

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 44

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st January 2026



www.hmhb2016.org.uk





**Our monthly health packs now contain a massive 50 pages.
To help you get through it, here is a list of contents for you. Something for everyone.
We want to encourage you, inspire you, and motivate you. :-)**

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**"It's good to start over.
It will be scary but you will see what you're really made of.
It's the best opportunity to achieve what you never thought you could."**

Welcome to Issue 44 of Healthy Minds, Healthy Bods' New Monthly Health Packs.

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

We then went monthly for 7 issues.

Our new venture for 2022 onwards is here.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

Now an incredible 50 pages. HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering, fresh approach.

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

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

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

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



**Here are some photos from our Christmas Social in December,
hosted by Ros, with food, drinks, laughs, and friendship.**

HMHB has delivered across Islington and beyond.

HMHB get referrals from the NHS and other local projects.

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

HEALTH NEWS AND RESEARCH PAGE

Some recent health research that we find interesting.

Is it possible to change Cancer Cells back to Normal Cells? This study says it can happen.

Professor Kwang-Hyun Cho's research team at the Department of Bio and Brain Engineering, South Korea, has recently been highlighted for their work on developing an original technology for cancer reversal treatment that does not kill cancer cells but only changes their characteristics to reverse them to a state similar to normal cells.

This time, they have succeeded in revealing for the first time that a molecular switch that can induce cancer reversal at the moment when normal cells change into cancer cells is hidden in the genetic network.

Korea Advanced Institute of Science and Technology (President Kwang-Hyung Lee) announced on the 5th of February that Professor Kwang-Hyun Cho's research team has succeeded in developing a fundamental technology to capture the critical transition phenomenon at the moment when normal cells change into cancer cells and analyse it to discover a molecular switch that can revert cancer cells back into normal cells.

A critical transition is a phenomenon in which a sudden change in state occurs at a specific point in time, like water changing into steam at 100 degrees.

This critical transition phenomenon also occurs in the process in which normal cells change into cancer cells at a specific point in time due to the accumulation of genetic and epigenetic changes. Epigenetics refers to changes in gene activity that do not involve altering the underlying DNA sequence itself.

The research team discovered that normal cells can enter an unstable critical transition state where normal cells and cancer cells coexist just before they change into cancer cells during tumorigenesis, the production or development of tumours, and analysed this critical transition state using a systems biology method to develop a cancer reversal molecular switch identification technology that can reverse the cancerisation process.

They then applied this to colon cancer cells and confirmed through molecular cell experiments that cancer cells can recover the characteristics of normal cells.

This is an original technology that automatically infers a computer model of the genetic network that controls the critical transition of cancer development from single-cell RNA sequencing data, and systematically finds molecular switches for cancer reversion by simulation analysis.

It is expected that this technology will be applied to the development of reversion therapies for other cancers in the future.

Professor Kwang-Hyun Cho said, "We have discovered a molecular switch that can revert the fate of cancer cells back to a normal state by capturing the moment of critical transition right before normal cells are changed into an irreversible cancerous state."



HEALTH NEWS AND RESEARCH PAGE:

Some recent health research that we find interesting.

Eye device restores reading vision to blind eyes.

A pivotal clinical trial of a new electronic eye implant has seen remarkable results. Published in the New England Journal of Medicine, it showed that 84% of participants were able to read letters, numbers and words using prosthetic vision through an eye that had previously lost its sight due to the untreatable progressive eye condition, geographic atrophy with dry age-related macular degeneration (AMD). They could also read, on average, five lines of a vision chart that some participants could not even see before their surgery. Truly astonishing.

These findings pave the way for seeking approval to market this new device.

The trial, with 38 patients in 17 sites across five countries, involved the PRIMA device, Moorfields being the sole UK site. All participants in this trial had lost the central sight of the eye being tested, leaving only limited peripheral vision.

Dry AMD is a slow deterioration of the cells of the macula over many years, as the light-sensitive retinal cells die off. Most people with dry AMD experience a loss of central vision. Through a process known as geographic atrophy (GA), it can progress to full sight loss in the eye, as the cells die. There is currently no treatment for GA, which affects 5 million people globally.

This revolutionary new implant is the first ever device to enable people to read letters, numbers and words through an eye that had lost its sight.

Mahi Muqit, senior vitreoretinal consultant at Moorfields Eye Hospital and the Institute of Ophthalmology at UCL, added: “In the history of artificial vision, this represents a new era. Blind patients are actually able to have meaningful central vision restoration, which has never been done before. Getting back the ability to read is a major improvement in their quality of life, lifts their mood and helps to restore their confidence and independence. The PRIMA chip operation can safely be performed by any trained vitreoretinal surgeon in under two hours - that is key for allowing all blind patients to have access to this new medical therapy for GA in dry AMD.”

The research at Moorfields was delivered through the NIHR (National Institute for Health and Care Research) Clinical Research Facility (CRF) at Moorfields Eye Hospital NHS Foundation Trust.

The PRIMA System device used in this operation is being developed by Science Corporation (science.xyz), which is a leader in brain-computer interfaces and neural engineering.



Lazza's Fiendishly Hard Quiz Spectacular!!!
It's meant to take some time, and make you think.
Answers are on page 49 this week (no peeking)

MUSIC:

According to Rolling Stone Magazine, who are the 20 Greatest Bands of all Time.

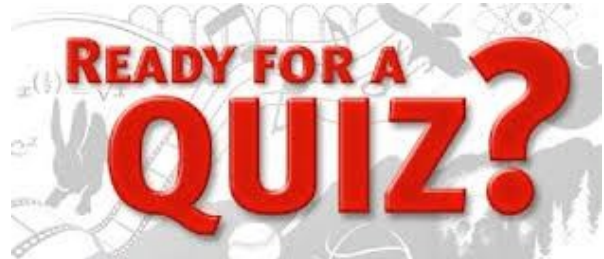
This is their choice I hasten to add, and you may not agree. Have a guess.

BOOKS: In which book did these female characters first appear, and publication year?

1. Elizabeth Bennet
2. Lisbeth Salander
3. Lucy Pevensie
4. Dolores Umbridge
5. Irene Adler
6. Dorothy Gale
7. Eliza Doolittle
8. Clarice Starling
9. Jane Marple
10. Scout Finch
11. Mina Harker
12. Veruca Salt
13. Honey Ryder

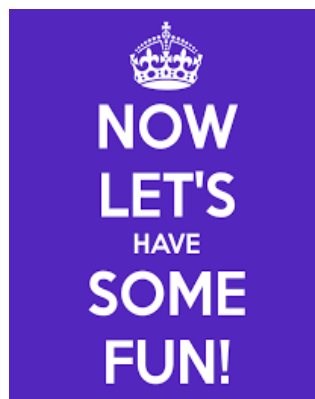
THE WORLD: In which US State/Federal District would you find the following places?

1. National Air and Space Museum
2. Mount Rushmore
3. Golden Gate Bridge
4. Gateway Arch
5. Space Needle
6. Niagara Falls
7. Monument Valley
8. Kennedy Space Centre
9. Pearl Harbour
10. The Alamo
11. Yellowstone National Park (3 states)
12. Arlington National Cemetery
13. Hoover Dam (2 states)
14. Liberty Bell



FILM: Name the Actor who won the Best Actor Bafta for these movies, plus the year they won.

1. Oppenheimer
2. 12 Years A Slave
3. The Madness Of King George
4. Lawrence of Arabia
5. The Brutalist
6. Gandhi
7. Some Like It Hot
8. The French Connection
9. Chaplin
10. Gangs Of New York
11. Elvis
12. The Last King of Scotland
13. The Elephant Man
14. A Fish Called Wanda
15. Birdman of Alcatraz
16. Joker
17. The Godfather Part II



MONEY:

Can you list the top 20 countries/territories in the world with the most Billionaires.

This is at the start of 2025.

Where do you think they are?

Try and answer all before you look at the answers. Test yourself. Take your time.
I think it is particularly hard this week - deliberately done!!!

HMHB Activity: Photos and Events from DECEMBER 2025

A massive thanks to Sadlers Wells Community Engagement Team - especially Elina and Natasha - for looking after us the last few months, and putting on a terrific Xmas Part Social to end the year.

Fourteen of us descended on the Angel venue for food, drinks, and dancing, with lots of laughs too.

These kind of events are so important for groups like ours, as they give a chance to mix and socialise in a safe environment, as well as offer chances to meet new friends and have a good time.



We were lucky enough to find discounted tickets for Wicked Witches at the always brilliant Pleasance Theatre in North Road, Islington.

So we decided to make two visits.

With special video appearances by Jeremy Corbyn (as the Wizard) and Sir Ian McKellen (as Toto the dog), this take on "The Wizard of Oz" and "Wicked" was great fun.

Do check out the Pleasance as they have great Stand-Up at terrific prices.

www.pleasance.co.uk

We had a fun night of singing - with Rob and Lazza definitely enjoying a few songs along the way.

The Coronet doesn't seem to be as busy, sadly, although it did mean we got through a few musical numbers, and even Ros got in on the act as she duetted with Rob, which was very nice may I say.

Karaoke is every Friday night, but we can only really manage once a month with our busy schedules.

Worth dropping in though, give it a go.



We like to join in local walks, and Healthy Generations with Mary Gibbs, provide some interesting ones covering information in the local area too.

Here we are on one titled "Ghost Signs" - these are the advertising wording you find on walls of older buildings - like the one in the picture which was a Chemist from the early 1900s.

Lasting two hours, and fairly leisurely, it is a great way to get some exercise, and learn things too.

www.healthygenerations.org.uk

HMHB Activity: Photos and Events from DECEMBER 2025



One of our photos from our fabulous Christmas Social, which was hosted by our own Ros!! We descended on her house in Crouch Hill on a Sunday afternoon, with people bringing food and drink (some of it homemade, including a wonderful savoury dish by Hywel - delicious).

There were around 25-30 over the whole afternoon, so only a few here - although more photos on page 3 of this pack. I feel so lucky to know such an incredible group of people, and we just love getting together. Merry Christmas!!

With massive thanks to our good friends at the Kings Head Theatre, especially Zoe and Bekah, we had a terrific time at our first Pantomime, the very funny Jack and the Beanstalk. The fantastic cast of six, which included a Cow called Pat, entertained us all merrily, and the kids in the audience were mightily vocal.

We thoroughly recommend the theatre - their selection of upcoming shows are on their website.

Here we are outside the venue, very happy.

www.kingsheadtheatre.com



Another extraordinary treat - we had so many - was a trip to the Globe for Pinocchio. Our group of ten were truly entertained by this musical version with terrific acting, and even a genuine wooden puppet. It was not the Disney version - which is wonderful of course - but carried more from the original story.

Very clever staging and props added to the experience, and lots of humour too.

We will be returning for Shakespeare in 2026.

www.shakespeareglobe.com



Here are our walkers, not actually walking, but sat in Clissold House having some cake and coffee.

Our three walks are still going strong. Monday mornings at Finsbury Park (Haringey), Wednesday mornings in Highbury Fields (Islington), and Thursday mornings in Clissold Park (Hackney).

We are one of the very few multi-borough walking projects that we know of, and it has been a pleasure having so many newbies join us in 2025. Hoping this continues.



HMHB Activity: Photos and Events from DECEMBER 2025

Our group had a special trip to Sadlers Wells to see the Mathew Bourne ballet

The Red Shoes - which was enchanting. Based on the Hans Christian Anderson fairy tale, and the 1948 film adaptation, it features a dancer whose ambition to be the best clashes with her falling in love, and symbolised by her red shoes that means she cannot stop dancing. The ten of us thoroughly enjoyed the experience, with great thanks to Sadlers Wells.

www.sadlerswells.com



Our exercise just continues to grow, and we are getting new attendees, as well as lots of referrals. We also promote the fantastic work of Healthy Generations in Islington with their classes.

Whatever you level, there is something for you. But we love our fitness, and in 2026 we are looking to expand into both Camden and Haringey. Whatever your fitness levels, or your abilities, it is important to keep moving, and why not do it in a group environment to keep you motivated.



Do check out the website for St James's Church, Piccadilly, as they have free concerts most weeks. We saw one in November, so came along on Monday 8th to hear two talented musicians on the Cello and the Piano, playing Bach, Schumann and Walker. I love Bach, with the flowing music, Schumann with distinct themes, and modern discordant music of Walker, which works so well.

There are more in 2026, and we will be back.

www.stj.org.uk



We were walking in the air at the Peacock Theatre for the magical adaptation of The Snowman. Super music and entertainment, with dancing snowmen, dancing fruit, and penguins too. It is a very clever production, with all the cast fantastic. I love watching these at Christmas (with the "dog" sequel), and our group of ten enjoyed the afternoon.

HMHB Activity: Photos and Events from DECEMBER 2025

Here are three of our warblers, as we had our first visit to the Karaoke at The Famous Cock Tavern, by Highbury and Islington Station. It was a really busy Thursday, with some enthusiastic and interesting singers. We managed to get two or three songs in ourselves, and it was actually my first ever visit to the venue. As it is on a normal quiz night we may only have fleeting future visits, but it was good fun, and we enjoyed ourselves.



Professor Lazza's Quizerium - a fun ten round befuddling quiz which anyone can win with lots of guessing and imagination - is still going online on Thursdays. My regulars and I have lots of laughs, and we even learn a thing or two along the way. I really enjoy creating these events, but am glad I am setting the questions and now answering them!!



Our monthly visit to the Second Chance Café was delicious as always. Just on Fridays in the last few months, the Second Chance is such a great project by St. Mary's Church off Stoke Newington Church Street, by Clissold Park. We tasted our red, yellow, and green soups, plus a very yummy fruit crumble and custard, with our coffees and teas.



Although not officially HMHB, to demonstrate a good deal, our Lazza headed to Paris for one day (6am from St Pancras, 7:09pm back from Gard De Nord). Taking in Notre Dame, Eiffel Tower, Arc De Triomphe, Sacre Coeur, and Louvre, it was a £78 return on the Eurostar, which seems like a terrific deal. First ever trip to Paris, and great to see the sights.



We were one of the few projects offering an opportunity for people to get together on Christmas Day, and had a lovely fresh walk around Highbury Fields with our enthusiastic, but cold, gang. This is becoming a bit of a tradition, and the double figure turn out was very special. I know some people may have been on their own, and might not have seen someone Christmas Day, so this was very nice.



HMHB Activity: Photos and Events from DECEMBER 2025

Ten of us had a great evening on the front row stalls of the Lyric Hammersmith for a new take on the Jack and the Beanstalk pantomime.

It was very entertaining, with a super cast, good songs, an actual plot, and lots and lots of audience participation.

I actually booked it on the 30/12/2024 - seriously!! It's great to share so many shows among many of our users. Yay!!

www.lyric.co.uk



Funny how things happen. I thought I had booked the Horizon 22 Viewing Platform, but accidentally booked The Lookout instead, which is next door at 8 Bishopsgate, near Bank. But it was a real treat as we were elevated up to Floor 50 for the free viewing platform. Not 360 degrees, but still worth it as we picked out landmarks towards the river, and the east and west. The sun came out too. Thx all who came.

www.8bishopsgate.com/lookout

I delivered a fantastic session for Better Lives, based at King Henry's Walk, near to Dalston.

It honestly was really good, and the feedback was humbling. I had someone say that they had been looking for nutrition advice, but nobody had ever explained it as well as me. Wow!! And they had even got a WhatsApp group organised to try and get fitter together.

Plus they felt more energised, happier, and went away with good thoughts. I am always happy to go there as they make me feel so welcome.



We were fortunate to get some discounted tickets to see some fantastic comedy at the Seven Dials Club.

Yes, this famous club in Covent Garden!!

Three of us - joined here by the funny and talented Russell Hicks (one of the three comedians we were lucky to see) - had a great evening at this venue near to Covent Garden.

I will definitely be looking out for more comedy opportunities in 2026. We sometimes visit the Pleasance Theatre in Islington, but there are multiple venues around London, and you can get some great prices.

Do check out this evening online.

www.comedycarnival.co.uk

HMHB Activity: Photos and Events from DECEMBER 2025

Here are twelve of our group outside Richmond Theatre after watching a fabulous production of Cinderella, with lots of laughs, songs, and also lots of audience participation.

We had to travel via the District Line instead of the Overground, but we managed to get there on time. This was one of several panto visits this year, and it has been great sharing this experience.



We decided to have a sit down Christmas Social Dinner at my "office" - The White Swan, Highbury. A terrific turn out and we had various options from both the Christmas menu and the usual one. With most phones put away, it was just nice to sit and chat and laugh with friends. I am so hopeful we can carry HMHB on as we reach such a diverse number of people. Thx everyone.



Our group were joined by other attendees outside the Stratford East Theatre: Theatre Royal.

We were wonderfully entertained by a super pantomime production of Mama Goose. We had the entire front row, so Lazza managed to get himself mentioned a lot, and on stage with Jerry too. A cracking night of fun.

www.stratfordeast.com



I was very fortunate to come across a chance to get discounted tickets to an amazing event - a tribute to the very funny and talented Barry Cryer. With family and friends (including Jack Dee and Arthur Smith), there was a look back at his life and jokes, and we laughed a lot at the Leicester Square Theatre. Seven of us enjoyed the show, and had fun.

www.leicestersquaretheatre.com

Looking forward to January 2025 - just look at the astonishing line up below.

Sadlers Wells Islington Community Engagement Sessions: A return to Tate Britain.

3 Classical Concerts at St. James's Church, Piccadilly: A visit to Kenwood House, Hampstead.

Karaoke at the Coronet, Holloway. A lunch at the Second Chance Café.

10 to see Jack/Beanstalk at Kings Head Theatre: 15 to see The Red Shoes at Sadlers Wells Islington.

15 to see The Olive Boy at Southwark Playhouse: 10 to see HMS Pinafore at London Coliseum.

15 to see Secret Maps Exhibition at British Library: Another visit to Tate Modern..

2 x Islington Winter Warmer Events - Islington Museum, and a film.

Alongside our three weekly walks, exercise sessions, courses, friends meeting up and Lazza's Quizerium.

NUTRITION: Lazza's Kitchen Adventure

Minced Beef Cobbler

Lazza has been trying out new recipes for over four years
His first time making: Minced Beef Cobbler from scratch

Ingredients

750g Minced Beef: Onion Diced.
Frozen Peas: Chopped Mushrooms:
Diced Carrot and Swede
600ml Beef Stock: plus beef gravy granules
2tbsp Flour: Worcestershire Sauce:
Tomato Puree: Garlic granules: Parsley
Salt and Black Pepper to season
DUMPLINGS: 150g Self-Raising Flour
Chopped Thyme - level tablespoon
4 tbsp of Natural Yoghurt

We freeze peas to preserve them for long-term storage while maintaining their fresh quality, including their sweetness, crispness, and nutrients. Freezing is a more effective preservation method than canning for peas because it prevents them from becoming mushy and allows them to be cooked easily from frozen.
Frozen peas taste exactly like the day you harvested, and are also easy to cook.

Fry the mince and onion in a large non-stick frying pan over a high heat.

Stir frequently to break up the mince, until well browned.

Add the mushrooms and plain flour, followed by the stock (with gravy granules mixed in - I used two heaped teaspoons - and Worcestershire sauce.

I also added in the carrot/swede.

Bring to a simmer.

Add the frozen peas, and sprinkle with Parsley.

Then gently cook for 10-15 minutes.

Meanwhile make the Cobbles.

Mix the self-raising flour and thyme together in a bowl.

Stir in the yogurt with enough cold water to form a scone-like dough.

On a lightly floured surface, roll out to the thickness. Make round or squared cobbles.

Transfer Meat to a baking dish, add the cobbles on top, bake for 20-25 minutes at 180C. Delicious.



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

MIND-SET:

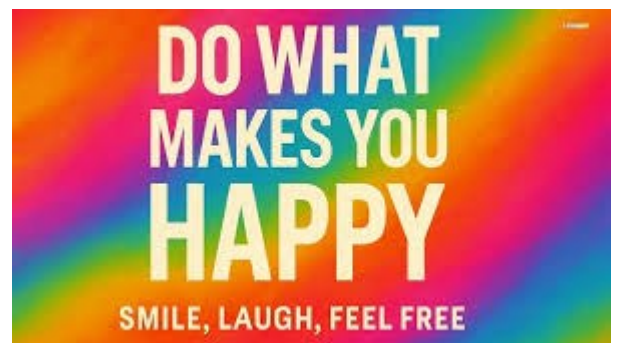
What can you do in the next twelve months?

There are a lot of phrases: “The Sky’s the limit”: “The World is your oyster”: etc. etc. So what do you think you can achieve in the next twelve months. It’s a new year. It’s a good time to be feeling positive and setting your goals.

So how do you do that? How do you decide what you want to do, if it is actually possible, and how to do it? Let’s try and suggest a few ideas.

What makes you happy?

We have looked at this before, but with the new year it may become more pertinent. Consider what truly makes you happy. Everyone wants to be happy, but happiness isn’t just feeling joyful or content with life. It also encompasses feeling needed, having a sense of purpose, and maintaining that happiness amid uncertainty.



Did you know, research shows people report feeling happier when they spend their money on experiences rather than objects. We remember experiences for a longer period of time and our brains can re-live them, making our positive emotions last longer. So instead of that new pair of jeans consider a trip to the theatre or the cinema or inviting a friend round for dinner.

Expressing gratitude has been shown to do more than improve your mood. People who write down a few positive things about their day are healthier, more energetic, less stressed and anxious and get better sleep. The key is to make this a regular habit and do it with intention. Think about creating a small gratitude ritual. For example, every morning when you have your coffee you could think of three things that you appreciated about the day before.

But what will make you happier in the next twelve months? What can you do with your physical health, your mental health, and your social health? We all can be limited by our bodies, or our finances, or just different circumstances that arise. Others can affect us without them knowing. The year ahead is bound to have good times and setbacks. It’s inevitable. But it is how we challenge ourselves that will make that difference.

Who do you admire?

If you look up to someone, take time to reflect on why you think highly of them. This person could be an activist, artist, teacher, doctor, parent, or anyone who leads by example. Do remember that they, like you, will have their flaws, their insecurities, their issues.

However, people you admire often embody core values you regard highly, such as resilience, kindness, and creative thinking. When you reflect on why you respect these individuals, you’ll gain insight into the values that may be central to your own happiness.

Don’t try and copy people exactly though. Be your own person. You are fantastic and amazing as an individual, and it is important for your own well-being that you are who you are. It’s great to think highly of someone - I have people I really respect - but they will also respect you for you too.

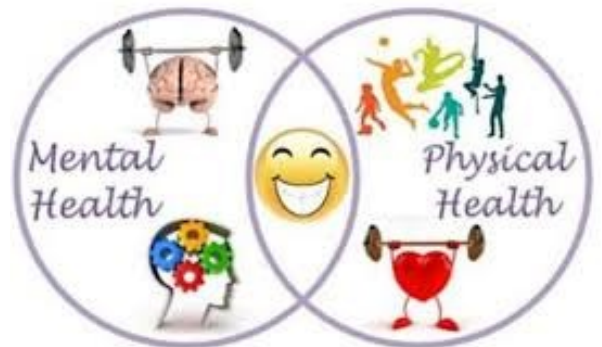
MIND-SET:

I can do so much with my life.

Life is a connection of many parts

Life isn't divided into compartments where work, family, social life, and even personal well-being remain neatly compartmentalised. You are one cohesive being, and every aspect of who you are and what you do is deeply intertwined. Any change in one area will most likely affect the others. Understanding that balancing life isn't about choosing one area over another but rather about aligning all aspects can help guide your decisions.

HMHB has been working with that premise since inception. We have demonstrated that there is no point in changing your physical health if you neglect your mental health and social health. There is no point on improving your fitness and exercise if you neglect your nutrition. Your behaviour will have direct action on whether or not you achieve your goals.



I am slightly annoyed at myself. Over the summer I did a million steps in 51 days, averaging around twenty thousand steps a day. I lost just over one and a half stone. I was delighted. I changed nutrition too. But I also hurt my Achilles Tendon in the effort, which meant I stopped the extra exercise, and I recently realised I had returned to poor nutrition choices too. To reach my own goals in 2026 I need to be consistent, sustain my efforts, and push on.

So whatever goals you set yourself for this year, do remember it will probably affect other areas in your life - be that with friends or family or work or beyond. There is no point in making huge strides forward with one goal if it means taking big steps backwards in others. And is it possible that your own actions could negatively affect someone else?

How hard are you willing to work?

Ultimately this is one of the factors into why we do not reach our goals. We are not willing to sacrifice things that may hold us back, and we are not willing to actually put the time and effort in to make changes that will help us succeed.

To accomplish something, making an effort depends more on the right time and right place, rather than being the focal point. It's also a kind of self-fulfilling prophecy: If we believe in our abilities to accomplish something, we are more motivated, then we perform better, which feeds our belief in our abilities, and so on and so forth, leading to an ongoing cycle of effort-as-a-consequence.

In addition, exerting effort is not always something that we can do over long periods of time, as it depletes our mental resources, and our initial motivations get exhausted when we rely mostly on them. Therefore, relying on effort-as-cause tends to fail after a while. This phenomenon is linked to our drive for pleasure. If we can't get a reward quickly, our brains lose interest.

I think in the end it is all about that final target. Just how badly do you really want it? How important is it to you to actually reach it? Because that is what is going to affect your behaviour. Try and visualise it. You are bound to feel weak at points. It's a tough ride. You have 12 months: it's 365 days. You can do so much.

EXERCISE/FITNESS: STRETCHING

Some simple stretches to start your 2026.

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.

INTENSE SIDE STRETCH

Thank to our wonderful Justin.

Here, Justin started by standing up straight. Then with his left arm by his side he lifted his right hand above his head and leant over taking the arm over his head leading to the left arm side. As you can see from the photograph he is not stretching all the way down his right side. Hold for around 10-15 seconds.

Side stretches strengthen the core, improve spinal health, and can make daily activities, such as reaching and twisting, easier and more comfortable.



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.

COBRA STRETCH

Thanks to our wonderful Carmen.

Here, Carmen started by laying face down on the floor, using a mat in this case for protection.

She moved her hands underneath her shoulders, and slowly pushed up into an arched position. Holding for around 10-15 seconds.

We do the cobra stretch to strengthen the back and core, improve posture, and increase spinal flexibility. It also stretches the chest, shoulders, and abdomen, which can counteract the effects of sitting, relieve back pain, and improve breathing.



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

EXERCISE/FITNESS:

Some simple stretches to start your 2026.

FLAMINGO STRETCH

Thanks to our wonder Fiona.

Here, Fiona started by standing up straight.

Then, careful to balance properly (you can if necessary just put a finger against a wall to assist), she lifted up her right leg behind her, bending at the knee, and held the foot (shin, trouser leg), and stayed still, keeping knees next to each other, and maintaining an upright posture

The flamingo stretch improves balance and flexibility, and strengthens the quadriceps, glutes, and core muscles. It is beneficial for improving posture and preventing injuries.



STANDING SHOULDER STRETCH

Thanks to our wonderful Beverley.

Here, Beverley started by standing up straight.

She moved her right arm in front of her body, and then to help the stretch she moved her right hand between her elbow and shoulder (do not press on the elbow as that is a joint - and do not press between the elbow and wrist). Hold 10-15 seconds. We need to stretch our shoulders to improve flexibility, relieve tension and pain, and reduce the risk of injury. Stretching helps increase your shoulder's range of motion, corrects issues from poor posture or overuse, and can improve overall joint health.



FULL LEG STRETCH

Thanks to our wonderful Barbora.

Here, Barbora started by standing up straight.

She then stretched her left leg forward, bending her right leg, but keeping her knees together. She placed her hand on the bend leg and sat into the position before raising the toes on her left foot, giving a wonderful stretch down the back of the leg. Tight hamstrings can lead to other issues like lower back pain, so stretching them helps relieve tension and improves posture. Additionally, regular stretching boosts blood flow, enhances athletic performance, and helps muscles recover and relax after exercise.



**As long as you're not overdoing it,
the more regularly you stretch, the better it is for your body.**

**It's better to stretch for a short time every day or almost every day
instead of stretching for a longer time a few times per week.**

**Being flexible and having full joint mobility can have several beneficial implications on
quality of life, including reducing day-to-day pain and increasing vascular health.**

MIND-SET:

What can 2026 hold for you?

When a new year comes we can be full of optimism that we can change our lives for the better. And that is even if things are going well. We should always be looking at ways we can be healthier, fitter, stronger, more energised, and happier.

A lot of that comes down to confidence and self-belief - which has been described as “self-efficacy”.

Self-efficacy theory is about becoming the best version of ourselves by shaping and controlling our lives, driving it in the direction we want it to go in, rather than living in a reactionary way, responding to what happens around us. Therefore, it is saying, it is your responsibility to direct your life. So what can happen for you in 2026, and how can you actually achieve it?



Let's look at a few simple actions we can all do that can influence your mindset in a positive way.

Groom Yourself

I am not saying that we do not all try and look nice, but how about making that extra effort every day. I know there have been days that I have felt a complete lack of energy or “get up and go”. But a simple shower and shave have brightened me up. Take a few extra moments to comb/brush your hair, spray something that smells nice, and brush those teeth.

How many times - and do not say you have never done it - have you passed someone in the street and thought they could have made a little more effort that day to look better? I do not care if people I do not know judge me, but I should not be giving them the opportunity.

Look Good

So, following on from making an effort with your hygiene, how about ensuring you are dressed well too.

I know that dressing nicely is very different to many people. Smart for one person is not always the same for someone else. But, let's be honest, we do know that it means being presentable. Slipping down to the shops in pyjamas is not the look we should be going for.

Plan your outfit for the following day before you go to bed. Have the clothes out ready in the morning. That way you are not just “throwing on the first thing that comes to hand”. Think about your day ahead. Where are you going? Who will you be meeting? I know this is something I need to change in 2026.

Be Kind and Generous

It's a nice simple one, but can work wonders for your own self-esteem, and look what you can be doing for other people. A simple phrase like; “wow, you look nice”, or even a simple; “hi, can I help you with anything?” can make such a difference. Try and include people in your conversations, be interested, and maybe invite people to things you are doing. I love the cinema, but often will ask my friend Robin or Jazz to join me if they can. A small act can really lift people up, and will make you feel good too.

MIND-SET:

More Ways To Improve Your Life Overall.

Be more prepared

If you were sitting an exam you would revise and prepare. So do the same for your life.

With HMHB, every Sunday I do a WhatsApp group message about the week ahead. But I also give out major upcoming dates well ahead of time so that people can put in their diaries. There is no point in telling people about a social event two days before as many will already be busy.

Are you prepared for 2026? Have you plans for January already, or February? If you start planning and organising you will feel a lot less stress and be more relaxed. I am not saying you should not be spontaneous. In fact, I love doing that myself. But anything that can lift stress, and give you something to look forward to, has to be a good thing.



Speak a little slower

This is something I read about and resonated with me, as I know I can talk quickly.

It is such a simple thing, but it can have a big difference in how others perceive you. A person in authority, with authority, speaks slowly. It shows confidence. A person who feels that he isn't worth listening to will speak quickly, because he doesn't want to keep others waiting on something not worthy of listening to. Even if you don't feel the confidence of someone who speaks slowly, try doing it a few times. It will make you feel more confident. Of course, don't take it to an extreme, but just don't sound rushed either. It also gives you an opportunity to think about what you are saying a little more.

Set a small goal and achieve it

Such a simple change you can make in 2026, but so effective.

People often make the mistake of shooting for the moon, and then when they fail, they get discouraged. Instead, shoot for something much more achievable. Set a goal you know you can achieve, and then achieve it. You'll feel good about that. Now set another small goal and achieve that. The more you achieve small goals, the better you'll be at it, and the better you'll feel. Soon you'll be setting bigger (but still achievable) goals and achieving those too.

I am setting myself several health goals in 2026, as I need to make changes - I will be turning 60 and I would really like to be healthy when I make 70 in a decade's time.

Healthy Minds, Healthy Bods (HMHB), promotes a Growth Mind-set mentality. It means you see things as a challenge, don't allow issues and situations to overwhelm, and are proactive in finding solutions to life problems. It something we can all do, but it is hard, and takes effort. HMHB is a mentor led organisation. We are not trained or qualified psychiatrists, psychologists, or health workers. However, we have experienced tough times, overcome depression or addiction, and just want to help people deal with whatever life throws at us. If you feel you need any help with your physical or mental health, please speak to your local medical practice professionals.

NUTRITION: Lazza's Kitchen Adventure

Marmalade Muffins

Lazza has been trying out new recipes for over four years
His first time making: Marmalade Muffins from scratch

Ingredients

350g Plain Flour
50g Porridge Oats
250g Brown Sugar
1 heap teaspoon Baking Powder
1 level teaspoon Bicarbonate of Soda
Zest and Juice of 2 Large Oranges
250g Natural Yoghurt
1 tablespoon Olive Oil
2 Large Eggs
Lots of Marmalade - I did five tablespoons
Vanilla Essence

Originally marmalade was made from Quince, and meant Quince Cheese. Mary Kettily's 1714 cookery book, "A Collection of Above Three Hundred Receipts", discusses how to make marmalade. Modern marmalade has existed since the 1700s when the Scottish added water to marmalade to make it less solid than before. The Scottish were the people who made marmalade a breakfast item, and soon after the rest of Britain followed.

It's really simple.

Combine the flour, oats, sugar, baking powder and bicarb in a bowl.

In a separate bowl, whisk the orange zest and juice, oil, vanilla essence, yogurt and egg together with a fork. Then lightly stir the 2 mixtures together until just combined.

Put your muffin cases into a muffin tray.

Fill the cases halfway each with the mix.

Then add a nice dollop of marmalade on top.

Add another bit of mix on top of the marmalade covering it.

Bake at 200C for 15-20 minutes (mine took around 23 minutes). Remember if you put a skewer in you do have the marmalade inside the muffin. Delicious.



I forgot to take a pic of the ingredients. Or, I did take one, and accidentally deleted it from my camera. Either way, apologies.



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 fun quiz page:

It's mostly guessing, but play with friends: Answers Page 47

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

ROUND ONE: Multiple Choice

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

Disney Cinderella Mice Names	Named Haydn Symphonies	Frivolous Australian Political Parties
Luke	The Cambridge Symphony	Beer Lovers Party
Clara	The Surprise Symphony	Deadly Serious Party
Bernard	The Miracle Symphony	Party! Party! Party!
Mary	The Jupiter Symphony	Singing Crocodile Party

ROUND TWO: Give Me a Number

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

- How many total points scored in the highest scoring NFL game in history?
- How many stations on the London Underground Bakerloo line?
- How many official studio albums did The Beatles release in the UK?
- Measuring in water, how many feet make up a fathom?
- How many Public Libraries in London?

ROUND THREE: When Did That Happen

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

- Penguin published its first books.
- The last Apollo Moon landing.
- The first year the UK received "0" points at Eurovision.
- The first ever Batman comic was published.
- German physicist Johann Ritter discovered Ultraviolet light.



ROUND FOUR: What specifically links these six people?

Tom Baker: William Gladstone: Paul McCartney: Rickn Astley: Ian Botham: John Parrott

ROUND FIVE: From the choices available, which of the answers is correct?

- | | |
|------------------------------------|-----------------------------------------------------|
| 1. Bond novel published first: | Dr. No: Moonraker: Thunderball: |
| 2. Who is the oldest actor?: | Jeff Goldblum: Kelsey Grammer: Dolph Lundgren |
| 3. First of these Stations opened. | Liverpool Street: Oxford Circus: Piccadilly Circus: |
| 4. Earliest Tom Cruise Film. | Eyes Wide Shut: Mission Impossible: Vanilla Sky |

ROUND SIX: What is the answer to these questions?

- Asian Country with Buddhist Temple, Angkor Wat.
- Asian Country with the famous beaches of Goa.
- Asian Country with the Base Camp for Everest climbers.
- Asian Country with the Komodo National Park with the dragons.
- Asian Country with Mount Fuji.



NUTRITION:

Simple Changes to help you in 2026 - pt 1

There is a difference between our “diets” and our “nutrition”. Our diet is what we consume on a daily basis (solids and liquids). Our nutrition is the nutrient content that is essential to keeping our bodies healthy, and us alive.

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

It is well understood that with nutrition even the small changes will make a big difference in time, so if you find the prospect of change overwhelming then start small and you will be surprised how positive this will be for your health and your confidence to move forward with other changes. You can make 2026 the year you really took your opportunity, which will have lasting effects for the rest of your life.



Recent evidence based guidelines summarised that healthy eating helps our bodies to function at their best. That it can really impact on a cancer patient's outcome.

The guidelines recommended a diet high in vegetables, fruits, whole grains and legumes (peas, beans and lentils) and low in saturated/damaged fats, and limited alcohol consumption. Also, as part of this, a person should work towards achieving a healthy weight.

These recommendations are based on strong scientific evidence from large clinical trials, showing that dietary changes can really impact cancer recurrence and outcomes. Eating healthily not only helps to keep up our strength and fight infection. It may also help to cope with treatment better and with treatment side effects. In fact there is evidence to suggest that some cancer treatments work better on people who are well nourished.

A lot of what we are going to say here we have said before, but let's see if we can find some new reasons.

Increase Vegetables and Fruits

The experts are constantly telling us that we need to have a “plant-based” diet - although that does not mean you cannot have meat and fish if that is what you want. We all know plants contain good amounts of Vitamins and Minerals - micronutrients that are essential for our bodies to function properly.

Also, plant foods are naturally high in fibre, which adds volume to meals, promoting feelings of fullness (satiety) and leading to a natural reduction in calorie intake. This fibre also supports a healthy gut microbiome by producing beneficial short-chain fatty acids, which further helps regulate appetite and inflammation.

Plant-based foods are generally low in saturated fat and calorie density compared to animal products. This nutrient profile helps manage cholesterol levels and body weight without stringent calorie counting.

Plant foods contain numerous bioactive compounds and antioxidants that help neutralise toxins and reduce chronic inflammation, a risk factor for many diseases.

NUTRITION:

Simple Changes to help you in 2026 - pt 2

With Vegetables and fruits, think colour and variety when choosing. You don't have to make major changes at first.

Maybe start the day with some chopped fruit or berries with your breakfast. You could even add some cinnamon sprinkled over to add another flavour.

Try to have some fresh soup at lunch time. Obviously homemade is best but failing that buy the fresh chill soups from the supermarket chill counter. Avoid the rich creamy ones and focus on the vegetable/lentil ones. If you have a sandwich at lunch time make sure it contains some salad ingredients. An easy way to boost vegetable intake. Also, try and make it wholegrain bread, not white.

Try to slowly increase the amount of vegetables with your evening meal. Eventually trying to make 50% of your plate vegetables only. Seasonal vegetables are often cheaper and more nutritious.

Frozen fruits and vegetables are an excellent standby so stock up the freezer for days when you cannot shop or are in a hurry and food preparation time is limited.

Have Protein with each meal if you can

We need protein because it's the essential building block for muscles, bones, skin, and organs, vital for growth, repair, immune function (antibodies), hormone/enzyme production, and even energy, helping with fullness and recovery after exercise by repairing muscle tears and building new cells. Made from amino acids, some of which our bodies can't produce, protein supports nearly all bodily functions, from carrying oxygen in the blood (haemoglobin) to fighting infections.

They say you should be having around 0.75g - 0.8g per kilogram of body weight per day. So if you are 100kgs you have 80g of protein - if you are 75kg you have 60g of protein.

The highest protein foods include lean meats (chicken, turkey, beef), fish (salmon, tuna), eggs, and dairy (Greek yogurt, cottage cheese), alongside powerful plant-based options like soy (tofu, edamame), lentils, beans, nuts, and seeds, with some cheeses (Parmesan) and specialised items (nutritional yeast) also being protein powerhouses. Protein is abundant in animal products and also easily found in legumes, nuts, seeds, and soy, making diverse choices available for any diet.

If you do not get enough protein, your body breaks down muscle tissue to get the protein it needs for essential functions, leading to decreased muscle mass (atrophy), weakness, and less strength and endurance for daily activities. This can lead to a progressive condition called sarcopenia in older adults, increasing the risk of falls.

A severe lack of protein, specifically albumin, can cause fluid to build up in tissues, leading to swelling in the legs, feet, or abdomen.

Top 10 Recommended Protein-Rich Foods



NUTRITION:

Simple Changes to help you in 2026 - pt 3

Swap White Carbohydrates for Brown Carbohydrates

This is one of the basic and easiest things to do. Stop buying white bread. Stop using white flour. Stop buying white rice.

Wholegrain flour is better than white flour because it retains the entire wheat kernel (bran, germ, and endosperm), providing significantly more fibre, protein, vitamins (B, E, folate), minerals (iron, magnesium, zinc), and antioxidants, which aids digestion, controls blood sugar, reduces heart disease risk, and promotes overall wellness, whereas white flour processing strips many of these beneficial nutrients.

It should be said that brown rice and white rice can both be part of a healthy diet. But because brown rice retains the bran and germ, it's more nutrient-dense than white rice. For example, brown rice delivers more fibre, magnesium, potassium, iron, and certain B vitamins (B₁, B₃, B₆, and B₉) than white rice.



White rice is easier to digest, in part because it's lower in fibre. That may be beneficial for some people at certain times. For example, individuals with “irritable bowel syndrome (IBS)” may need to watch how much fibre they get during flare-ups of that condition.

But if you're otherwise healthy, a diet rich in fibre-filled whole grains — including brown rice — is linked with a number of health perks, including reduced risk of heart disease and type 2 diabetes, and weight management.

Think more about Hydration.

It's a fact that many of us do not actually drink enough water during the day.

Water in the body is essential for many important processes to take place. From our blood system carrying essential glucose, oxygen and nutrients to cells, to the kidneys getting rid of waste products we no longer want, fluid in the body is vital to allow these to occur. It also lubricates our joints and eyes, helps our digestive system function and keeps our skin healthy.

We are uniquely designed to regulate our own body temperature, particularly in hot conditions, by losing more water through the skin (perspiration), which in turn acts to cool the body helping to maintain a stable temperature. The more water we lose through sweat, the more we need to replace, so those who live (or holiday) in a hot climate, or lose more fluid than normal doing sporting activities will need to drink more fluids more regularly to replace that lost through sweat.

Fluid is so important in the body that even when levels drop only slightly, we begin to feel the consequences. Low levels of fluid in the body can cause headaches, feelings of dizziness, lethargy, poor concentration and a dry mouth. Over a longer term, dehydration can cause constipation and can be associated with urinary tract infections and the formation of kidney stones. Regular and adequate intakes of fluid can help to address these.

So for 2026, let's make healthy changes to our nutrition. It's your responsibility, and choice.

Nutrition: HMHB looks at “Superfoods”

Today: Sweet Potatoes

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

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

Sweet potatoes are worth adding to your diet because they’re nutrient-dense, versatile, and support several aspects of health. Here are the key reasons:

Rich in Vitamins & Minerals

- Vitamin A (beta-carotene): Supports vision, immune function, and skin health.
- Vitamin C & E: Antioxidants that help protect cells from damage.
- Potassium: Helps regulate blood pressure.

High in Fibre:

- Supports digestion, prevents constipation, and can help stabilise blood sugar levels:
- Keeps you feeling full longer, which may support weight management.



Antioxidant Power

- Sweet potatoes are packed with antioxidants - especially purple varieties - that may help reduce inflammation and protect against chronic diseases.

Low Glycaemic Index (especially orange & purple varieties):

- They provide a steady release of energy and may be better for blood sugar control than regular potatoes.

Good for Gut Health

- Their fibre and resistant starch support healthy gut bacteria.

Very Versatile

- You can bake them, mash them, roast them, air-fry them, use them in soups, smoothies, desserts, or even make toast with them.

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

LAZZA'S PAGE

Recommendations, News, Life!!!

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

I've put some sheet music as I use Classical Music as a way to help me relax at home. I can be sitting at my desk in the evening, maybe even working on the Health

Packs, and I love to have some music on in the background. Now, I am not advocating you turn to Classical if that is not your thing, but how many of us are constantly on our tablets and mobiles. Instead, put that screen away and chill out to something that can take you away into a different world. Music!!!!



As people who read these packs know, I have found a love for cooking - especially with my four first time ever recipes I create each month. And that I think is the fun bit.

In 2025 I bought stuff I had never bought before in my life, and found I could actually produce tasty dishes. So why not, in 2026, start looking to not only do some more cooking, but actually buy some new ingredients. People can be scared of trying new things, but give it a go. You just might surprise yourself. Honestly.

I have often mentioned the cinema on her, but let me also mention my love for theatre, and that it is honestly not out of your price range.

If you can plan in advance, and know when your local theatre releases tickets, you can get great prices for preview nights, even if you sit further away from the stage (these days sound and views can be great). Get on some email lists, and websites, as I always find great reductions. I just love being entertained, and the theatre is wonderful.



HMHB Need Help With Funding To Keep Going.

Looking for Sponsorship, Grants, - check out our JustGiving page - details below.

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

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

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

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

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

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

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

Please help us: www.justgiving.com/crowdfunding/hmhb

DO YOU KNOW YOUR BODY?

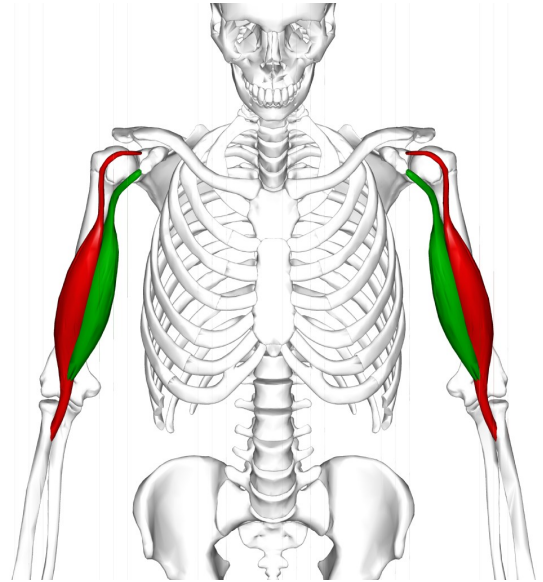
Here are some interesting facts about your body workings.

A Page briefly looking at the miracle of our bodies and their different parts.

Biceps:

Your **biceps** are the muscles on the front part of your upper arms. They help you bend your elbows, lift objects, and pull things toward you. When you curl your arm, your biceps tighten and make a little bump under your skin. They work together with another muscle on the back of your arm, called the triceps, which helps you straighten your arm. Your biceps are important for everyday activities like carrying a backpack, picking up toys, or climbing. Even though they look like one muscle, each bicep actually has two parts that work as a team to move your arm.

Always, try to lift things with good form: keep objects close to your body and avoid jerking movements. Don't try to carry things that are too heavy.

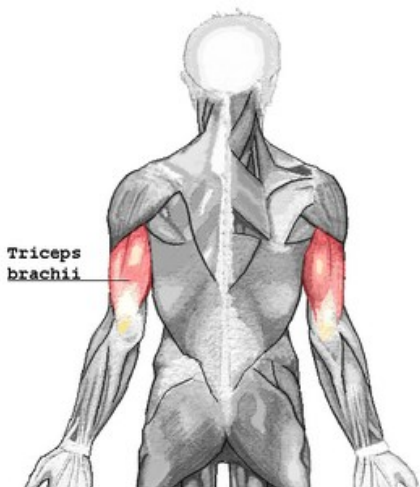


Triceps:

Your triceps are the muscles on the back of your upper arms. They are the opposite partners of your biceps. While your biceps help you bend your arm, your triceps help you straighten it. Anytime you push something — like opening a door, doing a push-up, or throwing a ball — your triceps are doing the work.

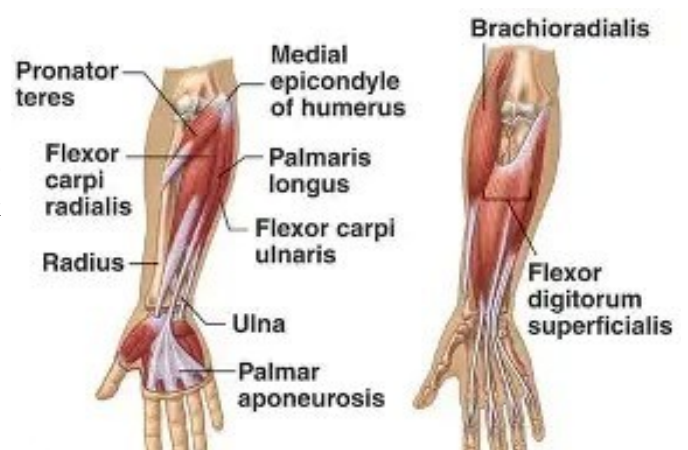
The triceps are called “tri-ceps” because they have three parts (or “heads”) that work together to make your arm extend smoothly and powerfully.

They're important for everyday movements, sports, and keeping your arms strong and balanced



Your **Forearm Muscles** are the muscles between your elbow and your wrist, and they do a lot of important jobs to help your hands move and stay strong

Your forearm muscles pull on long tendons that reach into your fingers. That's how you can wiggle your fingers, pick things up, or make a fist. Some forearm muscles bend your wrist forward, some bend it backward, and others help you twist it. When you squeeze something — like holding a pencil, carrying a bag, or climbing — your forearm muscles tighten to give you grip strength. They are something we all take for granted - like our biceps and triceps - but are just another miraculous part of our bodies.





HMHB's Name Game Page:

Can you name these Male Singers from their photos?
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 49)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Prawn / Salmon Pasta

**Lazza has been trying out new recipes for over four years
His first time making: Prawn / Salmon Pasta from scratch**

2 Salmon Filets. - olive oil
Macaroni Pasta - enough for dish
Onion Chopped and Diced
Garlic: Dill: Parsley
Prawns: Frozen Peas
2 Red Peppers Chopped and Diced
Two Lemons
100ml White Wine
200ml Double Cream

Cream, by definition, is the layer of fat that collects on top of milk. It's skimmed off before the milk heads into the homogenization process. Double cream, however, is the result of taking that unhomogenized milk and subjecting it to centrifugal force to separate the butterfat from the milk. Double cream lives up to its name by boasting one of the highest butterfat contents of all the cream varieties, weighing in at 48%.

Cook your Salmon. I did mine in the oven.

Heat the oven to 200C, place on a baking tray, drizzle with oil and roast for 12 mins until opaque and the flesh starts to flake when pressed. Put aside.

While the salmon is cooking, boil the pasta for 10 mins until al dente, then drain, reserving 100ml of the pasta water. Put aside.

Heat the oil on a medium heat in a wide pan and fry the onion and garlic for 6 mins until softened, but not turning golden.

Add the wine, bubble for a few minutes until reduced by half, then add the cream.

Now add the prawns, red peppers and peas, and season well. Bring to a very gentle simmer.



Flake the cooked salmon into big chunky pieces, leaving the skin behind. Add to the sauce with the cooked pasta. Add the lemon zest, a squeeze of the juice and most of the dill and parsley. Add a splash of the pasta water to the sauce to coat the pasta if you need to. Toss gently to keep the salmon in big pieces.



**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.**

PLACES TO VISIT IN LONDON

HMHB recommends places we have been.

Pleasance Theatre, North Rd, Islington

Since its foundation in 1985, and its charity registration in 1995, the Pleasance Theatre Trust has built a reputation for recognising, supporting, and showcasing both emerging and established talent. Each year, the Pleasance hosts hundreds of productions across its two hubs - London and Edinburgh - ,provides critical support through artist development initiatives, and nurtures the next generation of performers, producers, and creatives. We have had quite a few visits to this venue, as a lot of comedians with tours will use it before to try out material, and we can find tickets very reasonably priced indeed.

In the pictures, the top one has the very funny Glenn Moore, and the bottom one, although he is not in it, was when we went to see the talented Alan Davies, who was amazing. But I would recommend going on their site and checking out many upcoming comedians and booking a show and just seeing what you can find!!!

www.pleasance.co.uk



Design Museum, Kensington

Founded in 1989 by Sir Terence Conran, the museum is the place in the UK where the design industry, education and the public come together to change the way people think about themselves and the future through the lens of design.

Their landmark building in Kensington is the centre of their national network and a global hub for the transformative potential of design. Since relocating in 2016, it has welcomed millions of visitors, making the impact of design visible to all. In 2018, it was awarded European Museum of the Year. We had our first ever visit this year and we loved it. Lots of fantastic exhibits to take in.

Here we are sat outside by a huge head sculpted by Eduardo Paolozzi, symbolizing innovation and the fusion of man and technology. Do pop along for a visit. We even managed to relax on the first floor.

www.designmuseum.org

EXERCISE/FITNESS

How can I improve my Exercise and Fitness in 2026?

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

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

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

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

We now have our regular Highbury Gym sessions with Lazza on Tuesdays, thanks to the team at Better.

We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza will start 2025.

A brand-new year brings a fresh opportunity to reset, refocus, and re-energise your fitness journey.

Whether you're aiming to get stronger, move more, feel healthier, or simply carve out more time for yourself, setting clear fitness goals can make all the difference.

As we step into 2026, here's how to set goals that motivate you, keep you on track, and help you create lasting healthy habits.

Firstly: Reflect on 2025: Understanding where you're starting from helps you set realistic, meaningful goals for the year ahead. What Worked and What Didn't? Before diving into new goals, take a moment to look back.

- What did you achieve last year?
- When did you feel your best?
- Which habits slipped and why?

I imagine that you might look back and think you maybe missed some opportunities. Maybe you reflect with some regret and disappointment. Well, there is nothing you can do about what happened in the past. So put that aside. It's 2026 we are now interested in.

Secondly: Set SMART Goals (And Make Them Personal)

The best fitness goals are S.M.A.R.T.:

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound.



For example, saying “I want to get fitter.” is not

the best thing, as it has no actions or timescale. However, “I want to do at least three on hour walks per week from January to March.” is reasonable. The clearer your goals, the easier they are to stick to.

Another good thing to do is write things down, and make it easy to keep referring to that record. Even put successes down, and progress. When I was losing weight this summer (which I need to do again for upcoming surgery) I had a written progress sheet close to my front door, and would put my weight changes every Sunday. As the SMART says, though, keep it realistic and achievable. “I want to lose five stone” is something you can do, but look huge. How about, “I want to lose one Stone in two months”. That is a good aim you can then adjust.

EXERCISE/FITNESS:

How can I improve my Exercise and Fitness in 2026?

Thirdly: Build a Routine That Works for Your Lifestyle.

Your fitness journey should fit your lifestyle-not the other way around. If mornings are busy, aim for lunchtime or evening workouts. If you prefer classes, schedule them in advance. If you like flexibility, try quick at-home workouts or gym floor circuits.

Consistency comes from building something sustainable. I want to start working out more in the mornings, but am struggling out of bed at the moment. I did try meeting a friend of mine at the gym early as I thought that would be a good incentive, instead it led me into a little depression as I saw myself fail miserably.

Try not to make too massive a change - do things gradually. But also, do push yourself. This is your journey and your health. It involves sacrifice and dedication, but look at the end goals.

Fourthly: You are not alone - find support.

A supportive fitness environment can make a world of difference.

At HMHB we have a wonderful community that are so inspirational, and provide accountability, or a boost of motivation.

There are so many groups around these days, many of them free, but you need to do your research. Go online and see what is around. Maybe pop into your local community centre. Even your medical practice should have details of local amenities.

HMHB have our walks and exercise and we definitely find that people will do more when they have friends around them. Our exercise is an hour session, with many attendees over 60. We try and make it as accessible as possible, but it does mean some sweat and activity.

Lastly: Celebrate the wins, and ignore the fails.

Every step forward counts. Hit a new milestone? Completed a full month of consistent workouts? Made it to the gym on a day you didn't feel like it? Celebrate it! Rewards keep your motivation high and make your journey more enjoyable.

But. Inevitably, there will be stumbles along the way. It is why many people, who set themselves fitness resolutions at the start of the year, give up. They do not do as well, or may even take a step backwards, and just go back to the old way. Nobody gets it right 100% of the time. Do not punish yourself. Just get back on track. I have to do that myself with my weight. I injured my Achilles after losing weight during the summer, and put a lot back on. I have to do it, and if I can, you can. Trust yourself. You have the control!!!!



**Life has no remote control.
Get up and change it yourself.**

EXERCISE/FITNESS:

HMHB Weekly Walks: Monday, Wednesday, Thursday.

conceived & delivered by: 



Finsbury Park Health Walks

Friendly, leisurely pace
for adults of all ages
(60 - 90 min) 😊

We leave from outside
LiDL Finsbury Park
269 SEVEN SISTER RD
Every Monday 9.30am.

supported by:   & local Medical Practices


hmb2016.org.uk
tel: 0796 4430 456





Highbury Fields Health Walks

(60 - 90 min)
Friendly, leisurely pace
for adults of all ages

We meet Wednesday
mornings 9.30am outside
Highbury Leisure Centre

RmR62016.org.uk 😊 contact: 07964430456

Conceived & delivered by Healthy Minds Healthy Bods and supported by:
   **BETTER**
www.better.org.uk





Clissold Park Health Walks

(60 - 90 min)
Friendly, leisurely pace
for adults of all ages

We meet Highbury
Grange Medical Practice
every Thursday 11am

RmR62016.org.uk 😊 contact: 07964430456

Conceived & delivered by Healthy Minds Healthy Bods and supported by:
   

Healthy Minds, Healthy Bods currently has three weekly walks as detailed in our flyers.

With help from the Walking/Cycling Fund run by the London Mayor we have managed to organise three weekly walks in three boroughs:
Islington, Haringey, and Hackney.

Healthy Minds, Healthy Bods is also part of the World Wide Group - Walk With A Doc. With hundreds of walks over different continents, its about raising awareness around how walking is great for your health, and actively offering opportunities to people to get out with a group, for an official health walk.

We would love more people to join us, so make a note of those dates and come along. We are leisurely walkers, but the more the merrier. By the way, the green figures are the same shape as the parks!!! Our marketing guy is very clever.

EXERCISE/FITNESS:

Basics for 2026: Press up and Squat



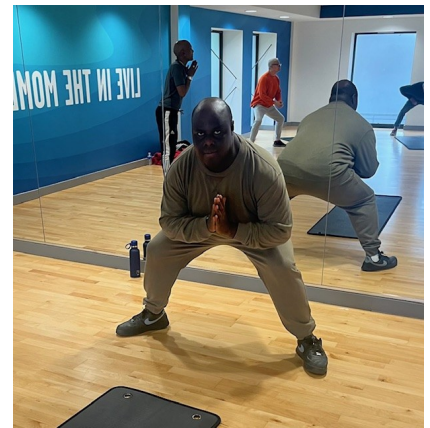
PRESS UP: On a mat, with your legs extended back, place the hands below the shoulders, slightly wider than shoulder-width apart. Start bending your elbows and lower your chest until it's just above the floor. Push back to the starting position. A 1-second push, 1-second pause, 2-second down count is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

You can do with your knees on the floor - but get in the correct starting position first and then lower (see pic).

You can also do against a wall, but look at angles.

While doing the press-up exercise focus on keeping your head in line with your torso, and your torso in line with your hips. Engage your core muscles, maintain your body in a straight line, and exhale as you push back.

Take the pressure off the wrists and place it on the outside of your hands. Press Ups help to shape and tone your shoulders, triceps and glutes, strengthens the chest, and helps to tone and tighten your core.



SQUAT: Stand up with your feet shoulder-width apart. Bend your knees, press your hips back and stop the movement once the hip joint is slightly lower than the knees. Press your heels into the floor to return to the initial position. Repeat until set is complete. The variations we have shown are keeping your feet together (Goblet Squat) or putting them wide apart (Sumo Squat). Goblet works the outside of your thighs, and the Sumo more of your groin area. When doing squats maintain your back in alignment, by keeping your chest up and your hips back. Don't let the knees extend beyond the toes and put pressure on the heels of the feet.

Breathe in as you squat and breathe out as you come up. Squats are great for getting the blood pumping through the entire body, thus promoting circulation, removing waste, and reducing cellulite, as well as toning the legs and the glutes and strengthening the knee muscles.

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

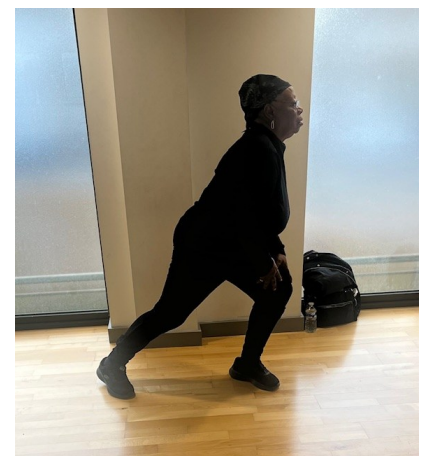
EXERCISE/FITNESS: Basics for 2026: Crunch and Lunge



CRUNCH: On a mat, lay down on your back. Bend your legs so your feet are closer to your bum. Place your hands on your thighs. Push your hand up to your knees whilst exhaling, and inhale as you come back down. Variations can include lifting your legs off the floor, as well as the Bicycle Crunch, where you move alternate elbows to knees as you move. All three in the pics above.

Crunches are a good bodyweight exercise for targeting and strengthening your superficial abdominal muscles (the "six-pack"), helping build a stronger core, improve posture, and develop muscle endurance, especially for beginners needing an equipment-free, low-impact move to isolate abs.

Do note, they can cause back pain if done incorrectly or for those with existing issues; move slowly and don't pull on your neck. I always tell people not to put their hands behind the neck at all.



LUNGE: Stand with your feet hip-width apart, keep your back straight, your shoulders back, and your abs tight. Take a step forward and slowly bend both knees, until your back knee is just above the floor. Stand back up and repeat the movement. Alternate legs until the set is complete.. Our variations above is about how you step. You can actually step backwards, as in pic 2, or sideways, as in pic 3.

When doing lunges, keep your weight in the front heel and make sure that when you're bending your front knee, your thigh and leg form a 90-degree angle. Maintain your feet hip-width apart throughout the entire exercise, don't put one foot in front of the other (as if on a tightrope) as you will not balance well. Breathe in as you lunge, and maintain a smooth and steady rhythm.

Lunges help tone, strengthen and shape your legs and glutes, and improve the flexibility of the hips.

**"Fitness is not about being better than someone else.
It's about being better than you used to be."**

EXERCISE/FITNESS:

Basics for 2026: Arms and Yoga



ARMS: We have chosen three of the basic arm exercises - Bicep Curl, Tricep Curl, and Shoulder Press. We are also holding balls as weights - just to give some extra resistance.

Biceps - keep the elbows into your body, and lift up just moving the lower arm up and down. The Triceps - we have to weight in our hands behind the head, and just moving the lower arm again, you raise the weight above your head and lower it again, trying to keep the rest of the arm still. The Shoulder Press - you hold your weight in your hand by your shoulders and lift above the head and back down.

Arm exercises are crucial for daily tasks, injury prevention, better posture, and overall strength, making everyday activities like lifting groceries or opening doors easier while also boosting metabolism, strengthening bones, and improving joint stability for a healthier, more functional body.



YOGA: We have chosen three basic poses:

Child's Pose: Get down on your hands and knees. Sit on your heels, separate the knees, lay your torso down and stretch your arms in front of you. Rest your forehead on the mat and relax for 30 seconds to 1 minute.

Downward Dog Pose: Start in plank pose with your shoulders on top of your wrists and your heels on top of the balls of your feet. Without moving your hands or your feet, lift your hips up and back. Stay in downward facing dog pose for 1 to 3 minutes.

Bridge Pose: Lie on your back, bend both knees and place your feet flat on the floor. Slide the arms alongside the body and clasp the hands below your pelvis. Press the feet, shoulders, and arms into the floor, inhale and lift the hips and the chest up. Stay in bridge pose for 30 seconds to 1 minute.

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

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.



The blue-ringed octopus, despite its small size, carries enough venom to kill 26 adult humans within minutes. Their bites are tiny and often painless, with many victims not realising they have been envenomated until respiratory depression and paralysis begins. No blue-ringed octopus antivenom is available. If you're able to get intubated and put on a ventilator in time, it's possible to survive the bite. However, there have been few fatalities. They'll strike only if they feel threatened. So just don't bother them.

For the people who like to relax, there is a competition in South Korea - "Spaced Out Contest" - that you would love. The rules are pretty simple - do nothing - with the most zoned-out person crowned the winner. However falling asleep does lead to disqualification. This is decided by monitoring participant heart rates. The contestant with the most stable heart rate wins. Participants come from all over the world Just sit down for 90 minutes and stay calm.



It looks like a strange car cut in half, but it is actually a real car that was in production and sold.

The "Peel P50" is a three-wheeled microcar originally made from 1962 to 1965 on the Isle of Man, and then from 2010 to present.

It was listed in the 2010 Guinness World Records as the smallest production car ever made.

The original model has no reverse gear, but a handle at the rear allows the very lightweight car to be manoeuvred physically when required.

The Dog Bark Park Inn was a hotel located along Highway 95 in Cottonwood, Idaho, USA. The hotel is built in the shape of a Beagle, making it a famous landmark in the state. It is colloquially known as "Sweet Willy" by local residents. The hotel, which is located in north central Idaho, is a two-bedroom bed and breakfast which also features dog-themed contents. I just think it is really cute, and can imagine they are booked up months in advance.



HEALTH / ROUTINE

Common Questions: Is Tap Water Safe To Drink?

A study published last year showed 52.3% of people across 141 countries were worried about being harmed by their drinking water in the next two years.

The research, which used 2019 polling data from more than 148,000 people, also found that water concerns were more common among women, people who live in urban areas, those with higher levels of education, and people experiencing financial difficulties.

In the UK, more than 20% reported being worried, while the latest trust in water survey by regulator OFWAT also showed trust in water companies had dropped to 65% by the end of 2022 - compared with 76% at the beginning of that year.



The UK's Drinking Water Inspectorate (DWI) and other regulatory agencies elsewhere apply very strict rules to make sure microbial contaminants like bacteria and viruses and chemical contaminants such as metals and pesticides are removed, says Professor Luisa Orsini, professor of evolutionary systems biology and environmental omics at the University of Birmingham.

Her colleague, Dr Mohamed Abdallah, associate professor of environmental sciences, adds: "The tolerance is nearly zero for any of those pathogens in drinking water. But our research shows that while the DWI is happy about the things they are monitoring - there are things that are not being monitored."

Perfluoroalkyl and polyfluoroalkyl substances (PFAs) are a group of around 10,000 "forever chemicals", so called because there is little evidence they biodegrade over time. They are used to make domestic and industrial products including carpets, floor polish, frying pans, cosmetics, and food packaging.

A study by the experts' team at the University of Birmingham found 10 target PFAs present in 99% of tap and bottled water samples taken from cities in the UK and 14 other countries. While substances like "Cryptosporidium" and "E.coli" can be deadly for people with weakened immune systems, while very unpleasant, their impacts are immediate and for most people relatively short-lived. But PFAs have been linked to several cancers, Parkinson's disease, reduced fertility, and resistance to both antibiotics and vaccines. Infants are particularly vulnerable as their nervous and immune systems are not fully formed.

As for regulation, there is no statutory requirement for water companies to remove PFAs in England and Wales. The World Health Organisation has no framework for them either, but recommends countries aim for "concentrations that are as low as reasonably practical". Before Brexit, the UK was going to adopt a limit of 0.1 micrograms per litre - the equivalent of one part per billion - in line with the European Union. This is the current guidance in England and Wales - but there is no legal requirement. Last year, Scotland introduced the 0.1 micrograms per litre standard in law for 20 PFAs.

To be clear though, British tap water is one of the best water supplies in the world, with a quality rating of 99.96% according to Discover Water. This quality is regularly monitored by the Drinking Water Inspectorate (DWI) to ensure our water is both clean and safe to drink. I, happily, drink tap water and have an immune system issue. Drink away!!!

HEALTH / ROUTINE

Common Questions: Why Do Some People Have Allergies?

Allergies happen when the immune system reacts to a foreign substance that gets inside the body. These substances are known as allergens. They include pollen, bee venom and pet dander. Allergies also can happen due to certain foods and medicines that don't cause reactions in most people.

The immune system makes protective proteins called antibodies that attack invaders such as germs. But with allergies, the immune system makes antibodies that mark a specific allergen as harmful, even though it isn't. Coming into contact with the allergen causes an immune system reaction that can inflame the skin, sinuses, airways or digestive system.

Allergic reactions vary from person to person, which is why some people suffer and others do not. They can range from minor irritation to a life-threatening emergency called anaphylaxis. While most allergies can't be cured, treatments can help relieve your allergy symptoms.



Allergy symptoms depend on what allergen is involved. The symptoms can affect the airways, sinuses and nasal passages, skin, and digestive system. Allergic reactions can range from mild to severe. Sometimes, allergies can trigger a life-threatening reaction known as anaphylaxis.

- **Hay fever:** also called allergic rhinitis, can cause: Sneezing: Itching of the skin, nose, eyes or roof of the mouth.: Runny, stuffy nose.: Tiredness, also called fatigue.: Watery, red or swollen eyes, also called allergic conjunctivitis.
- **A food allergy:** can cause:: Tingling in the mouth.: Swelling of the lips, tongue, face or throat.: Itchy welts called hives.: Stuffy nose, sneezing or teary eyes that itch: Stomach cramps, vomiting or diarrhoea.: Anaphylaxis.
- **An insect sting allergy:** can cause:: Pain and a large area of swelling called oedema at the sting site.: Itching or hives all over the body.: Skin warmth and a change in skin colour, also called flushing.: Cough, chest tightness, wheezing or shortness of breath.: Anaphylaxis.
- **A medicine allergy:** can cause:: Hives.: Itchy skin or rash.: Facial swelling.: Wheezing.: Shortness of breath.: Vomiting or diarrhoea.: Feeling dizzy.: Anaphylaxis.
- **Atopic dermatitis:** an allergic skin condition also called eczema, can cause skin to:: Itch.: Form red or brown patches that may be harder to see on darker skin tones.: Flake, peel or crack.

As you can see, some types of allergies can trigger a severe reaction known as anaphylaxis. Certain foods, insect stings and medicines are among the allergens that can set off this life-threatening emergency. Anaphylaxis can cause you to go into shock. In some cases, a shot of prescription medicine called “Epinephrine” is needed to treat anaphylaxis. If you carry an epinephrine auto-injector (Auvi-Q, EpiPen, others), give yourself a shot right away.

If you feel like you're always getting sick, with a cough or head congestion, it's time to see an allergist. Often, the symptoms of asthma or allergies develop gradually over time. Allergy sufferers may become used to frequent symptoms such as sneezing, nasal congestion or wheezing

HEALTH / ROUTINE

Common Questions: I Feel Tired All The Time. Should I Worry?

We can all feel tired. Life can be taxing. We are juggling our personal lives with a career or study, as well as trying to have some kind of social life too. But should we worry about tiredness? It could be down to Stress. Even positive life events like moving house, a driving test, getting married, an upcoming job interview, can lead to stress. This can lead to a lack of energy. It's learning how to deal with stress than can keep you more energised. Something to think about.

If you're feeling tired, it's a good idea to look at what you eat and drink because it can impact your energy levels. For example, not drinking enough water throughout the day can make you feel sleepy and lack energy. It can also cause headaches and make it more difficult to concentrate. It's recommended that we drink around six to eight glasses of fluid a day, and more if it's hot or if you're doing exercise. Eating a health balanced diet full of vitamins and minerals can also help you to feel less tired. A diet low in sources of iron, like red meat or dark leafy vegetables, can lead to iron deficiency anaemia. This can make you feel very tired. You're also more at risk of iron deficiency during pregnancy.



When we're feeling tired it can be difficult to find the energy to exercise. But being active during the day can help to improve your sleep, which can reduce tiredness. If you're not doing much physical activity, you could try starting with a small amount of exercise, before building up gradually. Why not try exercising with friends or family, or joining a group? And, choosing something you enjoy doing can help you stay motivated.

You could also consider "Movement Snacking" – which can help you to fit activity in on a busy day. Movement snacking is when you do several short periods of activity, spread throughout the day. This can be easier to manage than a longer exercise session. An example of movement snacking could be taking 10 squats while you wait for your kettle to boil. Whilst it's always important to make time for regular workouts and longer exercise sessions, you can still improve your wellbeing with these shorter activities.

At the same time, doing too much exercise can make you feel tired. If you're doing too much and not resting to help your body recover, this could affect your energy levels. It's also a good idea to avoid exercise in the final few hours before you go to bed as it can affect your sleep.

However, tiredness can sometimes be due to a medical problem or illness. Many conditions can make you feel tired, including:

- Depression
- Seasonal Affective Disorder (SAD)
- Iron Deficiency and Anaemia
- Underactive Thyroid (Hypothyroidism)
- Both Type 1 and Type 2 Diabetes
- Sleep Apnoea
- Myalgic encephalomyelitis (ME) also known as Chronic Fatigue Syndrome.

Tiredness is a common problem. Making some of the lifestyle changes above could help you feel better. But do speak to your GP if you're worried about tiredness, especially if you have other symptoms like weight loss,

HEALTH / ROUTINE

Common Questions: I Forget Things. Am I Getting Dementia?

Older adults may worry about their memory and other thinking abilities, such as taking longer to learn something new. These changes are usually signs of mild forgetfulness, or age-related forgetfulness, and are often a normal part of aging. However, more serious memory problems could be due to mild-cognitive impairment, dementia such as Alzheimer's Disease, or other factors beyond normal aging.

As people grow older, changes occur in all parts of the body, including the brain. As a result, some people notice that they don't remember information as well as they once did and aren't able to recall it as quickly. They may also occasionally misplace things or forget to pay a bill. These usually are signs of mild forgetfulness, not a serious memory problem.

It's normal to forget things once in a while at any age, but serious memory problems make it hard to do everyday things such as driving, using the phone, and finding the way home. Signs that it might be time to talk with a doctor include:

- Asking the same questions over and over again
- Getting lost in places you used to know well
- Having trouble following recipes or directions
- Becoming more confused about time, people, and places
- Not taking care of yourself — eating poorly, not bathing, or behaving unsafely



Do talk with your GP if you are experiencing noticeable changes in your memory. A doctor can perform tests and assessments to help determine the source of memory problems. Your health care provider may also recommend that you see a neurologist, a doctor who specializes in treating diseases of the brain and nervous system.

As we have said, forgetfulness can be a normal part of aging. However, “Dementia” is not a normal part of aging. Dementia includes the loss of cognitive functioning (thinking, remembering, learning, and reasoning) and behavioural abilities to the extent that it interferes with a person's quality of life and activities. Memory loss, though common, is not the only sign of dementia. People with dementia may also have problems with language skills, visual perception, or paying attention. Some people experience personality changes, which can be alarming for those around them.

There are different types of dementia, including Alzheimer's Disease, Lewy Body Dementia, Frontotemporal Dementia, and Vascular Dementia, and symptoms may vary from person to person. It's also possible for memory problems to stem from factors unrelated to dementia or normal aging. For example, medical conditions, such as depression or blood clots, can cause memory problems. These problems usually go away once the condition is successfully treated.

I did find this online. “Some people may be tempted by untried or unproven over-the-counter drugs and other products that claim to make the brain sharper or prevent dementia. Be cautious of pills, supplements, some brain training computer games, and similar treatments that promise to improve memory or prevent brain disorders. These might be unsafe, a waste of money, or both. They might even interfere with other medical treatments. Consult with your doctor before investing in any of these products.”

Laughter is the Best Medicine

Lazza's funny Joke page *(disclaimer, they may not be funny)*

It was hard getting over my addiction to
the Hokey Cokey.
But I've turned myself around and that's
what it's all about.

A mummy covered in
chocolate and nuts has just
been discovered in Egypt.
Archaeologists believe it may
be Pharaoh Roché.

I was trekking through
the Lake District.
I was so far out that
when I looked around
me there was no-one to
be seen.

I was just starting to
worry when I stumbled
across a load of TV
controllers just
scattered around
everywhere.

It was a remote area.



A Ham Sandwich walks into
a bar and orders a beer.
The bartender says,
"Sorry, we don't serve
food."

When I was a kid people used to cover
me in chocolate and cream and put a
cherry on my head.
Life was tough in the gateaux.

While her husband was at work his wife decided she was going to paint a couple of rooms in the house.

The next day, right after he left, she got straight to work.

When her husband arrived home later that day he immediately smelled fresh paint.

He walked into the living room and found his wife on the floor in a pool of sweat, wearing both a ski jacket and a waterproof with fur lining.

Concerned he asked, "are you okay?" She replied, "Yes". "What are you doing?" he asked.

She smiled and said, "I wanted to prove to you that I do more than housework, so I decided to paint these rooms."

"But why are you wearing that jacket and fur?" he asked. "I was just following the instructions," she replied. "For best results, put on two coats"

NUTRITION: Lazza's Kitchen Adventure

Sausage & Vegetable Casserole

Lazza has been trying out new recipes for over four years
His first time making: Sausage & Vegetable Casserole from scratch

Ingredients

8 Sausages - I used Cumberland
2 Onions Chopped and Diced
Baton Carrots - chopped smaller
Frozen Peas
Diced Red Pepper
Baby Mushrooms - halved
Baby Potatoes - sliced
Plum Tomatoes Halved
Olive Oil: Oregano and Parsley
Salt and Black Pepper

Carrots are root vegetables that were first grown in Afghanistan around 900 AD. Orange may be their best-known colour, but they also come in other hues, including purple, yellow, red, and white.

Early carrots were purple or yellow.

Orange carrots were developed in Central Europe around the 15th or 16th century. This popular and versatile veggie may taste slightly different depending on the colour, size, and where it's grown. The sugar in carrots gives them a slightly sweet flavour, but they can taste earthy or bitter.

Another simple, but delicious, dish.

I first cooked the sausages in the oven - when I removed them I then cut into thirds.

The Baby Potatoes I bought in a pack with garlic butter and microwaved as instructed, but you can of course cook on hob. Get them so they are still hard enough to slice each into three.

I also half cooked the onion in some oil in a pan, just to soften.

In a casserole dish.

I placed all the 24 pieces of sausage in the base. I then added the onion and sliced potato on top. Then came all the veg (tomatoes, peppers, mushrooms, carrots and peas. I poured a generous amount of olive oil over the top and sprinkled on oregano and parsley, before finally seasoning with salt and black pepper. I cooked for around 30 minutes at 180C, but do check it at 25. You might need longer.



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.

LAZZA's Letter Game:

See how long this can take - all week we hope!!

We want you to name 10 of all the following. Use a separate bit of paper. But all your answers have to start with the letter: **M**

(pls. note there may not be 10. Don't use the internet and cheat. 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

Lazza's Letter Game

Good Luck. See how many you can find during this week.

Keep coming back to it.

Try not to look the answers up.

If you get the urge to check, think about why you feel the need to do that!!

HMHB and our Amazing Partnerships

Promoting Projects and Organisations - Pt 1



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

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

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

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

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



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

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



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

www.healthygenerations.org.uk

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



Mind is a UK mental health charity that supports people struggling with mental health problems by providing information, services, and campaigns to improve mental health support, tackle stigma, and campaign for better policies in areas like healthcare and employment. Their work includes offering support helplines, local community services, online resources like the “side-by-side community”, and workplace training to foster mentally healthy environments.

The Stuart Low Trust is a London-based health promotion charity that provides free and low-cost community activities to address social isolation and mental distress.

Founded in 1999 by Islington residents, the trust was established in memory of Stuart Low, a young man with schizophrenia who died by suicide after struggling to find adequate support. The charity operates from Islington but is open to all London residents.



HMHB is immensely proud of the large number of referrals we get directly from the NHS - means we have to be doing something right!!!. We get people from medical practices, health projects, hospital referrals, and more.

They are especially aimed at our work in promoting an active lifestyle, but making it fun and accessible.

Thank you so much for your incredible faith and support.

This is just a proposal at the moment, but we are very anxious to work with the Shaw Trust on the Government Employment Programme “Work Well” and have put in a proposal to them after speaking with their Director of Well-Being. The whole reason HMHB came into existence was to improve the intervention available to people who were out of work, to try and prevent mental health issues from growing, as well as combatting them, getting people back to work happier and healthier.

We will let you know news when it happens.

The Shaw Trust logo, featuring the words "shaw" and "trust" in a bold, dark blue, sans-serif font, stacked vertically on a light blue rectangular background.

The Sadlers Wells logo, featuring the words "SADLERS WELLS" in white, bold, sans-serif font, arranged in three rows on a red rectangular background.

As you know, we love a theatre visit, and we have a terrific working relationship with the community engagement team at Sadlers Wells, who now have venues in both Islington and Stratford Olympic Park, as well as the Lilian Baylis Theatre and the Peacock Theatre, close to Holborn Station.

We regularly have five people attend their fantastic Friday community dance sessions, which are diverse and energetic. And we are able to get access to discount tickets for shows and events, and we love Elina and Natasha who help us.

www.sadlerswells.com

HMHB and our Amazing Partnerships

Promoting Projects and Organisations - Pt 3



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

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

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

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

We keep in contact, send them our health packs, and are on their social media and beyond. www.walkwithadoc.org



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 eleven 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 and 2023.

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

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

**Voluntary
Action
Islington**

Answers to Fun Quiz from Page 21 - don't look till you have done all the quiz

- Round One: 1 Luke / Mary 2 Surp / Mira 3 DSP / PPP
 Round Two: 1, 113: 2, 25: 3, 12: 4, 6: 5, 325:
 Round Three: 1, 1935: 2, 1972: 3, 2003: 4, 1939. 5, 1801.
 Round Four: Liverpoolians: All born in Liverpool.
 Round Five: 1 Moonraker: 2 Jeff: 3 Liverpool: 4 Mission:
 Round Six: 1 Cambodia: 2 India: 3 Nepal: 4 Indonesia: 5 Japan:



Review for this month's Challenges and Targets

Mind-set:

One year has passed, and another is now upon us. That 2025 felt like it went very quickly. Have you made strides forward? Or have you gone back a bit? What happened in 2025? Did you achieve your goals, or did things not work out?

Well, learn from that year. Put it aside. The new year can make a difference, but only if you take responsibility and be proactive around making it a good one.

That is your choice. Make plans, be organised, and go for it.

Let's be looking back in 12 months with a smile.

Believe in Yourself.

Nutrition.

Your nutrition can have a direct influence on your thinking, your energy levels, your focus, your confidence, and your overall well-being. Therefore, it is always good to see where you can be better and make small changes that will have big effects.

Nutrition is actually quite simple, but it has changed dramatically over the last 30-40 years. More processed foods, less cooking, more fatty and sugary delicacies available to us all.

I know what it is like to struggle too. I use food as a little stress buster, but will make changes myself in 2026. Do research!!



Exercise.



Your body needs exercise to control weight, combat chronic diseases (like heart disease, diabetes, some cancers), strengthen bones and muscles, improve mood and cognitive function, boost energy, and promote better sleep by keeping your cardiovascular system strong, regulating hormones, reducing inflammation, and releasing endorphins. Essentially, it's vital for both physical and mental well-being, helping you live longer and healthier. You are the only person who can supply that need for your body. So do it.

Health.

In this issue we looked at a few basic questions that can affect our health and thinking around it.

Ultimately, our health is a combination of a lot of luck. But we do have the ability to affect that luck by lowering the risk of certain ailments and diseases by our behaviour.

So why not look at what you are doing in 2026? What can you be doing that can help you, not just now, but also in the future. It creeps up on us very quickly. Be ready!!!



**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 + from Page 28

See if you can beat your family and friends

BOOKS: The book those female characters first appeared, and the publication year.

1. 1813: Pride and Prejudice
2. 2005: The Girl With Dragon Tattoo
3. 1950: The Lion, Witch & Wardrobe
4. 2003: H Potter / Order of Phoenix
5. 1891: A Scandal in Bohemia
6. 1900: The Wonderful Wizard of Oz
7. 1914: Pygmalion
8. 1988: The Silence of the Lambs
9. 1930: The Murder at the Vicarage
10. 1933: To Kill A Mockingbird
11. 1897: Dracula
12. 1964: Charlie and Chocolate Factory
13. 1958: Dr. No

FILM: Here is the Actor who won the Best Actor Bafta for those movies, plus the year they won.

1. 2023: Cillian Murphy
2. 2013: Chiwetel Ejiofor
3. 1995: Nigel Hawthorne
4. 1962: Peter O'Toole
5. 2024: Adrien Brody
6. 1982: Ben Kingsley
7. 1959: Jack Lemmon
8. 1972: Gene Hackman
9. 1992: Robert Downey Jr.
10. 2002: Daniel Day Lewis
11. 2022: Austin Butler
12. 2006: Forest Whitaker
13. 1980: John Hurt
14. 1988: John Cleese
15. 1962: Burt Lancaster
16. 2019: Joaquin Phoenix
17. 1975: Al Pacino

THE WORLD: The US State/Federal District where you would find the places listed earlier.

1. Washington D.C
2. South Dakota
3. California
4. Missouri
5. Washington
6. New York
7. Arizona
8. Florida
9. Hawaii
10. Texas
11. Wyoming, Idaho, Montana
12. Virginia
13. Arizona, Nevada
14. Pennsylvania

Music: Top 20 Bands according to Rolling Stone Mag.
 The Beatles: The Rolling Stones: U2: Pink Floyd:
 Led Zeppelin: The Who: Radiohead: Nirvana:
 The Velvet Underground: The Doors: The Clash:
 The Byrds: Oasis: The Beach Boys: The Smiths:
 The Police: REM: Depeche Mode: T-Rex: Queen.

QUIZ ANSWERS

Male Singers: Did you name them? -
 from Page 28 (how well did you do? Tough wasn't it?)

- | | |
|-----------------|------------------|
| 1: Marvin Gaye | 2: Howard Jones |
| 3: Neil Tennant | 4: Iggy Pop |
| 5: Johnny Cash | 6: James Brown |
| 7: Billy Idol | 8: Bob Dylan |
| 9: Chris Martin | 10: Adam Rickett |
| 11: Dean Martin | 12: Simon Le Bon |
| 13: Mark Owen | 14: Adam Ant |
| 15: David Bowie | |

SPORT:

Those places with the most Billionaires.

USA: China: India
 Germany: Russia: Canada
 Italy: Hong Kong: Brazil
 UK: Taiwan: France
 Singapore: Australia
 Sweden: Switzerland: Japan
 Israel: Spain: Indonesia

THE LAST PAGE

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

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 JustGiving: www.justgiving.com/crowdfunding/hmhb

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

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

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

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

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

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

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

Lawrence: **WINNER** Mayor Civic Award in 2022 (Outstanding Delivery)

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

Lawrence: Official Nominee Mayor Civic Award 2023

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



ISLINGTON

Cripplegate Foundation Helping since 1500



Be Safe, Be Active, Be Well



Link to our Website