

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 11

Focus on:

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

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*1st February 2023*



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



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Our monthly health packs now contain a massive 38 pages. To help you get through it, here is a list of contents for you. Something for everyone.

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



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**“You can start anew at any given moment.  
Life is just the passage of time,  
and it’s up to you to pass it as you please.”**

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

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

We then went monthly.

This is our new venture for 2022/2023.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

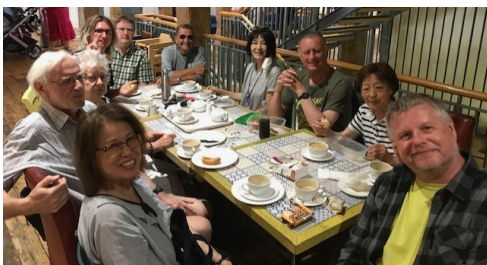
HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering, fresh approach.

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

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

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

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



**HMHB had some fabulous outings last year.  
It is so wonderful getting a group of people out to  
experience an afternoon together at a museum, zoo, party,  
gallery, or even the theatre.  
I am looking forward to lots of new events in 2023.  
We will be attending our first ever comedy night in March,  
Sadlers Wells in April, and Stratford Theatre in May.**



## HEALTH NEWS AND RESEARCH PAGE

### Why does chocolate taste so good?

Scientists have decoded the physical process that takes place in the mouth when a piece of chocolate is eaten, as it changes from a solid into a smooth emulsion that many people find totally irresistible.

By analysing each of the steps, the interdisciplinary research team at the University of Leeds hope it will lead to the development of a new generation of luxury chocolates that will have the same feel and texture but will be healthier to consume.

During the moments it is in the mouth, the chocolate sensation arises from the way the chocolate is lubricated, either from ingredients in the chocolate itself or from saliva, or a combination of the two.



Fat plays a key function almost immediately when a piece of chocolate is in contact with the tongue. After that, solid cocoa particles are released and they become important in terms of the tactile sensation, so fat deeper inside the chocolate plays a rather limited role and could be reduced without having an impact on the feel or sensation of chocolate.

Anwasha Sarkar, Professor of Colloids and Surfaces (now, that's a title) in the School of Food Science and Nutrition at Leeds, said: "Lubrication science gives mechanistic insights into how food actually feels in the mouth. You can use that knowledge to design food with better taste, texture or health benefits."

"If a chocolate has 5% fat or 50% fat it will still form droplets in the mouth and that gives you the chocolate sensation. However, it is the location of the fat in the make-up of the chocolate which matters in each stage of lubrication, and that has been rarely researched."

"We are showing that the fat layer needs to be on the outer layer of the chocolate, this matters the most, followed by effective coating of the cocoa particles by fat, these help to make chocolate feel so good."

The study, published in the scientific journal "*ACS Applied Materials and Interface*", did not investigate the question of how chocolate tastes. Instead, the investigation focused on its feel and texture.

Tests were conducted using a luxury brand of dark chocolate on an artificial 3D tongue-like surface that was designed at the University of Leeds. The researchers used analytical techniques from a field of engineering called tribology to conduct the study, which included in situ imaging.

Tribology is about how surfaces and fluids interact, the levels of friction between them and the role of lubrication: in this case, saliva or liquids from the chocolate. Those mechanisms are all happening in the mouth when chocolate is eaten. When chocolate is in contact with the tongue, it releases a fatty film that coats the tongue and other surfaces in the mouth. It is this fatty film that makes the chocolate feel smooth throughout the entire time it is in the mouth.

**"Do you know what chocolate is made of? It is made of cocoa, dense, strong, velvety. It is made of abyss, dark, deep, enveloping. It is made up of dreams, ecstatic, light, mysterious."**

## HEALTH NEWS AND RESEARCH PAGE: Prolonged Sitting is bad for your Health

Mounting evidence suggests that prolonged sitting, a staple of modern-day life, is hazardous to your health, even if you exercise regularly. Based on these findings, doctors advise all adults to sit less and move more.

But how often do we need to get up from our chairs? And for how long?

Few studies have compared multiple options to come up with the answer most office workers want: What is the least amount of activity needed to counteract the health impact of a workday filled with sitting?

Now a study by Columbia University exercise physiologists has an answer: just five minutes of walking every half hour during periods of prolonged sitting can offset some of the most harmful effects.



The study, led by Keith Diaz, PhD, associate professor of behavioural medicine at Columbia University Vagelos College of Physicians and Surgeons, was published online in "*Medicine & Science in Sports & Exercise*", the journal of the American College of Sports Medicine.

Unlike other studies that test one or two activity options, Diaz's study tested five different exercise "snacks": one minute of walking after every 30 minutes of sitting, one minute after 60 minutes; five minutes every 30; five minutes every 60; and no walking.

"If we hadn't compared multiple options and varied the frequency and duration of the exercise, we would have only been able to provide people with our best guesses of the optimal routine," Diaz says.

Each of the 11 adults who participated in the study came to Diaz's laboratory, where participants sat in an ergonomic chair for eight hours, rising only for their prescribed exercise snack of treadmill walking or a bathroom break. Researchers kept an eye on each participant to ensure they did not over- or under-exercise and periodically measured the participants' blood pressure and blood sugar (key indicators of cardiovascular health). Participants were allowed to work on a laptop, read, and use their phones during the sessions and were provided standardised meals.

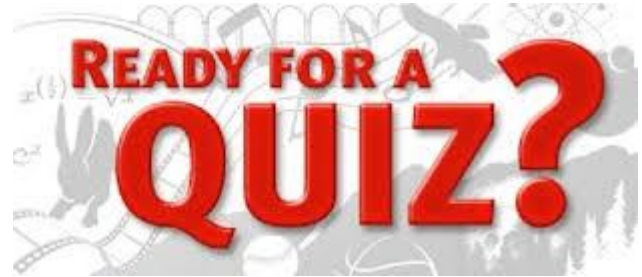
The optimal amount of movement, the researchers found, was five minutes of walking every 30 minutes. This was the only amount that significantly lowered both blood sugar and blood pressure. In addition, this walking regimen had a dramatic effect on how the participants responded to large meals, reducing blood sugar spikes by 58% compared with sitting all day.

Taking a walking break every 30 minutes for one minute also provided modest benefits for blood sugar levels throughout the day, while walking every 60 minutes (either for one minute or five minutes) provided no benefit. All amounts of walking significantly reduced blood pressure by 4 to 5 mmHg compared with sitting all day. "This is a sizeable decrease, comparable to the reduction you would expect from exercising daily for six months," says Diaz.

**Lazza's Fiendishly Hard Quiz Spectacular!!!**  
**It's meant to take some time, and make you think.**  
**Answers are on page 37 this week (no peeking)**

**Biology**

What are the eleven abundant and major elements that are recognised as making up 99.85% of our bodies? Not trace elements. See what you think?



**Travel: London Underground Stations alphabetically. Plus name their lines.**

1. ACDEEGNNORTV
2. ABFIKNRRSUIY
3. AABCEHLMRR
4. AEHHIMMMRST
5. ABEEKLMPRWY
6. DEEILMN
7. AAACFHNRRWY
8. BDDEGILNNOOR
9. AACDDEMNR
10. ADDGINNOPT
11. BDEGIRUX
12. EEEILLOOPRRSTTV
13. AEELLQRRSSSU

**Television: Who played these famous couples from UK television?**

- |                           |                       |
|---------------------------|-----------------------|
| 1. Basil & Sybil:         | Fawlty Towers         |
| 2. Ken & Dierdre:         | Coronation Street     |
| 3. Gavin & Stacey:        | Gavin and Stacey      |
| 4. Margo & Jerry:         | The Good Life         |
| 5. Ben & Susan:           | My Family             |
| 6. Jim & Barbara:         | The Royle Family      |
| 7. Alfie & Kat:           | Eastenders            |
| 8. Morse & Lewis:         | Inspector Morse       |
| 9. Blackadder & Baldrick: | Blackadder Series     |
| 10. Hugo & Alice:         | Vicar of Dibley       |
| 11. Arthur & Terry:       | Minder                |
| 12. Ted & Dougal:         | Father Ted            |
| 13. Albert & Harold:      | Steptoe & Son         |
| 14. Victor & Margaret:    | One Foot In The Grave |
| 15. Ria & Ben:            | Butterflies           |
| 16. Holmes & Watson:      | Sherlock              |
| 17. Rene & Edith:         | 'Allo 'Allo!          |

**Pop Music: Who sang these songs with "LIKE" in the title? Plus original year released?**

1. Smells Like Teen Spirit
2. Someone Like You
3. Like A Virgin
4. You Make Me Feel Like Dancing
5. Man!! I Feel Like A Woman
6. Like Toy Soldiers
7. Walk Like An Egyptian
8. Hungry Like The Wolf
9. Moves Like Jagger
10. That's The Way (I Like It)
11. Like A Prayer
12. Treat Her Like A Lady
13. A Moment Like This
14. Walk Like A Man *(tough this week)*



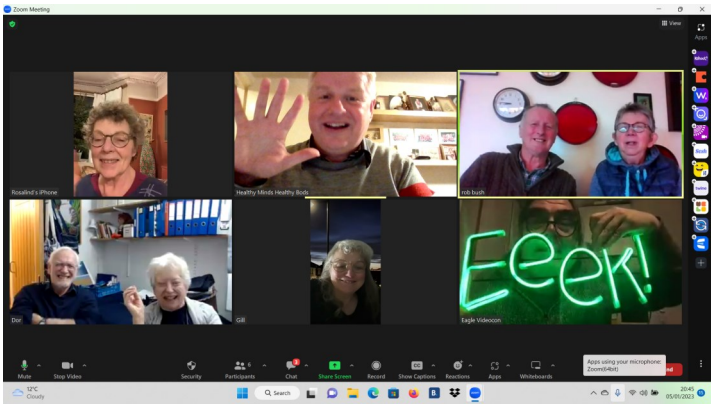
**Sport**

In 2007, 16 countries contested the Cricket World Cup.

How many of the 16 countries can you name?

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

# HMHB Activity: News - page 1



Unfortunately a couple of people had already logged off before this photo was taken on the 5 January this year, following another wonderful online Quiz.

We have around 20 odd (literally!!!) questions over ten rounds where the emphasis is more about fun and learning than actually knowing the answers.

We welcome newcomers. Anyone can win.  
Laughter and fun is guaranteed.

The Tuesday morning sessions returned to Highbury Leisure Centre with even more referrals from the NHS and other agencies.

As you can see, we are a very diverse bunch. We work hard - and that is thanks to our terrific PT Zombie (or Dean as we call him), and we even had guest PT Jack do a couple of sessions for us. Do come down and join us - we meet outside at 9:30am, and head to the main studio.  
Yay!!!



It has got a little wetter and colder in the mornings, but that will not stop our intrepid Thursday walkers from heading to Clissold Park (the ducks and swans are relying on us for feed), and then up to the café for a welcoming hot cup of coffee or tea.

Here we are inside Clissold House. We can formally announce that two new walks will be starting this year - in Finsbury Park and Highbury Fields, so do look out for those dates.  
Exciting times ahead.

Lazza, Ollie and Paul popped to the local Park Theatre in Finsbury Park (not an HMHB jaunt, but friends together) to see a play called On The Ropes.

It has been great taking the group out last year, and we intend on making even more cultural visits in 2023.

We already have a comedy night booked in March, some of us are going to Sadlers Wells in April, and Lazza is always looking out for special deals.





## HMHB Activity: News - page 2



One of my favourite photos. Our group visited the wonderful Islington Museum in January, and we had a fabulous time looking around the exhibits, learning about the history of our fantastic London Borough.

We were very grateful to the museum who told us about a few of the exhibits.

Well worth a visit as they are closing soon for renovations, so nip down to 245 St John Street and have a good nose around.

This year we are launching two new walks, and relaunching our fabulous walk in Clissold Park.

We have some designed by Ros, and to join them we wanted new posters and flyers too, and our incredible Georg designed a mega poster to promote these walks.

The Clissold Park one is opposite. The shape is the same as the park itself (clever boy!) and uses Orange. The ones in Finsbury Park and Highbury Fields will have their own shapes used and a specific colour each too.

All with a similar layout.

Thanks so much to Georg and Ros. You are amazing.



Our group joined in with a local history/health walk in Caledonian Park towards the end of Jan.

It was an absolutely fascinating morning as we discovered the history of the park going back to the 16th to 20th Centuries, and how it was used as an animal market and other things.

We must thank Susan for the talk, and it was wonderful to get so many of us together.

### HMHB in February

We are very busy arranging a number of courses with various organisations, including three Job Centres, the Stuart Low Trust, Age UK, Better Lives, Single Homeless Project, and others.

We will also be seeing The Mousetrap, joining an afternoon of movie songs with Healthy Generations, going bowling at Rowans, relaunching our Clissold Walk, all alongside our current exercise sessions.

Plus an afternoon get together at Lazza's flat.



## NUTRITION: Lazza's Kitchen Adventure

### Apple & Walnut Cake

A Brand NEW Recipe from Lazza's Kitchen.  
Lazza made his first ever version of Apple and Walnut Cake from scratch

A cake can fail to bake properly, which is called "falling". In a cake that "falls", parts may sink or flatten, because it was baked at a temperature that was too low or too hot, when it has been underbaked, and when placed in an oven that was too hot at the beginning of the baking process. The use of excessive amounts of sugar, flour, fat, or leavening can also cause a cake to fall.

#### Ingredients

225g Self Raising Flour  
165g Caster Sugar  
125g Butter (softened)  
Vanilla Essence  
3 eggs  
130g Milk  
2-3 Apples, cut up into small cubes  
Walnuts - you decide how many you like  
Cinnamon / Nutmeg / Ginger to taste

Preheat your oven to 180 degrees (fan-forced) and prepare your loaf tin/tins.

Place the self raising flour, caster sugar, softened butter, vanilla extract, eggs, and milk in the bowl of an electric mixer and beat until just combined. Then add the walnut pieces making sure the whole mixture gets used.

Separately, peel an apple or two or three (you can use any variety) and roughly chop it into pieces no bigger than 1cm. Place the apple pieces into a small bowl and if you want you can add the cinnamon or nutmeg or ginger for taste before gently stirring to combine. The choice is yours.



Pour the cake mixture into your prepared cake tin, flatten out the top. Sprinkle the coated apple pieces on top.

Bake for 50 - 55 minutes or until cooked when tested with a skewer (mine took just over 45 minutes). Carefully remove your Apple Loaf from the oven and allow it to cool in the loaf tin for 10 minutes before transferring to a wire rack to cool completely.



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

## MIND-SET: Do you struggle with motivation?

*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.*

We all go through periods of low motivation. That is natural. But when should we start getting concerned? What should we be looking out for? And what can we do about it?

It does not matter how old you are, how busy you are, how active you are, we all get those times when we lack the ummmphh to get on and complete tasks, start new activities, etc.

Motivation is when you feel driven to do things. In a very basic way, we are motivated to get out of bed. But we are also motivated to go to work, to see our friends, and to have goals.

Low motivation means we feel uninterested in doing things. We start to cancel social events, perhaps call in sick to work when we aren't, don't make that gym class.



No motivation happens when we just don't want to do anything. We avoid our friends, stop going to the gym completely, go to work only if we have to, and possibly start to self-sabotage. We mess up things at school or work, end relationships, don't meet up with our friends, and feel as if we have no energy or focus.

Sometimes there is no reason to worry. Lounging around the house in your jogging bottoms is actually normal behaviour following a big life change like a redundancy, breakup, or bereavement. It's as if our mind needs a timeout to recuperate.

It's also normal during teenage years. The teenage brain and body are in flux during adolescence, and it can mean teenagers can feel spaced out, moody, and uninterested in such things as thinking about their future or cleaning their rooms. Well, that's their excuse!!!

Low motivation often happens when we agree to do something we don't like, or don't say no when we want to.

It could also be medical. Having no motivation can also be a symptom of a physical health condition. This includes chronic fatigue syndrome, hyperthyroidism, epilepsy, and brain tumours. This can be a real wake up call advising you to get some help.

## MIND-SET:

### Let's talk more about a lack of motivation

So when does low motivation go from a normal stage you are going through, to a mental health issue? When it has gone on for too long, and when it is jeopardising your day-to-day living.

Look for things like the following:

- it's gone on for six weeks or more
- it is worsening or unchanged
- you are losing interest in talking to friends and family
- your low motivation is accompanied by increasingly negative thinking
- you are having suicidal thoughts
- you aren't sure anymore why you lack motivation (or there was no trigger).

Depression is the most common mental health issue that has low motivation as a symptom. The onset of low motivation is for many long-term depression sufferers a sign they are falling into another cycle. But other common mental health issues can include: Bipolar Disorder, Acute Stress Reaction, and even Schizophrenia, amongst others.



If your loved one is diagnosed with any of those mental health issues, trying to push them to do things might be counterproductive. Work to accept them as they are, and do not call them lazy. They are not. They are currently unwell, and need your patience. Some encouragement is of course fine, but if they say no, do not make them feel guilty or flawed. They are likely doing the best they can, and what seems to you like just a bit of cajoling might feel to him or her, in their sensitive state, like a lot of pressure. Focus on small steps, keep your eye on the future, and try to remain as positive as possible.

What if it is you?

If your low motivation has an obvious trigger like a life change or career issue, self help can be a good start. If your low motivation feels unmanageable, or has been going on for longer than you are comfortable with, consider talking to a doctor or counsellor. If your low motivation has been going on for months or even years, if you struggle in all areas of life because of it, if you don't understand what causes it but can't seem to push past it, or if you suspect you have one of the mental health disorders above, it is essential to seek support.

Finally, too much stress can also wear you down. When the body produces excessive amounts of the cortisol hormone in response to stress, it can cause exhaustion. In turn, it can lower levels of dopamine and serotonin. And when you're already feeling unmotivated, the stress from falling behind on tasks may intensify the lack of motivation. You simply lack the will to function.

It's easy to fall into the trap of feeling worthless or hopeless when you lose motivation. These feelings of failure may spiral, which is why it is critical to speak with your local medical team and seek professional treatment to help with your depression symptoms. Your local medical practice would be more than happy to help you.

**There is no shame in asking for help. Do reach out.**



## EXERCISE/FITNESS: STRETCHING

### Stretches: Hamstrings and Quads: *(photos by PT Zombie)*

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

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

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

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

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

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

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

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

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

#### **Straight Leg Stretch**

PT Zombie here is using two chairs to stretch the leg, but you can be sitting on the floor. Try and keep the leg as straight as possible, resting hands lightly as you lean forward. Straight leg raises improve the strength in your quadriceps, which can support knee health, even if you currently have knee pain, but do check with your doctor first if you have concerns.

This exercise also stretches the hamstring muscles at the back of the thighs



**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.**

#### **Flamingo**

As you can see, stand upright and reach back and hold your foot, or your sock, or the base of your leggings. You pull the foot up, keeping knees together, and groin forward.

This stretches, strengthens, lengthens:

Flamingo Pose stretches the quadriceps.

The movement of the flexed leg held with the palms creates a stretch to the quadriceps. The extended leg is grounded strongly on the mat to maintain the pose.

This effect tones the leg, knees, hamstrings, and quadriceps of that leg..



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

## EXERCISE/FITNESS:

### More Stretches: Hamstrings and Quads: *(photos by PT Zombie)*

#### Single Leg Hamstring Stretch (our name for it)

Front leg is straight, back leg is bent. Knees close together. Bend over into it and engage your hamstrings. If you want you can enhance the stretch by lifting your front toe off the ground.

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

Tight hamstrings can lead to lower back pain, bad posture, imbalances of muscles, and knee pain.



#### Bent over Hamstring stretch

A simple hamstring stretch. Keeping legs together, bend from the waist, holding onto the base of your legs, as shown opposite.

The hamstrings are tendons (strong bands of tissue) at the back of the thighs that attach the large thigh muscle to the bone. The term "hamstring" also refers to the group of 3 muscles that run along the back of your thigh, from your hip to just below your knee.



#### Standing Quad Stretch

Again, a simple stretch, but effective. If you need to hold on to something for balance please do. Holding the knee of the raised leg.

Your quad muscles, or quadriceps femoris, are a group of muscles at the front of your thigh. Together, they contain more mass than any other muscle group in your body. You use your quads to perform a variety of movements, including kicking, running, jumping and walking.



*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.*

*Without stretching your legs, 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 for joint pain, strains, and muscle damage*

## MIND-SET:

### Tricks to help build motivation.

#### **Don't have too many goals at the same time.**

I absolutely love running Healthy Minds, Healthy Bods. HMHB has always been my baby, but over the last six and a bit years it has grown into a wonderful project, we have reached a lot of people, and I know we do a lot of good things. With that comes a lot of goals.

However, whenever I've been in a slump, I've discovered that it's often because I have too much going on in my life. I'm trying to do too much. And it saps my energy and motivation. It's probably the most common mistake that people make: they try to take on too much, try to accomplish too many goals at once. You cannot maintain energy and focus (the two most important things in accomplishing a goal) if you are trying to reach a lot of goals at the same time. It's not possible, I've tried it many times. You have to choose just a few precise and realistic goals, for now, and focus on them completely. I know, that's hard. Still, I speak from experience. You can always do your other goals when you've accomplished those ones.

I am desperate to lose the weight I have gained - at least for the operation that I need. But I still struggle, and maybe that is because I am focused so heavily on HMHB that I keep neglecting my own health.

#### **What is your inspiration?**

This can come from many avenues. Maybe find others who have achieved your goals. Read stories online about other success stories. Talk to other people.

Think about why you want to achieve your goal and what will happen when you do get there. Plan some kind of treat to reward your success. It could be a holiday, new clothes, etc. Find that one thing that is going to push you.

With my weight loss, I have to think about my overall health. If I can get down to the weight I would like to be it opens up other doors, but also will improve my mental health, my focus, and my energy levels.



#### **Start finding Excitement.**

This sounds obvious, but most people don't think about it much: if you want to break out of a slump, get yourself excited about a goal. But how can you do that when you don't feel motivated?

Well, it starts with inspiration from others (see above), but you have to take that excitement and build on it. For me, I've learned that by talking to my friends about it, and to others, and reading as much about it as possible, and visualising what it would be like to be successful (seeing the benefits of the goal in my head), I get excited about a goal. Once I've done that, it's just a matter of carrying that energy forward and keeping it going.



That's what I need to do re my weight. I need to feel excited about losing the weight, being able to run more, get some new clothes, and feel better about being photographed. We are all different and have various triggers to inspire us. Find that one for you.



## MIND-SET:

### More ways to get Motivated.

#### Build some anticipation.

There is nothing wrong with starting straight away. Procrastination can be a bad thing.

However, delaying can also help. This will sound hard, and many people may skip this tip, which is totally fine. But it really works. It helped a friend of mine quit smoking after many failed attempts. If you find inspiration and want to do a goal, don't start right away. Many of us will get excited and want to start today. That can be a mistake.

Set a date in the very near future, a few days, or even a week, and make that your Start Date. Mark it on the calendar. Get excited about that date. Make it the most important date in your life. Tell your friends about it. In the meantime, start writing out a plan. Because by delaying your start, you are building anticipation, and increasing your focus and energy for your goal.



#### Be accountable by telling people

None of us likes to look bad in front of others. We will go the extra mile to do something we've said publicly. For example, when I wanted to lose weight a couple of years ago I put it into my health pack. I couldn't back down, and even though my motivation came and went, and in the end I am still trying, for a while it was a terrific help. Holding yourself accountable is very important.

With my weight-loss, I think people may be a little sick of me saying I am trying again, and then I fail. But I know I can succeed, so will continue to let people know how I am doing.

#### Start with smaller targets

If you are having a hard time getting started, it may be because you're thinking too big. If you want to exercise, for example, you may be thinking that you have to do these intense workouts 5 days a week. No, instead, do small, tiny, baby steps. Just do 2 minutes of exercise. I know, that sounds wimpy. But it works. Commit to 2 minutes of exercise for one week. You may want to do more, but just stick to 2 minutes. It's so easy, you can't fail. Do it at the same time, every day. Just some crunches, 2 press ups, and some jogging in place. Once you've done 2 minutes a day for a week, increase it to 5, and stick with that for a week. Soon, you'll be doing 15-20.

Want to wake up early? Don't think about waking at 5 a.m. Instead, think about waking 10 minutes earlier for a week. That's all. Once you've done that, wake 10 minutes earlier than that. Baby steps



Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do.

Pope John XXIII

## NUTRITION: Lazza's Kitchen Adventure

### Lemon and Coconut Slice

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

In Roman times, eggs and butter were often added to basic bread to give a consistency that we would recognize as cake-like, and honey was used as a sweetener. The distinction between Roman concepts of cake and bread was therefore very blurred. During the 17th century, in England, people believed that keeping fruitcakes under the pillow of those who are unmarried will give them sweet dreams about their fiancée.

#### Ingredients

250 grams butter (softened)  
350 grams caster sugar  
4 Eggs  
225 grams plain white flour  
120 grams desiccated coconut  
1 tablespoon finely grated lemon rind  
60ml fresh lemon juice  
Vanilla Essence  
Icing sugar, to dust

Preheat oven to 180° C ( 350° F).

Line a 20 x 30cm brownie or slice pan with a small spray of cooking spray and baking paper.

Melt the butter in a saucepan over medium heat.

Remove from heat and stir in castor sugar, mix well.

Add eggs one at a time, mixing well and stir until mixture is thick and glossy.

Add the flour into the egg mixture and stir until well combined.

Stir in coconut, lemon rind and lemon juice, and vanilla essence.

Pour mixture into prepared pan.

Bake for 30 – 40 minutes or until a skewer inserted into the centre comes out clean and it bounces back slightly to a gentle touch.

Remove and 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](http://www.hmhb2016.org.uk)  
This was a great, and very tasty, bake to prepare.

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

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 33 - don't look till you have done the whole page!!**

**ROUND ONE: Odd Two Out**

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

- |                       |                |                     |
|-----------------------|----------------|---------------------|
| 1 Mozart Middle Names | 2 1990 films   | 3 Varieties of Dogs |
| Amadeus               | Top Gun        | Bowtu               |
| Wolfgangus            | Home Alone     | Grej                |
| Franciszek            | Total Recall   | Puli                |
| Theophilus            | Demolition Man | Mudi                |

**ROUND TWO: Give Me a Number**

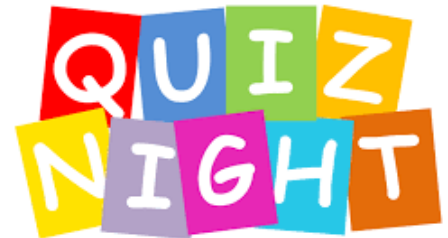
**Every answer to the question is a number. Can you get close?**

1. What is the current Women Javelin World Record in centimetres?
2. How many hurdles in a 400m race?
3. How long in hours from launch did it take Apollo 11 to reach the moon in 1969?
4. How long is a marathon in metres?
5. How many feature films has Christopher Nolan directed?

**ROUND THREE: When Did That Happen**

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

- In what year did Paul Gascoigne make his debut for Newcastle?  
When did the world's tallest building - Burj Khalifa - open in Dubai?  
Tom & Jerry won an Oscar for Best Animated Short Film?  
Mark Twain published "The Adventures of Huckleberry Finn".  
When was Nutella first sold?



**ROUND FOUR: What specifically links these famous people?**

- Mariah Carey (Singer): Chris Hemsworth (Actor): Julia Roberts (Actress): Mathew Broderick (Actor):  
Celine Dion (singer): Michael J Fox (Actor):

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

1. Ant blood is green.
2. Ants have two stomachs.
3. Ants do not have lungs.
4. Ants can live for two hours without oxygen
5. An ant can lift approximately 40 times its own weight.
6. Ants were around before the dinosaurs.

**ROUND SIX: Sequence. Can you name the next two letters that come in this sequence?  
This one is quite hard!! Think literary.**

**TB, ON, TB, TI ??**



**NUTRITION:**  
**Some facts about Nutrition.**

**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.**

Nutrition plays a significant role in our daily life. Food or liquids affect our body and health because each food or beverage contains particular nutrition which is very necessary for our physical and mental growth. A specific level of any particular nutrition is essential for our body. So, we should know what food we have to take, how much, and what type of nutrition contains a particular food. There is a lot of controversy in nutrition, and it often seems like people cannot agree on anything. But there are few things that everyone does say is true. Let’s look at a few.

**Added Sugar is wrong**

As we know, our body does need sugars. They give us energy. Carbohydrates are converted into sugar in our bodies for just that purpose. But too much sugar can bring on issues around our overall health.

Your body does not need carbohydrates from “added sugars” to function. A good rule of thumb is to avoid products that have a lot of added sugar, including skipping foods that list “sugar” as the first or second ingredient. However, the products may use a variety of sweeteners so be sure to scan the full ingredient list.



The average adult, teenager, and child consumes about 17 teaspoons of added sugar a day, or about 270 calories. While we sometimes add sugar, or sweeteners like honey, to food or beverages, most added sugar comes from processed and prepared foods. The leading sources of added sugars in the your diet are sugar-sweetened beverages, desserts, and sweet snacks like ice cream, pastries, and biscuits. Less obvious yet significant contributors are breakfast cereals and yogurt.

Sugary drinks are a prime source of extra calories that can contribute to weight gain and provide no nutritional benefits. Studies indicate that liquid carbohydrates such as sugar-sweetened beverages are less filling than solid food, causing people to continue to feel hungry after drinking them despite their high calories. They are coming under scrutiny for their contributions to the development of type-2 diabetes, heart disease, and other chronic conditions.

The average 20-ounce bottle of sugar-sweetened coke, lemonade, or iced tea contains about 65 grams of added sugar, often from high-fructose corn syrup. That’s the equivalent of 16 teaspoons of table sugar. If you were to drink just one 12-ounce can of a sugar-sweetened soft drink every day, and not cut back on calories elsewhere, you could gain up to 15 pounds over three years.

## NUTRITION:

### Some more facts about Nutrition.

#### Omega-3 Fats Are Crucial.

- The three main types of omega-3 fats are alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA).
- ALA comes mostly from plant oils, while the best sources of EPA and DHA are fatty fish, fish oils, and certain algal oils.
- Other good sources of EPA and DHA are grass-fed meat and omega-3 enriched or pastured eggs.

Omega-3 fatty acids have been linked to many health benefits. In particular, they may help promote brain and heart health, reduce inflammation, and protect against several chronic conditions.

Depression is one of the most common mental disorders in the world. Symptoms often include sadness, lethargy, and a general loss of interest in life. Anxiety, another common disorder, is characterized by feelings of fear, panic, and restlessness. Interestingly, studies indicate that people who consume omega-3s regularly are less likely to have depression. What's more, studies in people with depression and anxiety suggest that omega-3 supplements may improve symptoms.



DHA is a major structural component of the retina of your eye. When you don't get enough DHA, vision problems may arise. Interestingly, getting enough omega-3 is also linked to a reduced risk of macular degeneration, one of the leading causes of permanent eye damage and blindness around the world. I actually have had six operations over the last six years, three on each eye, due to my macular becoming detached and other issues after. The amazing Moorfield's Eye Hospital ensured my sight was fully restored.

Inflammation is a natural response to infections and damage in your body. Therefore, it is vital for your health. However, inflammations sometimes persists for a long time, even without an infection or injury. This is called chronic, or long-term, inflammation. Long-term inflammation can contribute to almost every chronic illness, including heart disease and cancer. Notably, omega-3 fatty acids can reduce the production of molecules and substances linked to inflammation, such as inflammatory eicosanoids and cytokines. In fact, studies have consistently observed a connection between omega-3 supplementation and reduced inflammation.

Osteoporosis and arthritis are two common disorders that affect your skeletal system. Research suggests that omega-3s may help improve bone strength by boosting the amount of calcium in your bones. Theoretically, this should lead to a reduced risk of osteoporosis. However, more research is needed, as studies have turned up mixed results on the effects of omega-3 fatty acids on bone health.

Omega-3s may also help treat arthritis. According to one review of six studies, omega-3 supplements were able to significantly reduce pain in people with osteoarthritis of the synovial joints. Still, more large, high quality studies should be conducted to understand how omega-3 fatty acids may impact bone and joint health.

The bottom line is you need Omega 3 in your diet. Oily fish, nuts, and seeds, are the best source. We fully endorse getting these essential oils from your diet rather than supplements. Natural is always better. Do chat to your doctor if you are thinking of taking supplements though.

## NUTRITION:

### Some more facts about Nutrition.

#### **Eating Vegetables and Fruit Will Improve Your Health.**

No matter where you look, the food we consume is getting farther away from nature. Supermarket shelves are filled with processed foods with preservatives and additives that are hard to pronounce. When we're not buying food at the shops, it's a cheeseburger and fries for dinner, or maybe a takeaway.

When you think about the effect this type of diet can have on your health, it's troubling. It's of little wonder the rates of obesity, heart disease, diabetes, and other metabolic diseases have increased steadily over the last few years.



To avoid being part of these statistics, you can start bringing your diet more in line with nature, and that means eating more fruits and vegetables.

#### **Fruits and vegetables are a great source of vitamins and minerals.**

You won't find a better nutritional source than fruits and vegetables, which are packed with vitamins A, C and E, as well as magnesium, zinc, phosphorous, and folic acid. For potassium, one of the most important minerals for your health, eat plenty of avocados, sweet potatoes, bananas, prunes, and even tomato paste puree.

#### **You get to enjoy a variety of flavours and textures.**

With all their unique and interesting flavours, plant-based foods let you get creative in the kitchen. You can try strong flavours like onions, olives, and peppers, or milder options such as mushrooms and corn. For sweet flavours, fruits like pineapple, grapes, or plums are great, while lemons and grapefruits are more sour.

**Lots and lots of fibre.** Most fruits and vegetables have plenty of fibre to fill you up and boost gut health, but some have more than others. Fibre-rich vegetables include artichokes, green peas, broccoli and cauliflower. High-fibre fruits include raspberries, pears, apples, and pumpkin.

**They're low-calorie and low-fat.** On average, fruits and especially vegetables are very low in calories and fat, which means you can eat more to keep you feeling full without worrying about extra calories or fat. You can save more than 200 calories by eating a large bunch of grapes instead of a bag of M&Ms. And if there is higher fat, for example in avocados, it is healthy fat.

**Protect against cancer and other diseases.** Many vegetables and fruits contain phytochemicals, which are biologically active substances that can help protect against some diseases. That means you can lower your risk of type 2 diabetes, stroke, heart disease, high blood pressure, and cancer by adding them into your diet. Specifically cruciferous veggies, such as broccoli, cabbage, collards and watercress, have been linked to reducing cancer risks.

**Fruits and vegetables help you maintain good health.** Because they're low in saturated fat, salt and sugar, fruits and vegetables are part of a well-balanced diet that can help you lose weight or prevent weight gain. Plus, they can help you decrease inflammation, and lower cholesterol levels and blood pressure.

**Low in sodium and cholesterol.** Fresh fruits and veggies contain only trace amounts of sodium. Many people think that celery is high in sodium, but in fact, one stalk contains a mere 30mg, which contributes 1 percent to the recommended daily value. Cholesterol doesn't exist in fruits and veggies at all.

**Fresh, frozen, canned, dried: they're ALL nutritious.** While eating fresh fruits and vegetables may be your preference, there's not much difference from a nutrition standpoint when you compare frozen, canned, or dehydrated products. In fact, most frozen and canned products are processed within hours of harvest, so the nutritional value is locked in quickly.



## Nutrition: HMHB looks at Vitamins

### Today: Vitamin B6

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

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

Vitamin B6 (also known as Pyridoxine) is a water-soluble vitamin. Water-soluble vitamins are those that are dissolved in water and readily absorbed into tissues for immediate use. Because they are not stored in the body, they need to be replenished regularly in the diet. Any excess of water-soluble vitamins is quickly excreted in urine and will rarely accumulate to toxic levels.

Pyridoxal 5' phosphate (PLP) is the active coenzyme form and most common measure of B6 blood levels in the body. PLP is a coenzyme that assists more than 100 enzymes to perform various functions, including the breakdown of proteins, carbohydrates, and fats; maintaining normal levels of homocysteine (since high levels can cause heart problems); and supporting immune function and brain health.

Vitamin B6 is needed for the proper function of sugars, fats, and proteins in the body. It's also necessary for the development of the brain, nerves, skin, and many other parts of the body. It's found in cereals, legumes, and eggs, and often used with other B vitamins in vitamin B complex products. People commonly use vitamin B6 for preventing and treating vitamin B6 deficiency. It is also used for heart disease, premenstrual syndrome (PMS), depression, morning sickness, Alzheimer disease, menstrual cramps, diabetes, and many other conditions, but there is no good scientific evidence to support many of these other uses.



Vitamin B6 plays an important role in mood regulation. This is partly because this vitamin is necessary for creating neurotransmitters that regulate emotions, including serotonin, dopamine, and gamma-aminobutyric acid (GABA).

Vitamin B6 may also play a role in decreasing high blood levels of the amino acid homocysteine, which have been linked to depression and other psychiatric issues. Due to its role in haemoglobin production, vitamin B6 may be helpful in preventing and treating anaemia caused by deficiency.



**Like all Vitamins, this micronutrient is “essential for life”.  
Your body cannot create it so you have to get it through your diet.  
Why not research this Vitamin this month, and what foods you need to consume?  
It’s your body, and your choice.**

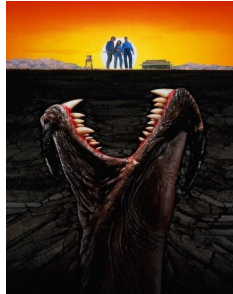


## HMHB's Name Game Page:

Name these films from their movie posters, plus year released.

Some are easier than others. Text obviously removed.

Answers at bottom of quiz page answers (page 37)



1



2



3



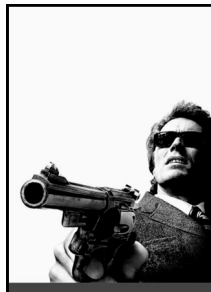
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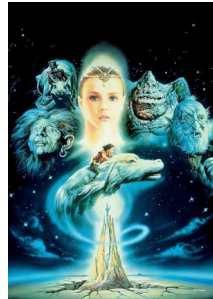
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10



11



12



13



14



15

## NUTRITION: Lazza's Kitchen Adventure Chocolate Cake

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

**The history of chocolate cake goes back to the 17th century, when cocoa powder from the Americas was added to traditional cake recipes.**

**A process for making silkier and smoother chocolate called "conching" was developed in 1879 by Rodolphe Lindt and made it easier to bake with chocolate, as it amalgamates smoothly and completely with cake batters.**

### Ingredients

Cake

150g Self-Raising Flour: 3 Eggs  
30g Cocoa: 1 teaspn Baking Powder  
175g Brown Sugar: 175g Butter (soft)  
75g Dark Chocolate (melt): Vanilla Essence

Filling/Topping

200g Butter (softened): 200g Icing Sugar  
200g Dark Chocolate (melt)

One of the easiest of the Cake recipes I have made.

Step One:

Heat the oven to 180C, and prepare a couple of cake tins

Step Two

Literally mix all the cake ingredients together (I did all and then added the melted chocolate to ensure a good mix).

Step Three

Divide between the two tins and bake for around 15 minutes). Take out and cool.

Step Four

Mix the three topping/filling (with the melted choc) and spread on one cake, top that with the other and then add the remaining mixture on top. Leave to cool properly. Very tasty!!!



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



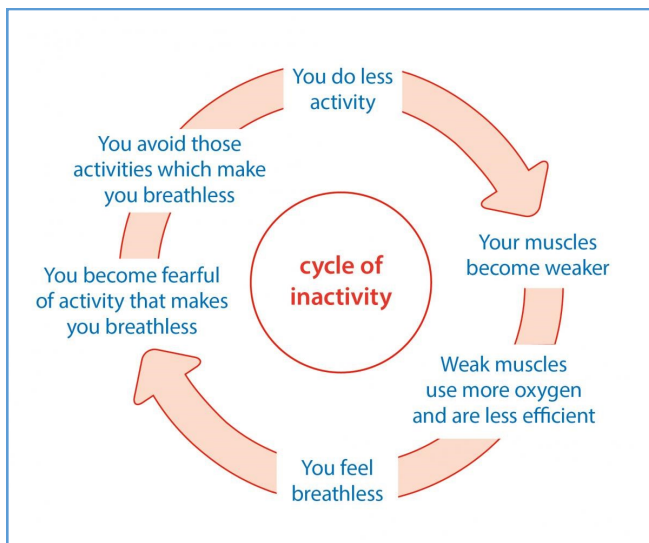


## EXERCISE/FITNESS: How Does Exercise Affect Your Breathing?

### How does exercise affect your breathing?

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

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



It's normal to get breathless when you're active, but if you have a lung condition, you may feel anxious about it. If you panic, it can make you feel even more breathless. The key is to stay calm and learn ways to manage your breathlessness.

### Useful breathing techniques

- **Blow as you go:** Use this when doing an action that takes a lot of effort, like standing up or lifting. Breathe in before the action, then breathe out while you're making the big effort.
- **Pursed-lips breathing:** Breathe out with your lips pursed as if you were whistling. This helps you to empty the air from your lungs.
- **Paced breathing:** Pace your breathing so it's in time with your steps. For example, take two steps for every breath in and three steps for every breath out. Find the pace that works for you.
- **Relaxed slow deep breathing:** This is a useful technique at the start of an activity, and sometimes at the end. Slow down your breathing, taking deep breaths. Breathe through your nose if you can.

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

**Most importantly, exercise is meant to be fun. Push yourself, but enjoy it.**

## EXERCISE/FITNESS: Simple But Effective Chair Exercises.



### Shoulder Press

Start with a straight back and with your arms out to each side, elbows bent, and shoulders back.

It's a very simple movement up and down, as you can see from the photos.

You can of course use weights if you wish, but it is still effective without.



Shoulder, or scapular, strength exercises can promote healthy movement patterns and improve posture and muscle function

If you do not exercise your shoulders you can develop muscle imbalances that will cause rounded shoulders



### Single Leg Raise

Start with a straight back.

Doing one leg at a time - for ten repetitions - slowly lift heel off ground and extend out to the front, and then bring back to starting position, preferably keeping foot off the ground the entire time.



Leg raises can work muscle groups throughout your whole body, including the rectus abdominis, hip flexor muscles, hamstrings, and lower back muscles.

These look simple, and they are, but some of the best exercises are like that.



### Side Bends / Oblique Crunch

These are again a small movement, but terrific for your oblique muscles. From a straight back, lift your arms so that hands are by your face with elbows bent. Then lean to the side, as shown, contracting down the side of your body.

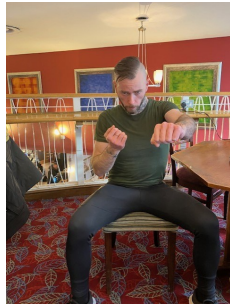


Targeting your oblique muscles will not only help you burn body fat in your mid-section but also improve your posture and balance. Plus, you'll experience less lower-back pain since your hips and spine won't work so hard to keep you upright

**Your body will thank you for working it hard.**



## EXERCISE/FITNESS: More Simple But Effective Chair Exercises.



### Seated Jabs

This boxercise move is easy to do from a seated position. Making sure your back is straight, just jab forward with alternative arms, in quite a quick movement.

Using the same moves that boxers use in the boxing ring can be a great way to stimulate muscles in your arms and core to help strengthen crucial parts of your body.

This will also help with gaining flexibility and loosening up tighter areas in your back and neck that always seem to weigh us down.



### Opposite Foot Reach

Didn't know what to call this one, so just thought about the action involved.

Alternatively, reach forward to touch the opposite foot (or as low as you can get on the leg), repeating opposite side. This brings a couple of movements together that we have already done.

You are working obliques, hamstrings, and your core. Chair exercises are an excellent way to build strength and improve flexibility without putting too much strain on your body. Chair exercises also improve senior mobility by increasing blood flow and lubricating your joints



### Seated Elbow to Knee

The last of our simple seated exercises again involves a twist and lean. Alternatively bring the elbow of one arm to the opposite knee and keep repeating.

Seated exercises can help you avoid using momentum or improper muscle groups to perform while you learn proper form and technique. In addition, if you're recovering from a lower body injury, staying seated still allows you to work the upper body without any added stress.

Good luck!!!

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

## Lazza's Page of Fascinating Facts

### Some knowledge to amaze your friends.

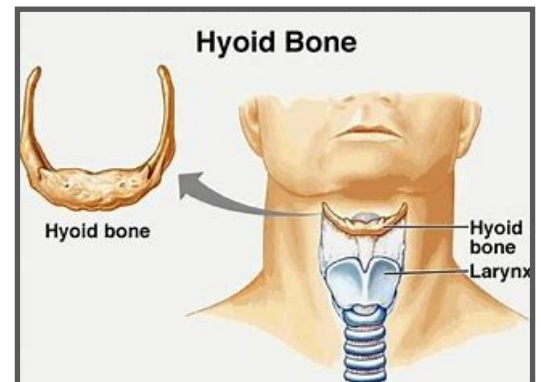
As part of our Thursday quiz, I try to find some fascinating facts that people can say "oh, I did not know that" - and maybe even take away to share with others.

Here are some fascinating facts for you to share.

#### **You have a free floating bone in your body**

Most of the bones of your body are attached to others in some way but, dubbed by some anatomists as an "unconventional bone", the "Hyoid" is unique in that it is the only free-floating bone in the body.

The horseshoe shaped bone isn't connected to any other bones; instead it connects to ligaments and muscles. In fact, its attachment to surrounding muscles is part of its key function - it holds in place the tongue (above it) and the larynx (below it), and gives force to the muscles responsible for opening the jaw!!!



#### **White Christmas is the best-selling single.**

With so many classic Christmas songs to choose from (I love Slade, Wizard, and Mariah Carey), one might think the song written by Irving Berlin, "White Christmas", would face stiff competition for the top holiday tune.

In fact, not only is it the best-selling Christmas song but also the top-selling single of all time. At least according to the Guinness Book of Records, which claims that over 50 million units of the songs have sold since 1942. And if you include the numerous covers of the song that will bring it closer to 100 million. Wow!!!



#### **The history of the USA flag is interesting.**

Today the flag consists of thirteen horizontal stripes, seven red alternating with six white. The stripes represent the original thirteen Colonies and the stars represent the fifty states of the Union.

The colours of the flag are symbolic as well;

red symbolizes hardiness and valour.

white symbolizes purity and innocence.

blue represents vigilance, perseverance, and justice.

The current US flag was designed by a 17 year old boy for a school project. He got a "B-". Seriously.

In July 1969, the American flag was "flown" in space when Neil Armstrong placed it on the moon.

Flags were placed on the lunar surface on each of the six manned landings during the Apollo program.



#### **FUN FACT**

Have you noticed that when two football teams play each other, the score is in a corner of the television screen, and the two teams are abbreviated to three letters each.

Well, when Sweden plays against Denmark, the scoreboard will display SWE v DEN (or Sweden). And the unused letters that are missing are DEN and MARK (or Denmark).

Just a little fun fact to finish off the page!!!

## HEALTH / ROUTINE

### Mental Health Issues: Loneliness

I have lived in my flat in Islington for nearly 24 years, and most of that has been on my own. Occasionally I have helped out a friend or two and let them kip on my sofa, but I have to say I thoroughly enjoy my normal solitary existence.

But I have had depressions in that time, and feelings of isolation and loneliness naturally occur.

While anyone can experience loneliness, certain risk factors increase our chances of severe and lasting loneliness that can affect our mental health.

These include:

- Being widowed
- Being single
- Being unemployed
- Living alone
- Having a long-term health condition or disability
- Living in rented accommodation
- Being between 16 and 24 years old
- Being a carer
- Being from an ethnic minority community
- Being LGBTQIA+

**9 in 10**  
**young people**  
(88%) have said that  
loneliness has made their  
**mental health worse** during  
the pandemic.

Loneliness and social isolation are related but not the same thing. Social isolation is an objective lack of social contacts, which can be measured by the number of relationships a person has. Someone who is socially isolated isn't necessarily lonely, nor is a lonely person necessarily socially isolated.

As well as being deeply distressing for individuals, loneliness has wider implications for our communities and society. Evidence shows that loneliness leads to greater pressure on public services through, for instance, increased GP visits, longer hospital stays, increased likelihood of entering residential care and the costs of associated conditions such as depression and diabetes.

The COVID-19 pandemic forced us to confront loneliness in a new way. Social distancing restrictions and lockdowns meant many more people faced social isolation and loneliness. At the beginning of the pandemic, loneliness levels were much the same as they had been in 2016-17, with 5% of adults in Great Britain saying they were often or always lonely. By February 2021, however, this had increased to 7.2% – 3.7 million adults.

People tend to assume that loneliness is about age and physical isolation. These stereotypes can lead people to overlook those who are 'lonely in a crowd': including students, carers, and people in urban areas.

One way of trying to manage loneliness is by keeping busy and doing things we enjoy. This might be a hobby such as a bit of gardening, going to the gym, sorting out your kitchen cupboards, or completing jigsaws, puzzles or knitting. Small activities can give you energy and positive feelings. If you are going through some tough times, why not pop down to your local community centre and see what is going on. Your local medical practice would also be delighted to help. Whatever you do, don't suffer in silence. Seek some help.



## HEALTH / ROUTINE

### Mental Health Issues: OCD

Obsessive compulsive disorder (OCD) is a common mental health condition where a person has obsessive thoughts and compulsive behaviours. OCD can affect men, women, and children. Some people start having symptoms early, often around puberty, but it usually starts during early adulthood. It can be distressing and significantly interfere with your life, but treatment can help you keep it under control.

Amazingly, experts are still not clear what exactly causes OCD. A number of different factors may play a part:

- **Family history:** you're more likely to develop OCD if a family member has it, possibly because of your genes.
- **Differences in the brain:** some people with OCD have areas of unusually high activity in their brain or low levels of a chemical called "serotonin".
- **Life events:** OCD may be more common in people who have been bullied, abused, or neglected, and it sometimes starts after an important life event, such as childbirth or a bereavement.
- **Personality:** neat, meticulous, methodical people with high personal standards may be more likely to develop OCD. Also people who are generally quite anxious or have a very strong sense of responsibility for themselves and others.

If you have OCD, you'll usually experience frequent obsessive thoughts and compulsive behaviours.

An obsession is an unwanted and unpleasant thought, image, or urge that repeatedly enters your mind, causing feelings of anxiety, disgust or unease.

A compulsion is a repetitive behaviour or mental act that you feel you need to do to temporarily relieve the unpleasant feelings brought on by the obsessive thought.

For example, someone with an obsessive fear of being burgled may feel they need to check all the windows and doors are locked several times before they can leave their house. Women can sometimes have OCD during pregnancy or after their baby is born. Obsessions may include worrying about harming the baby or not sterilising feeding bottles properly. Compulsions could be things such as repeatedly checking the baby is breathing.

People with OCD are often reluctant to seek help because they feel ashamed or embarrassed. However, OCD is a health condition like any other, so there's nothing to worry about. Having OCD does not mean you're "mad" and it's not your fault you have it.

There are 2 main ways to get help:

1. refer yourself directly to an NHS talking therapies service
2. see a GP: they'll ask about your symptoms and can refer you to a local talking therapies service if necessary.

If you think a friend or family member may have OCD, try talking to them about your concerns and suggest they get help. It's unlikely OCD will get better without proper treatment and support.



## HEALTH / ROUTINE

### Mental Health Issues: Anger

According to Wikipedia: “Anger, also known as wrath or rage, is an intense emotional state involving a strong uncomfortable and non-cooperative response to a perceived provocation, hurt, or threat.”

It should be said, anger is a natural emotion and is obviously something we all experience in our lives. Normally it is nothing to worry about.

Anger can cause many different symptoms. It might affect how you feel physically or mentally, or how you behave. Some people become aggressive towards others when they're angry. Other people hide their anger and may take it out on themselves. It's not always easy to recognise when anger is the reason why you're behaving differently.

Physical Symptoms can include:

- faster heartbeat
- tense muscles
- clenching your fists
- tightness in your chest
- feeling hot

Mental Symptoms can include

- feeling tense or nervous
- being unable to relax
- being easily irritated
- feeling humiliated
- resenting other people



**“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.”**

**Buddha**

There are some positive things you can do yourself.

- Try to recognise when you start to feel angry so you can take steps to calm down as early as possible
- Give yourself time to think before reacting: try counting to 10 and doing calming breathing exercises.
- Talk to people about what's making you angry: speak to someone who is not connected to the situation, such as a friend, a GP, or a local support group; don't be embarrassed to ask for help.
- Exercise: activities such as running, walking, swimming, and yoga can help you relax and reduce stress
- Find out how to raise your self-esteem, including how to be more assertive. Low confidence is often a factor with anger issues.
- There are amazing anger management courses around: part of recovery is accepting you have a problem.

Here are a few things to avoid.

- do not try to do everything at once; set small targets you can easily achieve.
- do not focus on things you cannot change. Focus your time and energy on helping yourself feel better.
- try not to tell yourself that you're alone – most people feel angry sometimes and support is available.
- try not to use alcohol, cigarettes, gambling or drugs to relieve anger – these can all contribute to poor mental health.

**“Speak when you are angry and you will make the best speech you will ever regret.”**





## LET'S PLAY A GAME

### Plus quiz answers from Page 17

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

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

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

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

Name 10:

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

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

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

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

**It arises out of comprehension.**

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

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

**HOW'D WE DO?**

### Answers to Fun Quiz from Page 17 - don't look till you have done all the quiz

Round One: 1 Wolf & Theo (not Amad!!) 2 Hm Al & Tot Rec. 3 Puli & Mudi  
 Round Two: 1, 7228: 2, 10: 3, 75hr 49min: 4, 42195: 5, 12.  
 Round Three: 1, 1985: 2, 2010: 3, 1946: 4, 1884. 5, 1946.  
 Round Four: Link: They are all parents to Twins.  
 Round Five: 1 False: 2 True: 3 True: 4 True: 5 False: 6: False.  
 Round Six: TQ: Shakespeare quote: To Be, Or Not To Be. That Is The Question..

## NUTRITION: Lazza's Kitchen Adventure

### Nutty Chocolate Cheesecake

**A Brand NEW Recipe from Lazza's Kitchen.**  
**Lazza made his first ever Nutty Chocolate Cheesecake from scratch**

Modern commercial "cream cheese" was developed in 1872, when William Lawrence, from New York, while looking for a way to recreate the soft French cheese Neufchatel, accidentally came up with a way of making an "unripened cheese" that is heavier and creamier; other dairymen came up with similar creations independently. The English name "cheesecake" has been used only since the 15th century, and the cheesecake did not evolve into its modern form until somewhere around the 18th century.

#### Ingredients

BASE: Pack of Digestives  
Pack of Crushed Assorted Nuts  
Pack of Walnuts  
150g Unsalted Butter: 100g Brown Sugar

TOP: Jar of Nutella  
600g of Mascarpone  
150g of Caster Sugar  
Vanilla Essence

I like to have a nutty base. It does mean it does not hold together as tightly. If you want a really solid base do not add the nuts.

Crush the biscuits so they are crumbly. Also, crush the walnuts.

In a pan, melt the butter and brown sugar, then add the nuts and stir.

Take off the heat and add the biscuit crumbs.

Give a long stir to ensure all the crumb mix is covered, and then put into your prepared tin/tins.

Allow to cool on the side before putting in the fridge for at least three hours.

For the topping, put all the ingredients into a bowl together. Then, I used a blender, mix them all together to create a very delicious mix. I also added some crushed assorted nuts into this mixture too. You cannot have too many nuts!!!



Onto the cooled base pour the mixture and flatten down the top.

Put back into the fridge, preferably overnight, and enjoy.

It was mega delicious - but very rich. You could only have small portions!!!



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

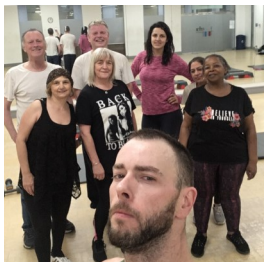
**Why not try an exercise class!!!**

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

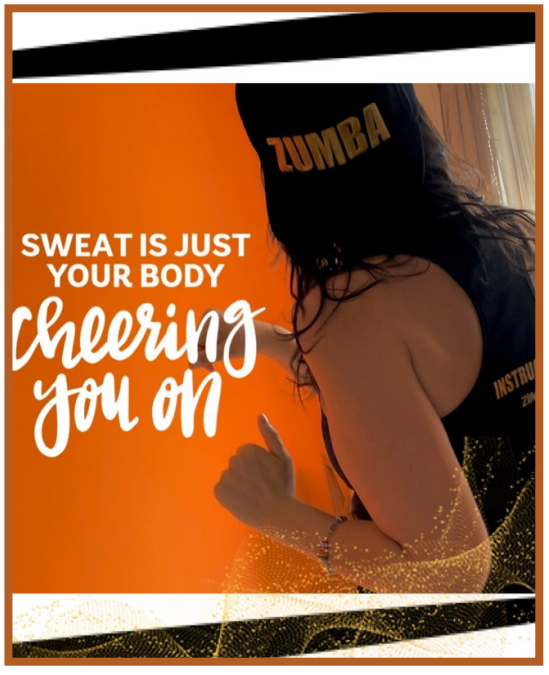
HMHB has been very lucky to meet the amazing Karina, a fully qualified Zumba teacher.

We were doing outdoor sessions on Highbury Fields, which were fab. We are looking for a venue to do it indoors over the winter months.

[yummymummyzumba@gmail.com](mailto:yummymummyzumba@gmail.com)



ZUMBA



**ACTIVE WITHIN**

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

[www.activewithin.com](http://www.activewithin.com)

**TIME TABLE**

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

**HMHB Izzwalkz is part of the “Walk With A Doc” network.**

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

[Check out their website for more information.](#)

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

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

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



**Healthy Minds  
Healthy Bods  
Free Exercise Sessions**

**Tuesday**  
**Highbury Leisure**  
**9:30am to 10:30am**

**Friday (with Healthy Gen)**  
**Highbury Fields**  
**9:45am to 10:45am**

**Saturday**  
**Highbury Fields**  
**9:45am to 10:30am**



## Review of Challenges and Targets

### Mind-set:

I have every sympathy with anyone that struggles with motivation. It can be disheartening and frustrating for many reasons. But if you want to get anywhere in life you will need to find a way to push yourself. I am sure we all want to succeed and have full lives. On occasions it may feel that life is too painful and difficult. When that happens we lose focus and energy, and it is easy to fall into a rut. Find that thing that is going to ignite your fire once more.

It's your life, and you will reach goals only if you try. :-)



### Nutrition.

There can be a lot of misunderstandings around nutrition. I recently had an online "chat" with someone who said they hadn't eaten any vegetables or fruits for seven years and had never felt better. I found this very difficult to understand or believe. In this pack we looked at facts, things that you cannot argue against. It was on sugar, fats, and ironically vegetables and fruits. Your body is reliant on your feeding it the right mix of nutrients in order for it to function, keep you focused, and working properly. Do your best. You only have the one chance!!!



### Exercise.



Exercise does not have to be lots of huffing and puffing, sprinting along at breakneck speed, or spending an hour sweating profusely.

Seated exercises are not just for older people or those with mobility issues. They can be done by everyone, and we all gain. You can be in your lounge watching television, or just relaxing at home.

Why not try the ones we have printed, and then look up some more you can do yourself at home.

Your body needs to keep moving. Just do it!!

### Health.

Mental Health covers an enormous amount of subjects and conditions. In this issue we cover four different topics that overlap into our mental health and can affect us in different ways.

The good news is that mental health problems are normal, you do not have to be embarrassed or worried about talking to a professional about what you are going through, and there are many people who are delighted to help you. You are not alone. Just ask for assistance. :-)



**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 + Movie Posters from Page 22

See if you can beat your family and friends

**Travel:** These are the London Underground Stations and their lines

1. Covent Garden: Picc
2. Finsbury Park: Picc/Vic
3. Marble Arch: Cent
4. Hammersmith: Picc/Circ/Dist/H&C
5. Wembley Park: Met/Jub
6. Mile End: Cent/Dis/H&C
7. Canary Wharf: Jub/DLR/Eliz
8. London Bridge: Nor/Jub
9. Camden Road: Overground
10. Paddington: Bak/Circ/Dist/H&C/Eliz
11. Uxbridge: Picc/Met
12. Liverpool Street: Ce/Ci/Di/H&C/El/M
13. Russell Square: Picc

**Television:** Those famous couples from UK television?

1. John Cleese & Prunella Scales
2. William Roache & Anne Kirkbride
3. Mathew Horne & Joanna Page
4. Penelope Keith & Paul Eddington
5. Robert Lindsay & Zoë Wanamaker
6. Ricky Tomlinson & Sue Johnston
7. Shane Richie & Jessie Wallace
8. John Thaw & Kevin Whately
9. Rowan Atkinson & Tony Robinson
10. James Fleet & Emma Chambers
11. George Cole & Dennis Waterman
12. Dermot Morgan & Ardal O'Hanlon
13. Wilfred Brambell & Harry H Corbett
14. Richard Wilson & Annette Crosbie
15. Wendy Craig & Geoffrey Palmer
16. Benedict Cumberbatch & Martin Freeman
17. Gordon Kaye & Carmen Silvera

**Pop Music:** Those singers with songs with "LIKE" in the title? Plus **original** year released

1. 1991: Nirvana
2. 2011: Adele
3. 1984: Madonna
4. 1976: Leo Sayer
5. 1999: Shania Twain
6. 2004: Eminem
7. 1986: The Bangles
8. 1982: Duran Duran
9. 2011: Maroon 5, feat C Aguilera
10. 1975: KC & The Sunshine Band
11. 1989: Madonna
12. 1984: The Temptations
13. 2002: Kelly Clarkson
14. 1963: The Four Seasons

### Biology

These are the eleven abundant and major elements that are recognised as making up 99.85% of our bodies  
Hydrogen, Oxygen, Carbon, Nitrogen,  
Potassium, Sodium, Chlorine, Calcium  
Phosphorous, Sulphur, Magnesium

QUIZ ANSWERS

**Film Names and year of release - from Page 22 (how well did you do?)**

- |                       |                             |
|-----------------------|-----------------------------|
| 1: 1990: Tremors      | 2: 1980: Raging Bull        |
| 3: 1973: The Exorcist | 4: 1982: The Thing          |
| 5: 2014: Interstellar | 6: 1973: Live & Let Die     |
| 7: 1971: Dirty Harry  | 8: 1984: Never-ending Story |
| 9: 1982: Blade Runner | 10: 1992: The Bodyguard     |
| 11: 1975: Jaws        | 12: 1979: Moonraker         |
| 13: 1987: Robocop     | 14: 1986: Labyrinth         |
| 15: 1985: The Goonies |                             |

### Sport

In 2007, these 16 countries contested the Cricket World Cup.

Australia, Bangladesh, Bermuda  
Canada, England, India  
Ireland, Kenya, Netherlands  
New Zealand, Pakistan, Scotland  
South Africa, Sr Lanka  
West Indies, Zimbabwe

## THE LAST PAGE

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

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

You can contact HMHB:

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

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

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

Check out our GoFundMe: [www.gofundme/hmhb2016](http://www.gofundme/hmhb2016)

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

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

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

Please follow and like our blogs:

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

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

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

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

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

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

We also thank the National Lottery Communities Fund for extra funding, that enables us to continue with this wonderful intervention.



ISLINGTON

*Cripplegate Foundation Helping since 1500*

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