

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 19

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

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www.hmhb2016.org.uk



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

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**“When I was a boy and I would see scary things in the news,
my mother would say to me,
'Look for the helpers. You will always find people who are helping.'”**

Welcome to Issue 19 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, all of whom have been HMHB supporters since inception.

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

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



**I was having a look back at some of our older photos.
All these are from 2022.
We really started our group outings this year, mainly due to combating the isolation caused by Covid.
HMHB, like several projects, produces great results and reactions just by getting people together.**

HEALTH NEWS AND RESEARCH PAGE

Healthy Lifestyle reduces Depression

A healthy lifestyle that involves moderate alcohol consumption, a healthy diet, regular physical activity, healthy sleep and frequent social connection, while avoiding smoking and too much sedentary behaviour, reduces the risk of depression, new research has found.

In research published in “*Nature Mental Health*”, an international team of researchers, including from the University of Cambridge and Fudan University, looked at a combination of factors including lifestyle factors, genetics, brain structure and our immune and metabolic systems to identify the underlying mechanisms that might explain this link.

According to the World Health Organisation, around one in 20 adults experiences depression, and the condition poses a significant burden on public health worldwide. The factors that influence the onset of depression are complicated and include a mixture of biological and lifestyle factors.

To better understand the relationship between these factors and depression, the researchers turned to the UK Biobank, a biomedical database and research resource containing anonymised genetic, lifestyle and health information about its participants. By examining data from almost 290,000 people, of whom 13,000 had depression, followed over a nine-year period, the team was able to identify seven healthy lifestyle factors linked with a lower risk of depression. These were:

- moderate alcohol consumption
- healthy diet
- regular physical activity
- healthy sleep
- never smoking
- low-to-moderate sedentary behaviour
- frequent social connection



Of all of these factors, having a good night's sleep (between seven and nine hours a night) made the biggest difference, reducing the risk of depression, including single depressive episodes and treatment-resistant depression, by 22%. Frequent social connection, which in general reduced the risk of depression by 18%, was the most protective against recurrent depressive disorder. Moderate alcohol consumption decreased the risk of depression by 11%, healthy diet by 6%, regular physical activity by 14%, never smoking by 20%, and low-to-moderate sedentary behaviour by 13%.

Based on the number of healthy lifestyle factors an individual adhered to, they were assigned to one of three groups: unfavourable, intermediate, and favourable lifestyle. Individuals in the intermediate group were around 41% less likely to develop depression compared to those in the unfavourable lifestyle, while those in the favourable lifestyle group were 57% less likely.

The team then examined the DNA of the participants, assigning each a genetic risk score. This score was based on the number of genetic variants an individual carried that have a known link to risk of depression. Those with the lowest genetic risk score were 25% less likely to develop depression when compared to those with the highest score. A much smaller impact than lifestyle.

In people at high, medium, and low genetic risk for depression, the team further found that a healthy lifestyle can cut the risk of depression. This research underlines the importance of living a healthy lifestyle for preventing depression, regardless of a person's genetic risk.

HEALTH NEWS AND RESEARCH PAGE: Active people are more resilient

This study was based on children, but naturally crosses over into adults too. According to findings by researchers from the University of Basel, school children cope better with the stress if they get plenty of daily exercise.

"Get some exercise!"

It's one suggestion adults frequently hear when they complain about stress in their lives, and HMHB are constantly encouraging people to get out more and do more.

Exercise helps relieve stress. But does this also apply to children? Does exercise help them manage the pressures to achieve at school? A research team led by Dr. Manuel Hanke and Dr. Sebastian Ludyga from the Department of Sport, Exercise and Health recently examined the effect of physical activity on children's stress levels. Their findings appear in the "*Journal of Science and Medicine in Sport*".

For their study, they had 110 children between the ages of 10 and 13 wear a sensor tracking their daily movement over the course of a week.

They then brought the participants into the lab on two separate occasions to complete a stressful task and a non-stressful control task. The researchers tested the children's physical stress reaction via the concentration of the stress hormone cortisol in their saliva.

"We wanted to determine whether physical activity makes children more resilient under laboratory-controlled circumstances," explains project director Sebastian Ludyga. The results showed that the participants who got more than an hour of exercise per day, as the World Health Organisation (WHO) recommends, did in fact produce less cortisol in the stress task than the children who were less active.

"Regularly active children seem to have a reduced physiological stress reaction in general," notes Manuel Hanke, lead author of the study. Even in the control task, which involved an unfamiliar situation, making it still somewhat unsettling for the participants, there was a difference in cortisol levels between more and less active children, though overall cortisol levels were lower than in the stress task.

One possible explanation for this finding could be that cortisol levels also increase during exercise, says Sebastian Ludyga. "When children regularly run, swim, climb, etc., the brain learns to associate a rise in cortisol with something positive. The body's reaction always has a cognitive component as well: this positive association helps to prevent the concentration of cortisol from rising to too high a level in exam situations as well."

Besides their analysis of the saliva samples, the researchers also examined cognitive reactions to the stress task by recording participants' brainwaves via electroencephalogram (EEG). The team plans to analyse these data next. "Stress can interfere with thinking. Some of us are familiar with this in its most extreme form: a blackout," Hanke explains.

The team now aims to determine whether physical activity also has an influence on these cognitive effects of stress.



**HMHB Activity:
News - page 1**



After our fantastic trip to Southend in August, we were delighted to be invited back to join Sotheby Mews Day Centre to their trip to Littlehampton.

We certainly picked a great day for it.

The sun was shining, the water was inviting, and we had a fabulous time with fish and chips, and ice cream.

Great thanks to Nigel and his team. The fourteen of us thoroughly enjoyed ourselves.

It is terrific to be able to go along to these events. All we had to pay was a £10 contribution, and for a day out at the seaside that has to be a bargain.

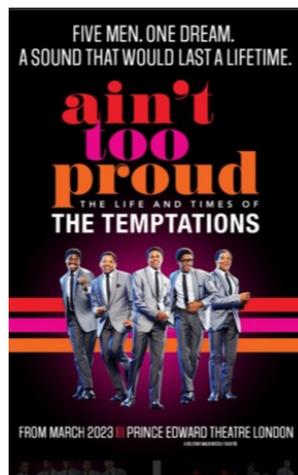


We promoted National Cinema Day at the start of September. Our Lazza goes a lot.

Here he is being interviewed at Odeon Greenwich where he went to see Equaliser 3 with a friend of his.

Next to that, Jazz and Jane popped along for some Barbie fun at Odeon Holloway.

As you can see, they met up with a T-Rex that fancied a nibble of Jane.



Not an official HMHB event, but 10 of us popped along to the Prince Edward Theatre in Old Compton Street, Soho, to catch the amazing Ain't Too Proud - Temptations story.

We were blown away by the music, dancing, and the story itself.

A really lovely evening. HMHB are fortunate to have a few theatre events lined up before the end of 2023, so some good nights ahead.

HMHB Activity: Feedback from users

I recently sent round some forms asking for Feedback on our services. Here is a snapshot.

OUTINGS

Over the last couple of years we have enjoyed some fantastic outings: Natural History Museum, Science Museum, Victoria and Albert Museum, Bank of England Museum, Museum of London, Docklands Museum (we do love a museum!!!), London Zoo, Regent's Canal, British Museum, Sky Garden, Globe Theatre to watch Shakespeare plays (we get £5 standing tickets, and in last two years have seen 9 plays, averaging 6-8 people each time), London Theatres to see The Mousetrap, Matthew Bourne's Romeo and Juliet, the London Coliseum to see HMS Pinafore and Yeoman Of The Guard, Tate Modern, Pleasance Comedy Theatre, Imperial War Museum, Ten-Pin Bowling, Southend and Littlehampton with Sotheby Mews Day Centre, and many many more.

Here are some comments:

“Always enjoyable and especially places I haven't been to or haven't been to in years. Definitely would recommend them as they are not only fun but they take us to very interesting places and shows. Never been disappointed.”

“bring together people from all backgrounds, ages and of course we all form friendships. I don't feel that I am left out or alone.”



“The outings I have attended have been the plays, which I have enjoyed greatly. They have helped my mental & social health, and also improved my cultural knowledge, I have attended a lot of Shakespeare's plays. We recently went bowling, and that was amazing. I score HMHB 10/10.”

“Relaxed, fun, good value. An amazing selection. Events that I haven't heard of and not on my usual list of entertainments. We can go with Lawrence as a group or make our own way. Lifts given by members may also be arranged for those who find public transport difficult.”

“These are really good. The best ones are when a lot of us go, like the Zoo and the Bowling. I feel as if I am part of a large family more than a health group. Lawrence is a remarkable organiser. Lots of messages and reminders, making sure we are all looked after on the day. I have been to places I had not been to since I was a child, as well as new experiences. He manages to find theatre tickets at wonderful prices. HMHB's outings are the best.”



HMHB Activity: News - page 3



I managed to take these photos of our walks when it was a bit warmer in September. These are never boring, with people talking to everyone. If you fancy joining us we would love to have you along. We are launching a third walk in Finsbury Park too, to join our Wednesday one on Highbury Fields, and our Thursday one on Clissold Park. Come and take part. A walk outdoors is fabulous for mental health.

We had our first ever cinema visit, that proved to be quite eventful. But we finally managed to catch the Hercule Poirot film, A Haunting In Venice, at the Vue Angel. Here is our group after the film, recovering in our seats, after a long day!!!!



Our wonderful PT Zombie, at the back with a particularly luxurious beard, in Highbury Leisure Centre, following another gruelling (Ed, surely you mean enthusiastic) session on a Tuesday morning. We have to thank Better Gyms, as we are moving our outdoor Saturday session indoors to the Sobell Centre at the end of October. Yay!!

We enjoyed a fascinating return visit to the Victoria and Albert Museum in September. This time we headed upstairs to the third floor to view the astonishing Contemporary Glass section. We were all blown away by the pieces, and recognised the incredible skill involved. Here we are having a coffee/tea on the ground floor, and I thank everyone who came along.



We joined Islington Guided Walks for their fascinating look at Wray Crescent, N4. This park is actually quite recent compared to others, but as a wonderful backstory. Seven of us were lucky enough to be at this event on the last Friday of the month. Next one is Whittington Park.

NUTRITION: Lazza's Kitchen Adventure

Cajun Chicken and Vegetable Pie

A Brand NEW Recipe from Lazza's Kitchen.

Lazza made his first ever version of Cajun Chicken and Vegetable Pie from scratch

Cajun seasoning is a rustic seasoning blend that hails from Louisiana, the home of delicious Cajun cuisine. Everyone tends to have their own spin on it, but in general, it's a spicy blend featuring lots of paprika, cayenne, garlic powder, pepper and oregano. Various other seasonings can be added to taste. The mix is available to buy, but so much better when you can mix it up with your own fresh spices. It's meant to have a little kick.

Ingredients

3 large chicken breasts: Shortcrust Pastry
Vegetables: I used bag of casserole veg (onion, carrot, potato, turnip, etc.)
Tin Tomatoes: Tin Sweetcorn:
Garlic and Tomato Puree:
Paprika; Parsley: Basil: Chives: Cajun Spice
600ml Chicken Stock
60 Unsalted Butter: 50g Plain Flour. Egg

I started by cutting up the chicken into pieces and cooking that in some oil till all pink has gone.

Take the chicken out and put aside.

Into the pot put the butter and vegetables, and cook for around five minutes.

Then add the chicken stock, spices and the tomatoes and sweetcorn.

Be generous with the Cajun (I added extra paprika too).

Give a nice stir and cook for around 10 minutes before adding the purees.

Add the chicken back in and cook for around 15/20 minutes.

In your pie dish/dishes (I used two as you can see in photos), pour in the mixture.

I used Shortcrust Pastry that was already made, and laid that over the top of the pie.

Put in the oven at 180C and cook for around 30 minutes.

Should come out delicious.



I used a casserole veg mix - but obviously you can buy individually, and it is up to your own taste what you add in. That goes for the amount of spices too. You may even want to drop a little chilli in if you desire, but that was not for me.



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, meal to prepare.

MIND-SET: Healthy Habits can bring a positive Mind-set: 1

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.

It appears that Summer is well and truly over, and now we are starting to think of Autumn, colder temperatures, darker nights, and gloomier weather. Obviously, these can all affect our moods and emotions. But there are things we can be doing that can lift us up, make us feel more positive, and bring happiness. I know that is not always easy, depending on various issues and situations you may be experiencing, but it is our responsibility to try and do the best we can. So let's look at a few suggestions.

Smiling

Did you know, when you smile, your brain releases tiny molecules called "Neuropeptides" to help fight off stress. Then other neurotransmitters like "Dopamine", "Serotonin" and "Endorphins" come into play too. The endorphins act as a mild pain reliever, whereas the serotonin is an antidepressant.

Smiling can also help make you feel happy. Next time you are feeling down, try putting on a smile. There's a good chance your mood will change for the better. The physical act of smiling activates pathways in your brain that influence your emotional state, meaning that by adopting a happy facial expression, you can "trick" your mind into entering a state of happiness. This affect works whether or not your smile is genuine.



Smiling can also boost your overall health by helping your immune system to function more effectively. It is thought that when you smile, immune function improves because you are more relaxed (thanks to the release of certain neurotransmitters). Whether you're trying to maintain your overall health or strengthen your immune system ahead of cold and flu season, smiling may help. Warding off illness and staying healthier can also play a role in helping you feel less stressed. All lifting your Mind-set and thinking.

Exercise

Yes, I know we have our own exercise section, but this affects your positive thinking too. Exercise isn't just for your body. Regular exercise can help reduce stress, feelings of anxiety, and symptoms of depression while boosting self-esteem and happiness. Even a small amount of physical activity can make a difference. The trick is to not overexert yourself. If you suddenly throw yourself into a strenuous routine, you may just end up frustrated (and sore).

Consider these exercise starters:

- Take a walk around the block every night after dinner.
- Sign up for a beginner's class in yoga or tai chi.
- Start your day with 5 minutes of stretching.

MIND-SET:

Healthy Habits can bring a positive Mind-set: 2

Eat Responsibly

Even as I am typing that, I know I struggle with this - which is ridiculous. But we cover nutrition a lot, and it does affect our state of mind.

For example:

- Carbohydrates release Serotonin, a “feel good” hormone. Just keep simple carbs — foods high in sugar and starch — to a minimum because that energy surge is short and you’ll crash. Choosing “complex carbs”, such as vegetables, beans, and whole grains, can help you avoid a crash while still providing serotonin.
- Lean meat, poultry, legumes, and dairy are high in protein. Protein-rich foods release dopamine and norepinephrine, which boost energy and concentration.
- Omega-3 fatty acids, such as those found in fatty fish, have been found to have anti-inflammatory effects, that extend to your overall brain health. If you don’t eat fish, you might consider talking with a doctor about possible supplementation.
- Highly processed or deep-fried foods tend to leave you feeling down and so will skipping meals.

Practice being Self-Grateful for what is around you

Most of us know it’s important to express thanks to the people who help us, or silently acknowledge the things we are grateful for in life. Research has linked self gratitude with a wide range of benefits, including strengthening your immune system and improving sleep-patterns, feeling optimistic and experiencing more joy and pleasure, being more helpful and generous, and feeling less lonely and isolated.

If you are feeling depressed or stressed, simply being grateful can give your mood a big boost, among other benefits. For example, a recent study found that practicing gratitude can have a significant impact on feelings of hope and happiness. You might try starting each day by acknowledging one thing you’re grateful for. You can do this while you’re brushing your teeth, eating breakfast, or just waiting for that snoozed alarm to go off.

As you go about your day, consider keeping an eye out for pleasant things in your life. They can be big things, such as knowing that someone loves you or getting a well-deserved promotion. Maybe someone giving you a compliment on your work. But they can also be little things, such as a friend offering you a cup of coffee or the neighbour who waved to you. Maybe it could even just be the warmth of the sun on your skin. With a little practice, you may even become more aware of all the positive things around you.

Practice Gratitude to others

Research clearly shows that performing acts of kindness may also help promote your overall well-being.

Giving a sincere compliment is a quick, easy way to brighten someone’s day while giving your own happiness a boost. Catch the person’s eye and say it with a smile so they know you mean it. You might be surprised by how good it makes you feel. If you want to offer someone a compliment on their physical appearance, make sure to do it in a respectful way.



EXERCISE/FITNESS: STRETCHING

Active Stretches with PT Zombie - 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.

LOWER BACK OBLIQUES

As you can see, Zombie has leant over keeping both legs fairly straight - so not a squat movement. He reaches down with right hand towards the left leg and then swings over to the opposite leg.

Low-back strengthening exercises are an excellent way to prevent recurring low back pain. Stronger core muscles help increase stability, decrease your chances of getting injured, and improve function.



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.

UP AND OUT LEGS

As you can see, Zombie lifts one leg in front of him and then in the same movement swings it out to the side before coming back to standing position. He will then swing the other leg - you may see footballers doing this.

Groin and “Adductor” stretches are important for the flexibility and range of motion of the adductor muscles. Good groin and adductor flexibility allows for unrestricted, pain free movement of the inner thigh and upper leg.



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

EXERCISE/FITNESS:

Active Stretches: with PT Zombie - 2

LUNGE RAISES

As you can see, Zombie starts off by moving into a backward lunge. Then in one swinging movement he will lift that leg forward into the air before returning to the lunge stance. Change legs after ten.

Lunges are a powerful exercise, allowing you to shape and strengthen almost every muscle in the lower body: the hips, glutes, quads, hamstrings, and calves. It helps strengthen your lower body, increase core strength, muscle tissue, and help shape your bum too.



HAMSTRING CALF STRETCH

As you can see, Zombie has one leg out straight, the other one is bent (if possible try and get knees next to each other), resting hand on bent leg, reaching down with other hand. When comfy, lift the toe of the front foot. Feel a fantastic stretch all down the back of that leg.

Calf stretches can have a positive impact on the Achilles tendon, and may gradually lengthen the calf muscles. This can improve walking style, or gait, which is needed to maintain standing alignment.



INNER THIGH STRETCH

As you can see, Zombie is demonstrating two ways to do this. One is sitting down very low, arms inside the legs, and pushing outwards. Or you can do it bent over, but try and keep your back straight.

Strong inner thigh muscles help maintain proper alignment for your legs and pelvis. Having strong inner thighs also enhances stability and balance during various activities and sports.



**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:

Healthy Habits can bring a positive Mind-set: 3

Take some deep breaths

When we are anxious, you're tense, your shoulders are tight, and you feel as though you just might "lose it." We all know that feeling.

Instinct may tell you to take a long, deep breath to calm yourself down. Turns out, that instinct is a good one. Research supports the fact that slow breathing and deep breathing exercises can help reduce stress.



The next time you feel stressed or think you just cannot cope, work through these steps:

- Close your eyes. Try to envision a happy memory or beautiful place.
- Take a slow, deep breath in through your nose.
- Slowly breathe out through your mouth or nose.
- Repeat this process several times until you start to feel yourself calm down.

If you're having a hard time taking slow, deliberate breaths, try counting to 5 in your head with each inhale and exhale. Deliberately copying a relaxed breathing pattern seems to calm the nervous system that controls the body's involuntary functions. Controlled breathing can cause physiological changes that include: lowered blood pressure and heart rate. reduced levels of stress hormones in the blood.

Understand bad things happen - they will pass.

A positive attitude is generally a good thing, but bad things happen to everyone. It's just part of life. If you get some bad news, make a mistake, or just feel like you're life has gone a bit wrong, don't try to pretend you're happy. Acknowledge the feeling of unhappiness, letting yourself experience it for a moment. Then shift your focus toward what made you feel this way and what it might take to recover. Would a deep breathing exercise help? A long walk outside? Talking it over with someone? Let the moment pass and take care of yourself. Remember, no one's happy all the time.

The same goes for stress. Life is full of stressors, and it's impossible to avoid all of them. There's no need to. Stress is not always harmful and we can even change our attitudes about stress. Sometimes, there's an upside to stress. For those stressors you can't avoid, remind yourself that everyone has stress — there's no reason to think it's all on you. And chances are, you're stronger than you might think you are.

Instead of letting yourself get overwhelmed, try to address the stressor head-on. This might mean initiating an uncomfortable conversation or putting in some extra work, but the sooner you confront it, the sooner the pit in your stomach may start to shrink.

Do not compare to others

Comparison is generally the fast track to unhappiness. It's a recipe for misery. All it does is keeping you focused on what you don't like about yourself and your life.

When we focus on other people, we lose time that we could otherwise invest in ourselves. We don't grow green grass by focusing on our neighbour's garden, we do it nurturing our own. So, instead of wasting time comparing your path to someone else's, spend it investing, creating, and caring for your own.



MIND-SET:

Healthy Habits can bring a positive Mind-set: 4

Wake up that Social Life

We at HMHB love our group activities, especially some of our outings. A lot are to free places, but the fact we are together, chatting, laughing, and interacting has a huge impact on our mental health.

Humans are largely considered social beings, and while the research is mixed on how exactly socialisation impacts happiness, the consensus is that having social relationships can make us happy. It naturally lifts our mindset.

Are there some people you have not spoken to for a while? Could be friends or family. Reach out to them. Make a date to get together or simply have a long phone chat, although I think face to face is much better for our own happiness.

As we get older, it can feel next to impossible to make new friends. But it's not about how many friends you have. It's about having meaningful relationships. Even if it's just with one or two people. Try getting involved in a local volunteer group or taking a class. Both can help connect you with like-minded people in your area. And it's likely they're looking for friends, too.

Use your phone less

Yes, I said it!! It's incredible that it was not that long ago when our mobile phones did not exist. The youth of today would be very surprised. But have we gone too far in the wrong direction?

There's mounting evidence to support the fact that excessive phone use can lead to changes in the brain and impact your mood, with one study even revealing more serious cognitive and emotional changes in adolescents and young adults.

Turn off all the electronics and put those earbuds away for at least 1 hour every day. They'll still be there for you later if you want them. If you haven't unplugged in a while, you might be surprised at the difference it makes. Let your mind wander free for a change. Read. Meditate. Take a walk and pay attention to your surroundings. Be sociable. Or be alone. Just be. Sound too daunting? Try unplugging for a shorter amount of time several times a week. And don't use in the cinema, at restaurants, or among friends.

Get Outdoors

Research clearly show a link between nature and health. Getting outdoors will:

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



Let's Talk

SOCIAL LIFE

NUTRITION: Lazza's Kitchen Adventure Chocolate and Vanilla Marble Ring Cake

A Brand NEW Recipe from Lazza's Kitchen.

Lazza made his ever version of Chocolate/Vanilla Marble Ring Cake from scratch

Ingredients

CAKE: 250 g soft unsalted butter
250 g caster sugar: 4 eggs
250 g self-raising flour: 2 tsp baking powder
2 tbl sp instant chocolate
Pack of Crushed Hazelnuts: Vanilla Essence
ICING: 60g Unsalted Butter
200g Icing Sugar.
3 tble spoon double cream
2 tble sp instant chocolate

Hernan Cortes is credited with introducing both vanilla and chocolate to Europe in the 1520s. Vanilla was seen mostly as an additive to chocolate until the early 17th century when Hugh Morgan, a creative apothecary in the employ of Queen Elizabeth I, created chocolate-free, vanilla-flavoured "sweetmeats". By the 18th century, the French were using vanilla to flavour Ice Cream. However, an estimated 95% of "vanilla" products are artificially flavoured with Vanillin derived from Lignin instead of vanilla fruits

Preheat your oven to 180°C.

Lightly grease the ring mould with butter. Mine is silicone (fully recommend) and does need greasing.

Combine the butter, sugar, eggs, flour, and baking powder in a large bowl. Beat until smooth.

Add in the crushed hazelnuts and mix so combined well.

Put half of the mixture into another bowl.

Take the powder chocolate and stir into one half of the cake mixture.

Put Vanilla Essence in the other half.

Drop tablespoonfuls of the vanilla mixture into the ring mould, then tablespoonfuls of the chocolate mixture on top of the vanilla mixture.

Marble by swirling together with a skewer.

Bake for 40 minutes or until well risen and firm to the touch.

Leave to cool for a few minutes, then turn out on to a wire rack set over a tray, and cool completely.

Make the icing:

combine the butter, cream, and chocolate in a pan and heat, stirring, until smooth. Remove from the heat and beat in the icing sugar until smooth and glossy.

Leave to cool, then pour over the cake, spreading it over the sides to cover completely. Leave to set



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 in the Secret Seven	NOT a moon of Uranus	IS a real Berry (the others are not)
Paul	Rosamund	Cranberry
Jack	Cupid	Strawberry
Peter	Juliet	Blackberry
Colin	Sycorax	Raspberry

ROUND TWO: Give Me a Number

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

For how many episodes was Tom Baker Doctor Who?

What is the highest individual batting score in Cricket T20 (20 overs each side)?

According to the last census in 2021, How many people live in Wales?

In cm, according to Guinness, what is the length of the longest fingernails ever recorded?

How long would it take in minutes to watch the two Avatar films back to back?

ROUND THREE: When Did That Happen

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

The year Leonardo Da Vinci was born?

The year the first Porsche car was made?

The year Queen released We Are The Champions?

The year Chanel No.5 was released?

The year Lionel Messi made his Argentinian international debut?



ROUND FOUR: What specifically links these things? CLUE: A possession

Steven Spielberg: Nicolas Cage: Mel Gibson: Richard Branson: Johnny Depp: Celine Dion:

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

- | | |
|------------------------------|--|
| 1. Oldest Actor: | Cary Grant: Rex Harrison: Stewart Granger: James Stewart |
| 2. Furthest from London: | Bristol: Birmingham: Bournemouth: Peterborough: |
| 3. European City of Culture: | Edinburgh: Lyon: Cork: Hamburg |
| 4. No1 in 1999 | Oasis: The Prodigy: Steps |

ROUND SIX: Which Country is it?

1. The oldest Zoo in the World?
2. The first country to win the Football World Cup?
3. The country with the longest Coastline?
4. The country that is the largest producer of Cheese?



NUTRITION: Why do we get Fat? Part 2

Genes are probably a significant contributor to your obesity if you have most or all of the following characteristics:

- You have been overweight for much of your life.
- One or both of your parents or several other blood relatives are significantly overweight. If both of your parents have obesity, your likelihood of developing obesity is as high as 80%.
- You can't lose weight even when you increase your physical activity and stick to a low-calorie diet for many months.

Genes are probably a lower contributor for you if you have most or all of the following characteristics:

- You are strongly influenced by the availability of food.
- You are moderately overweight, but you can lose weight when you follow a reasonable diet and exercise program.
- You regain lost weight during the holiday season, after changing your eating or exercise habits, or at times when you experience psychological or social problems.

These circumstances suggest that you have a genetic predisposition to be heavy, but it's not so great that you can't overcome it with some effort.

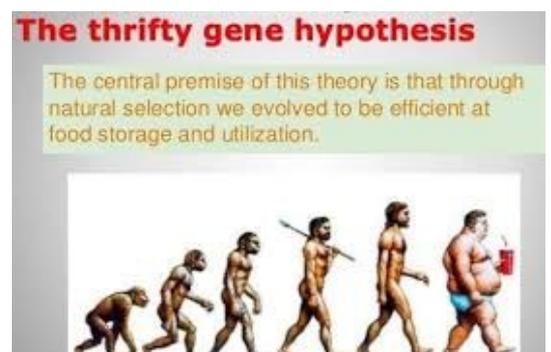
At the other end of the spectrum, you can assume that your genetic predisposition to obesity is modest if your weight is normal and doesn't increase even when you regularly indulge in high-calorie foods and rarely exercise.



People with only a moderate genetic predisposition to be overweight have a good chance of losing weight on their own by eating fewer calories and getting more vigorous exercise more often. These people are more likely to be able to maintain this lower weight.

Many years ago, when we used to hunt for food, if that food escaped or the crops failed, how did our ancestors survive? Those who could store body fat to live off during the lean times lived, and those who couldn't, perished. This evolutionary adaptation explains why most modern humans (about 85% of us) carry so-called thrifty genes, which help us conserve energy and store fat. Today, of course, these thrifty genes are a curse rather than a blessing. Not only is food readily available to us nearly around the clock, we don't even have to hunt or harvest it!

In contrast, people with a strong genetic predisposition to obesity may not be able to lose weight with the usual forms of diet and exercise therapy. Even if they lose weight, they are less likely to maintain the weight loss. For people with a very strong genetic predisposition, sheer willpower is ineffective in counteracting their tendency to be overweight. Typically, these people can maintain weight loss only under a doctor's guidance. They are also the most likely to require weight-loss drugs or surgery.



NUTRITION: Why do we get Fat? Part 3

Obesity experts now believe that a number of different aspects of modern society may conspire to promote weight gain.

Stress is a common thread intertwining these factors. For example, these days it's very common to work long hours and take shorter or less frequent holidays. In many families, both parents work, which makes it harder to find time for families to shop, prepare, and eat healthy foods together. Even single people feel short for time.

Round-the-clock TV news means we hear more frequent reports of violence, poverty, and health problems. This does more than increase stress levels; it makes us all aware of how difficult life can be, and this brings anxiety, and our behaviour can become erratic. Time pressures — whether for school, work, or family obligations — often lead people to eat on the run and to sacrifice sleep, both of which can contribute to weight gain.

Some researchers also think that the very act of eating irregularly and on the run may be another one of the causes of obesity. Neurological evidence indicates that the brain's biological clock — the pacemaker that controls numerous other daily rhythms in our bodies — may also help to regulate hunger and satiety signals. Ideally, these signals should keep our weight steady. They should prompt us to eat when our body fat falls below a certain level or when we need more body fat (during pregnancy, for example), and they should tell us when we feel satiated and should stop eating. Close connections between the brain's pacemaker and the appetite control centre in the hypothalamus suggest that hunger and satiety are affected by temporal cues. Irregular eating patterns may disrupt the effectiveness of these cues in a way that promotes obesity.



Similarly, research shows that the less you sleep, the more likely you are to gain weight. Lack of sufficient sleep tends to disrupt hormones that control hunger and appetite and could be another one of the causes of obesity. In a 2004 study of more than 1,000 volunteers, researchers found that people who slept less than eight hours a night had higher levels of body fat than those who slept more, and the people who slept the fewest hours weighed the most.

Stress and lack of sleep are closely connected to psychological well-being, which can also affect diet and appetite, as anyone who's ever gorged on biscuits, cakes, crisps, and other high-fat (delicious) foods when feeling anxious or sad can attest. Studies have demonstrated that some people eat more when affected by depression, anxiety, or other emotional disorders. In turn, overweight and obesity themselves can promote emotional disorders: If you repeatedly try to lose weight and fail, or if you succeed in losing weight only to gain it all back, the struggle can cause tremendous frustration over time, which can cause or worsen anxiety and depression. A cycle develops that leads to greater and greater obesity, associated with increasingly severe emotional difficulties. This sounds very much like my own problems.

Part of the problem may be that people are watching television instead of exercising or doing other activities that burn more calories (watching TV burns only slightly more calories than sleeping, and less than other sedentary pursuits such as sewing or reading). Studies show that eating food in front of the TV stimulates people to eat more calories, and particularly more calories from fat.

Nutrition: HMHB looks at Minerals

Today: Phosphorous

**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.”

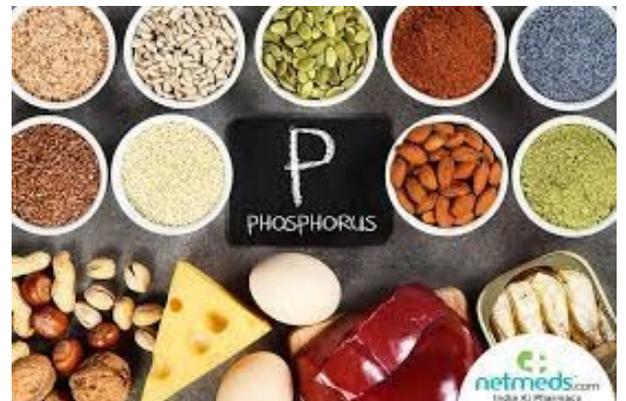
The four major structural elements in the human body by weight (“Oxygen”, “Carbon”, “Hydrogen”, Nitrogen”) are usually not included in lists of major nutrient minerals (nitrogen is considered a "mineral" for plants, as it often is included in fertilisers). These four elements compose about 96% of the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

Phosphorous is a Macromineral.

Next to calcium, phosphorus is the most abundant mineral in the body. These two important nutrients work closely together to build strong bones and teeth. About 85% of the body's phosphorus is in bones and teeth. Phosphorous is also present in smaller amounts in cells and tissues throughout the body.

Phosphorus helps filter out waste in the kidneys and plays an essential role in how the body stores and uses energy. It also helps reduce muscle pain after a workout. Phosphorus is needed for the growth, maintenance, and repair of all tissues and cells, and for the production of the genetic building blocks, DNA and RNA. Phosphorus is also needed to help balance and use other vitamins and minerals, including vitamin D, iodine, magnesium, and zinc.

Most people get plenty of phosphorus in their diets. The mineral is found in milk, grains, and protein-rich foods.



Some health conditions, such as diabetes, starvation, and alcoholism can cause levels of phosphorus in the body to fall. The same is true of conditions that make it hard for people to absorb nutrients, such as Crohn disease and celiac disease. Some medications can cause phosphorus levels to drop, including some antacids and diuretics (water pills). Symptoms of phosphorus deficiency include loss of appetite, anxiety, bone pain, fragile bones, stiff joints, fatigue, irregular breathing, irritability, numbness, weakness, and weight change. In children, decreased growth and poor bone and tooth development may occur.

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.

When I first came up with the idea of Healthy Minds, Healthy Bods, way back in 2009, I never envisaged the enormous amount of obstacles I would need to overcome to get as far as I have done today.

People see me on the walks, the exercise sessions, and the social outings (which I absolutely love) but do not really see the day to day grind of admin, applications, meetings, networking, paperwork, organising, etc.

Here I am attending a couple of network events, one with my friend Luke who was helping deliver our course at the start, both of us convinced we would get salary funding within a year or two due to our astonishing feedback.

Maybe naïve of us, maybe too trusting of others, but we were let down on many occasions. Our feedback really is fantastic, so I am now hopeful that doors will open and we can get salary and core funding. People need to understand the amount of hard work that goes in without reward, without notice, and without mention.



Wow, this picture must have been taken around 2002.

I was working at a Charity near to London Bridge, and in fact I became their Acting Manager, as well as Finance Manager. It was my first every foray into management.

I am pictured with the wonderful PR to the previous Chief Executive. I am truly wondrous at how youthful I look (what has happened?) and how slim I was (what has happened?).

The experience I garnered from this position strengthened me as a person, made me determined to succeed, and I would not be doing as well with HMHB without it.

Yes, that is myself with my wonderful Member of Parliament, Jeremy Corbyn. I am an Islington North resident.

Personally, I am not that political. I just want whoever is in charge to be doing the best they can. That's my own opinion.

I have to say that Jeremy has been wonderful for Healthy Minds, Healthy Bods. He has supported us from the start, opened a few doors for us, and written some terrific communications.

I have met him on multiple times, and he has always been courteous, encouraging, sympathetic, and supportive.

HMHB has some terrific connections within the local Islington community, and long may that grow.





HMHB's Name Game Page:

Can you name these Food Items?

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

Answers at bottom of quiz page answers (page 39)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Lamb Tagine

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

There are many descriptions of how to prepare a "Tajine" from Arab scholars. A famous description is the one from "Ibn Al-Adim" (1192–1262):

"Boil the meat and fry with fresh coriander, onions and hot spices and a little garlic. Then pick out the fennel hearts and cut in half. Put over the meat. Put back some of the broth on it along with sheep's tail. Boil until cooked and the broth has been absorbed. Remove [from the heat]."

Ingredients

500g Lean Diced Lamb: Olive Oil
Carrots - chopped
Tin Chickpeas: Tin Tomatoes
Tomato Puree and Garlic Puree
200g Dried Apricot
Pack of Button Mushrooms
600ml Chicken Stock
(Ras-El-Anhout Spice Mix) - I used my own mix of Cumin, Turmeric, Paprika, Ginger, Basil, Parsley, Mint, Cinnamon, Nutmeg, Garlic.

This is actually a nice easy recipe to make, when you are prepared.

Heat oven to 180C/160C fan/gas 4.

Heat the oil in a large casserole pot and brown the lamb on all sides.

Scoop the lamb out onto a plate.

Add the chopped carrots (and if you wish some onion) and cook for 2-3 mins until golden.

Add the garlic and tomato purees, and the button mushrooms (which I halved) and cook for 1 min more.

Stir in the spices (you can choose the amounts, but I tended to use a teaspoon of each, with extra paprika) and chickpeas and tomatoes, and season.

Tip the lamb back in with the chickpeas and apricots.

Pour over the stock, stir and bring to a simmer.

I then transferred the mixture into a casserole dish, as you can see in the photo.

Cook for around an hour. If the lamb is still a little tough, give it a few more mins more until tender.

When ready, leave it to rest so it's not piping hot, then serve.



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

EXERCISE/FITNESS

Exercise and Aging. We all need to look after ourselves.

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

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

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

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

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

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

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

Be active, be safe, and go for it.

The clock ticks for all of us, and with each tick comes change. For people who manage to avoid major medical problems, the changes are slow and gradual, but they do add up. Here are some things that aging can do to you — if you give up and let Father Time take his toll.

Some of the changes of aging start as early as the third decade of life. After age 25–30, for example, the average human's maximum attainable heart rate declines by about one beat per minute, per year, and their heart's peak capacity to pump blood drifts down by 5%–10% per decade. That's why a healthy 25-year-old heart can pump 2½ quarts of blood a minute, but a 65-year-old heart can't get above 1½ quarts, and an 80-year-old heart can pump only about a quart, even if it's disease-free. In everyday terms, this diminished aerobic capacity can produce fatigue and breathlessness with modest daily activities.



Starting in middle age, your blood vessels begin to stiffen and your blood pressure often creeps up as well. Blood itself changes, becoming more viscous (thicker and stickier) and harder to pump through the body, even though the number of oxygen-carrying red blood cells declines.

Most humans begin to gain weight in midlife, putting on 3–4 pounds a year. But since we also start to lose muscle in our 40s, that extra weight is all fat. This extra fat contributes to a rise in LDL ("bad") cholesterol and a fall in HDL ("good") cholesterol. It also helps explain why blood sugar levels rise by about 6 points per decade, making type 2 diabetes distressingly common in senior citizens.

The loss of muscle continues, eventually reducing a human's musculature by up to 50%, which contributes to weakness and disability. At the same time, muscles and ligaments get stiff and tight. Although men have a lower risk of "Osteoporosis" ("thin bones") than women, they do lose bone calcium as they age, increasing the risk of fractures. One reason for the drop in muscle mass and bone density is a drop in the male hormone "Testosterone", which declines by about 1% per year after the age of 40. Though most men continue to have normal testosterone levels and reproductive capacity throughout life, many experience a gradual decline in libido and sexual vigour.

EXERCISE/FITNESS: More on Exercise and Aging

The nervous system also changes over time. Reflexes are slower, coordination suffers, and memory lapses often crop up at embarrassing times. The average person gets less sleep when they are older, even if they no longer need to set their alarm clock. Not surprisingly, spirits often sag as the body slows down.

It sounds grim — and these changes happen to healthy individuals. People with medical problems start to age earlier and slow down even more. All in all, aging is not an easy thing to come to terms with.

No person can stop the clock, but everyone can slow its tick. Research shows that many of the changes attributed to aging are actually caused in large part by disuse. It's new information, but it confirms the wisdom of Dr. William Buchan, the 18th-century Scottish physician who wrote:

"Of all the causes which conspire to render the life of a man short and miserable, none have greater influence than the want of proper exercise." And about the same time, the British poet John Gay agreed: "Exercise thy lasting youth defends."

Exercise is not the fountain of youth, but it is a good long drink of vitality, especially as part of a comprehensive program.



In 1966, five healthy men volunteered for a research study at the University of Texas Southwestern Medical School, in the United States. It must have sounded like the opportunity of a lifetime; all they had to do was spend three weeks of their summer holiday resting in bed.

But when they got out of bed at the end of the trial, it probably didn't seem so good. Testing the men before and after exercise, the researchers found devastating changes that included faster resting heart rates, higher systolic blood pressures, a drop in the heart's maximum pumping capacity, a rise in body fat, and a fall in muscle strength.

In just three weeks, these 20-year-olds developed many physiologic characteristics of men twice their age. Fortunately, the scientists didn't stop there. Instead, they put the men on an 8-week exercise program. Exercise did more than reverse the deterioration brought on by bed rest, since some measurements were better than ever after the training.

The Dallas study was a dramatic demonstration of the harmful consequences of bed rest, and a sedentary lifestyle, something we have all been experiencing over the last three years due to the Covid Pandemic. It's a lesson that's been learned yet again in the era of space travel, and it has helped change medical practice by encouraging an early return to physical activity after illness or surgery.

**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 “Mat” moves to improve your fitness



V Ups

Lie on your back and extend your arms behind your head. Keep your feet together and toes pointed. Keep your legs straight and lift them up as you simultaneously raise your upper body off the floor. Keep your core tight as you reach for your toes with your hands. Slowly lower yourself back down to the starting position.

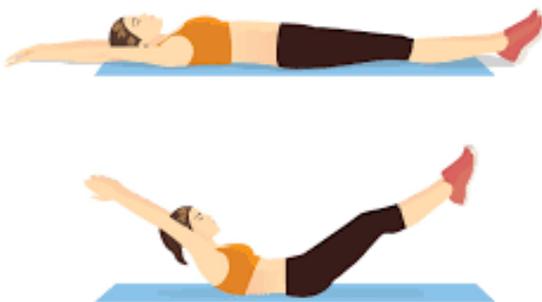
Your core, particularly your transverse abdominus, is the powerhouse of your entire body. Without a strong core you are opening yourself up to poor athletic form, back pain and general injury.

Hollow Body Hold

Start lying on your back with your arms extended overhead on floor and legs straight resting on the mat.

At the same time, and with control, lift arms, head, shoulder blades, and legs off the floor.

Hold for 20 seconds then return to starting position. Rest for 10 seconds.



The hollow body hold is an excellent move for targeting the transverse abdominis, rectus abdominis, obliques, quads, hip flexors, inner thighs, and erector spinae muscles. It also helps build strength and stabilisation in your core and lower back muscles.

Seated Knee Tucks

Sit down with your hands on the mat, your legs fully extended, and lean back.

Bend your legs and bring your knees toward your chest.

Hold for a second or two and then fully extend your legs without touching the mat. Repeat.



When doing seated knee tucks keep your back straight and your upper body stable. Breathe out as you bring your knees toward your chest, squeeze your abs in and use your core strength to stabilise your body. Besides from all the aesthetic benefits you can get, having a strong core also helps to protect your back from injury and can improve your posture tremendously.

EXERCISE/FITNESS:

Three more “Mat” moves to improve your fitness



Scissor Kicks on a Mat

Lie down with your back pressed against the floor or on an exercise mat (optional). Your arms should be fully extended to the sides with your palms facing down. Note: The arms should be stationary the entire time.

With a slight bend at the knees, lift your legs up so that your heels are about 6 inches off the ground. Contract your abs and bring your back slightly off the floor. Kick both legs outwards, as if you were opening a pair of scissors. Bring your legs back to the centre and cross them over each other (closing scissors).

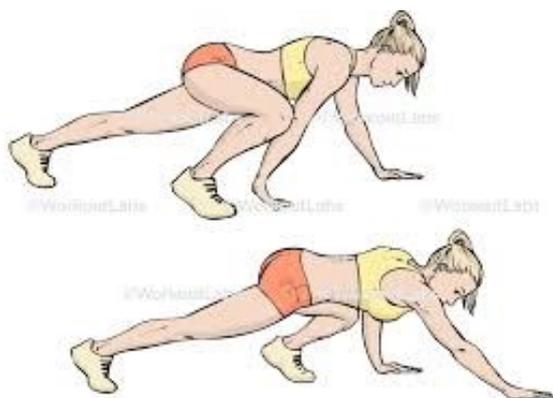
Perform the scissor kick in alternating fashion, keeping your abs flexed at all times.

Bear Crawl

Start the bear crawl in a press up position. Hands are beneath the shoulders, the back is strong, and your core is engaged. The feet should be hip-distance apart with heels off the floor. Move forward by simultaneously moving the right hand and the left leg in a crawling motion. Your knees never touch the ground. Switch sides immediately after placing weight on the right hand and left leg, moving the left hand and right leg forward.

Continue in a crawling motion, moving forward for your desired number of steps or distance.

Targets the Core, Back, Arms, Legs - and is used a lot by professionals.



Leg Circles

Do not, as per photo, put hands behind your neck - this can cause injury.

Lie back and using alternate legs, lift high and circle around for about six or seven circles. Then switch. You can also, if you want, have both legs in the air.



Along with the core, single leg circles strengthen the quadriceps and hamstrings. It promotes a healthy hip joint and is a great opportunity to work the abdominals. This exercise combines stretching and strengthening of major muscle groups on both sides of the body and promotes balance and improved overall function in your hips.

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.



In 2013, Qatar unveiled the most expensive soap in the world. It was made of pure gold dust, olive oil, and virgin honey and embedded with diamonds, and was exhibited at the Qatar Pool and Spa 2013 at the Doha Exhibition Centre. The soap bar weighed around 100gm and came with a price tag of \$3,800. Dubbed the 'Qatar Royal Soap' with the word 'Qatar' in Arabic inscribed on it, the soap was being dedicated to Qatar and its great achievements in many fields. However, only one was made, and it was not for sale.

That man is called Michel Lotito - he was also known as "Monsieur Mouth Mangetout (Mr Eat All) as he would literally eat anything.

During his entertainment career he had eaten:

18 Bicycles, 15 Shopping Carts, 7 Television Sets

6 Chandeliers, 2 Beds, 1 Pair of Skis

1 Computer, 1 Waterbed (did he drink it too?)

1 Cessna 150 Light Aircraft (I kid you not!!!)

500 Metres of Steel Chain, 1 Coffin, 45 Door Hinges

And 1 Guinness Award Plaque of his Achievements.



Do you know why all the Taxis in the US are Yellow? John Hertz (yes, the same one from the rental-car empire) opened the first Yellow Cab Company in Chicago in the early 1900s. He wanted to "unify his fleet" and make them stand out, so he had a local university conduct a study to figure out which colour would be most noticeable from a distance.

It turned out to be yellow, and the rest is history.

In fact, New York City has approximately 13000 Yellow Taxi Cabs, averaging 800 trips per month.

You will probably never have heard of it, but that lovely blue gemstone is Tanzanite. Tanzanite is the blue and violet variety of the mineral zoisite, caused by small amounts of vanadium. Tanzanite belongs to the epidote mineral group. Tanzanite is far rarer than diamonds and is only found in the Simanjiro District of Manyara Region in Tanzania, in a very small mining area approximately 7 km long and 2 km wide near the Mererani Hills.



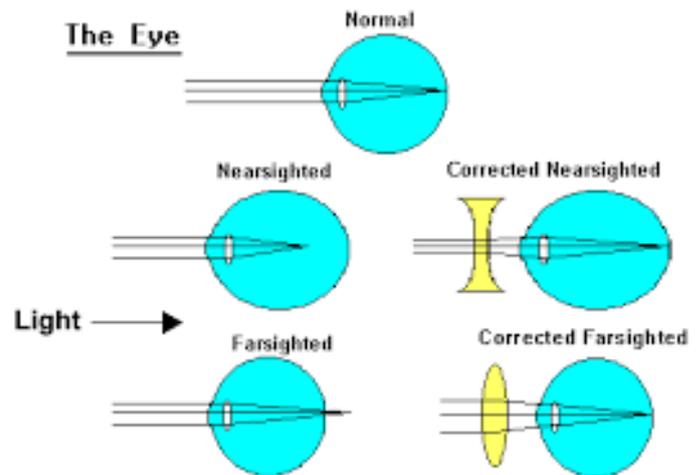
HEALTH / ROUTINE

Why do some people need Glasses?

When I was eight, I found out that I was short sighted and needed glasses. Since then, I used Contact Lenses as an adult until undergoing Laser Eye Surgery in 2007 to correct my eyesight. But why do we need glasses?

People need glasses or contacts because of a common problem called refractive error, which blurs vision. There are four different types of refractive error: Near-sightedness, Far-sightedness, Astigmatism, and Presbyopia. Near-sightedness and far-sightedness are always mutually exclusive, but astigmatism and presbyopia may occur alone, with each other, and with near-sightedness or far-sightedness.

In order to understand refractive error, one needs to think of the eye as acting like a camera. The cornea (the transparent window forming the front of the eye) and the eye's natural lens act like the lens of a camera to focus light onto the retina in the back of the eye. The retina functions like the film of a camera by receiving light images and translating them into electrical impulses that are transmitted to the brain and interpreted as vision. Patients who have no refractive error and do not need glasses or contacts to see perfectly have a perfect balance between the curvature of the front part of the eye (primarily the cornea) and the length of the eye, so that light images focus sharply on the retina. In the normal eye, close images can be focused on the retina by increasing the power of the natural lens through accommodation, which is the ability of the eye to change its focus between distant objects and near objects.



Near-sightedness (myopia) is the most common refractive error. Near-sightedness occurs because the eye is too long or the cornea is too steep, resulting in blur (because images are brought into focus in front of the retina). Without corrective lenses, nearsighted people (in medical terminology, myopes) can see things up close but not far away.

Far-sightedness (hyperopia) is also a common refractive error that requires glasses or contact lenses to correct. Far-sightedness occurs because the eye is too short or the cornea is too flat, resulting in blur (because images are brought into focus behind the retina). When far-sighted people have accommodation of their lens during their younger years, they can see up close and distantly without correction. As they age, hyperopes (people who are far-sighted) first lose their reading vision (which takes the most accommodation), then their intermediate vision (computer) and, finally, their distance vision, requiring glasses or contacts. Because hyperopes maintain distance vision until they get older, the condition is called "far-sightedness." This familiar term for hyperopia is confusing, however, because hyperopes eventually lose their ability to see distance without glasses as they get older. Younger patients with significant hyperopia require glasses for far and near vision if their level of hyperopia is so high that their accommodative mechanism (zooming power of the natural lens) is not strong enough to compensate.

I remember being self-conscious as a kid with glasses. On telly, the way to tell the cool kid from the nerd was that the nerd always wore glasses. For some reason, having bad eyesight meant you were meant to be intellectual and clever!!!! Glasses are just part of life. I think I'll be needing reading ones soon enough.

HEALTH / ROUTINE

Why do some people have hearing problems?

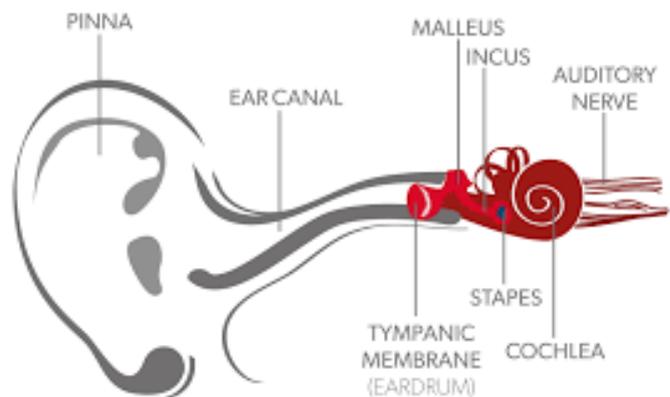
The ear is our organ of hearing. Hearing loss can range from mild to profound and has many different causes, including injury, disease, genetic defects and the ageing process.

The two types of hearing loss are “Conductive Hearing Loss” and “Sensorineural Hearing Loss”. When one has a combination of both conductive and sensorineural hearing losses it is called a ‘mixed’ hearing loss.

Hearing loss at birth is known as “Congenital Hearing Loss”, while hearing loss that occurs after birth is called “Acquired Hearing Loss”. The most common cause of acquired hearing loss is noise, which accounts for over one quarter of people affected by hearing loss.

Your ear is made up of three different parts:

- **outer ear** – this is the part you can see. Its shape helps to collect sound waves. The tubular shape of the ear canal leads inward to the eardrum.
- **middle ear** – this is separated from the outer ear by the eardrum. The middle ear contains three tiny bones called the malleus (hammer bone), the incus (anvil bone) and the stapes (stirrup bone). These bones amplify the movement of the eardrum produced by sound waves. The Eustachian tube connects the middle ear to the back of the throat and helps to equalise air pressure.
- **inner ear** – sound waves are picked up by a little spiral-shaped organ called the cochlea. Hair cells on the cochlea sense the vibration and pass the message – interpreted into electrical impulses – on to the brain via the cochlear nerve.



Conductive hearing loss affects the transmission of sound between the outer and inner ear. For example, this may be caused by:

- impacted wax in the ear canal
- failure of the three tiny bones inside the middle ear to pass along sound waves to the inner ear
- failure of the eardrum to vibrate in response to sound waves. A build-up of fluid in the middle ear, for example, could dampen the movement of the eardrum.

In many cases, treatment is available for conductive hearing loss and normal hearing will return.

Sensorineural hearing loss occurs due to damage to the inner ear (the cochlea). For example, sensorineural hearing loss can be caused by disease, trauma or some other disruptive event targeting the cochlea and/or the cochlear nerve. The rest of the ear – including the tiny bones and eardrum – may be working, but the electrical impulses aren't able to reach the brain.

Most cases of sensorineural hearing loss don't respond to treatment.

Often, hearing gradually becomes less acute as we age. This affects the clarity with which we hear speech. Age-related hearing loss (presbycusis) typically begins with the loss of higher frequencies, so that certain speech sounds – such as ‘s’, ‘f’ and ‘t’ – end up sounding very similar. This means the person can hear, but not always understand. For example, the words ‘see’ and ‘tea’ might sound the same.

HEALTH / ROUTINE

Why are some people cleverer than others?

On July 14, 2015, the telescopic camera on NASA's New Horizons spacecraft took the highest resolution images ever obtained of the intricate pattern of "pits" across a section of Pluto's prominent heart-shaped region, informally named Tombaugh Regio. It should be noted that it was travelling at 14km per second, and had taken 9.5 years to travel the almost five billion kilometres to the planet. If you have not seen the photos, do Google them - they are spectacular.

How on earth did we calculate that? Yes, computers were used, but we had to input the information. I cannot even begin to imagine the intelligence of the people involved. So why couldn't I have done that?

I found these three explanations online:

1. Some brains work more efficiently than others — their owners are cognitively particularly efficient. However, the neurobiological basis for this is still largely unknown.
2. Researchers are identifying more and more genes that contribute to high intelligence. Many of them are increasingly read in the pyramid cells of the cerebral cortex.
3. The longer and more branched the cell spurs in the temporal lobe are, the more intelligent the person tends to be. In other areas, low neuronal density seems to be an advantage.



We do tend to knock ourselves a lot. Saying we are stupid and dumb, and we get frustrated at what we cannot do. However, we all have brains, we all have abilities, do we use them properly? You can choose!!

One reason people may find discussing intelligence uncomfortable is the belief that it is something you are born with and so you can do nothing to influence it. This undercuts social equality, and feeds into the link between intelligence testing and eugenics, which still looms large for many. Eugenics is a set of beliefs and practices that aim to improve the genetic quality of a human population. Historically, eugenicists have attempted to alter human gene pools by excluding people and groups judged to be inferior or promoting those judged to be superior.

However, there is no escaping the fact that intelligence is inherited to some degree. Researchers found that the IQ of children adopted at birth bore little correlation with that of their adoptive parents, but strongly correlated with that of their biological parents. What's more, this association became stronger as the children grew older.

For many years, the search for specific intelligence genes proved unfruitful. Recently, however, genetic studies have grown big and powerful enough to identify at least some of the genetic underpinnings of IQ. Although each gene associated with intelligence has only a minuscule effect in isolation, the combined effect of the 500-odd genes identified so far is quite substantial.

So genes matter, but they are certainly not everything. Genetics gives us a blueprint — it sets the limits. But it is the environment that determines where within those limits a person develops. Nurseries, schools, colleges, etc. And do you really want to learn? Do you challenge yourself? Do you want new experiences?

HEALTH / ROUTINE

Why do some people get angry quickly?

Anger comes from a variety of sources and can vary widely. Personal problems, stressful situations, and trauma can all be causes, but there are more.

Everyone has experienced anger. The intensity of your anger can range from profound annoyance to extreme rage. It's normal and healthy to feel angry from time to time in response to certain situations. Humans are an emotional species. But sometimes people experience an uncontrollable anger that often escalates, especially when the provocation is minor. In this case, anger is not a normal emotion but a major problem.

Some common anger triggers include:

- personal problems, such as missing a promotion at work or relationship difficulties
- a problem caused by another person such as cancelling plans
- an event like bad traffic or getting in a car accident
- memories of a traumatic or enraging event

In other cases, an anger problem may be caused by early trauma or events in a person's life that have shaped their personality. In some cases, hormonal changes can also cause anger, as can certain mental disorders.



You know yourself if you have an anger issue. Others around you might be talking to you too. If you don't deal with your anger problem, it could one day escalate to a point where you do something extreme and regrettable. Violence is one possible outcome. You could get so angry that you end up hurting yourself or someone you care about without intending to do so. If you suspect you have an anger problem, it's important to seek professional help. Talk to your local medical practice for a referral to a mental healthcare provider who will be able to help. It's nothing to be ashamed about, and professionals can help you.

There are things you can do at home:

- **Relaxation techniques:** These include breathing deeply and picturing relaxing scenes in your mind. When trying to relax, breathe from deep within your lungs, inhaling and exhaling slowly in a controlled way. Repeat a calming word or phrase, such as "relax" or "take it easy." You may also want to visualise a relaxing experience, either from your memory or imagination.
- **Cognitive restructuring:** Changing the way you think can change the way you express your anger. When a person feels angry, it's often easy for them to think dramatically. It's important to focus on expressing rational, rather than irrational, thoughts. Avoid using the words "always" and "never" in your thoughts and speech. Such terms are inaccurate and can make you feel like your anger is justified, which makes it worse. These words can also hurt others who may be trying to help you arrive at a solution to your problem.
- **Problem solving:** Anger can be caused by very real problems. While some anger is justified when something doesn't go as planned, it's not the anger that will help you fix the problem. The best way to approach a situation that's making you angry is to not focus on the solution but to figure out how to address the problem. You can do that by making a plan and checking in with it often so that you can check your progress often. Don't get upset if the way the problem ends up getting resolved isn't exactly the way you planned. Just make your best effort.

NUTRITION: Lazza's Kitchen Adventure

Blackberry and Pecan Muffins

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Blackberry and Pecan Muffins from scratch

Mangoes are a fantastic source of Vitamin C, and have a good amount of Folate. In smaller amounts Mango has most Vitamins, including six B Vitamins, and trace amounts of ten minerals, including Copper, Potassium, and Magnesium. Mangoes are a good source of protective compounds with antioxidant properties, these plant chemicals include gallotannins and mangiferin. Both have been studied for their ability to counter the oxidative stress associated with day to day living and exposure to toxins.

Ingredients

350g of plain flour
3 tsp baking powder
1 tsp bicarbonate of soda
150g of Caster sugar
3 eggs: Large Bag Pecan Nuts
140g of butter melted
120ml of double cream
Blackberries - plenty please
Vanilla Essence

A nice easy muffin bake, but one that tastes delicious.

Preheat the oven to 180C/gas mark 4

Grease your muffin tin, or line with muffin cases

Put the flour, bicarb, baking powder, and caster sugar into one bowl and stir

Melt the butter.

Mix in the 3 eggs and beat.

Add the double cream to that mix, as well as the vanilla essence.

Add the wet mix into the dry mix, until well combined. Try not to over work this mixture.

Add in the pecan nuts and again combine well. If it feels too solid, add a little bit of milk.

Into the cases place a full blackberry at the base of each.

Spoon in the mixture on top of each case.

To decorate, cut blackberries in half and place on top of each muffin.

Bake for around 20 minutes, checking with a skewer, before leaving to cool and enjoying.



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 some course events with Age UK, and look forward to more collaboration.

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

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

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



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

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

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



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

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

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



Help on Your Doorstep

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

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

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

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

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

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



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

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

www.shp.org.uk 0204 509 8300

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

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

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

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

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

Round One:	1 Paul	2 Rosamund	3 Cranberry
Round Two:	1, 172:	2, 175	3, 3,107,500: 4, 1306: 5, 353
Round Three:	1, 1452:	2, 1931:	3, 1977: 4, 1921. 5, 2005.
Round Four:	They all own private islands		
Round Five:	1 Grant:	2 Bristol:	3 Cork: 4 Steps:
Round Six:	1 Austria:	2 Uruguay :	3 Canada: 4 USA



Review of Challenges and Targets

Mind-set:

Developing good healthy habits is crucial to you having a good life. It is something we all need to consider. Our day to day actions have a profound effect on our moods and emotions, so knowing we are doing the right things has to be good.

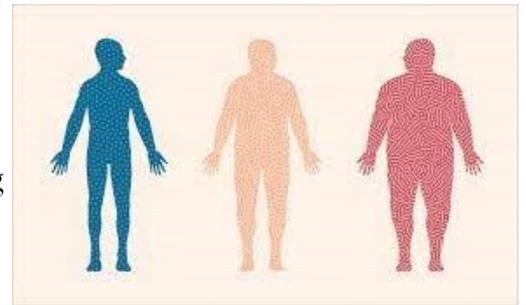
We are all different though so you need to look at what you are trying to achieve, the direction you want you life to go, and create the right environment for that to happen.

We say this many times - it's your responsibility and your choice.



Nutrition.

It feels like a personal mission, and maybe I have an eating disorder, but why is it that some of us seem to get fatter quickly, while others around us appear to eat all the bad stuff but not put the weight on? In this issue we looked at some of the background to why we are fatter, but ultimately (and it's for me too) it is probably down to eating too many calories and not exercising enough. Yes, there are medical reasons for weight gain too, and we will never knock that, plus the mental health reasons - again this is our responsibility!



Exercise.



Some people may find it difficult to stand and do a lot of exercise, while others like the variety of different sessions, so we looked at a few mat (floor) exercises this week.

Floor exercises are an effective way to target your abdominal muscles, and they can be done anywhere without any special equipment. In addition to strengthening exercises, floor workouts are a stellar way to build lean muscle. Using the resistance from your body weight helps recruit muscle and improves stability.

Health.

One of the many beautiful things about being human is that we are all different. It also means that sometimes our bodies work differently.

In this issue we looked at why some people are affected with sight or hearing issues, why some are more intelligent, and also why some get angry.

Over the last few years I have come to really appreciate life and my body. It can be frustrating when bits do not work as well as when I was younger. I also, understand more about mental and emotional health, as well as the physical health.

The odds of us being us are astronomical, so things will inevitably muck up at some stage, but let's do what we can do to minimise that chance.



**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 + Edibles from Page 24

See if you can beat your family and friends

Music: The Disney Films for those songs.
Plus the year the film released.

1. 1989: The Little Mermaid
2. 1991: Beauty And The Beast
3. 1940: Pinocchio
4. 1994: The Lion King
5. 1963: The Sword In The Stone
6. 2016: Moana
7. 1967: The Jungle Book
8. 1973: Robin Hood
9. 2017: Coco
10. 1955: Lady And The Tramp
11. 1941: Dumbo
12. 1942: Bambi
13. 1992: Aladdin

Books: Can you name the book where these characters first appeared, plus year published?

1. 1865: Alice's Adventures In Wonderland
2. 1954: Lord Of The Flies
3. 1979: Hitchhiker's Guide To The Galaxy
4. 1920: The Mysterious Affair At Styles
5. 1953: Casino Royale
6. 2005: The Girl With The Dragon Tattoo
7. 1937: The Hobbit
8. 1900: The Wonderful Wizard Of Oz
9. 1960: To Kill A Mockingbird
10. 1887: A Study In Scarlet
11. 1980: The Bourne Identity
12. 1964: Charlie And The Chocolate Factory
13. 1997: HP And The Philosopher's Stone
14. 1949: Nineteen Eighty-Four

Film: Can you name the character these people played in these films? Plus the year of release.

1. 2012: Katniss Everdeen
2. 1939: The Wicked Witch Of The West
3. 1990: Oda Mae Brown
4. 2009: Jake Sully
5. 2017: Winston Churchill
6. 2000: Maximus Decimus Meridius
7. 1980: Jake LaMotta
8. 1979: Ellen Ripley
9. 2011: Margaret Thatcher
10. 1972: Vito Corleone
11. 1964: Professor Henry Higgins
12. 1965: Baronin Maria von Trapp
13. 1939: Heathcliff
14. 2005: Johnny Cash
15. 2014: Alan Turing
16. 1967: Mrs. Robinson
17. 1990: Annie Wilkes

The World

Top Capital Cities by Population:

Beijing: Tokyo: Moscow: Kinshasa: Jakarta
Cairo: Seoul: Mexico City: London: Dhaka
Lima: Tehran: Bangkok: Hanoi: Baghdad:
Riyadh: Hong Kong: Bogota: Santiago: Ankara:
Singapore: Kabul: Nairobi: Amman: Algiers:

QUIZ ANSWERS
IONS

Foods: Edible Items - from Page 24
(how well did you do?)

- | | |
|-------------------------|-----------------------|
| 1: Breadfruit | 2: Vanilla Pods |
| 3: Passion Fruit | 4: Sweet Potato |
| 5: Coffee Beans | 6: Parsley |
| 7: Courgette (Zucchini) | 8: Pink Grapefruit |
| 9: Ginger | 10: Spring Onions |
| 11: Pistachio Nuts | 12: Spinach |
| 13: Lychees | 14: Black Peppercorns |
| 15: Nutmeg | |

Sport

The 19 Summer Olympic Host Countries

U.S.A., Great Britain,
Greece, France, Germany,
Australia, Japan, Sweden
Belgium, Netherlands, Finland,
Italy, Mexico, Canada
Soviet Union, South Korea
Spain, China, Brazil

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/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