

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 18

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st September 2023



www.hmhb2016.org.uk



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

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“Wellness is the complete integration of body, mind, and spirit. The realisation that everything we do, think, feel, and believe has an effect on our state of well-being.”

Welcome to Issue 18 of Healthy Minds, Healthy Bods' Monthly Health Packs.

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

We then went monthly.

This is our new venture for 2022/2023.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

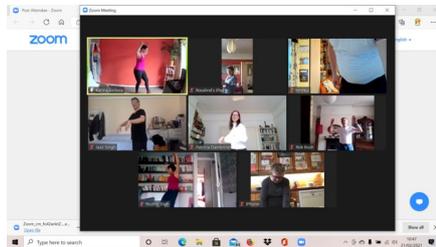
HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering, fresh approach.

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

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

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

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



I was having a look back at some of our older photos. All these are from 2021. We were doing Zoom Zumba and started our Zoom Quiz. We sadly lost our fantastic Rosie - still missed!! We started large group outings - incl. London Coliseum. We walked, exercised, did courses, and had an amazing year.

HEALTH NEWS AND RESEARCH PAGE

Introduction to Cancer

This health pack is a special issue where we are looking at how we can lower the chance of getting some cancers by improving our lifestyle, and that can include our outlook, nutrition, and exercise. Cancer will hit one in two of us, according to experts, but it will also affect the people around us if we are diagnosed. So this is important to all of us.

Cancer is a disease in which some of the body's cells grow uncontrollably and spread to other parts of the body.

Cancer can start almost anywhere in the human body, which is made up of trillions of cells. Normally, human cells grow and multiply (through a process called "cell division") to form new cells as the body needs them. When cells grow old or become damaged, they die, and new cells take their place.



Sometimes this orderly process breaks down, and abnormal or damaged cells grow and multiply when they shouldn't. These cells may form tumours, which are lumps of tissue. Tumours can be cancerous or not cancerous ("benign").

Cancerous tumours spread into, or invade, nearby tissues and can travel to distant places in the body to form new tumours (a process called "metastasis"). Cancerous tumours may also be called "malignant" tumours. Many cancers form solid tumours, but cancers of the blood, such as "leukaemia", generally do not.

Benign tumours do not spread into, or invade, nearby tissues. When removed, benign tumours usually don't grow back, whereas cancerous tumours sometimes do. Benign tumours can sometimes be quite large, however. Some can cause serious symptoms or be life threatening, such as benign tumours in the brain.

Cancer cells differ from normal cells in many ways. For instance, cancer cells:

- grow in the absence of signals telling them to grow. Normal cells only grow when they receive such signals.
- ignore signals that normally tell cells to stop dividing or to die (a process known as "programmed cell death", or "apoptosis").
- invade into nearby areas and spread to other areas of the body. Normal cells stop growing when they encounter other cells, and most normal cells do not move around the body.
- tell blood vessels to grow toward tumours. These blood vessels supply tumours with oxygen and nutrients and remove waste products from tumours.
- hide from the immune system. The immune system normally eliminates damaged or abnormal cells.
- trick the immune system into helping cancer cells stay alive and grow. For instance, some cancer cells convince immune cells to protect the tumour instead of attacking it.
- accumulate multiple changes in their chromosomes, such as duplications and deletions of chromosome parts. Some cancer cells have double the normal number of chromosomes.
- rely on different kinds of nutrients than normal cells. In addition, some cancer cells make energy from nutrients in a different way than most normal cells. This lets cancer cells grow more quickly.

HEALTH NEWS AND RESEARCH PAGE:

Cancer

Cancer is a genetic disease. That is, it is caused by changes to genes that control the way our cells function, especially how they grow and divide.

Genetic changes that cause cancer can happen because:

- of errors that occur as cells divide.
- of damage to DNA caused by harmful substances in the environment, such as the chemicals in tobacco smoke and ultraviolet rays from the sun.
- they were inherited from our parents.

The body normally eliminates cells with damaged DNA before they turn cancerous. But the body's ability to do so goes down as we age. This is part of the reason why there is a higher risk of cancer later in life.



Each person's cancer has a unique combination of genetic changes. As the cancer continues to grow, additional changes will occur. Even within the same tumour, different cells may have different genetic changes.

The genetic changes that contribute to cancer tend to affect three main types of genes: "proto-oncogenes", "tumour suppressor genes", and "DNA repair genes". These changes are sometimes called "drivers" of cancer.

- Proto-oncogenes are involved in normal cell growth and division. However, when these genes are altered in certain ways or are more active than normal, they may become cancer-causing genes (or oncogenes), allowing cells to grow and survive when they should not.
- Tumour suppressor genes are also involved in controlling cell growth and division. Cells with certain alterations in tumour suppressor genes may divide in an uncontrolled manner.
- DNA repair genes are involved in fixing damaged DNA. Cells with mutations in these genes tend to develop additional mutations in other genes and changes in their chromosomes, such as duplications and deletions of chromosome parts. Together, these mutations may cause the cells to become cancerous.

A cancer that has spread from the place where it first formed to another place in the body is called metastatic cancer. The process by which cancer cells spread to other parts of the body is called metastasis.

Metastatic cancer has the same name and the same type of cancer cells as the original, or primary, cancer. For example, breast cancer that forms a metastatic tumour in the lung is metastatic breast cancer, not lung cancer.

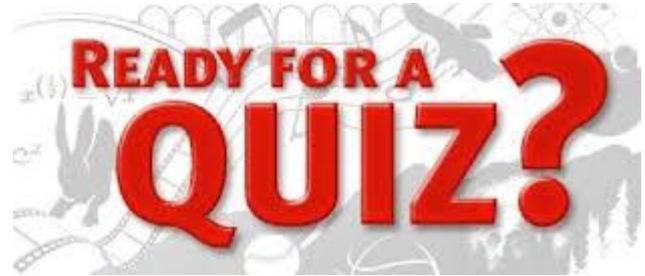
Under a microscope, metastatic cancer cells generally look the same as cells of the original cancer. Moreover, metastatic cancer cells and cells of the original cancer usually have some molecular features in common, such as the presence of specific chromosome changes.

In some cases, treatment may help prolong the lives of people with metastatic cancer. In other cases, the primary goal of treatment for metastatic cancer is to control the growth of the cancer or to relieve symptoms it is causing. Metastatic tumours can cause severe damage to how the body functions, and most people who die of cancer die of metastatic disease.

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

The World

List the top 20 wheat producing countries in the world, as per tonnes of production.
 See if your list matches the correct answer
 It's meant to be tough.



People: Which country did/do these people lead, and when were they born?

1. Indira Gandhi
2. Georges Pompidou
3. Helmut Kohl
4. Margaret Thatcher
5. Xi Jinping
6. Justin Trudeau
7. George Washington
8. Joseph Stalin
9. Nicola Sturgeon
10. Fumio Kishida
11. Anthony Albanese
12. Fidel Castro
13. Idi Amin

Cinema: Name the Actor/Actress who played these science fiction characters, and the year of the film.

1. Kylo Ren: Star Wars - The Force Awakens
2. Ellen Ripley: Alien
3. Captain Steven Hiller: Independence Day
4. Cassian Andor: Rogue One - A Star Wars Story
5. Elliott: E.T. The Extra Terrestrial
6. Morpheus: The Matrix
7. Jake Sully: Avatar
8. Dr. Louise Banks: Arrival
9. Ming The Merciless: Flash Gordon
10. Obi-Wan Kenobi: Star Wars
11. Dutch: Predator
12. Peter Venkman: Ghostbusters
13. Korben Dallas: The Fifth Element
14. Rick Deckard: Blade Runner
15. Jason Nesmith: Galaxy Quest
16. Dr. Alan Grant: Jurassic Park
17. Dr. Emmett Brown: Back To The Future

Pop Music: Name the singer/band of these body part songs, and year originally released.

1. (I Just) Died In Your Arms
2. China In Your Hand
3. Dancing With Tears In My Eyes
4. Fat Bottomed Girls
5. Footloose
6. For Your Eyes Only
7. Groove Is In The Heart
8. I Want To Hold Your Hand
9. Put Your Hands Up For Detroit
10. Total Eclipse Of The Heart
11. My Heart Will Go On
12. Brown Eyed Girl
13. Lyin' Eyes
14. Don't It Make My Brown Eyes Blue



Sport

19 different countries have hosted the summer Olympic Games.

How many of the 19 can you name?

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

HMHB Activity: News - page 1



This is the joy of networking alongside many projects in Islington. Sotheby Mews Day Centre invited us along to their trip to Southend in August.

We took around 12 people - sadly the pics are with just myself, Jazz, and Lee - I'll take more next time.

We had a terrific time, and give great thanks to Nigel and his team at Sotheby Mews.

We enjoyed Adventure Island, travelling along the amazing pier (longest in the world), and eating ice creams and very tasty fish and chips.

What a wonderful day, with wonderful friends.

Our walks on Wednesday and Thursday continue to grow - and launching Monday in September. We were joined by two funders in August for a walk, and it was terrific to be able to share with them just how much these events boost both physical and mental health.

Thanks to everyone that comes along to our walks, which have been going for over six years. The best attended free weekly walk in Islington and Hackney.



HMHB Activity: News - page 2 (Users Feedback on our Courses)

Over the last few months we have completed eight of our Ajani Mind-set courses, focusing on Mind-set, Nutrition, Exercise, and Health. On this page we are looking back at some of the user feedback we received. Currently we get Zero NHS funding - and Zero DWP funding. After reading this, why not???

Anya - a trainee Psychologist, who attended our Better Lives course.

“The HMHB team were incredibly enthusiastic and engaging. There were four sessions composed of a mixture of information around nutrition, simple physical exercises and stretching, and activities highlighting the importance of mindset. The physical exercises could be adapted to people of all abilities, and it was great to see everyone giving it a go. Another real strength of the group is that it promoted free and low-cost activities in the community. Over the course of the 4 weeks, several members of the group had already started to engage in these activities, highlighting the direct positive impact that the programme can have.



It would be great to see more clients attending, as I think many could benefit. There is definitely a gap in the Better Lives group programme for such a group. Moreover, it seems to be in line with alcohol and substance misuse recovery, since it highlighted the influence that eating and exercise can have on many different aspects of our lives (including mental health, relationships, motivation, routine, etc). I hope this programme can continue to help our clients feel inspired in working towards their goals.”

From Stuart Low Trust: - How was the course? Various users of all ages.

“Excellent. The tutors were very knowledgeable but also very friendly and engaging. The different sessions were well thought out, so a lot of things were covered.”

“Surprisingly well, given it was split into only short spells of exercises and longer very interesting talking part.”

“It has been informative in a way that enables some audience participation. I have found it quite helpful and good to encourage some gentle exercise in a non-pressured way.”

“Really inspirational + lots of very helpful information to take with me.”

“Enjoyment, inclusive, fun, happy.”

“I thought it was brilliant. The participants seemed to really enjoy it too. I found it very enjoyable and entertaining. Lawrence was very motivating and fun with it. I would look forward to more of these events, cause he got people up and exercising.”

From Kentish Town Job Centre: H - Male in his 20s.

“I was recommended the course by my disability advisor at the job Centre, Genevieve, who is always looking for helpful opportunities for the people seeing her. The structure was divided into mindset-building activities, and physical exercise. Initially I felt they were a bit incongruent, but after week 2 realised they both worked towards improving mood and health to help people struggling to motivate themselves to improve their situation. From this pov the structure was ideal, this should be more clearly communicated at the start, but the course was exactly what I was looking for, as these are things I struggle with and am looking to improve. The HMHB people were excellent and a huge part of why I got so much out of my short time with them. Lawrence has a great attitude to improving the lives of people attending and seems very trustworthy from the start, as well as being very enthusiastic and hardworking in preparing fun activities for everyone to participate in. The PT was always helpful in spotting good and poor exercise technique and made himself available whenever I had questions to ask of him.

I would certainly recommend HMHB because of the above reasons, i.e., the attitude of the organisers and the usefulness of the material.”

HMHB Activity: News - page 3



Our group visited the National Portrait Gallery, off Charing Cross Road, during August. A fascinating delve into the history of Kings and Noblemen, with some beautiful paintings. Afterwards we headed across the road to St. Martin's Crypt for a coffee/tea and chat. Thanks to all who came along for the afternoon.

We joined up with Islington Guided Walks on the last Friday of the month for a walk around Newington Green, learning a lot about its incredible history and people. Here we are pictured by the controversial statue of Mary Wollstonecraft by Maggi Hambling. Thanks so much to those who came.



We popped into the fair on Highbury Fields. Here are a few of us sat at a table, recovering following a ride that spun rather a lot. Jazz and Lazza braved the very tall ride too. We screamed, laughed, rode the ghost train, visited the hall of illusion, and generally had a terrific time.

Here we are at the fantastic Globe Theatre on the banks of the Thames. This was our fourth visit over the last few months - this time to see an incredible performance of As You Like It. Yes, we were standing again, but the captivating interpretation of the plays at this venue mean you do not notice your legs hurting!!! I am already looking forward to next year, another four or five plays, and more fun.



Wow. What an amazing show we saw in August at Sadlers Wells. A superb performance of Romeo and Juliet. Our seats were in the Gods, but it was breathtaking!!!



NUTRITION: Lazza's Kitchen Adventure

Cauliflower Cheese

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

Cauliflower is an excellent source of vitamins and minerals, including Vitamin C, Folate, and Vitamin K. It also has Potassium, Manganese, Choline, Magnesium, and Phosphorous, as well as Vitamins B5 and B6. It contains a high amount of fibre, which is important for digestive health and may reduce the risk of several chronic diseases. Plus, it provides a significant amount of antioxidants, which are beneficial for reducing inflammation and protecting against several chronic diseases.

Ingredients

1 Large Cauliflower - the florets
50g Plain Flour
50g Unsalted Butter
400ml Milk
200g Mature Cheddar Grated
50g Red Leicester Cheese Grated
1 teaspoon English Mustard
Worcestershire Sauce

Preheat the oven to 190C/170C Fan/Gas 5.

Wash the cauliflower florets thoroughly and place in a large saucepan of salted water. Bring to the boil and cook for 3–5 minutes, until the cauliflower is almost tender, but still fairly firm. Drain.

To make the sauce, melt the butter in a saucepan and stir in the flour.

Cook over a gentle heat for 1 minute. Remove the pan from the heat and gradually add the milk, a little at a time, stirring well between each addition.

Return the pan to a medium heat and bring the mixture to the boil, stirring constantly. Simmer for 2 minutes, then remove from the heat. Stir in the mustard, add a dash of Worcestershire sauce and all of the Cheddar cheese and set aside.



Arrange the cauliflower in an ovenproof baking dish. Carefully pour over the sauce, ensuring the cauliflower is completely covered. Scatter over the Red Leicester cheese and bake for 25–30 minutes, until the top is golden brown and bubbling.



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

MIND-SET: Dealing with a Health Scare (part 1)

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

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

As we get older, the odds are we will all at some stage get some kind of health scare. Not only that, but we could also have loved ones and friends that may be going through issues. How can we cope with that? This again is where you need to focus on a more positive mind-set, both for yourself and for others.

A serious health problem can disrupt all aspects of your life, whether it's a chronic or life-threatening illness, such as Cancer, or a major health event such as a stroke, heart attack, or debilitating injury.



Many serious health problems seem to develop unexpectedly, upsetting your life out of the blue. You may feel overwhelmed by waves of difficult emotions, from fear and worry to profound sadness, despair, and grief, or just numb, frozen by shock, or the feeling that you'll never be able to cope. The emotional upheaval can make it difficult to function or think straight, and even lead to mood disorders such as anxiety and depression.

But whatever your diagnosis or emotional response, it's important to know that you're not powerless. There are steps you can take to better cope with your new situation, ease the stress and mental anguish that often accompany serious illness, and find a way to navigate this challenging new journey.

Common emotional responses to serious illness include:

- Anger or frustration as you struggle to come to terms with your diagnosis, repeatedly asking, "Why me?" or trying to understand if you've done something to deserve this.
- Facing up to your own mortality and the prospect that the illness could potentially be life-ending.
- Worrying about the future. How you'll cope, how you'll pay for treatment, what will happen to your loved ones, the pain you may face as the illness progresses, or how your life may change.
- Grieving the loss of your health and old life.
- Feeling powerless, hopeless, or unable to look beyond the worst-case scenario.
- Regret or guilt about things you've done that you think may have contributed to your illness or injury.
- Shame at how your condition is affecting those around you.
- Denial that anything is wrong or refusing to accept the diagnosis.
- A sense of isolation, feeling cut off from friends and loved ones who can't understand what you're going through.
- A loss of self. You're no longer you but rather your medical condition.

MIND-SET: Dealing with a Health Scare (part 2)

How you react emotionally and the degree of psychological distress you experience depends on many different factors, including your age, personality, the type and prognosis of the medical problem you're facing, and the amount of support you have.

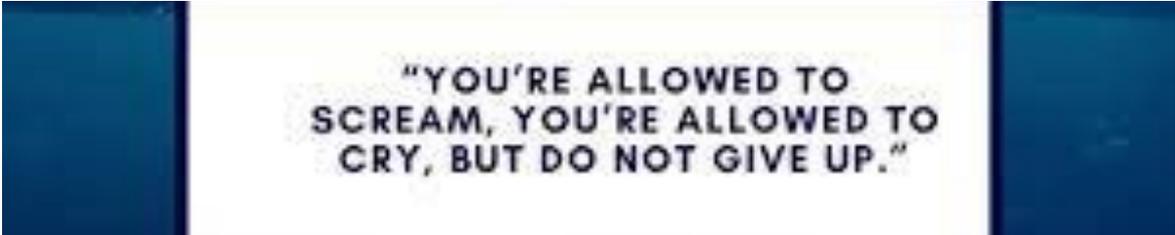
Whatever your situation, you should know that experiencing a wide range of difficult emotions is a normal response to a potentially life-changing situation. It doesn't mean that you're weak, going crazy, or won't be able to meet the health and emotional challenges that lie ahead.

What if the diagnosis is serious? Everything changes when you learn that you have a life-threatening illness. Perhaps you cried, sought out the comfort of loved ones, or did your best to distract yourself or pretend like nothing had changed. Or maybe you simply froze, unable to process how your life had suddenly changed out of all recognition. Or perhaps you even jumped into action and started tackling your health problem head on. It's important to remember there's no "right" or "wrong" way to respond. We're all different, so don't tell yourself what you should be thinking, feeling, or doing after a diagnosis or serious health event. Give yourself time to process the news and be kind to yourself as you adjust to your new situation. And if this diagnosis is to someone you know, be patient and understanding with them.

Acknowledge your feelings: It may seem better in the moment to avoid experiencing your emotions, but they exist whether you're paying attention to them or not. Trying to ignore your feelings will only increase stress and maybe even delay recovery. But if you allow yourself to feel what you feel, you'll find that even intense, disturbing feelings will pass, the initial distress you felt at news of your diagnosis will start to ease, and some aspects of life will even return to normal.

Allow the Professionals to do their jobs. After receiving an initial diagnosis or suffering a major health event, it can take time and an array of tests and consultations before your medical team settles on an appropriate course of treatment. It's easy to become anxious as you wait for a clearer picture of what your road to recovery will entail. But scouring the Internet and relying on what can often be inaccurate or scary information will only make you feel worse. However, when you're faced with a lot of unknowns, you can still care for yourself. What do we at HMHB always say? Eat a healthy diet, exercise, sleep well, and pursue those relationships and activities that bring you joy.

Be ready to adapt and change. Rationally, no one would consider having a heart attack or receiving a cancer diagnosis as ever having any positive consequences. But it can happen. Some people diagnosed with life-threatening conditions do undergo a change in perspective that focuses them on the important things in their lives, those things that add meaning and purpose. Negative emotions such as anger or guilt can even sometimes have a positive effect, motivating you to meet treatment goals, for example. Keeping your mind open may help you to find the positives and better cope emotionally in even the darkest situations.



"YOU'RE ALLOWED TO
SCREAM, YOU'RE ALLOWED TO
CRY, BUT DO NOT GIVE UP."

EXERCISE/FITNESS: STRETCHING

Leg Stretches: with PT Zombie - 1

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

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

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

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

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

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

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

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

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

CALVES

As you can see, Zombie is leaning against a chair, although you can use a wall. Keep that back heel on the floor as you lean forward stretching out your back calf.

Calf pain is usually caused by cramp, when the muscles suddenly contract. This might happen if you have been doing new exercises, if you are dehydrated, or if you are deficient in some minerals. Cramps normally go away quite quickly by themselves.



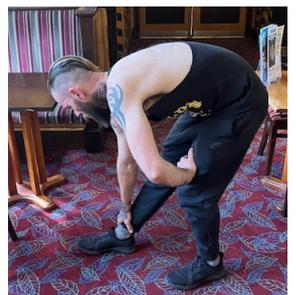
When you stretch or move frequently throughout the day, you decrease strain on your muscles and skeletal system. In the long run, that can decrease the likelihood you'll develop chronic low back and shoulder pain, knee discomfort, headaches, and more.

HAMSTRINGS

As you can see, Zombie is leaning forward reaching down to the straight leg in front of him, with the back leg slightly bent.

You have three hamstring muscles at the back of your thigh. You use these muscles to walk, climb stairs, do squats and perform many other leg movements.

A common cause of tight hamstrings is exercise or another form of intense activity. Exercises that put substantial strain on the hamstrings can lead to tightness.



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

EXERCISE/FITNESS:

Leg Stretches: with PT Zombie - 2

QUADS

As you can see, you can lean on something to help with support. Zombie has lifted one leg up and then pulling it up with a hand - you can use either hand to do this.

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



INNER THIGH - Adductors

As you can see, Zombie is demonstrating two versions. The harder one is the lower one to the ground. If you struggle with that you can do the modifier one to the far right.

Adductors include five muscles: gracilis, obturator externus, adductor brevis, adductor longus and adductor magnus. They are on the inside of the thigh, starting at the pelvis and extending to the femur (thigh bone).



OUTER THIGH - Abductors

As you can see, Zombie is demonstrating on a chair or on the ground. Just do what you can.

The outer thigh muscles, also known as the abductor's muscles, consist of the gluteus medius, gluteus minimus, and tensor fasciae latae muscles. These muscles are responsible for moving the leg away from the body's midline and stabilising the pelvis during movement.



**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: Coping With Health Issues (Part 1)

Facing a serious illness can leave you feeling alone and cut off from even those closest to you. You may feel that other people can't understand what you're going through. Or perhaps those around you are trying to be so positive that you don't feel able to open up and express how you really feel. Or perhaps you're worried about being a burden to other people if you talk honestly about what you're experiencing. Whatever your situation, now is not the time to retreat into your shell.

Social support can have a huge impact on your mental health when you're facing the stress of a serious medical condition. As well as providing practical assistance, such as driving you to medical appointments, making sure you are looking after yourself, and helping you keep your home tidy, having people to lean on is essential to your emotional well-being. Staying connected to others and continuing to enjoy social activities can make a world of difference in your mood and outlook as you undergo treatment.

What can I do to help myself cope?

How can I distract myself?

What's happening to me?

What have others been through?

What support is out there for me?

A number of studies have demonstrated a higher survival rate following a cancer diagnosis, for example, among people who are married compared to those who are not. Panic not if you are single. This can likely be attributed to the greater social support offered by a spouse and children. Of course, you don't need to be married or in a long-term relationship to benefit from the support of others. It is making sure you have people around you and not isolating. After a serious diagnosis or health event, who you choose to confide in, lean on, and the amount of information you elect to share about your medical situation are always very personal decisions. But trying to tough it out alone will only deny those who care about you the chance to offer support.

When you choose to confide in someone, try to find someone who's a good listener. Someone who'll listen attentively and compassionately without being distracted, judging you, or trying to tell you how you should think or feel. While it's always good to have support from friends and loved ones via phone, text, or social media, it's important to find in-person support as well. Connecting face to face with someone who cares about you can play a huge role in relieving stress and boosting your mood.



There are many disease-specific organisations that can match you with a person who has survived the same type of medical condition. Whether it's in-person, online, or via telephone, you can receive one-on-one support from someone who has firsthand experience of what you are going through.

Support Groups can be a safe place to talk about what you're going through and get coping tips from others who are undergoing similar medical problems. Don't be put off if you don't click with the first group you try. It can sometimes take several attempts to find the group that works best for you.

MIND-SET: Coping With Health Issues (Part 2)

It's easy to be frightened of your feelings when you're facing a chronic or life-threatening health condition. Like many patients, you may think that bottling up your emotions, putting on a brave face, or forcing yourself to be positive and cheerful will provide the best outcome to your illness. However, being honest about any negative emotions you're experiencing won't delay your recovery in any way. It may even have the opposite effect.

A 2002 review of studies into the coping styles of patients with cancer concluded that being cheerful has little effect on the success of treatment or rate of recurrence. In fact, bottling up your emotions may only increase your stress levels, elevate the amount of pain you feel, and make you more susceptible to anxiety and depression. It's often the act of refusing to face your fears that leads to the hopelessness, sadness, and pain that can come with battling a serious illness.



Facing your emotions on the other hand, even the most painful and fearful ones, can help you to ease your stress and suffering, better come to terms with your condition, and find greater peace and physical fortitude as you work towards recovery.

Many of us are taught in childhood to bottle up our feelings. We internalise emotions such as fear, grief, and anger or we explode inappropriately, which serves only to fuel rather than expend unpleasant feelings. By the time we reach adulthood, we often find it difficult to even recognise what we're really feeling. But it's never too late to learn to reconnect with your emotions. You can start by listening to your body.

When you experience a strong emotion, you likely also feel it somewhere in your body. Perhaps your stomach tightens up every time you feel anxious or afraid, for example, or your shoulder muscles get tense when you feel a sense of grief or loss. By concentrating on these physical sensations, you can start to explore your emotions rather than trying to ignore or repress them.

When your feelings are freed, you'll find different emotions quickly come and go. Even the most painful and difficult feelings will rapidly subside. As you undergo treatment, you may hear, read, or see something that triggers a strong, unpleasant feeling. But if you allow yourself to feel what you feel, it won't last, and a different emotion will soon take its place.

Stress can contribute to or exacerbate many different problems, including cardiovascular disease, high blood pressure, gastrointestinal disorders, chronic pain, post-operative and wound healing, and some side effects of cancer and cancer treatments. Practicing stress management techniques, however, can help you manage these health issues.

Even after you've had a heart attack or heart surgery, for example, stress management can help by bolstering the benefits of cardiac rehabilitation or reducing the amount of medication you need to control your blood pressure. If you're dealing with a cancer diagnosis, managing stress can help you relieve anxiety, alleviate fatigue and sleep disturbances, and boost your mood.

NUTRITION: Lazza's Kitchen Adventure

Spanish Chicken

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his ever version of Spanish Chicken from scratch

Ingredients

500g New Potatoes sliced
100g Chorizo - sliced
Chicken Breasts - sliced.
Tin of Baby Tomatoes: Plus Baby Tomatoes
Paprika: Mixed Herbs: Parsley: Garlic:
2 Red Onion
Peppers
Chicken Stock - 100ml
Black olives (I left off the pic below)

The first recorded use of the word *paprika* in English is from 1831. Paprika is a spice made from dried and ground red pepper.

Paprika is rich in several vitamins, minerals, and antioxidants. Nutrients in paprika, particularly lutein and zeaxanthin, have been linked to better eye health and a lower risk of cataracts and Age-related Macular Degeneration. Compounds in paprika, including carotenoids and capsaicin, may block cancer cell growth.

I sliced up the potatoes and red onion, placing them into an oven dish.

I sprinkled over olive oil and also some paprika.

I cooked at 180C for around 30 minutes.

Meanwhile, I sliced up three chicken breasts into small pieces.

Into a large bowl I put the sliced up peppers, a tin of baby tomatoes, the pieces of chorizo, a few baby tomatoes. I then added some paprika, mixed herbs, parsley, olives, and powdered garlic, with the 100ml chicken stock, and gave it all a big stir.

Then I added the chicken pieces to the mixture and stirred again.

Taking the oven dish out the oven, I poured in the mixture on top of the potatoes and onions, and returned the dish to the oven.

It cooked for a further 30-40 minutes.

Remove when chicken is clearly cooked properly and bubbling nicely.



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.

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

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

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

ROUND ONE: Multiple Choice

Only one of the choices are correct: which one is it?

NOT a place in Australia	NOT a name of a Moon Crater	NOT a British Pub Name
Boing Boing	Wallace	The Sozzled Swan
Fosters Knob	Warner	The Muscular Arms
Sausage Gully	Warren	The Nobody Inn
Mount Blowhard	Watson	The Bunch Of Carrots

ROUND TWO: Give Me a Number

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

In the eight Harry Potter Films, for how many minutes in total was the character Draco Malfoy on screen?

At its highest point, how tall, in metres, is the Leaning Tower Of Pisa?

In the 2020 Census, what was the population of Miami?

What is the world record, in minutes, for not blinking? Not recommended.

How many eyes do spiders usually have?

ROUND THREE: When Did That Happen

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

Anne Boleyn, married to King Henry VIII, was beheaded.

The National Geographic Society is founded in Washington DC.

Elvis Presley recorded the single Heartbreak Hotel:

Space Shuttle Colombia disintegrates on re-entry.

Björn Borg retired from playing tennis:



ROUND FOUR: What specifically links these things?

Zambezi River: David Beckham: Islington: Hamilton: Melbourne:

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

1. Oldest Actor: Robert Redford: Al Pacino: Jack Nicholson:
2. Nearest to London: Dublin: Edinburgh: Paris:
3. Won the FA Cup: Charlton: Crystal Palace: Fulham:
4. No1 in 1985: A-Ha: Duran Duran: Eurythmics

ROUND SIX: Which Country is it?

1. The First Country to win the Football World Cup
2. The First Country to win the Eurovision Song Contest
3. The First Country to grant women the vote
4. The First Country to offer paper currency.



NUTRITION: Healthy Eating With Cancer

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.

Although we are linking this issue with Cancer, nutrition can also correspond with most serious illnesses, and is something useful to know.

A lot of research is being done into which types of food may affect our risk of developing cancer. Research shows that being overweight increases the risk of developing some types of cancer. There are many reasons why people are overweight. But an unhealthy diet and lack of physical activity are often factors.



Some foods have been shown to increase our risk of cancer. The link between diet and risk of developing cancer is complicated. To be honest, scientists are still struggling to understand it. What we do know is that a healthy, balanced diet and regular exercise helps us keep to a healthy weight. And that can help reduce the risks of some cancers. I need to work on this as people well know.

As we have discussed many times in these packs, food has nutrients that our bodies need. We have covered them extensively: protein, carbohydrates, fats, vitamins, minerals, fibre, and fluids.

A healthy balanced diet gives you all the nutrients you need to keep your body working well. For most people this will include:

- Vegetables and Fruits: a minimum of five a day
- Plenty of starchy carbohydrates - choosing wholegrain types especially
- Protein rich foods, such as lean meat, poultry, fish, butts, eggs, pulses
- Some milk and dairy foods.

A healthy diet means limiting foods that are high in saturated fat and sugar. One reason is that these foods often do not have any of the additional vitamins or minerals. Although high-fat and sugary foods give you a large amount of energy, they can also cause weight gain (take it from an expert in that!!!). Try and choose unsaturated fats, such as nuts, avocados, and olive oil.

One of the easiest ways to ingest too much sugar is with fizzy drinks. Why not buy squash if you like to have flavour when you drink? Whole fruits are better than fruit juice too.

After treatment for illnesses, some people have a higher risk of other health problems. This can include diabetes, heart disease, or osteoporosis. If you have been told you are at any increased risk, it is very important to follow a healthy diet to try and prevent them.

NUTRITION: A Healthy Diet through Illness

Eating a healthy diet is important for both physical and mental wellbeing. It helps your body to grow, repair, and work well. But this is crucial if facing treatment.

Staying in good general health can help:

- make the full range of treatment options available to you
- prepare your body for treatment (prehabilitation)
- tolerate higher doses of chemotherapy
- protect you from infection
- in your recovery from treatment you are receiving
- keep your strength and energy levels up
- lower the risk of developing other cancers and illnesses



If someone you know is ill, or you yourself are having treatment, it is possible they could be suffering a few difficulties as a result of that treatment. This can include:

- Loss of appetite and feeling full quicker
- Increased appetite
- Sickness and nausea
- Changes in taste
- Diarrhoea
- Constipation

If you struggle to eat or drink, speak to a member of your medical team overseeing the treatment. They might offer you a referral to a dietician, who can give you specific guidance about how to improve your nutritional intake. Do not take any supplements without seeking medical advice as some could interact with lymphoma treatments and other medications in unwanted ways.

If you are neutropenic (have a lower number of white blood cells that fight infection), your medical team might give you separate guidance about food safety. You might have heard of a 'neutropenic diet' (sometimes called a 'clean', 'low-bacterial' or 'low microbial' diet). There is limited scientific research supporting neutropenic diets. Your medical team are best placed to advise you on any foods or drinks to avoid.

Some medicines and treatments for lymphoma can lower your appetite or make you feel full soon after you start to eat. This could be a side effect of chemotherapy. It might also happen if you have lymphoma in your gut (gastrointestinal tract) or if you have radiotherapy to your gut.

If you feel less hungry than usual or you become full quickly, you could try the following tips:

- Eat little and often with snacks between meals.
- Choose foods that are high in protein and energy such as omelettes, cheese, yoghurts, nut butter, milk-based puddings, bananas and oats. Full-fat products, for example whole milk, full-fat yoghurt, nut butters and avocado provide more energy (calories) than low or reduced fat ones. You can also add energy and nutrients to your food with products such as olive oil and milk powder.
- Limit your fluid intake soon before you eat and you might find it helps not to drink for around 30 minutes before your food.
- Order a smaller portion if you are eating out. For example, you might prefer to eat a starter or a child's portion if a full main meal feels too much.

Nutrition: HMHB looks at Minerals

Today: Magnesium

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

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

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

Magnesium is a macromineral. Magnesium, an abundant mineral in the body, is naturally present in many foods, added to other food products, available as a dietary supplement, and present in some medicines (such as antacids and laxatives).

Magnesium is a cofactor in more than 300 enzyme systems that regulate diverse biochemical reactions in the body, including protein synthesis, muscle and nerve function, blood glucose control, and blood pressure regulation.



Magnesium is required for energy production, oxidative phosphorylation (“a cellular process that harnesses the reduction of oxygen to generate high-energy phosphate bonds in the form of adenosine triphosphate”) , and glycolysis (“the process in which glucose is broken down to produce energy”). It contributes to the structural development of bone and is required for the synthesis of DNA, RNA, and the antioxidant “Glutathione”.

Magnesium also plays a role in the active transport of calcium and potassium ions across cell membranes, a process that is important to nerve impulse conduction, muscle contraction, and normal heart rhythm.

Something I did not know until recently, Magnesium is needed to move vitamin D around in the blood and to activate vitamin D. Magnesium deficiency can also reduce active vitamin D levels.

When we talk about Vitamins in our course, we also stress how various minerals and vitamins react with each other. People know they need Vitamin D, but not that they need Magnesium for it to work properly in the body!!

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

LAZZA'S PAGE

Recommendations, News, Life!!!

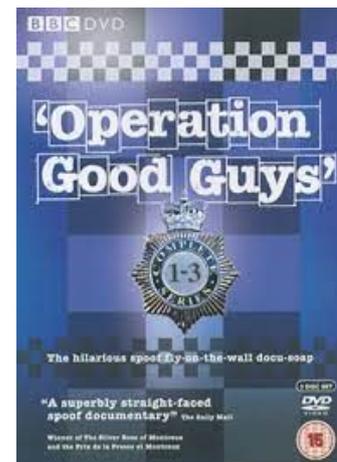
I thought I would launch a new page in 2023. I just wanted to talk a little more about who I am and the people behind HMHB, and maybe talk about what gets me through life.

Just over six years ago, close to my birthday in 2017, I woke up and I could only see out of half my left eye. I popped along to Specsavers who ordered me a taxi to Moorfields. The photo is my eye. The cloudy bit at the top is where I had a detached retina - with 12 tears. This apparently was quite a lot. The next day I had surgery to repair the damage. A year later I had a further surgery as I developed a cataract, and a further surgery after that too. Ironically, about 18 months after the left eye, I had an identical problem with the right, and had surgery then for a detached retina, followed by two similar surgeries. So within a three year period I had six eye operations. The reason I am putting this is to just praise our incredible NHS and the work they do. I could have gone blind, but have terrific vision now. I don't wear glasses or contact lenses (although I may think about reading glasses soon). I am seriously indebted to the NHS. Creating it has to be one of the best decisions we ever made as a nation.



I know I live in Highbury, but I have supported Liverpool since I was 7. I decided I would be a fan of the team that won the FA Cup in 1974, and it was Liverpool who beat Newcastle 3-0. Since then, I have been an avid fan, although I do not understand the way supporters will hate other people just because they support a different team. I have a soft spot for Arsenal now, as well as Leyton Orient, Plymouth Argyle, and Exeter City - for no obvious reasons!!!! Saturdays and Sundays I am hooked to the television, normally with fingers crossed. I can't watch MOTD if we do not win.

As people know, I am someone who loves being entertained. The cinema, theatre, etc. They captivate me. I was introduced to a mockumentary comedy show that came out before The Office, which is around 25 years old. Operation Good Guys is meant to be following around an elite police unit - but it is side splitting funny in my opinion. One of the writers, and stars, actually drinks at the office - White Swan Wetherspoons in Highbury – Ray Burdis. I have had the chance to chat with him a couple of times about the series as it was unique at the time, breaking lots of new ground. If you get the chance to see it, I would definitely recommend to you. You need to look out for all the little bits in background too.





HMHB's Name Game Page:

Can you name these Food Items?

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

Answers at bottom of quiz page answers (page 39)



1



2



3



4



5



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Very Berry Traybake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Very Berry Traybake from scratch

Blueberries are high in "Soluble Fibre", which helps your gut remove bile and manage cholesterol, a known risk factor of cardiovascular health.. Soluble Fibre does this by binding to the cholesterol, salts, minerals, and other bile components, and removing it through the body's waste.
Blueberries can help regulate blood sugar levels. Fruit is often referred to as nature's sweetener, but blueberries have a lowering effect on blood sugar levels compared with other fruits.

Ingredients

225g Unsalted Butter
225 g Caster Sugar
3 Large Eggs (I know two in pic.)
300g Self Raising Flour
Baking Powder
Natural Yoghurt (about two tablespoon)
Blueberries
Blackberries
Vanilla Extract: Mixed Spice: Cinnamon
Crushed Hazelnuts

Mix the Unsalted Butter and Caster Sugar together to make a smooth paste.

Add in the Natural Yoghurt to make it more fluid.

Gradually add in the flour and stir it all in.

Then add the baking powder.

Put the eggs in one at a time, mixing up so it is all blended together.

Now you can add the vanilla essence, blueberries, and blackberries (but you can use other fruits like raspberries too), and the spices - I used cinnamon and mixed spice, and a hint of nutmeg too.

Finally, I added in some crushed hazelnuts for texture.

As you can see I used two silicone square baking trays, so pour the mixture into your prepared tins.

Remember to grease if you need to.

Bake at 180C for around 35-40 minutes. Put a skewer in around 30-35 minutes to give yourself an idea of how well they are cooking.

Leave to cool thoroughly before cutting them up into slices. The fruit and yoghurt will make this bake quite moist, but a lovely texture.



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

EXERCISE/FITNESS

Why should we do regular exercise?

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

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

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

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

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

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

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

Be active, be safe, and go for it.

Exercise is defined as any movement that makes your muscles work and requires your body to burn calories. There are many types of physical activity, including swimming, running, jogging, walking, and dancing, to name a few. Being active has been shown to have many health benefits, both physically and mentally. It may even help you live longer.



You will be happier

Exercise has been shown to improve your mood and decrease feelings of depression, anxiety, and stress. It produces changes in the parts of the brain that regulate stress and anxiety. It can also increase brain sensitivity to the hormones serotonin and norepinephrine, which relieve feelings of depression.

Additionally, exercise can increase the production of endorphins, which are known to help produce positive feelings and reduce the perception of pain. Interestingly, it doesn't matter how intense your workout is. It seems that exercise can benefit your mood no matter the intensity of the physical activity.

Help you lose weight

Some studies have shown that inactivity is a major factor in weight gain and obesity. To understand the effect of exercise on weight reduction, it is important to understand the relationship between exercise and energy expenditure (spending).

Your body spends energy in three ways:

- digesting food
- exercising
- maintaining body functions, like your heartbeat and breathing

While dieting, a reduced calorie intake will lower your metabolic rate, which can temporarily delay weight loss. On the contrary, regular exercise has been shown to increase your metabolic rate, which can burn more calories to help you lose weight.

Additionally, studies have shown that combining aerobic exercise with resistance training can maximise fat loss and muscle mass maintenance, which is essential for keeping the weight off and maintaining lean muscle mass.

EXERCISE/FITNESS:

Why should we do regular exercise?

Strengthens Bones and Muscles

Exercise plays a vital role in building and maintaining strong muscles and bones. Activities like weightlifting can stimulate muscle building when paired with adequate protein intake. This is because exercise helps release hormones that promote your muscles' ability to absorb amino acids. This helps them grow and reduces their breakdown.

As people age, they tend to lose muscle mass and function, which can lead to an increased risk of injury. Practicing regular physical activity is essential to reducing muscle loss and maintaining strength as you age. Exercise also helps build bone density when you're younger, in addition to helping prevent osteoporosis later in life.

Some research suggests that high impact exercise (such as gymnastics or running) or odd impact sports (such as soccer and basketball) may help promote a higher bone density than no impact sports like swimming and cycling.

Boost your energy levels

Exercise can be a real energy booster for many people, including those with various medical conditions. One older study found that 6 weeks of regular exercise reduced feelings of fatigue for 36 people who had reported persistent fatigue. And let's not forget the fantastic heart and lung health benefits of exercise. Aerobic exercise boosts the cardiovascular system and improves lung health, which can significantly help with energy levels.

As you move more, your heart pumps more blood, delivering more oxygen to your working muscles. With regular exercise, your heart becomes more efficient and adept at moving oxygen into your blood, making your muscles more efficient. Over time, this aerobic training results in less demand on your lungs, and it requires less energy to perform the same activities, which is one of the reasons you're less likely to get short of breath during vigorous activity.

Additionally, exercise has been shown to increase energy levels in people with other conditions, such as cancer.

Moderate exercise can provide antioxidant protection and promote blood flow, which can protect your skin and delay signs of aging. Regular exercise improves blood flow to the brain and helps brain health and memory. Among older adults, it can help protect mental function.



Whatever you do, you must make time to get a suitable amount of exercise in every week.

Your body needs movement and flexibility. It needs you to provide it.

Sedentary lifestyles are starting to affect our overall health.

It is your responsibility to make sure you give your body every chance to be healthy.

EXERCISE/FITNESS:

Three Zumba Moves to boost your Energy



Bend and Stretch

We do this during the song This Is Me.

From a standing position we bend at the waist, lowering our hands towards our feet, but keeping our chins up and looking forward to protect our backs.

Then we swing upwards, raising our hand above our shoulders and swinging to one side. We then repeat but swing to the opposite side.

Take 10 minutes after a workout to stretch, especially lower back stretches, and cool down. Watch your form and posture. Always keep your back in a straight, neutral position.



Fist Pumping

From a standing position you punch with one arm to the ground, raising it up above you to a count of four. Then to the next count of four you punch upwards with alternate arms. Repeat using the other arm to punch down low, again raising to count of four, and again punching upwards alternately to a count of four. When punching upwards above you, try and do a small jump at the same time.

When you jump, your body becomes accustomed to supplying more oxygen and blood to your muscles. This improves the functioning of the heart and lungs. Jumping also improves balance and muscle coordination.



Squat Kicks

We have done this one before, but we were introduced to it by our wonderful Zumba instructor Karina.

From a standing position you lower yourself into a squat, making sure you move your bottom away from you as you get into the seated position. Come up punching down whilst raising a leg, and then repeat with opposite leg.

Squats add strength to your skeleton, mainly in the spine and lower body. Squats improve your flexibility, too. As you become older, your tendons, muscles, and ligaments become less elastic. Regularly doing squats can help slow down this process and limber you up.

EXERCISE/FITNESS:

Three more Zumba Moves to boost your Energy



Marching Fist Pump

A nice easy one but a good one to help build a sweat. You will be marching on the spot. Meanwhile, when on the right foot you clench your fist and in front of you make a small movement as if you are pulling something down in front of you. Then do same with left and so on. (see pic).

Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. How much you do is down to you and your mindset. Doing physical activity can also distract you from negative thought patterns.



Step and Swish

We do this sort of move in several different songs. Standing slightly sideways, you step forward and back twice using right foot to count one to four. Then you swish your right foot round to the other side to a count of one to four. Repeat then using left foot. This is to help with balance.

Balance training helps your body respond more quickly to demands of life and avoid injuries from a fall. Also gives increased muscular strength and joint support. When you strengthen the muscles used for balance, you help take the stress off of painful joints.



Happy and Wary (our own name for this move)

So this is down to a count of eight. The first four you walk forward with a big smile on your face (the happy part of the name). The second four you take four steps backwards, leaning forward, swinging your arms behind you, to front, to behind to front, with a wary expression on your face (as if something has scared you). Repeat walking forward and back.

Zumba targets lots of different muscle groups at once for total body toning. It boosts your heart health. You not only get aerobic benefits (it really gets your heart rate up), you also get anaerobic benefits – the kind that help you maintain a good cardiovascular respiratory system.

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.



This is an extraordinary photo. On May 6th, 1967, a 13-year-old Canadian girl, called Maureen Wilton, once ran the fastest marathon by a female, knocking more than four minutes of the previous world record. This shows her on her final sprint, joined by her brother. While running, she was beaming and saying "gee, this is great." Just two minutes after the race, in Toronto, had finished, a doctor declared that her heart rate had already returned to normal.

That plane is a USAF F-104 Starfighter, the first aircraft to travel to 100,000 feet after taking off under its own power.



During the opening ceremony for a new terminal building at the Ottawa International Airport in 1959, one of these planes was performing a supersonic flypast. The resulting sonic boom shattered all the glass in the airport and caused significant structural damage, delaying the opening for another year.



This extraordinary man is called James Harrison, nicknamed "The Man With The Golden Arm". He gives blood. It was discovered that his blood contained unusually strong and persistent antibodies. His blood was shown to be able to treat a rare blood disease in newborn babies. After starting donating blood he continued every few weeks for the next 63 years. It is estimated that his blood has helped save the lives of over 2.4million babies during his life. Wow!!!

You will probably recognise Brian May, guitarist with Queen.

In 2013, he bought 157 acres of land that was about to be developed into buildings. It is based in Dorset and is now called "May's Wood". He helped to plant trees with some volunteers and managed to restore it into a thriving woodland. It now has over 100,000 trees growing there. Planted with many species of native trees and shrubs, including Oak, Birch, Field Maple, Hazel, Elder, Willow, Crab Apple, Hawthorn, Sycamore, Alder, Whitebeam, Cherry, Yew, Guelder Rose, Dogwood, Spindle (to name a few).



HEALTH / ROUTINE

Who can get Cancer and what are signs?

Anyone can get cancer. It affects people from all backgrounds and lifestyles. There is no discrimination. It is most common in people over 50 but, sadly, it can happen at any age. It is estimated that more than one in two people will get some form of Cancer in their lifetime. Thankfully, though, survival rates are improving all the time. In fact they have doubled in the UK over the last 40 years.

Scientists do not always know what has caused a cancer, but there are things that can increase your risk. They're called risk factors, and include:

Your age

Smoking tobacco

Drinking alcohol

Eating an unhealthy diet

Carrying too much weight, known as being overweight or obese

Sun Exposure

Exposure to certain chemicals

Certain viruses, such as "human papilloma virus (HPV).



Before you worry too much, having risk factors does not necessarily mean you will get cancer, but your percentage chance is higher. And flipping it over, having no risk factors does not mean you will definitely avoid cancer.

Cancer is not just something to affect us. Most of us have family or friends who had some contact with it, You may worry that your family has a history of cancer. However, it is estimated that less than one in ten cancers are linked to a strong family history. You can ask your doctor about this.

Signs

Signs and symptoms caused by cancer will vary depending on what part of the body is affected.

Some general signs and symptoms associated with, but not specific to, cancer, include:

- Fatigue
- Lump or area of thickening that can be felt under the skin
- Weight changes, including unintended loss or gain
- Skin changes, such as yellowing, darkening or redness of the skin, sores that won't heal, or changes to existing moles
- Changes in bowel or bladder habits
- Persistent cough or trouble breathing
- Difficulty swallowing
- Hoarseness
- Persistent indigestion or discomfort after eating
- Persistent, unexplained muscle or joint pain
- Persistent, unexplained fevers or night sweats
- Unexplained bleeding or bruising

However, let's make this clear, having these symptoms does not mean you have Cancer. But it is wise to speak to your local medical practice and have a healthcare professional decide what to do. Always see your GP if you have symptoms that are ongoing, unexplained, or unusual for you. The sooner diagnosed, the more likely treatment will be successful,

HEALTH / ROUTINE

How is Cancer diagnosed?

If you have concerns and approach your doctor, he can refer you for tests. Other people may get diagnosed after going into hospital for another health problem. Or maybe a symptom gets so bad it becomes an emergency. In general, the earlier a Cancer is diagnosed, the better the chances are that treatment will work.

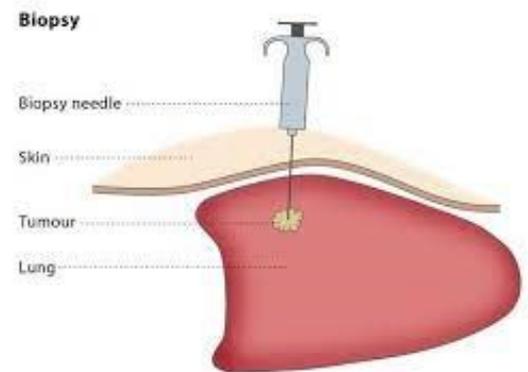
A GP referral can be either urgent or non-urgent. An urgent referral will mean that tests should be arranged quickly, and you can chat to your doctor about that. A non-urgent referral means that times will vary. It can also depend on where you live and what type of medical problem you may have.

Healthcare teams have various tests and scans to find out if you have Cancer. These test may also give more information about the Cancer. They can include:

A Biopsy:

This is a medical procedure that involves taking a small sample of body tissue so it can be examined under a microscope. A tissue sample can be taken from almost anywhere on or in your body, including the skin, organs and other structures. The term biopsy is often used to refer to both the act of taking the sample and the tissue sample itself.

When the tissue sample is examined under the microscope, abnormal cells may be identified, which can help to diagnose a specific condition. If a condition has already been diagnosed, a biopsy can also be used to assess its severity (such as the degree of inflammation) and grade (such as the aggressiveness of a cancer). This information can be very useful when deciding on the most appropriate treatment, and assessing how well a person responds to a particular type of treatment. It can also be useful in helping to determine a person's overall prognosis (outlook).



Blood Tests

These have a wide range of uses and are one of the most common types of medical test.

For example, a blood test can be used to:

- assess your general state of health
- check if you have an infection
- see how well certain organs, such as the liver and kidneys, are working
- screen for certain genetic conditions

Most blood tests only take a few minutes to complete and are carried out at your GP surgery or local hospital by a doctor, nurse or phlebotomist (a specialist in taking blood samples).

Scans and X-Rays

Obviously these are looking inside your body, and can vary for different types of cancer. These can include Ultrasound, CT Scan, Magnetic Resonance Imaging, Fluoroscopy, Angiography, Electrocardiography, Various Topographies', Bone Scan, and others. Waiting for results can be a difficult time, but try not to stress about things you do not know. It can take days, or even weeks.

HEALTH / ROUTINE

Cancer Treatments

Your Doctor or Consultant, with your permission, can decide on the best treatment plan for you. Remember, they are used to this. You may have preferences though. You will be involved in all decisions.

They may make a treatment plan. This could be when more information about the cancer becomes available: for example, when the doctor knows the result of surgery to remove cancer. It could mean making more decisions. And you might have more than one treatment that is effective for the type and stage of Cancer that you have. Remember, there will be probably be some side effects too. Clearly, the aim of the treatment is to cure the Cancer or control it and relieve the symptoms. The type of treatment will depend on what Cancer it is and your own situation.



Treatments include:

Surgery:

It's possible that scans will be not be okay and surgeons will have to do staging surgery to learn how large a tumour is, if it has spread, and if so, where. Your doctor may remove the entire tumour or take a sample. They may also take some lymph nodes near the cancer to learn if it has spread there. Lymph nodes are small, bean-shaped organs that help fight infection. They are often the first place a cancer spreads.

A pathologist will look at the tissue and talk with your oncologist about what they find. The results of staging surgery and other tests helps you and your doctor decide on treatment. The results can also help predict your chance of recovery.

Removing a tumour is a common type of cancer surgery. This may also be called a resection or excision. Your doctor usually takes out the tumour and some of the healthy tissue near it. The tissue around the tumour is called the margin.

Tumour removal generally requires a larger incision, or cut, than a biopsy. There may be less invasive surgical options for tumour removal, like a laparoscopic surgery or robotic surgery. These use small instruments and small incisions. With a less invasive surgery, you usually have less pain and recover faster.

Sometimes, surgery is the only cancer treatment needed. Or, you might also have additional treatments before or after your surgery. Treatment that is given before surgery to help shrink the tumour is called neoadjuvant treatment. Treatment that is given after surgery to treat any remaining cancer cells is called adjuvant treatment.

Radiotherapy:

At high doses, radiation therapy kills cancer cells or slows their growth by damaging their DNA. Cancer cells whose DNA is damaged beyond repair stop dividing or die. When the damaged cells die, they are broken down and removed by the body.

Radiation therapy does not kill cancer cells right away. It takes days or weeks of treatment before DNA is damaged enough for cancer cells to die. Then, cancer cells keep dying for weeks or months after radiation therapy ends. When used to treat cancer, radiation therapy can cure cancer, prevent it from returning, or stop or slow its growth.

HEALTH / ROUTINE

Chemotherapy

Chemotherapy

Chemotherapy is a cancer treatment where medicine is used to kill cancer cells. There are many different types of chemotherapy medicine, but they all work in a similar way. They stop cancer cells reproducing, which prevents them from growing and spreading in the body.

Chemotherapy may be used if cancer has spread or there's a risk it will.

It can be used to:

- try to cure the cancer completely (curative chemotherapy)
- make other treatments more effective: for example, it can be combined with radiotherapy (chemoradiation) or used before surgery (neo-adjuvant chemotherapy)
- reduce the risk of the cancer coming back after radiotherapy or surgery (adjuvant chemotherapy)
- relieve symptoms if a cure is not possible (palliative chemotherapy)



The effectiveness of chemotherapy varies significantly. Ask your doctors about the chances of treatment being successful for you.

Chemotherapy can be given in several ways. Your doctors will recommend the best type for you.

The most common types are:

- chemotherapy given into a vein (intravenous chemotherapy) – this is usually done in hospital and involves medicine being given through a tube in a vein in your hand, arm or chest.
- chemotherapy tablets (oral chemotherapy) – this usually involves taking a course of medicine at home, with regular check-ups in hospital.

You may be treated with one type of chemotherapy medicine or a combination of different types. You'll usually have several treatment sessions, which will typically be spread over the course of a few months.

As well as killing cancer cells, chemotherapy can damage some healthy cells in your body, such as blood cells, skin cells and cells in the stomach.

This can cause a range of unpleasant side effects, such as:

- feeling tired most of the time
- feeling and being sick
- hair loss
- an increased risk of getting infections
- a sore mouth
- dry, sore or itchy skin
- diarrhoea
- Constipation

Many of these side effects can be treated or prevented and most, if not all, will pass after treatment stops.

NUTRITION: Lazza's Kitchen Adventure

Coconut, Mango, Yoghurt Cake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Coconut, Mango, Yoghurt Cake from scratch

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

Ingredients

250 g natural full-fat yoghurt
100 ml coconut oil, melted
300 g soft light brown sugar
5 medium free-range eggs
250 g desiccated coconut
100 g plain (all-purpose) flour
1 tsp baking powder
Mango Pieces chopped up (but you can really use any fruit)

This fantastically easy bake produces a wonderfully moist coconut cake. Honestly, was one of the tastiest bakes I have ever produced.

Preheat the oven to 160°C fan/180°C/350°F/gas mark 4.

Whisk the yoghurt, melted coconut oil and sugar together until pale and fluffy.

Beat in the eggs one at a time.

Gently fold in the desiccated coconut, plain flour and baking powder, taking care not to overmix.

I also added some crushed hazelnuts for texture.

Spoon the batter into a prepared tin - I use a couple of silicon trays.

Scatter the chopped mango all over the batter. Don't worry if it looks like a bit too much for the cake, the cake will rise up around it.

Transfer to the oven for 30–35 minutes, until firm to the touch and a skewer inserted into a non-mango bit comes out clean.

Be careful, it can burn if in too long - that happened slightly to mine.

Leave to cool - and wow, it was amazing.



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

HMHB and our Amazing Partnerships

Promoting Projects and Organisations - Pt 1



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

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

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

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



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

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

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



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

www.healthygenerations.org.uk

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

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



Help on Your Doorstep

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

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

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

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

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

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



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

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

www.shp.org.uk 0204 509 8300

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

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

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

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

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

Round One:	1 Fosters	2 Warren	3 Swan
Round Two:	1, 31:	2, 56	3, 442,241: 4, £91: 5, 8:
Round Three:	1, 1536:	2, 1888:	3, 1956: 4, 2003. 5, 1983.
Round Four:	Victoria: (falls, wife, underground, theatre, state)		
Round Five:	1 Redford:	2 Paris:	3 Charlton: 4 Eurythmics:
Round Six:	1 Uruguay:	2 Switzerland:	3 New Zealand: 4 China



Quiz Answers from Page 6 + 1980s Sports Stars from Page 24

See if you can beat your family and friends

People: Those countries those people led, and when were they born.

1. IG: 1917: India
2. GP: 1911: France
3. HK: 1930: Germany
4. MT: 1925: United Kingdom
5. XJ: 1953: China
6. JT: 1971: Canada
7. GW: 1732: U.S.A.
8. JS: 1878: Soviet Union
9. NS: 1970: Scotland
10. FK: 1957: Japan
11. AA: 1963: Australia
12. FC: 1926: Cuba
13. IA: 1925: Uganda

Cinema: The Actor/Actress who played those science fiction characters, and the year of the film.

1. 2017: Adam Driver
2. 1979: Sigourney Weaver
3. 1996: Will Smith
4. 2016: Diego Luna
5. 1982: Henry Thomas
6. 1999: Laurance Fishburne
7. 2010: Sam Worthington
8. 2016: Amy Adams
9. 1980: Max von Sydow
10. 1977: Alec Guinness
11. 1988: Arnold Schwarzenegger
12. 1984: Bill Murray
13. 1997: Bruce Willis
14. 1982: Harrison Ford
15. 1999: Tim Allen
16. 1993: Sam Neill
17. 1985: Christopher Lloyd

Pop Music: The singer/band of these body part songs, and year originally released.

1. 1986: Cutting Crew
2. 1987: T'Pau
3. 1984: Ultravox
4. 1978: Queen
5. 1984: Kenny Loggins
6. 1981: Sheena Easton
7. 1990: Deee-Lite
8. 1963: The Beatles
9. 2009: Fedde Le Grand
10. 1983: Bonnie Tyler
11. 1997: Celine Dion
12. 1967: Van Morrison
13. 1975: Eagles
14. 1977: Crystal Gayle

The World

The top 20 wheat producing countries in the world.

China, India, Russian Federation, U.S.A., France
Canada, Pakistan, Ukraine, Australia, Germany
Turkey, Argentina, Iran, Kazakhstan, United Kingdom
Romania, Poland, Egypt, Spain, Morocco.

QUIZ ANSWERS
QUESTIONS

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

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

Sport

The 19 Summer Olympic Host Countries

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

THE LAST PAGE

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

You can contact HMHB:

HMHB would prefer you email us: hmhb2016@outlook.com

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

www.facebook.co.uk/healthymindshealthybods

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

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

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

HMHB: Nominee Volunteer of the Year Awards 2021

Lawrence & HMHB: Winner Mayor Civic Award in 2022

Lawrence: Winner at Volunteer of the Year Awards 2022

Lawrence and HMHB: Official Nominee Mayor Civic Award 2023



ISLINGTON

Cripplegate Foundation Helping since 1500

Be Safe, Be Active, Be Well



Link to our Website