standing position, raising your arms so they are pointed out, palms facing away from body, and drop your head down. Hold that. Then raise arms above the head as if stretching up towards the sky. Hold that. A nice body stretch.



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.

Seated Hamstring Stretch

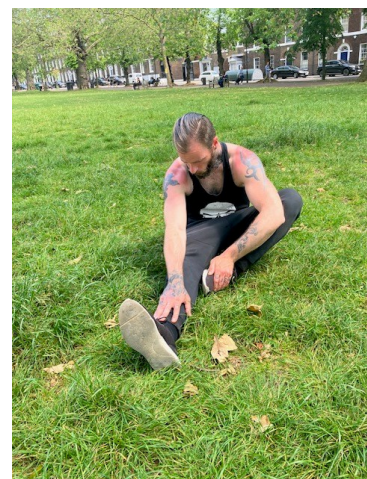
Sit with one leg extended and your back straight. Bend your other leg so that the sole of your foot rests against your mid-thigh.

Reach toward your ankle. Keep your knee, neck, and back straight.

Feel the stretch in the back of your thigh.

Hold for 30 to 60 seconds

Stretching the hamstrings will help keep these muscles loose and flexible, which will improve posture, increase flexibility, and prevent lower back pain



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

EXERCISE/FITNESS:

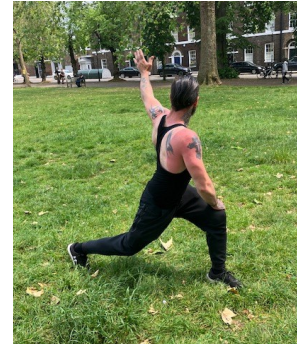
Cooldown Stretches - page 2

Twisted Lunge

This move incorporates two basic exercises - the lunge and the twist.

First do a front lunge, stepping forward and bending both legs, resting your opposite hand on the bent leg. Then, ensuring you can keep your balance, slowly reach up with the free arm away from your body, and use a twist as you do that. Hold that pose. Then do on the other leg.

Strengthens the quadriceps and gluteus muscles. It also develops stamina and endurance in the thighs.



Forward Fold

Stand erect with straight legs, shoulder width apart. With arms reach back behind your lower spine, and join fingers or hold hands, pulling your shoulders back and opening your chest. /

If you can, move your hands away from your back, and fold forward, as you can see in the photo.

Try and hold the position for around 15-20 seconds, relax, and repeat.

Folding forward has been shown to calm the mind, reduce stress, and reduce blood pressure.

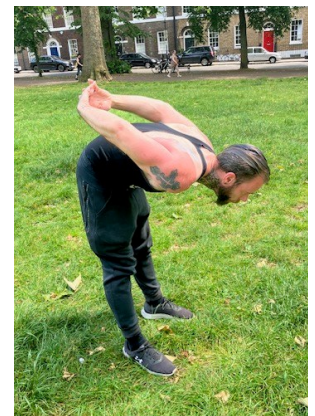


Figure Four

Lie on your back with your feet flat on the floor.

Cross your right ankle over your left knee and keep your right foot flexed.

Bring your left knee toward your chest. Reach your right hand through your legs and interlace your fingers just below the crease of your left knee.

Using your arms, pull your left knee toward your chest, pausing when you feel a stretch in your right glute and hip. Hold there for at least five breaths (though you can hold the stretch for up to two minutes) then release and repeat on your left side.



**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:

More signs that you are doing too much.

Illness

Maybe you are doing so much nonstop and not getting enough rest, and that's taking its toll on your immune system. As a result, you always seem to be fighting something off or recovering from something else.

This exacerbates the fatigue and overall ill health, as whatever you're sick with might be interfering with nutrient absorption. For example, a sore throat might prevent you from eating much, while a belly bug might stop you from retaining food.

This again goes back to the point that you need to focus on you a little more. There is no point in succeeding in projects if you are not going to be able to enjoy them due to ill health.



Your “to-do” list is very long

I admit it does feel like a to-do list can be never ending. And, in all honesty, it should always have things on it. As you succeed completing one task, that will probably mean another one emerges.

It's immensely satisfying to be able to check completed tasks off a daily “to-do” list, but maybe yours always seem to be huge. There's simply too much on it to be able to achieve in a short time, so tasks get carried over and over. This is obviously repeated day after day, especially when plans go awry due to unforeseen circumstances.

Some tasks are more important than others. Look to try and remove items quickly and efficiently. Urgent ones first.

Your work suffers

If you are doing too much, are you really focussing on producing terrific work, whether that be for personal or career reasons. You might have previously enjoyed making great meals for your family or being meticulous with your office work habits. Now they're getting food that is not as tasty, and the work you're submitting is full of mistakes. You just don't have it in you to put your all into everything you do.

I sort of can understand that myself. Every month I produce this 40 page health pack, and I think it is important that the contents are relevant and interesting. I research hard and try and find information that people will like, and maybe be able to use themselves. It is not easy.

I remember once how complacency can be your enemy. I was once helped by a project called Business In The Community, and I wanted to show them my appreciation. They had a course that found guaranteed work placements for a couple of weeks for people long term unemployed, and preceded that with a two day course on work ethics and info. I asked if I could come and talk about the mental health side of it, thinking I could do it easily. On the day I was actually quite ill with a very heavy cold, but I had asked for a year for the opportunity so dosed myself up heavily. I did not prepare as I knew I could do it, turned up and was dreadful.

It was only afterwards I realised how poor my presentation had been. I was so angry at myself. I should have taken time. I should have been prepared. It was a good lesson. But I felt I had been too busy to do that. We all make mistakes sometimes, it is if we learn from them.

MIND-SET:

Even more signs you are doing too much

Messy Surroundings

I recognise myself in this one very much, and it makes me angry at myself. I love my flat, which I have been in for 24 years now. But do I look after it enough? Probably not. And I use the excuse that I am too busy with the project.

If you don't have the time or energy to take care of yourself properly, then you certainly don't have the means to care of your surroundings.

Maybe you haven't washed your bed sheets for several weeks, or laundry has piled up on every surface around you. Dishes aren't being washed, dust is piling up in corners, closets and kitchen shelves are stuffed with items that you've crammed in instead of folding, organising, or storing properly.

When people pop round mine I always tell them I need to tidy up. Why do I allow this to happen? It has been shown by research that if you live in a tidy (lived-in) environment, that you wake up in the morning to a clean kitchen and bathroom, that you feel happier for the day ahead. If you wake up and there is a load of washing up to do, there is a natural feeling of being fed-up.



What about your hobbies?

Yes, sometimes, with deadlines approaching - and that could be for personal events, work or study issues, or even a holiday - you need to concentrate on certain matters. But it is important we still find time for the things we enjoy as relaxation.

However, our hobbies and exercise routines are no longer daily occurrences. Instead, they're put on the back burner for whenever it is that you might have a moment to spare for them. That means they keep getting pushed back until one day you notice that you can't squat to pick something up without groaning, and you don't remember how to do some of your favourite activities.

Sometimes, get out of the flat and head to the cinema or theatre, or just the local park. These things all boost your social and mental health. You need to feel part of life, part of the community. It is finding that right balance between your working and personal life. Neither should come into conflict with the other.

Sleep

Does this resonate with anyone? Regardless of how exhausted you may feel, you just can't relax when it's time for bed at night. You may have all manner of stressful thoughts breakdancing in your head so you can't wind down and get your much-needed rest. In fact, you may find yourself increasingly more insomniac. You'll have trouble falling asleep, which will stress you out and keep you from sleeping, etc.

I certainly can equate with the above. Sleep can be the bane of our lives, as we know the benefits of a good night's sleep. There are many recognised ways of switching off, including meditation, listening to relaxing sounds, a bath before bed, etc. But find a way yourself. Look into it. Is what you are worrying about really worth all that hassle? Again, your health is important too.



NUTRITION: Lazza's Kitchen Adventure

Peanut Butter Muffins

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his ever version of Peanut Butter Muffins from scratch

Ingredients

340g Plain Flour
150g Caster Sugar
2 teasp. Baking powder
¼teasp. Bicarbonate of Soda, pinch of Salt
175g Unsalted Butter, diced
110g Full Fat Milk
350g Peanut Butter
2 Large Eggs
Peanuts to decorate

Marcellus Gilmore Edson, of Montreal, Quebec, Canada, obtained the first patent for a method of producing peanut butter from roasted peanuts using heated surfaces in 1884. Edson's cooled product had "a consistency like that of butter, lard, or ointment" according to his patent application which described a process of milling roasted peanuts until the peanuts reached "a fluid or semi-fluid state".

This is a nice easy bake to make - it can come out a little dry as no fruit, so maybe think of adding something to it if you fancy.

Heat the oven to 160°C fan/gas 4.

Grease a muffin tin with butter or line with muffin cases.

In the bowl of a stand mixer or using electric beaters, combine the flour, sugar, baking powder, bicarb, salt and butter for 3 minutes until smooth.

Mix in the milk.

Now add the peanut butter and then the eggs, ensuring each egg is incorporated before adding the next.

Use a tablespoon to divide the mixture between each muffin tin hole.

Then sprinkle peanuts on top of each mound of batter and push down into the mixture.

Bake for 20-25 minutes, or until golden and puffed up.

Leave out to cool.



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

HMHB's funny quiz page:

It's mostly guessing, but play with friends: 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 one of the choices are correct: which one is it?

NOT a Genuine Dinosaur	NOT a Grand National Winner	NOT a Walkers Crisp Flavour
Bambiraptor	Highland Wedding	Sweet & Sour Pork
Giraffatitan	Double Chance	Australian BBQ Kangaroo
Indominus Rex	Russian Hero	Lincolnshire Sausage & Brown Sauce
Elvisaurus	Salad Dodger	German Bratwurst Sausage

ROUND TWO: Give Me a Number

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

1. How many days was Queen Elizabeth the Second on the phone?
2. How many "L"s in the longest Welsh place name?
3. How many counties make up Northern Ireland and Ireland combined?
4. How many different men have walked on the surface of the moon?
5. How many Coloured Property Squares on a UK Monopoly Board?

ROUND THREE: When Did That Happen

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

Tchaikovsky's Swan Lake premiered in St. Petersburg.
 Amelia Earhart is first woman to fly solo across the Atlantic.
 Denis Tito paid \$20 million to become the first Space tourist.
 Income Tax was introduced into the UK.
 Timothy Dalton's first Bond film, The Living Daylights, is released.



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

Leonardo Di Caprio: Tom Hanks: Hugh Jackman: Justin Bieber: Jennifer Lopez: Ralph Lauren

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

1. In 1963, a cat went into space.
2. In American Football, touchdowns were originally called 'tapstops'.
3. Napoleon was ashamed of his nipples and refused to let anyone see them.
4. A British man changed his name to Tim Ppppppppppprice to make it harder for telemarketers to pronounce.
5. In the mid-1960s, Slumber Party Barbie came with a book called "How to Lose Weight."
6. An adolescent owl is called a 'novice'.
7. While Thomas Crapper didn't invent the toilet, he was killed by one.
8. Barry Manilow did not write his hit "I Write the Songs."
9. Marie Curie's notebooks are radioactive.



NUTRITION:

The Fridge: Foods - in or out? Page 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.

I was talking with my group around these health packs and asking if there was a subject I should cover around nutrition and foods - and this was once of the subjects that actually made me sit up and think. I like to look at topics that are interesting, as well as useful. And surely this is one of those. So I have done a little research and this is what I have come across. Now, I am not a nutritionist, or an expert on looking after food, so do please forgive me if I produce any errors. I have tried my best.

Potatoes

Raw potatoes have lots of starches, and the cold temperatures in a fridge can turn the starches into sugars. This can make your potatoes turn sweeter and darker during cooking.

Potatoes do best in a cool, dark room with lots of ventilation. This keeps them fresh and firm and helps prevent greening. Greening happens when chlorophyll builds up under the peel. It is associated with “Solanine”, a bitter toxic alkaloid, that can make you sick if you eat too much of it.

Storing your potatoes correctly also stops them from shrivelling and losing water. If your pantry is too hot, or if you store potatoes for a long time, they will grow sprouts and might rot.

For best results (according to the experts), store your potatoes in these conditions:

At a temperature of 45 to 55 degrees Fahrenheit , in high relative humidity of around 80% to 90%
In darkness and, if possible, in an open bag or bin.



Tomatoes

This was quite tricky. From all my research it appeared that it depended on ripeness and length of time. So yes, you can store tomatoes in the refrigerator, but it's important to consider the ripeness of the tomato. Refrigeration interrupts the ripening process, and nobody wants to eat a mealy, bland, unripe tomato. If you put unripe tomatoes in the fridge, they'll stay that way, and never be as flavourful as they could have been. If you pick or manage to buy a perfectly ripe tomato, either eat it or refrigerate it.



As for overripe tomatoes, make sure to refrigerate them to slow their spoiling, and keep in mind that you can use squishy, overripe tomatoes for tomato sauces, relishes, chutneys, and beyond. So, yes, we're pro-fridge depending on the situation, but let your tomatoes come to room temperature before eating them no matter what. Room temperature tomatoes have the best flavour, apparently.

NUTRITION:

The Fridge: Foods - in or out? Page 2

Onions

From what I can see, in general, onions like air, dry climates, and cool temperatures. Maintaining optimal storage conditions will extend their shelf life significantly.

Apparently, onions should be taken out of any plastic grocery bag prior to storage and kept away from produce that emits moisture, such as potatoes. If you leave whole onions in a grocery bag without air circulation, it will reduce shelf life by keeping moisture in and encouraging spoilage microbes to grow, such as mould. High levels of moisture can also lead onions to sprout. If the bag you purchased or stored the onions in from the store is airtight, transfer them to a mesh bag or container that allows air circulation.



Where and how you store your onions depends on whether they're whole or not. Unlike intact onions, an onion that has been cut is best stored in the refrigerator in a sealed plastic bag or airtight container. It is important to note that certain foods will absorb onion odours if stored near them, so make sure the onions are sealed as that can help prevent this from happening.

If stored in an area of your home that is cool, with good ventilation, and dry, whole onions can have a shelf life of three months or even up to six months, provided they are dry, firm, with skins intact, and not sprouting.

Eggs

This was a good one. Eggs are not stored in refrigerators in the shops, so should we at home. I was surprised with the research on this one. This can be different depending on where you are in the world. But we are UK so I am going with that here.

According to most experts I could find, storing your eggs in the fridge is the best way to keep bacteria under control. As an added bonus, it also keeps eggs fresher for much longer than storing them at room temperature. While a fresh egg stored at room temperature will start to decline in quality after a few days and need to be used within one to three weeks, eggs kept in the refrigerator will maintain quality and freshness for at least twice as long.



Many people keep their eggs in their fridge door. However, this can subject them to fluctuations in temperature every time you open your fridge, which could encourage bacterial growth and impair the eggs' protective membranes. Therefore, keeping eggs on a shelf near the back of your refrigerator is best.

Lastly, some chefs claim that room-temperature eggs are best for baking. As such, some suggest letting refrigerated eggs come to room temperature before use. If this is important to you, it's considered safe to leave eggs at room temperature for up to two hours. Still, you should be sure to cook them to a safe temperature.

NUTRITION:

The Fridge: Foods - in or out? Page 3

Vegetables and Fruits

This can be varied from what I could see.

Do not combine fruits and vegetables in a single container, as ethylene given off by some fruit (like apples, peaches, and pears) can spoil some vegetables (lettuce and crucifers are especially susceptible). Certain groups of produce can be stored together: root vegetables with their leaves removed (like beetroots, radishes, and turnips) can be combined in a single container. Different citrus fruits can be kept together. Salad leaves (from lettuces to Asian greens) can be mixed and sealed in the same container. Seal some produce tightly, give other types room to breathe: Most vegetables (dry, never wet) can be wrapped or sealed tightly in your container of choice for best storage. With the exception of soft berries, whole fruits are better off in an unsealed container.



Apples that you intend keeping long term (beyond a week and up to a few months) should be kept chilled. They do not have to be wrapped, but they do emit ethylene, so your other produce should be kept separate. Soft berries tend to spoil quickly and should be eaten within a couple of days of purchase. In the meantime, keep them cold, and do not wash them until you are ready to eat them. The list of berries includes blackberries, blueberries, cranberries, currants, grapes, strawberries, and raspberries.

Cherries should be chilled and can be kept refrigerated in an open bowl or container. While some sources suggest leaving citrus fruit at room temperature, from what I have read ripe citrus lasts significantly longer if kept chilled. The fruits do not need to be wrapped or sealed and fare best when kept in an open container in a produce drawer. Figs, lychees, and pomegranates all last longer if kept chilled. (Other tropicals can be left out until ripe and then refrigerated until you are ready to eat them.) Bananas should be kept out of the fridge.

Most vegetables last longer when kept chilled. The list includes: artichokes, asparagus, beans (fresh, unshelled), beetroots, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chiles, corn, cucumber, aubergine (eggplant), fennel, herbs, horseradish, leafy greens, leeks, mushrooms, okra, peas, peppers, radishes, rhubarb, salad leaves, scallions, spinach, squash, amongst others.

Apricots, avocado, bananas, guava, kiwis, mangoes, melons, nectarines, papayas, passion fruit, pawpaw, peaches pears, persimmons, pineapples, plantain, plums, starfruit, and quince (we all buy that!!!) will continue to ripen if left out on the counter.

Coffee

The fridge is not the place to store coffee in any form, ground or whole bean even if in an airtight container. It isn't cold enough to keep your coffee fresh, and because coffee works as a deodorizer, it will absorb all the aromas in your fridge.

Coffee beans can be beautiful, but avoid clear canisters which will allow light to compromise the taste of your coffee. Keep your beans in a dark and cool location



Nutrition: HMHB looks at Minerals

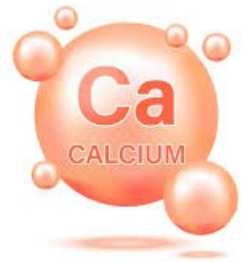
Today: Calcium

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

In the context of nutrition, a mineral is a chemical element required as an essential nutrient by organisms to perform functions necessary for life. Nutrient minerals, being elements, cannot be synthesised biochemically by living organisms. Plants get minerals from soil,. Most of the minerals in a human diet come from eating plants and animals or from drinking water.”

The four major structural elements in the human body by weight (“Oxygen”, “Carbon”, “Hydrogen”, Nitrogen”) are usually not included in lists of major nutrient minerals (nitrogen is considered a "mineral" for plants, as it often is included in fertilisers). These four elements compose about 96% of the weight of the human body, and major minerals (“Macrominerals”) and minor minerals (also called “Trace Elements”) compose the remainder.

Calcium is a macomineral most often associated with healthy bones and teeth, although it also plays an important role in blood clotting, helping muscles to contract, and regulating normal heart rhythms and nerve functions. About 99% of the body’s calcium is stored in bones, and the remaining 1% is found in blood, muscle, and other tissues.



In order to perform these vital daily functions, the body works to keep a steady amount of calcium in the blood and tissues. If calcium levels drop too low in the blood, parathyroid hormone (PTH) will signal the bones to release calcium into the bloodstream. This hormone may also activate vitamin D to improve the absorption of calcium in the intestines. At the same time, PTH signals the kidneys to release less calcium in the urine. When the body has enough calcium, a different hormone called calcitonin works to do the opposite: it lowers calcium levels in the blood by stopping the release of calcium from bones and signalling the kidneys to rid more of it in the urine.

The body gets the calcium it needs in two ways. One is by eating foods or supplements that contain calcium, and the other is by drawing from calcium in the body. If one does not eat enough calcium-containing foods, the body will remove calcium from bones. Ideally, the calcium that is “borrowed” from the bones will be replaced at a later point. But this doesn’t always happen, and can’t always be accomplished just by eating more calcium.

These foods are some of the best sources of calcium available. Dairy Products (milk, yogurt, and cheese are rich in calcium), Soybeans, Green Leafy Vegetables (Cooked kale, spinach, and collard greens are all good calcium sources, collard greens having the highest amount), Canned Salmon, Figs, Canned Baked Beans (also have a lot of fibre). Also many foods are fortified with Calcium.

**Like all Minerals, these are Elements that are “essential for life”.
Your body can’t create them (they are inorganic). You have to get them through your diet.
Why not research Minerals this month, and what foods you need to consume?
It’s your body, and your choice.
Make sure your choices are the best ones you can make.**

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.

Yep, those two cutie are my children - now very grown up. This was taken around 29 years ago. So why have I chosen this photo? Well, I am quite proud to say that I made those teddies. Honestly. You can get kits that are cut out, or patterns and fur. The kits come with eyes and noses. You can also buy official stuffing as it has to be fire proof. I wonder if they still have them somewhere?



That was me in 2017 - yes, I was honestly that slim and will get back to that weight again.

This was up Camden Road heading towards Camden from Holloway Road, and the "Tardis" used to be standing there outside a pub.

You can probably guess, being the nerd I am, that I am a very ardent Doctor Who fan, and have been since I was small. I vividly recall Jon Pertwee changing into Tom Baker, who was a fabulous Doctor. I am looking forward to seeing how the show progresses.

This is one of my favourite photos of me. Around 8-9 years ago I was on a bootcamp in Oxfordshire. There had been major flooding. We were on a walk when our path was severely flooded (the water at the top of the pic). We had to climb a very steep hill. You can see two ladies really struggling, and at first glance it looks as if I am flying and holding on for dear life,. In fact my trousers blend in with the background to become almost invisible. :-)



I am very much an arachnophobe. When I was small I was running along an alleyway and went straight through a spiders web wearing glasses, and the spider was on the lens in front of my eye, looking massive. Ever since then I have a fear of them.

So this photo of me, holding a Tarantula, is very special. It was taken on Highbury Fields a few years ago when a fair came to town.

I was very very reluctant to pose, and although I look calm I can promise you that I was extremely scared.

The poor spider behaved wonderfully. LOL



HMHB's Name Game Page:

Can you name these singers from the 1980s?

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

Answers at bottom of quiz page answers (page 39)



1



2



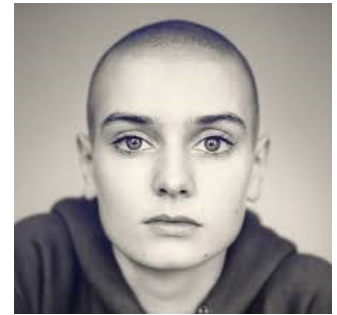
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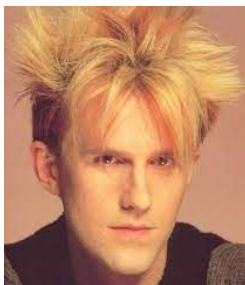
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NUTRITION: Lazza's Kitchen Adventure

Hallongrotta (Thumbprint Biscuits)

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Hallongrotta (Thumbprint Biscuits) from scratch

Hallongrotta is the name of a common Swedish biscuit flavoured with Vanilla.

The name means "raspberry cave" in Swedish. In the United Kingdom they are known as thumbprint biscuits.

Called Cookies in the USA, they are sold in Australia as jam drops.

The biscuits are similar to shortbread with an added filling.

Although it can be any filling, they are usually filled with raspberry jam.

Ingredients

200g Unsalted Butter Softened

200g Caster Sugar

320g Plain White Flour

1 Egg

1 Teassp. Vanilla Extract

½ Teassp. Baking Powder

½ Teassp. Salt

Raspberry Jam for filling

Obviously you can use any flavour jam you like, but I used the recommended Raspberry.

Pre-heat the oven to 180°C (fan 160°C/gas mark 4).

Line 2 large baking trays with non-stick baking parchment.

Beat together the softened butter, sugar and vanilla until pale and fluffy.

Add in the beaten egg and mix until combined before adding the flour, baking powder and salt.

Mix together until a soft dough is formed.

Roll the dough into small balls (approx. 3cm diameter) and place onto the baking trays, leaving a gap for the biscuits to spread in the oven.

Gently press the centre of each biscuit with your thumb to create a hollow in the centre.

Add approximately ½ tsp of jam to the centre of each biscuit or until the hollow is filled.

Bake in the oven for 12-15 minutes until very lightly coloured. Leave to cool before moving to a wire rack.

They have also been called bird's nest cookies, butterballs, or Polish tea cakes, and they are believed to have originated in the 19th century.



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

EXERCISE/FITNESS

Jumping

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

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

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

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

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

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

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

Be active, be safe, and go for it.

I do not know if you have noticed, but when you add jumps into your exercise you feel tired quicker, out of breath, and sweat quicker.

In fact, we jump a lot in exercise because jumping is really, really good for you. Honestly. I know it may not feel like it at the time. In fact, it's one of the best things you can do to get in awesome shape and keep yourself healthy for life.

And the best thing about it? *Anyone* can do it. Yes, that means you.

Now, I am very much aware that some people may have issues around their hips, knees, and ankles. And therefore jumping can be either difficult or impossible. In those cases, we encourage people to step instead of jump. But mostly, and I do apologise to anyone who is affected by these, we are talking to the general public.



So, It doesn't matter if you're young, or old, overweight or in awesome shape, a seasoned athlete or a complete newbie exercise, jumping is one of the best exercises out there, if you can do it.

What Is Plyometrics? Plyometrics is a type of exercise training that uses speed and force of different movements to build muscle power. Plyometrics training can improve your physical performance and ability to do different activities.

Using plyometric exercises such as jump squats, box jumps, lateral jumps, single leg jumps alone or in a circuit will help to activate fast-twitch muscle fibres. These fast-twitch fibres have a big part to play when the muscle contracts against resistance; they are longer and stronger than the short endurance based slow-twitch fibres. We recruit more fast-twitch fibres during plyometric training resulting in muscle growth, strength and power.

Jumping increases your strength and muscle tone, and builds both upper body and lower body strength like crazy.

EXERCISE/FITNESS:

Why is jumping so good?

The more muscle fibres you can recruit, the more muscle you will be able to build. Plyometric exercises performed over a time frame of between 45 – 90 secs ensure that you are working in the lactic acid energy zone, causing muscular fatigue. This fatigue recruits more fast-twitch fibres to try and cope with the demand placed on the muscle. Research states that this is the perfect environment to see muscle growth or hypertrophy. Activating large muscle groups in the legs will also increase the amount of blood and therefore nutrients to the area, decreasing recovery time.

Jumping is a common movement in many sports, such as football, tennis, basketball, netball and athletics. Practicing similar movements in your workout will help you become more efficient in your sport, making your body more conditioned in these movements.



Conditioning your body through a variety of movements replicating those performed in your sport or function will help to reduce the risk of injury. We tend to become injured when we increase the range of movement in a direction that we are not used to, with more resistance than our body can cope with. The landing of a jump in multiple directions and ranges places a force which conditions the body against injury.

If you have a sedentary lifestyles our bodies can become more and more restricted. Certain muscles over work whilst others don't get worked enough. An example of this is sitting. Our quads and hip flexors overwork each time we get up and sit down, the dominance of these muscles will potentially interrupt our biomechanical sequencing and cause restrictions in important joints. Therefore we need to get the glutes and hamstrings working in their true form for example landing when jumping. Our glutes and hamstrings lengthen with the resistance of body-weight slowing down on our landing, much like suspension on a bike or car.

Adding plyometrics into a circuit can help push your heart rate to the next level. The compound and explosive nature of jumping means that it requires a lot of energy, burning more fats and sugars not only during the but also after the workout.

Ultimately.

1. Stimulates your metabolism
2. Increases Oxygen capacity
3. Improves your sense of balance
4. Increases Oxygen circulation to tissues
5. Improves the circulation of the lymph through the lymph glands
6. Strengthens the Heart (Cardiovascular Health)
7. Increases energy and sense of vitality
8. Firms and tones the muscles

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

EXERCISE/FITNESS:

Three Jump Exercises (you can step instead).



Prisoner Squat Jump

Stand with your feet shoulder width apart and your hands behind your head, with your chest up.

Lower your body into a squat by first bending at the hips, followed by the knees, until your thighs are close to parallel to the floor.

Press your heels into the floor, then explosively push your feet through the floor to straighten your legs and jump as high as you can.

Land with soft knees to cushion to your joints and immediately lower your body into another squat.

This is an excellent plyometric exercise that targets the muscles in your legs and rev up your heart rate.



High Knees Jump

Begin in a comfortable standing position with your knees slightly bent. Hold your arms extended next to you.

Rapidly dip down into a quarter squat and immediately explode upward. Drive the knees towards your chest, attempting to touch them with your knees.

Jump as high as you can, raising your knees up, and then ensure a good land by re-extending your legs and absorbing the impact. Repeat the exercise according to the training plan.

This will activate your quadriceps, hamstrings, calves, glutes, and hip flexors, helping improve muscular endurance, balance, and coordination



Plyo Jacks

This is one of the simpler instructions for exercise.

Begin standing upright with your feet together.

With a jump now land with your feet shoulder width apart and immediately drop into a squat position. Jump back into the starting position and keep repeating.

These are a type of plyometric, or 'jump training', exercise. Plyometric exercises have benefits for developing bone strength as well as helping you run faster and jump higher.

Plyo Jacks are metabolically demanding and can burn quite a few calories, depending on your body weight

EXERCISE/FITNESS:

Three More Jump Exercises (you can step instead).



Speed Skater

From a standing position, with feet about hip-width apart, slightly bend at the hip and knees to come into a $\frac{1}{4}$ squat position. Shift your weight to your right leg and raise your left leg off the ground.

Laterally bound to your left by pushing off with your right foot

Try to land softly on your left leg, similar to your starting position, allowing your right leg to cross behind you and your right arm to cross in front of your body, mimicking a “speed skater”

Upon landing, briefly pause to gain stability and control and jump in opposite direction, this time taking off with left leg



Jumping Jacks

Stand straight with your feet together and hands by your sides. Jump up, spread your feet and bring both hands together above your head. Jump again and return to the starting position. Repeat.

Form: Keep the knees slightly bent and land softly on the balls of your feet. Engage your core and glutes and maintain your knees in line with your hips and feet. Keep your arms extended and your elbows loose during the entire exercise and maintain a steady and smooth breathing pattern.

Jumping jacks work all the major muscles in the lower body, strengthening your glutes, hamstrings, quads, hips, calves, and shins.



Skipping

Just pretend to skip (or get a rope) - that’s all there is to it. The Skipping exercise is one of the most efficient out there; a study found that skipping for 10 minutes a day delivered the same benefits over six weeks as jogging daily for 30 minutes.

One of the biggest skipping benefits is that it's a total-body workout, incorporating your arms and shoulders as much as it does your legs. It also gives poor posture a helping hand by encouraging you to pull your shoulders back and out of the hunched posture in which you probably spend most of your day.

You can jump, step, use both feet together, or one foot at a time. There is no excuse not to skip.

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.



Actors are famous for needing to prepare for their roles. But even this went extreme. In "The Doors" Val Kilmer sang all the Jim Morrison vocals himself.

In fact, he was so convincing that surviving members of the group mistook Kilmer's singing for Morrison's. To prepare for the role, Val Kilmer learned fifty songs and spent a year as Jim Morrison.

He actually had to go to therapy to help him get out of character!!!!

That's incredible.

Chiune Sugihara was a Japanese diplomat who served as vice-consul for the Japanese Empire in Lithuania. During World War 2, Sugihara helped thousands of Jews flee Europe by issuing transit visas to them so that they could travel through Japanese territory, risking his job and the lives of his family. In 1985, the State of Israel honoured Sugihara as one of the "Righteous Among The Nations" for his brave actions. He is the only Japanese national to have been so honoured. The year 2020 was "The Year of Chiune Sugihara" in Lithuania. It has been estimated as many as 100,000 people alive today are the descendants of the recipients of Sugihara visa.



Margaret Knight invented a machine which perfected the creation of the Paper Bag. Charles Annan stole the idea and patented it himself. She took him to court with blueprints, sketches, measurements, instructions, and witness statements. His defence was that "she could not possibly understand the mechanical complexities of the machine" as she was a woman!! She won, and invented over 100 other machines, patenting at least 20 of them. For her invention of the paper bag machine, Knight was decorated by Queen Victoria of England in 1871.

I love this story.

Judith Love Cohen, who helped create the "Abort-Guidance System" which rescued the Apollo 13 astronauts, following the explosion in the capsule on the way to the moon in 1970, went to work the same day she was in labour with her baby. She took a printout of the problem she was working on to the hospital. She called her boss to tell him she had worked out the solution, and then gave birth to her son - the actor Jack Black.



HEALTH / ROUTINE

It's not too late to change: SMOKING

Quitting smoking can reverse the damage caused by smoking, a recent study shows – regardless of how much you previously smoked.

Often, people who have smoked for many years believe that **“there’s no point in quitting because the damage has been done”**. Well, this turns out to be untrue.

A recent study, published in the journal *“Nature”* challenges this and gives a new hope to people who want to quit.

When you smoke, the majority of the cells in our lungs are mutated, with cells containing up to 10,000 genetic alternations. It was previously believed that these mutations were permanent and persisted even after a person has stopped smoking.

But according to the study, a small number of cells remain unharmed and healthy, therefore allowing our lungs to repair some of the damage caused by smoking – but only once we quit.

Peter Campbell of the Wellcome Sanger Institute is the study’s joint senior author. He is surprised and excited by the results.

“Some of the people in the study had smoked more than 15,000 packs of cigarettes in their life, but within a few years of quitting, many cells lining their airways showed no evidence of damage from tobacco.”

Lung biopsies were analysed from 16 different people, including people who used to smoke and people who still smoke, as well as people who have never smoked and children, looking for specific mutations that can lead to cancer.

The study found that in the lungs of people who used to smoke, damaged cells were replaced by healthy cells, similar to those found in people who have never smoked. The cells in the lungs of ex-smokers were also found to be nearly four times healthier than the cells of those who still smoked.

Paula Chadwick, chief executive of Roy Castle Lung Cancer Foundation, hopes the study will spur more people to quit:

“The news could be just the motivation people looking to stop smoking need.

“Quitting smoking is not easy, but this study shows you could still reap the benefits and reduce your risk of getting lung cancer – no matter how long you have smoked.”

**It's never too late to get benefits from quitting smoking.
Quitting, even in later life, can significantly lower your risk
of heart disease, stroke, and cancer over time,
and reduce your risk of death.**



HEALTH / ROUTINE

It's not too late to change: DRINKING

Where there is life there is hope. It is never too late to stop drinking, even with severe cases of alcohol-related liver disease, according to new research from the University of Southampton.

However, the downside is that up a quarter of people with alcohol-related cirrhosis die before they get the chance to stop drinking. Alcohol-related cirrhosis develops silently but usually presents with an episode of internal bleeding or jaundice - which is often fatal.

The study, led by Dr Nick Sheron, senior lecturer at the University of Southampton and consultant hepatologist at Southampton General Hospital, found that abstinence from alcohol is the key factor in long-term prognosis, even with relatively severe alcohol-related cirrhosis on a liver biopsy.



The study 'Alcohol, cirrhosis and mortality' appears in this month's "Addiction" journal. Its aim was to determine the effect of pathological severity of cirrhosis on survival in patients with alcohol-related cirrhosis.

Liver biopsies from 100 patients were scored for the Laennec score of severity of cirrhosis between 1 January 1995 and 31 December 2000, and medical notes were reviewed to determine various clinical factors including drinking status. Using up-to-date mortality data from the National Health Service Strategic Tracing Service, Dr Sheron found that whether or not someone was still drinking was the most important factor determining long-term survival in alcohol-related cirrhosis of the liver.

He found that the degree of cirrhosis found on a liver biopsy was less of a factor on survival. Abstinence from alcohol at one month after diagnosis of cirrhosis was a more important factor determining survival, with a seven-year survival rate of 72 per cent for patients who had given up drinking, against 44 per cent for the patients continuing to drink.

Dr Sheron comments: "These findings illustrate the critical significance of stopping alcohol intake in alcohol-related cirrhosis, but unfortunately the services needed to help these patients stay alcohol-free simply do not exist in many parts of the UK. This study clearly confirms the common-sense knowledge amongst hepatologists that the single most important determinant of long-term prognosis in alcohol-induced cirrhosis is for the patient to stop drinking.

"At the most simplistic level, the successful management of alcohol-induced liver disease comprises two components; firstly to keep the patient alive long enough for them to stop drinking and secondly to maximise their chances of continued abstinence. A third and vital objective at a public health level is to prevent people developing alcohol-related cirrhosis in the first place. If we are to reduce liver mortality it would seem important to encourage and support patients to stop drinking, and to address the public health aspects of alcohol-related liver disease."

HEALTH / ROUTINE

It's not too late to change: EATING

It's never too late to start eating healthy, according to the findings of one recent study.

In the study, researchers used models to assess death rates of about 74,000 men and women who participated in two studies from 1998 to 2010. They examined study participants' dietary changes in the 12 years before the study using the Alternate Healthy Eating Index–2010 score, the Alternate Mediterranean Diet score and the Dietary Approaches to Stop Hypertension (DASH) diet score.



From 1998 to 2010, nearly 10,000 of the study's participants died. Researchers found participants who had changed their diets to incorporate more fruits and vegetables in the 12 years before the study had a lower risk of early death. Study participants who had poorer eating habits had between a six to 12 percent higher risk of dying early compared to this group.

The study found that the healthier a person ate, the lower the risk of premature death. For every 20-percent increase in diet score, participants had an eight to 17-percent reduction in their risk of early death based on the three indexes researchers used. They also had a seven to 15 percent lower risk of death due to heart disease.

Researchers say a 20-percent improvement in diet is very doable for most people with simple substitutions. Replacing one serving of processed foods or foods high in saturated fats with healthy fats or proteins like nuts, legumes or avocado is a simple way to accomplish this.

The study shows that even small dietary changes, regardless of how old you are, can make a difference. For seniors, this is especially important. Eating a balanced diet filled with whole grains, fruits and vegetables can lower your risk of chronic conditions like diabetes, heart disease and high blood pressure. Reducing the amount of saturated fats, sugar, sodium and processed foods in your diet also can lead to dietary improvements.

If time or budget is an issue, start by making small changes and choosing easy-to-prepare, healthy foods like unsweetened instant or frozen oatmeal, frozen vegetables or chicken. Also make sure you get enough fibre. Nuts, beans, lentils, whole grains, fruits and vegetables are all good sources of dietary fibre, so try to replace unhealthy snacks, meals or sweets with some of these foods to begin your dietary shift.

Our bodies change as we age, but it's important to do everything we can to stay healthy. Get regular exercise a few times a week, even if it's just a brisk 30-minute walk. Eat nutrient dense foods that are filling and contain antioxidants and vitamins that can reduce your risk for various chronic conditions. Think berries, spinach or even ground flax seeds. Even though it's better to form healthier habits early, as the research study and patient story shows, it's never too late to make dietary changes that can lead to a healthier life.

“Sorry, There’s No Magic Bullet.

You Gotta Eat Healthy And Live Healthy To Be Healthy And Look Healthy. End Of Story.”

Morgan Spurlock, Documentarian, Filmmaker And Producer.

HEALTH / ROUTINE

It's not too late to change: FITNESS

It's true that as we age we lose muscle mass and our metabolism can slow, but experts agree it's never too late to start an exercise regime, no matter what your fitness levels.

A University of Cambridge study of 14,599 adults aged 40 to 79 found that adults with cardiovascular disease and cancer gained substantial longevity benefits by becoming more active, regardless of their past physical activity levels. Those who had been inactive at the start and increased to an average of 30 minutes of moderate activity per day showed around 24 per cent lower mortality risk.

Not to mention the increased benefit to our mental health and well being.

As we get a little older it can become harder for us to stay fit and healthy, but the importance of keeping up a regular exercise routine increases as we age. At 40 our bodies are changing and we start to store more fat, our bone density reduces and we lose muscle, not to mention that we may start to become bored of our go-to fitness regime. Opting for exercising outdoors can open up a whole new feeling of freedom to your workouts.

**IT'S NEVER
TOO EARLY
OR
TOO LATE
TO WORK
TOWARDS BEING THE
HEALTHIEST
YOU**

Surrounded by nature, you'll leave the artificial lights behind and experience the world around you, which will not only give you an endorphin boost but you'll also be topping up your Vitamin D intake.

A varied exercise routine is key throughout your life, but as you grow older there's plenty of benefits to be had from slowing down a little. Not all workouts need to leave you sweating and out of breath.

Qigong or Tai Chi movements are both fluid and meditative, and the practice enhances mood, focus and concentration as well as exercising core muscles, which are important as we age.

Swimming is also an excellent choice. The aerobic exercise is beneficial for weight control and cardiovascular health, and swimming also uses large muscle groups while increasing heart rate and is most helpful for maintaining joint movement and flexibility.

One new study adds to much evidence for the benefits of a milder version of the never-too-late philosophy. Twenty minutes per day of moderate to vigorous daily physical activity (akin to brisk walking) among people aged 70 to 75 helps reduce the risk of heart disease and death by heart attack in their eighties. As with movement, at any stage of life, it's important to stick with it. Those who "*stayed physically active*" during their early seventies saw the greatest benefit, a 52% lower risk of cardiovascular disease later on than those who started out active but cut back.

While the findings show correlation, not causation, the message is clear, the researchers write in the online version of the journal *Heart*: It's never too late to start exercising, nor is it ever too soon.

In an accompanying editorial in the journal, scientists not involved in the research put it this way: "Movement is medicine."

NUTRITION: Lazza's Kitchen Adventure Yorkshire Parkin

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

The origin of the word "Parkin" is unknown. The first published dated reference to parkin was collected from 1728 from the "West Riding of Yorkshire Quarter Sessions" when Anne Whittaker was accused of stealing oatmeal to make parkin. It is eaten in an area where oats were the staple grain for the poor, rather than wheat. It is baked to be hard, but after storing in a sealed tin or box for several days, it becomes soft again, the texture that is intended.

Ingredients

450g Porridge Oats
100g Plain White Flour
225g Golden Caster Sugar
1 teasp Ginger
1 teasp Baking Powder
110g Unsalted Butter Softened
300g Treacle (I used Honey)
250ml Full Fat Milk (can use part Cream)
1 Egg

I am just saying - this is one of the easiest recipes to make.

Preheat the oven to 150°C (130°C fan, gas mark 2).

Grease and line a 25cm square tin.

Mix all the dry ingredients together.

Add the melted butter and treacle/honey, then the milk and beaten egg.

Stir well and pour into a lined tin.

Bake for about 1 hour 45 minutes, or until you insert a skewer into the cake and it comes out clean.

You could always top with some chocolate, but I kept my plain.



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

HMHB and our Amazing Partnerships

Promoting Projects and Organisations - Pt 1



Age UK are both national, international, and local. They do tremendous work, especially with older people, running many classes around health and well-being, as well as helping people with care and support, financial and legal matters, education and retirement. Age UK Islington would be very happy to speak with you. Look at www.ageuk.org.uk/islington/ Or Call: **020 7281 6018**: HMHB are doing a couple of one off events with Age UK, and look forward to more collaboration.

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

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

HMHB are running our course with them this Spring, this following a successful course we did with them before. We are hoping this will be the start of a working relationship with them.



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

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

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



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

HMHB and our Amazing Partnerships

Promoting Projects and Organisations - Pt 2



Help on Your Doorstep

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

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

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

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

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

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



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

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

www.shp.org.uk 0204 509 8300

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

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

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

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

**Voluntary
Action
Islington**

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

Round One:	1 Indominus Rex	2 Salad Dodger	3 S&S Pork
Round Two:	1, 25782: 2, 11	3, 32: 4, 12:	5, 22:
Round Three:	1, 1895: 2, 1932:	3, 2001: 4, 1799:	5, 1987:
Round Four:	They all have coffee franchises.		
Round Five:	1 True: 2 False:	3 False: 4 True:	5 True
	6 False: 7 False:	8 True: 9 True:	



Review of Challenges and Targets

Mind-set:

How are you feeling? Do you feel tired a lot? In addition to mental and emotional exhaustion, you may start to notice physical symptoms when you're piling too much on your plate. Feelings of tiredness, muscle tension, headaches, and stomach issues can all be physical manifestations of stress.

There is nothing wrong with being busy, but maybe ensure you are concentrating on the important things, and not being distracted. It's ok to say No, and have "me" time.



Nutrition.

Fridges help preserve food by removing the heat from the inside of the appliance. In a similar manner to a freezer, a fridge uses the process of evaporation to keep food fresh.

But do we know all the things we should put in the fridge and maybe the things that are better kept out? It's a good question. In this health pack we looked at a few items, but do some research yourself. You may be surprised by some outcomes. I certainly was when I did the work on this issue.



Exercise.



This month we looked at the very simple topic of why we incorporate jumping into our exercise routines.

A regular jumping routine increases the ability of the heart and lungs to supply oxygen to your muscles. The increase in your heart rate and pulse benefits both the heart and your circulation system. It is considered to be one of the most effective exercises for heart health. Jumping at a moderate intensity can reduce anxiety and depression. Exercising increases blood circulation in your body and brain. Jumping can improve your mental health by releasing endorphins.

Health.

It's never too late (or can I add, too early) to make changes to your lifestyle. Any changes can be beneficial, and if done early enough can drastically reduce your chances of diseases and debilitating health conditions. In this issue we looked briefly at the subjects of smoking, drinking, food consumption, and fitness.

If you make changes now to any of those if can reap rewards in the future. It reduces the chances of heart attacks, strokes, and various cancers. Why wait for something to go wrong before choosing the healthy option. This is your life. You only get it once, and your body is your responsibility to look after. Are you making a good job of it?



**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 + 1980s Singers from Page 24

See if you can beat your family and friends

Music: Here are the names of the composers for those pieces of music?

- | | | |
|-----|-------|---------------|
| 1. | TMF | W Mozart |
| 2. | TP | G Holst |
| 3. | 1812O | P Tchaikovsky |
| 4. | BC | J S Bach |
| 5. | TMS | L Beethoven |
| 6. | ZTP | G Handel |
| 7. | ASZ | R Strauss |
| 8. | TCOTA | C Saint-Saens |
| 9. | ROTV | W Wagner |
| 10. | TFS | A Vivaldi |
| 11. | TROS | I Stravinsky |
| 12. | TEV | E Elgar |
| 13. | MB | G Puccini |

Pop Music: These are the bands/singers who released the number ones, and the year they were number one.

- | | | |
|-----|------|-----------------|
| 1. | 2001 | Kylie Minogue |
| 2. | 1979 | Boomtown Rats |
| 3. | 1991 | Chesney Hawkes |
| 4. | 2011 | Adele |
| 5. | 1968 | Louis Armstrong |
| 6. | 1999 | Ricky Martin |
| 7. | 1961 | Elvis Presley |
| 8. | 1985 | The Eurythmics |
| 9. | 1978 | Boney M |
| 10. | 1996 | The Prodigy |
| 11. | 1973 | Slade |
| 12. | 2006 | Gnarls Barkley |
| 13. | 1989 | Black Box |
| 14. | 1966 | The Four Tops |
| 15. | 2012 | Psy |
| 16. | 1982 | Culture Club |
| 17. | 2007 | Rihanna ft JayZ |

Literature: Here are the Authors who created those classical characters?

- | | | |
|-----|-------|------------------------------|
| 1. | WS | George Orwell |
| 2. | ES | Charles Dickens |
| 3. | CN | Jules Verne |
| 4. | MFD | Jane Austen |
| 5. | HF | Mark Twain |
| 6. | CA | Herman Melville |
| 7. | IL | Arthur Conan Doyle |
| 8. | T | Lewis Carroll |
| 9. | A-TLM | Hans Christian Andersen |
| 10. | JE | Charlotte Bronte |
| 11. | LJS | Robert Louis Stevenson |
| 12. | T | Edgar Rice Burroughs |
| 13. | T | Herge (Georges Prosper Remi) |
| 14. | PC | C S Lewis |

The World

The 20 most populated countries at start 2023 are:
India, China, United States, Indonesia
Pakistan, Nigeria, Brazil, Bangladesh
Russia, Mexico, Ethiopia, Japan
Philippines, Egypt, Dem' Rep' of Congo, Vietnam
Iran, Germany, Turkey, Thailand

QUIZ
ANSWERS

Film: 1980s Singers - from Page 24 (how well did you do?)

- | | |
|-------------------|--------------------|
| 1: Bonnie Tyler | 2: Janet Jackson |
| 3: Billy Idol | 4: Barry White |
| 5: Kim Wilde | 6: Sinéad O'Connor |
| 7: Tony Hadley | 8: Suggs |
| 9: Holly Johnson | 10: Howard Jones |
| 11: Jon Bon Jovi | 12: Prince |
| 13: Mark Knopfler | 14: Debbie Harry |
| 15: Annie Lennox | |

Places

The top 20 largest English Counties:

North Yorkshire, Lincolnshire,
Cumbria, Devon, Norfolk,
Northumberland, Somerset, Suffolk,
Hampshire, Kent, Essex,
Cornwall, Shropshire, Wiltshire,
Cambridgeshire, Gloucestershire,
Lancashire, Staffordshire,
County Durham, Dorset

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

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

www.facebook.co.uk/healthymindshealthybods

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

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

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

HMHB: Nominee Volunteer of the Year Awards 2021

Lawrence & HMHB: Winner Mayor Civic Award in 2022

Lawrence: Winner at Volunteer of the Year Awards 2022

Lawrence and HMHB: Official Nominee Mayor Civic Award 2023



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well



Link to our Website