

# Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



## HMHB's Monthly Health Pack:

Number 34

Focus on:

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

*The Unique and Original, and still The Best*



*Prepared by: Lazza and the HMHB team:*

*1st March 2025*



[www.hmhb2016.org.uk](http://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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**“It doesn’t matter what you look like. You can be tall or short, fat or thin, with skin of any colour. It does not matter. What does matter is the size of your heart and the strength of your character”**

***Welcome to Issue 34 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](http://www.hmhb2016.org.uk).

We then went monthly for 7 issues.

Our new venture for 2022 onwards: Issue 33 here.

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, 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 a few photos from our trip to Rowan’s Ten Pin Bowling on Saturday 15 February - 28 of us - lots of fun and laughs.**

**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

### Bad Gut Bacteria linked to Increased Cancer Risk.

The role gut bacteria play in Cancer risk is not fully understood. However, it is known that gut bacteria imbalances sometimes causes health problems that may raise the risk of cancer.

For instance, a diet high in meats and processed foods, and lacking in fresh vegetables, may damage gut flora and increase the risk of certain gastrointestinal cancers, including “Colorectal Cancer”.

Also, an imbalance in the microbiome may lead to obesity, a risk factor for many cancers, including “Breast Cancer” and “Prostate Cancer”.

“We know the microbiome can play a major role in developing obesity,” Dr. Vashi says - a gastroenterologist at the City of Hope Cancer Centre Chicago. “And we know that obesity plays a role as a risk factor in certain cancer types. There’s a strong argument that people who have bad microbiomes are likely to become obese, making them more susceptible to developing more cancer types.”



Research has shown connections between gut flora and cancer risk factors and the effectiveness of treatments. Multiple studies have found that the composition of a patient’s gut bacteria may influence the performance of drugs called “immune checkpoint inhibitors”. In one study, melanoma patients who had good bacteria in their guts had better responses to anti-PD-1 immunotherapy drugs than patients with bad gut bacteria.

Maintaining good gut bacterial balance in cancer patients is often a challenge, potentially impacting treatments and leading to difficult side effects. That’s why, experts say, it’s important for cancer patients to be aware of the dangers, and for clinicians to give them tools to help prevent and manage them.

Cancer may wreak havoc on the human microbiota. The disease strains the immune system, which may allow bad bacteria in the gut to flourish. Antibiotics used to fight infection also may kill good bacteria in the colon. Antibiotics are like a grenade that can destroy many bacteria in your gut, both good and bad.

To further complicate matters, cancer treatments may lead to a pronounced imbalance of microorganisms, a condition called dysbiosis. For instance, the treatments listed below may all have an impact on gut bacteria.

- **Surgery:** Removing part of the colon also removes bacteria and some of the tissue in which they live.
- **Radiation Therapy:** This treatment may damage or inflame tissue in the colon.
- **Chemotherapy:** Drugs used to treat cancer may wreak havoc on the gut microbiome. Treatments may kill bacteria that aids digestion, often leading to diarrhoea, which further depletes good bacteria.

“Whenever patients get sick from chemotherapy and get diarrhoea, they lose a lot of good bacteria,” Dr. Vashi says. “And we have patients who take multiple antibiotics that destroy a lot of good bacteria. These can lead to different infections, including the most notorious one, which is *C. difficile*.”

**A healthy, low stress lifestyle with an emphasis on sleep, exercise, and plant-based foods is the best way to support good gut bacteria. But if you're only going to stick with one thing: Change your diet to include more whole foods and vegetables. This will have the single biggest impact.**

## HEALTH NEWS AND RESEARCH PAGE: Food Allergies could soon become a thing of the past.

**Allergic reactions to foods are a growing, potentially life-threatening problem.**

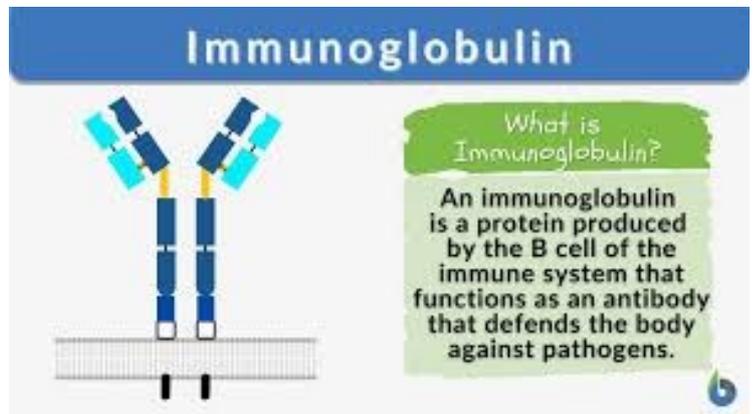
**The good news is we can turn this around, says Kari Nadeau.**

**She is the Chair of the Department of Environmental Health at Harvard School of Public Health and John Rock Professor of Climate and Population Studies.**

**She is also adjunct professor at Stanford University in the Department of Paediatrics.**

The most common types of food allergies are triggered by antibodies that we make called “Immunoglobulin E”, commonly known as “IgE”. These antibodies were discovered in the mid-1960s and kick-started an era of allergy research still going strong today. The early findings have spawned thousands of studies that paint an intricate picture of how allergies work, suggesting ways in which we can prevent and treat them.

When someone has a food allergy, IgE is involved in triggering a response when the immune system comes into contact with that food. Essentially, the body sees that part of your meal as an enemy, releasing histamine and other inflammatory chemicals in an attempt to deal with it. This causes symptoms ranging from itchiness and sneezes to wheezing and anaphylactic shock. The result can be anything from a mild inconvenience to death. We have yet to get to the bottom of why the body sometimes sees harmless substances in this way, but we now know much more about stopping this process from happening in the first place.



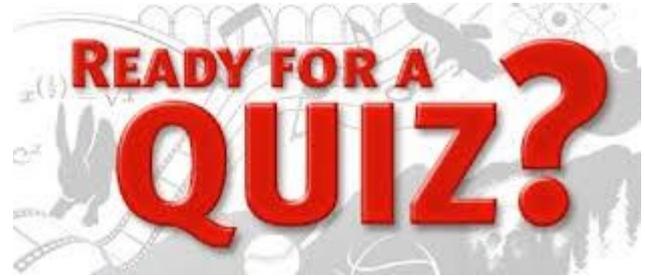
The old saying “prevention is better than the cure” holds true for food allergies. Experts use the so-called six Ds as a guide to preventative measures during childhood: diet, dirt, dogs, dry skin, detergents and vitamin D. Studies have found that people who, as youngsters, eat a diverse diet and do so often, have healthy Vitamin D levels, live in a home with a dog, avoid dry skin, and are exposed to dirt, allowing them to develop a good microbiome. The use of harsh detergents has also been associated with an increase in IgE. There is also evidence to suggest that when children consume potentially allergenic foods early in their lives, this trains the immune system to accept them.

Most of the interventions we currently use target the immune system in an effort to retrain its response to allergens. One technique, known as allergen immunotherapy, involves slowly building up exposure to a problem food. By starting in very small doses, the body appears to be able to be retrained to no longer see it as a threat. People with reactions to peanuts, eggs, milk or even to multiple foods have found success using this method. However, immunotherapy needs regular exposure to allergens, which can cause side effects.

There are also anti-IgE drugs that can block the antibodies involved and raise your threshold for a particular allergen before it makes you ill. These can be particularly useful when used with allergen immunotherapy to help people become desensitized to troublesome ingredients. Allergy vaccines are another option. These work by reshaping the body’s immune response to a particular food so it doesn’t end in illness. One example is a vaccine that has been used to help people with peanut allergies.

**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)**

**Countries:** According to Investopedia.com, which are the 25 Richest Countries in the World based on GDP (Gross Domestic Product) reported to the International Monetary Fund. Might be confusing - but that's life!!



**Cities:** Name the Capital City and their country from the letters in the City's name.

1. ABCEHRSTU
2. AAABILRSTV
3. AADEMMRST
4. ACDGHINNSTW
5. AAAABBDDIS
6. AABCENRR
7. ABIINOR
8. AABIILRS
9. AAELLTTV
10. AEGRPV
11. EHIILKNS
12. ABDEPSTU
13. CHKLMOOST

**FILMS:** Name the Oscar winning Director of these films, plus the year released.

1. Oppenheimer
2. Brokeback Mountain
3. Slumdog Millionaire
4. Lawrence Of Arabia
5. The Godfather Part 2
6. Gandhi
7. Schindler's List
8. The Quiet Man
9. Platoon
10. Million Dollar Baby
11. The Shape Of Water
12. The Hurt Locker
13. Annie Hall
14. Dances With Wolves
15. Forrest Gump
16. Titanic
17. The Departed

**Pop:** Who originally sang these songs released in 1986 all making UK Top 10 Singles.

1. Borderline
2. The Final Countdown
3. Manic Monday
4. Rock Me Amadeus
5. What Have You Done For Me Lately
6. Lessons In Love
7. Spirit In The Sky
8. Holding Back The Years
9. The Lady In Red
10. We Don't Have To Take Our Clothes Off
11. (I Just) Died In Your Arms Tonight
12. Thorn In My Side
13. You Can Call Me Al
14. Take My Breath Away



**The World:**

During 2023–24 there were 20 UK Train stations with more than 20 million entries and exits. How many can you name? Do a list before checking.

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

## HMHB Activity: Photos and Events from February 2025



We had a fun packed entertaining visit to Alexandra Palace at the start of Feb to see the Haringey Huskies Ice Hockey team play. It was fast and furious, with the HH eventually running out 4-3 victors. Our group of 17 loved it, joined by some family members in the cold environment. If you have never been I fully recommend the experience. We were engrossed. I am sure we will be back next year.

Our quizzers after enjoying another cracking quiz/games night with Professor Lazza delivering the perplexing and bewildering questions. With various rounds involving creating answers from imagination, picking numbers out of the dark, and a very devious true/false round, Lazza has really cornered the market in the impossible quiz. We need more participants. Come and join in.



We adore our Friday afternoon Sadlers Wells Community Engagement events as they are all different. Here we are with our terrific dance movement coordinator after another hour's fun session with five of us joining the group. It's amazing how something so simple (by the looks of it) can bring so much happiness.

Jazz and Georg joined our Lazza at the Google offices in Kings Cross (not the big new ones as yet). There was a community event around AI and Brands. Was very interesting to listen to the various presenters, and I know that HMHB needs to make a few changes here and there. But it was lovely having the lads join me. I did not feel so lonely!!!



Another wonderful Friday Sadlers event saw our group of four join the session teaching us how to Tango, with a wonderful instructor. We paired up and were concentrating on foot movements, how we stood, small swaying and even a few quicker steps, being mindful of everyone around us. I loved it, as did our dancers.

## HMHB Activity: Photos and Events from January 2025



An Amazing Saturday Lunchtime at Rowans Ten Pin Bowling with 28 of us in 5 lanes, all having a really good time. It is one of the best events that we do, and just seeing everyone enjoying themselves is brilliant.

It's not about the winning (says Lazza after winning - lol) but more about just getting people out, laughing, and having fun.

A cracking picture taken by our wonderful Justin on our Clissold Walk during the month. Now, that's a smile. We have three walks a week at the moment, looking to grow that to four a week this year, around multiple boroughs. Walking is so good for your health, do try and join us, or any other groups around.



More new people to our fantastic exercise session at Highbury Leisure Centre on Tuesdays.

Do come and join us as we have a fun time doing exercise and fitness, but in a social way.

We laugh, sweat, move, stretch, and every week is different, which is our forte.

Why not come along and join us.

Here we are at the Pleasance Theatre, Islington, where we caught the very funny Glenn Moore (picture top back right) trying out material for his upcoming tour later this year.

The Pleasance is a great venue - excellent value for money with brilliant price tickets - do check out their website and go and see a show.



The third of our Sadlers Community Events was at the Lift building in White Lion Street.

An interesting workshop sessions that centred around the Alexander Technique - a gentle method of movement training that helps you become more aware of how you move and think.

As always, our group enjoyed themselves.

## HMHB Activity: Photos and Events from January 2025

We had our first proper Opera this month, with a trip to the London Coliseum to see The Marriage of Figaro. Voted one of the best Operas of all time, it had lots of memorable music, glorious singing, and the production design was unique.

We have had quite a few visits to the Coliseum and they are always fantastic. Do go on their website and have a look.

Prices in the balcony area can be excellent, and there is always a great variety of shows to see.

I know Opera may feel “posh” but it isn’t. It’s there for everyone to enjoy. We definitely had a good time.



We took part in a really fun and interactive Winter Warmers event - find our Inner Clown. Overseen by the famous Mattie The Clown, we played games, talked about the importance of laughter, and played with balloons and red noses too. It was a great session and we all left with smiles on our faces, and balloons in our hands. Yay!!!

One of my favourite ever group photos taken on our first ever visit to the magnificent Hampstead Theatre, near Swiss Cottage. We ventured to the smaller theatre (they have two stages) to catch a fascinating production based around the game Dungeons and Dragons, called The Habits. Great acting, good story, laughs as well as sadness. Our 23 had a good night.



### LOOKING FORWARD MARCH 2025

HMHB has a terrific list of events already lined up for March.

We have TWO visits to the Pleasance Theatre to see some comedy.

We have TWO visits to the Kings Head Theatre: Stalled (musical) and Happy Room (play)

We are catching Animal Farm (18 of us) at Theatre Royal Stratford.

We are going to see QI being recorded: Plus a trip to the Soho Theatre for a one woman show.

Another three Sadlers Community Engagement Events (including the new Stratford venue).

Alongside our three weekly walks, exercise session, and friends meeting up.

## NUTRITION: Lazza's Kitchen Adventure

### Chocolate & Peanut Butter Shorts

Lazza has been trying out new recipes for over four years  
His first time making: Chocolate and Peanut Butter Shorts from scratch

#### Ingredients

150g Golden Caster Sugar  
250g Unsalted Butter (room temp and squidgy)  
300g Plain Flour  
75g Cocoa Powder  
Filling:  
250g Golden Caster Sugar  
75g Butter (room temp and squidgy)  
150g Peanut Butter (pref smooth)  
5-6 Tablespoon Milk

Caster sugar is a super fine sugar, which means it dissolves and incorporates faster than a coarser grained granulated sugar. This results in a lighter, airier treat (but the exactly the same sweetness. The texture is somewhere between a regular granulated sugar and powdered sugar. To be honest, it is granulated sugar that has been finely ground.

This is a very easy recipe to make.

First mix the sugar and butter together.

Add in the flour and cocoa powder.

Mix together to form a nice dough.

Roll the dough into a log shape (about 5cm in diameter).

Wrap in clingfilm and chill for around an hour.

Heat oven to 140C. Line a large tray with a baking parchment. Cut the log into about 32 rounds (not too thick).

Bake for 22-25 mins (check at 20 mins).

Leave to cool a little, then carefully remove and put on a wire rack to cool completely.

Make the filling by mixing all the ingredients together (use 4 tablespoon milk first, and add one or two more if you feel the mix needs it)

On one cooled biscuit add the filling and put another on top and press down slightly.

Let cool overnight. Taste great.



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

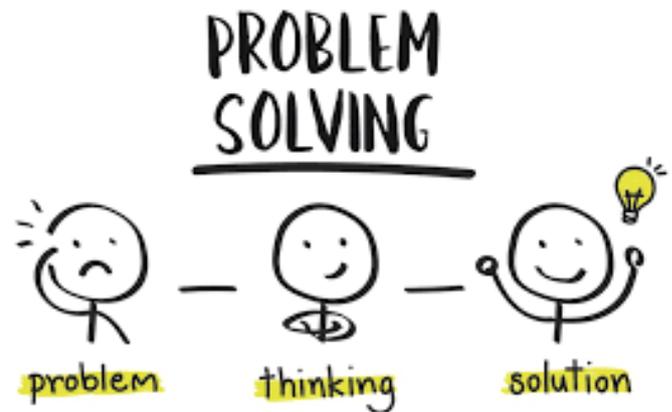
## MIND-SET: Problem Solving: Why is this Skill Important?

**Problem-solving skills are critical in both personal and professional environments. The ability to effectively analyse and resolve challenges is essential for success in an ever-evolving world.**

Below are some key reasons why problem-solving skills are important:

### **Enhances Decision-Making Abilities**

Problem-solving skills provide a structured approach to decision-making. When faced with a difficult situation, individuals with strong problem-solving abilities can break down the problem into smaller, manageable components, consider possible solutions, and make well-informed decisions. This helps reduce the likelihood of making poor decisions and enhances the overall quality of outcomes.



### **Increases Efficiency and Productivity**

Being able to quickly identify issues and find solutions allows individuals to work more efficiently. When problems arise, those with strong problem-solving skills are able to resolve issues swiftly, minimising delays and maximising productivity. In a business context, this can lead to faster project completions and a higher rate of success. In life, this can help us be more productive and give us more time for other activities.

### **Promotes Creativity and Innovation**

Problem-solving encourages creative thinking. When traditional approaches don't work, individuals are forced to think outside the box. Creative solutions can lead to innovation, helping individuals or organisations gain a competitive edge. By tackling problems in unique ways, new opportunities can arise that might have been previously overlooked.

### **Helps in Overcoming Challenges**

Challenges are a part of everyday life. Whether it's a personal issue or a workplace obstacle, having the skills to address and solve problems helps people cope with adversity. Problem-solving skills allow individuals to remain calm under pressure and tackle problems head-on without becoming overwhelmed.

### **Improves Communication Skills**

Effective problem-solving often involves working with others. Collaborating with teammates or seeking external input requires clear communication and the ability to convey ideas concisely. As a result, problem-solving strengthens communication skills, which are essential in both professional and personal relationships.

### **Develops Critical Thinking**

Problem-solving requires individuals to evaluate different perspectives, question assumptions, and weigh evidence to find the best solution. This fosters critical thinking, which is vital for understanding complex issues and making logical, reasoned judgments. It empowers individuals to not just react to situations, but to think strategically.

## MIND-SET: How do I know if I am good at Problem Solving?

Knowing if you're good at problem-solving involves assessing how you approach and manage challenges. Here are some signs that can help you determine if you're effective at problem-solving:

### **You Approach Problems with a Clear Plan**

If you have a systematic approach to solving problems, such as identifying the issue, gathering relevant information, brainstorming possible solutions, and evaluating their pros and cons, you are likely a good problem solver. A clear, methodical approach indicates that you don't just react impulsively but think through challenges carefully.



### **You Find Creative Solutions**

When standard solutions don't work, do you come up with alternative or creative ways to solve the problem? If you often think outside the box and explore innovative options when facing a challenge, you're showing strong problem-solving skills. Creativity is a key component of effective problem-solving.

### **You Are Resilient and Don't Give Up Easily**

If you persist in solving problems even after encountering obstacles, this resilience is a sign of your problem-solving ability. A good problem solver doesn't give up at the first sign of difficulty but works through challenges by exploring new methods or trying different strategies until they find a solution.

### **You Learn from Your Mistakes**

One of the hallmarks of a strong problem solver is the ability to learn from past experiences. If you reflect on what went wrong and adjust your approach in the future, it shows that you can adapt and improve your problem-solving techniques over time.

### **You Seek Feedback and Collaborate with Others**

Good problem solvers are open to feedback and don't hesitate to collaborate with others. If you're able to recognise when others might have valuable insights or solutions to offer and are willing to work as a team to find the best outcome, it shows that you're a strong problem solver who values different perspectives.

### **You Can Break Down Complex Problems**

If you can take a large, complex issue and break it down into smaller, more manageable parts, that's a good indication of your problem-solving skills. Being able to deconstruct a problem helps you tackle it piece by piece and avoid feeling overwhelmed.

### **You Evaluate the Outcome and Learn from It**

After you solve a problem, do you take the time to evaluate the results? Good problem solvers assess the effectiveness of their solutions and learn from the outcome, whether it's a success or a failure. This reflection helps you improve and refine your problem-solving skills for future challenges.

## EXERCISE/FITNESS: STRETCHING

### Yoga Stretches for you Core

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.

#### BOAT POSE

Sit on the floor. Bring the legs straight up to a 45-degree angle, as per picture. The torso will naturally fall back, but do not let the spine collapse. Make a "V" shape with the body. Bring the arms out straight in line with the shoulders. If this is too hard, bend your knees, bringing your shins parallel to the floor. This is called Half Boat. If this is tough to maintain, you can hold on to the backs of your thighs. Stretches the muscle that extends between the ribs and the pelvis, wrapping around the trunk from front to back.



**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.**

#### HIGH LUNGE

Stand Upright. Take a large step forward on your right foot. Bend your right knee and align it over your right ankle so that your right thigh is parallel to the floor.

Lift your back foot ankle off the floor.

Raise both arms up towards the ceiling, coming into a High Lunge formation, and hold.

If this is too hard you can put your hands on your hips instead.

The High Lunge Pose improves balance and stability while strengthening the leg, gluteal, arm and core muscles. As these muscle groups contract, we improve the joint function of the knees, ankles, hips, shoulders and elbows.



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

## EXERCISE/FITNESS: Yoga Stretches for you Core

### DOWN DOG SPLITS

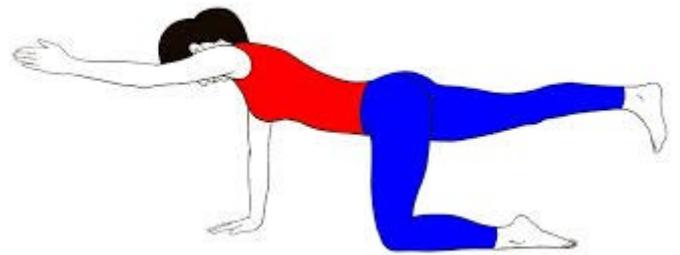
Get into a position where you are on all fours. Come back onto all fours. Curl your toes under and draw your hips back as you straighten your legs. Keep your belly hugging in towards your spine. On an inhale, raise your right leg until it is roughly parallel to the floor, coming to the position. It's OK to lift your leg higher if you can do so while keeping your hips squared towards the floor.

This stretch lengthens the arms and shoulders while stretching the back. When you lift one leg it deepens the hamstring of the standing leg.



### HANDS AND KNEES BALANCE POSE

Start on all fours. Lift your right leg and straighten it, holding it parallel to the floor. Flex your right foot strongly. When you feel stable, raise your left arm, also parallel to the floor. Stay in Hands and Knees Balance for 5 breaths. Repeat with the left leg and right arm raised. This strengthens the abdominal and lower back muscles and the core. To maintain the balance in the pose the user has to pull the core. This improves the toning in the abdomen. Slow movements and deep breathing increase blood flow and warm up muscles.



### HALF MOON POSE

Stand upright. Move your left leg behind you, lowering the opposite right hand towards the floor. Open up your body twisting to the left, raising your left arm towards the sky. As you can see from the pic, this should leave you in this position, to hold for five breaths before changing to other side.

Half moon pose helps develop your strength, balance, and focus. When it comes to your muscles and joints, this posture engages your thighs, hips, ankles, and feet, and by stretching your arm upward or over your head, you'll also engage your core, shoulder, and arm muscles.



**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:

### How can I improve my Problem Solving Skills?

So, in our first two pages we looked at how important it is to problem solve, as well as how you may know if you are good at it or not. I guess, that is something that should be pretty obvious to you. But can we actually improve our skills? Can we really find a way to develop? Yes, of course. Why not try a few of these tricks?

#### Remain Calm

It's important not to panic or rush into making quick decisions when faced with a significant problem. Take some time to think about the problem and the options that are available to you. You might find it helpful to put your initial thoughts down on paper and/or chat through your thinking with a colleague/friend.

It's very easy to rush into trying to get to a solution, and that can stress you out. Then the problem may appear bigger than it is, or even unsolvable. Sometimes it pays to walk away and allow yourself to think about what you need to do. It's never a good idea to act quickly in a time of anxiety.

Remember you are in control of the situation, not the other way round. Your decisions and behaviour are your responsibility and therefore it is best to be rational, methodical, and sensible - which I know is not always easy.



#### Don't jump to conclusions

Jumping to conclusions can occur in two ways: "mind-reading" and "fortune-telling". These both involve making assumptions, either about what other people think or about future events.

- **Mind Reading:** When a person is "mind-reading," they are assuming that others are negatively evaluating them or have bad intentions for them. This assumes that a person can tell what others are thinking without having any evidence to back up those negative assumptions.
- **Fortune-Telling:** When a person is "fortune-telling", they are predicting a negative future outcome or deciding that situations will turn out for the worse before the situation has even occurred. This can have a negative effect on behaviour. Because people assume that the future is already foretold, they feel there is no point in trying to change it, which has a detrimental impact on motivation and performance.

Changing how you think about and interpret situations can help reduce the tendency to jump to conclusions. Challenging this thinking pattern by actively looking for evidence against it and replacing these thoughts with more realistic ones can help.

- **Check the facts:** Gather as much information as you can before you make a judgment or decision.
- **Challenge your thinking:** If you find yourself making assumptions, actively challenge your conclusions. Is there another explanation that would also make sense?
- **Ask questions:** Before you jump to conclusions about what another person might be thinking, try just asking. Communicating your concerns and getting a direct answer can eliminate a lot of confusion.
- **Take another perspective:** Think about the situation from the point of view of an outsider. How might they interpret the situation? What information would they need in order to reach an accurate conclusion?

**Every problem has a solution (even if you don't like it).  
It may sometimes just need another perspective.**

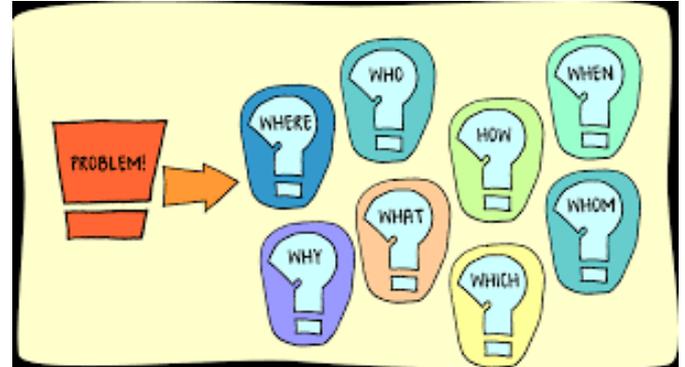
## MIND-SET:

### More ways to improve Problem Solving Skills.

#### Try Different Approaches

Adopting a process-led approach can often be an effective way of tackling a problem in a structured, logical manner. A popular problem-solving process involves taking the following five steps:

- Defining the problem
- Analysing the problem
- Generating potential solutions
- Selecting the best solution
- Taking action



In more complex situations, a process-led approach may not be appropriate, and you may wish to consider adopting some alternatives to tackling the problem. Two alternatives are outlined below:

**Appreciative Inquiry (AI)** works on the principle that by appreciating what is good and valuable about a particular situation, and by questioning why this is the case, it's possible to discover new possibilities for improvements.

**Creative problem-solving** involves two kinds of thinking: creative thinking (which is open-ended, divergent and imaginative) and critical thinking (which involves analysing, comparing and refining different possibilities). Combining these two types of thinking can help you approach a problem in a balanced manner.

#### Be Aware of Bias

Our biases can distort the way in which we perceive reality. Biases that can typically prevent us from solving problems effectively are:

- **Confirmation bias.** This is the tendency to seek and choose solutions that fit with a preconceived idea of how the problem should be solved.
- **Overconfidence bias.** This is when an insufficient range of options is identified, or when the chosen solution is not measured against factual information, because of our confidence in our own judgment.
- **The halo effect.** This leads us to make assumptions about others based on a single trait we have witnessed (e.g. 'she is always cheerful and friendly, so she can't have caused this problem').
- **The bandwagon effect.** This compels us to take the same course of action that others have taken.

One of the most effective ways to avoid these biases is to be aware of them. However, if you feel as though your view of a problem or the solutions available is being distorted by one of these biases, it can be helpful to ask a colleague or friend to review the situation from their perspective.

*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

### Strawberry & Cherry Delights

Lazza has been trying out new recipes for over four years  
His first time making: Strawberry and Cherry Delights from scratch

#### Ingredients

175g Plain Flour  
100g Unsalted Butter (room temp)  
300g Icing Sugar  
Vanilla Extract  
Strawberry Flavour Essence  
2 Medium Egg Yolks  
Glace Cherries  
Fruit Jam (optional)  
Red Food Colouring

Candied fruit, also known as “glacé fruit”, is whole fruit, smaller pieces of fruit, or pieces of peel, placed in heated sugar syrup, which absorbs the moisture from within the fruit and eventually preserves it. Depending on the size and type of fruit, this process can take from several days to several months. This process of preservation, which has been used since the 14th century, allows the fruit to remain edible for up to a year.

Mix the squidgey butter with around 100g of the Icing Sugar, Vanilla Extract, and Egg Yolks.

Add in the flour and mix to create a dough.

Really mix the dough before chilling it for around an hour.

Heat the oven to 180C. Line a baking tray with baking parchment.

Lightly dust your work surface with flour and roll the dough out to around 3mm thick. Cut the biscuits from the dough with a 7cm (approx) cutter. Bring the remaining scraps of pastry together and reroll to make more biscuits.

Line up the discs of dough on the baking sheet, then bake for 10-12 mins or until lightly golden brown around the edges. You may need to do more batches.

Transfer to a wire rack and leave to cool completely.

Mix the remaining icing sugar with around 3 tablespoon water, plus some strawberry flavour essence, and red food colouring, and make a pink paste. One half the biscuit, drop a dollop of the mix, and top with a glace cherry. On the other half either use some jam, or more or the pink mix. Then place a biscuit with the cherry on top on one

that has not, making the sandwich shown below.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.

Why not try out some new recipes and foods yourself?

More on HMHB recipe pages: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)

This was a great, and very tasty, bake to prepare.

**HMHB's funny quiz page:**  
**It's mostly guessing, but play with friends: 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 TWO of the choices are correct: which two are they?**

- |                       |                     |                                     |
|-----------------------|---------------------|-------------------------------------|
| Vodka Based Cocktails | Passed Away in 1984 | Katie Price Autobiography Titles    |
| Disco Drumstick       | Salvadore Dali      | A Whole New World                   |
| Lady Awaits           | Fred Astaire        | Bruised, Not Broken                 |
| Kiss The Miss Goodbye | Richard Burton      | Breaking Every Rule (And Loving It) |
| Painkiller            | Tommy Cooper        | You Only Live Once                  |

**ROUND TWO: Give Me a Number**

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

- How many "departments" is France divided into?
- How many metres in a furlong?
- As at 26th June 2023, what was the population of Vatican City?
- On average how many ships travel through the Suez Canal per day?
- Normally, how many people live on the International Space Station?



**ROUND THREE: When Did That Happen**

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

- Television Cigarette Adverts were banned in the UK
- The BBC broadcast the chimes of Big Ben for the very first time
- The first British mobile phone call is made by Ernie Wise to Vodafone
- The first ever Waldorf Salad is created.
- World's oldest known cave painting of an animal discovered in Indonesia - a pig, 45,000 years old

**ROUND FOUR: What specifically links these names? Clue - Animals**

Pug: Mother Shipton: True Lovers: Scorched Carpet: Chimney Sweeper: The Satellite:

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

- |                                    |                                      |
|------------------------------------|--------------------------------------|
| 1. Which County has more people?   | Devon; Leicestershire; Suffolk       |
| 2. Who was born first?             | John Travolta: Mel Gibson: Tom Hanks |
| 3. Largest US City by Population   | Dallas: Denver: Detroit              |
| 4. Cadbury Choc Bar Launched First | Curly Wurly: Double Decker: Star Bar |

**ROUND SIX: What Nationality were these famous Composers?**

- Gustav Holst
- Richard Wagner
- Edvard Grieg
- Frédéric Chopin
- George Gershwin



# NUTRITION:

## Antioxidants. Why are they important?

**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.**

**What are Antioxidants?**

Antioxidants are molecules that help protect the body from damage caused by free radicals. Free radicals are unstable compounds that can cause harm to cells, proteins, and DNA when their levels become too high in the body. They are produced naturally during metabolic processes but can also be generated by environmental factors such as pollution, cigarette smoke, and radiation. Antioxidants neutralise these free radicals, thereby preventing or reducing oxidative stress, which is a condition that occurs when there is an imbalance between free radicals and antioxidants in the body.

**Why Are Antioxidants Important?**

**Protection Against Oxidative Stress:** When free radicals outnumber antioxidants, it leads to oxidative stress, which can damage cellular structures and contribute to various diseases. Prolonged oxidative stress has been linked to serious health conditions such as cardiovascular disease, diabetes, and certain types of cancer.

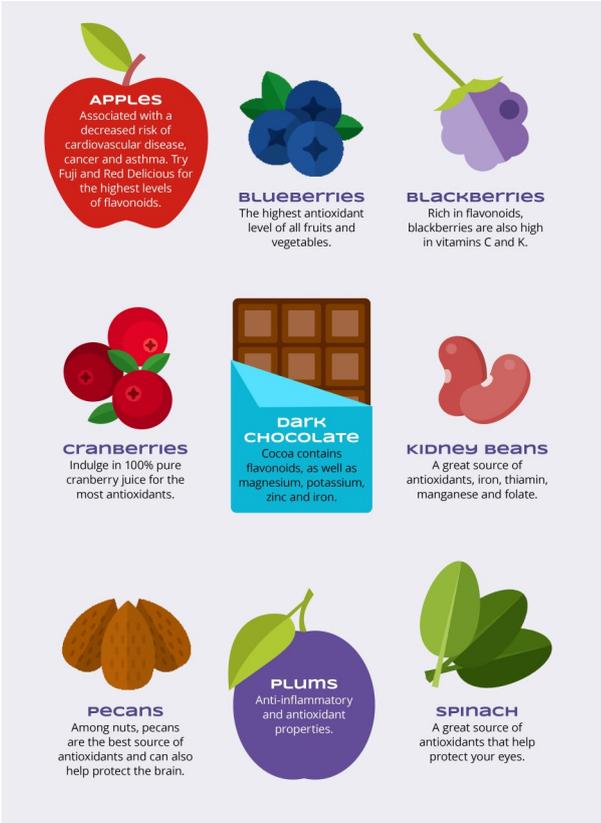
**Support Immune Function:** Some immune cells utilise free radicals to fight infections; however, a balanced level of antioxidants is necessary to ensure that this process does not lead to excessive damage to healthy cells.

**Reduction of Disease Risk:** A diet rich in antioxidants - primarily found in fruits, vegetables, nuts, and whole grains - has been associated with a lower risk of chronic diseases. For instance, vitamins C and E are essential dietary antioxidants that help mitigate the risk of heart disease and cancer.

**Aging Process:** Oxidative stress is theorised to play a significant role in the aging process. By combating free radical damage, antioxidants may help slow down age-related decline in bodily functions.

**Food Preservation:** Beyond health benefits for individuals, antioxidants also serve important roles in food production by acting as preservatives that increase shelf life by preventing oxidation.

In summary, antioxidants are vital for protecting the body from oxidative damage caused by free radicals and play an essential role in overall health maintenance and disease prevention.



## NUTRITION:

### Dietary Fibre: Why is it Important?

#### What is Dietary Fibre?

Dietary fibre, also known as “Roughage”, refers to the indigestible parts of plant foods that pass through the digestive system relatively unchanged. It is primarily composed of carbohydrates and can be categorised into two main types: soluble and insoluble fibre. Soluble fibre dissolves in water and forms a gel-like substance in the digestive tract, while insoluble fibre does not dissolve in water and adds bulk to stool, aiding in its passage through the intestines.

#### Why is Dietary Fibre Important?

**Digestive Health:** One of the primary roles of dietary fibre is to maintain a healthy digestive system. Insoluble fibre helps prevent constipation by adding bulk to stool and facilitating regular bowel movements. This can reduce the risk of developing conditions such as haemorrhoids and diverticulitis.

**Heart Health:** Numerous studies have shown that dietary fibre plays a significant role in heart health. It helps lower total cholesterol levels, particularly low-density lipoprotein (LDL) cholesterol, which is often referred to as “bad” cholesterol. By reducing these cholesterol levels, dietary fibre can lower the risk of cardiovascular diseases.

**Blood Sugar Regulation:** Soluble fibre can slow down the absorption of sugar in the bloodstream, which helps regulate blood sugar levels. This is particularly beneficial for individuals with diabetes or those at risk of developing diabetes, as it can help prevent spikes in blood glucose after meals.

**Weight Management:** High-fibre foods tend to be more filling than low-fibre options, which can help control appetite and promote satiety. This makes it easier for individuals to manage their weight or adhere to weight loss diets.

**Cancer Prevention:** There is evidence suggesting that a high-fibre diet may reduce the risk of certain types of cancer, particularly colorectal cancer. The fermentation of certain types of dietary fibre in the gut produces short-chain fatty acids that may have protective effects against cancer development.

**Gut Microbiota Health:** Dietary fibre serves as a food source for beneficial gut bacteria, promoting a healthy microbiome balance. A diverse and balanced gut microbiota is essential for overall health and has been linked to various health outcomes beyond digestion.

In summary, dietary fibre is an essential component of a healthy diet due to its numerous benefits for digestive health, heart health, blood sugar regulation, weight management, cancer prevention, and gut microbiota support.



**Your Diet is a Bank Account**

**Good Food choices are Good Investments**

## NUTRITION:

### Phenols: Why are they Important?

#### What are Phenols?

“Phenols are a category of organic compounds characterised by the presence of one or more hydroxyl (-OH) groups attached to an aromatic hydrocarbon group” - I know it sounds confusing. They can be found in various forms, including simple phenols and polyphenols, which consist of multiple phenolic units. Polyphenols are particularly abundant in plant-based foods and beverages and are classified into several subcategories, including flavonoids, phenolic acids, polyphenolic amides, and other polyphenols.

#### Why are Phenols Important in Nutrition?

**Antioxidant Properties:** One of the most significant roles of phenols in nutrition is their ability to act as antioxidants. They neutralise harmful free radicals that can cause oxidative stress, leading to cellular damage and contributing to various chronic diseases such as cancer, cardiovascular diseases, and neurodegenerative disorders. By reducing oxidative stress, phenols help protect cells from damage.

**Anti-Inflammatory Effects:** Phenolic compounds have been shown to possess anti-inflammatory properties. Chronic inflammation is linked to numerous health issues, including heart disease and diabetes. By modulating inflammatory pathways, phenols can help reduce the risk of these conditions.

**Blood Sugar Regulation:** Certain phenolic compounds may assist in lowering blood sugar levels by inhibiting the breakdown of starch into simple sugars and enhancing insulin secretion. This regulation is crucial for maintaining stable blood sugar levels and reducing the risk of type 2 diabetes.

**Heart Health:** Regular consumption of phenol-rich foods has been associated with improved cardiovascular health. Studies suggest that these compounds may lower blood pressure, improve endothelial function (the lining of blood vessels), and reduce cholesterol levels.

**Gut Health:** Phenols also play a role in gut health by promoting the growth of beneficial gut microbiota. A healthy gut microbiome is essential for digestion, nutrient absorption, and overall immune function.

**Potential Cancer Prevention:** Research indicates that certain polyphenols may inhibit cancer cell proliferation and induce apoptosis (programmed cell death) in malignant cells. This suggests a potential role for dietary phenolics in cancer prevention strategies.

**Sources of Phenols:** Foods rich in phenolic compounds include fruits (such as berries), vegetables (like onions), nuts (such as walnuts), seeds (like flaxseeds), dark chocolate, tea, coffee, red wine, and whole grains. The specific types and amounts of phenolics vary depending on factors such as food origin, ripeness at harvest time, processing methods, and preparation techniques.

In summary, phenols are vital components of a healthy diet due to their antioxidant properties and various health benefits related to inflammation reduction, blood sugar regulation, heart health improvement, gut microbiome support, and potential cancer prevention.



## Nutrition: HMHB looks at “Superfoods”

### Today: Natural Yoghurt

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.**

Natural yogurt is packed with essential nutrients that are vital for overall health. It contains high levels of calcium, which is crucial for maintaining strong bones and teeth. Just one cup of natural yogurt can provide approximately 49% of the daily recommended intake of calcium. Additionally, it is rich in B vitamins, particularly vitamin B12 (Cobalamin) and vitamin B2 (Riboflavin), which play significant roles in energy metabolism and cardiovascular health.

Furthermore, natural yogurt provides important minerals such as phosphorus (28% of daily needs), magnesium (10%), and potassium (12%). These minerals are essential for various bodily functions, including regulating blood pressure, supporting metabolic processes, and promoting bone health.

One of the standout features of natural yogurt is its probiotic content. Probiotics are live bacteria that confer health benefits when consumed in adequate amounts. Many types of natural yogurt contain beneficial strains such as “Lactobacillus” and “Bifidobacteria”. These probiotics can improve digestive health by alleviating symptoms associated with gastrointestinal disorders like irritable bowel syndrome (IBS) and may also help prevent antibiotic-associated diarrhoea. Research indicates that regular consumption of probiotics from yogurt can enhance gut microbiota balance, leading to improved digestion and overall gut health.



The combination of high protein content and probiotics makes natural yogurt an effective food choice for weight management. Studies have shown that individuals who include yogurt in their diets tend to feel fuller longer and consume fewer calories overall. This effect can be particularly pronounced with Greek yogurt due to its thicker consistency and higher protein levels.

Natural yogurt’s versatility allows it to be easily incorporated into various meals and snacks, whether enjoyed plain or used as a base for smoothies, dressings, or desserts. This adaptability makes it easier for individuals to include this nutrient-dense food in their daily diet.

**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.**

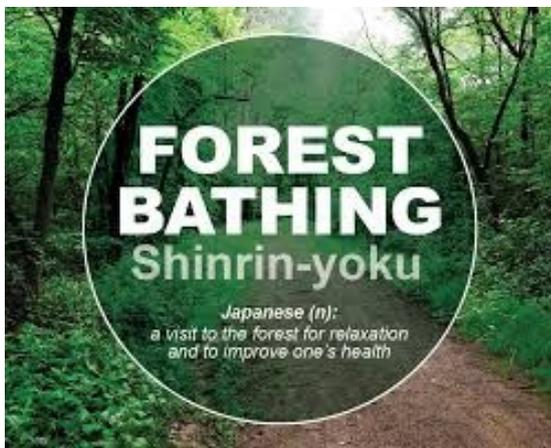
## LAZZA'S PAGE

### 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.**

Spring is just around the corner, the sun is rising earlier, and this puts many of us in better moods.

I do think brighter mornings helps us feel brighter, but maybe Spring is a good time to look at your own health. Some problems like high cholesterol and blood pressure are very difficult to tell due to lack of symptoms, but the earlier you catch them, the easier it is to recover. Book something with your local medical practice.



Forest bathing begun in Japan, where it's called "Shinrin-yoku", which loosely means, spending more time around trees. It's about getting outdoors to soak up the special atmosphere of the forest by using all your senses. And you do it for all the reasons you want to get into the great outdoors – to escape life's busy-ness, get away from emails and get off social media, and remind yourself what being alive really feels like. It's one of the reasons I started HMHB Walks. Get outdoors!!

I mentioned above that Spring is around the corner, and Winter can feel like a miserable time. I like to try and make sure I can find a way to have a good laugh. Laughter has been shown to have numerous health benefits, including reducing stress and improving mood. Studies have suggested that laughter can boost the immune system, decrease pain, and lower blood pressure. Whatever makes you laugh, go and find it and have a chortle.



### **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/hmhb2016](http://www.justgiving.com/crowdfunding/hmhb2016)**



## HMHB's Name Game Page:

Can you name the three-stripe flag Countries from their photos?  
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



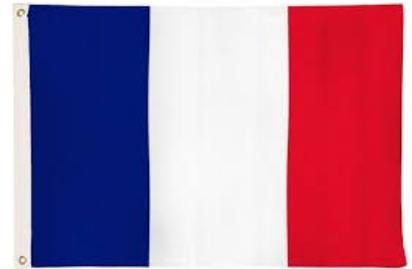
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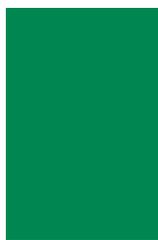
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15

## NUTRITION: Lazza's Kitchen Adventure

### Almond and Cranberry Tasties

Lazza has been trying out new recipes for over four years  
His first time making: Almond and Cranberry Tasties from scratch

Cranberries are high in nutrients and antioxidants. They can provide various health benefits when eaten as part of a balanced diet. People may also consume cranberry juice or sauce.

Many people consider cranberries to be a superfood due to their high nutrient and antioxidant content. Research has linked the nutrients in cranberries to a lower risk of Urinary Tract Infection (UTI), the prevention of certain types of Cancer, improved immune function, and decreased Blood Pressure.

#### Ingredients

200g Unsalted Butter (room temp and squidgy)  
85g Golden Caster Sugar  
225 g Plain Flour  
Vanilla Extract  
100g Dried Cranberries  
150g Chopped Almonds  
Almond Extract

Mix the butter, sugar and vanilla extract with a wooden spoon.

Stir in the flour.

Then tip in the chopped almonds and cranberries – I used my hands to bring the mix together as a dough.

Halve the dough and shape each half into a log about 5cm across.

Wrap in cling film, then chill for 1 hr.

Heat oven to 180C,

Slice the logs into 1cm-thick biscuits

Place on a baking tray lined with baking parchment

Bake for 12-15 mins (check on 10 minutes).

Cool completely on the tray.

Chilling biscuit dough before baking helps to solidify the fat (like butter) in the dough, preventing excessive spreading in the oven, which results in taller, flakier biscuits with better structure and a lighter texture; essentially, the cold fat takes longer to melt, allowing the dough to rise more evenly.



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

## EXERCISE/FITNESS

### How does Exercise Affect The Body's Systems? -1

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.

Exercise has a wide-ranging and profound impact on the human body, affecting nearly every system. Here's a breakdown of some key effects:



**Cardiovascular System:** The cardiovascular system consists of the heart, blood vessels, and blood. Its primary function is to transport nutrients and oxygen-rich blood to all parts of the body and to carry deoxygenated blood back to the lungs. Exercise can do the following.

- **Strengthens the Heart:** Exercise, particularly aerobic exercise, strengthens the heart muscle, allowing it to pump more blood with each beat (increased stroke volume). This leads to a lower resting heart rate.
- **Improves Blood Pressure:** Regular exercise helps lower both systolic and diastolic blood pressure.
- **Improves Cholesterol Levels:** Exercise can increase high-density lipoprotein (HDL, "good" cholesterol) and lower low-density lipoprotein (LDL, "bad" cholesterol) levels, reducing the risk of plaque buildup in arteries.
- **Enhances Blood Vessel Function:** Exercise improves the elasticity of blood vessels, allowing them to dilate and constrict more effectively, leading to better blood flow.

**Respiratory System:** The respiratory system takes up oxygen from the air we breathe and expels the unwanted carbon dioxide. The main organ of the respiratory system is the lungs. Other respiratory organs include the nose, the trachea and the breathing muscles (the diaphragm and the intercostal muscles). Exercise can do the following.

- **Increased Lung Capacity:** Regular exercise can slightly increase lung capacity and efficiency.
- **Improved Oxygen Uptake:** Exercise improves the efficiency of oxygen exchange in the lungs, allowing the body to utilize oxygen more effectively.
- **Strengthens Respiratory Muscles:** Exercise strengthens the muscles involved in breathing, like the diaphragm and intercostal muscles.

**Immune System:** The immune system is a complex network of organs, cells and proteins that defends the body against infection, whilst protecting the body's own cells. Exercise can do the following.

- **Improved Immune Function:** Moderate exercise can boost the immune system, potentially reducing the risk of infections.
- **Reduced Inflammation:** Exercise can help reduce chronic inflammation in the body, which is associated with many chronic diseases

## EXERCISE/FITNESS:

### How does Exercise Affect The Body's Systems? -2

**Musculoskeletal System:** The musculoskeletal system is the body's framework of bones, muscles, cartilage, tendons, and ligaments that support the body, enable movement, and protect organs. Exercise does the following.

- **Increased Muscle Mass and Strength:** Resistance training (e.g., weightlifting) leads to muscle hypertrophy (growth) and increased strength.
- **Increased Bone Density:** Weight-bearing exercise helps stimulate bone growth and increases bone density, reducing the risk of osteoporosis.
- **Improved Joint Health:** Exercise can improve the strength of supporting muscles, tendons, and ligaments around joints, providing better stability and potentially reducing the risk of arthritis.
- **Increased Flexibility and Range of Motion:** Stretching and activities that promote movement through a full range of motion improve flexibility.

**Endocrine System:** The endocrine system consists of: Glands located throughout the body; Hormones made by the glands and released into the bloodstream or the fluid surrounding cells; and. Receptors in various organs and tissues that recognize and respond to the hormones. Exercise does the following.

- **Improved Insulin Sensitivity:** Exercise increases the body's sensitivity to insulin, helping regulate blood sugar levels and reducing the risk of type 2 diabetes.
- **Hormonal Changes:** Exercise stimulates the release of various hormones, including growth hormone (important for muscle growth and repair), endorphins (which have mood-boosting and pain-reducing effects), and stress hormones (like cortisol - which, if chronically elevated, can be detrimental but is normally balanced).
- **Weight Management:** Exercise helps burn calories and increase metabolism, which helps with weight loss or maintenance.

**5. Metabolic System:** Your metabolic system is the process by which your body converts food into energy. This process includes breaking down nutrients from food, building and repairing your body, and regulating hormone levels. Exercise does the following.

- **Increased Metabolism:** Exercise temporarily increases metabolism during and after exercise, helping to burn more calories.
- **Improved Glucose Control:** Exercise helps the body use glucose (sugar) more efficiently, which is crucial for preventing and managing diabetes.
- **Improved Fat Burning:** Exercise uses fat as a fuel source. The relative amount of fat used during exercise depends on the intensity of the exercise.

**Nervous System:** Your nervous system is a network of nerves, the brain, and the spinal cord that controls your body's functions. It's responsible for many things, including your thoughts, movement, senses, and basic body functions. Exercise does the following.

- **Improved Cognitive Function:** Exercise has been shown to improve cognitive function, including memory, attention, and processing speed.
- **Mood Enhancement:** Exercise releases endorphins, which have mood-boosting effects and can help reduce symptoms of anxiety and depression.
- **Improved Sleep Quality:** Regular exercise can improve the quality of sleep, making it easier to fall asleep and stay asleep.
- **Neuroplasticity:** Exercise promotes neuroplasticity, the brain's ability to adapt and reorganize itself by forming new neural connections throughout life. This is vital for learning and memory.

## EXERCISE/FITNESS:

### Simple Yoga Pose Exercises (*thx spotebi.com*)



#### **EASY POSE - Sukhasana**

Sit on the floor with your legs stretched out in front of you. Cross your legs, place each foot under the opposite knee and lengthen the spine. Rest your forearms on your legs as shown. Stay in Sukhasana for as long as you like.

The easy pose relaxes and soothes the mind, reduces stress and anxiety levels, and promotes calm and serenity. This pose also improves spinal alignment, stretches the knees and ankles, and relieves hip tension. The Sukhasana is a great pose for practicing mindful breathing. It is an extremely relaxing and comfortable pose that allows you to calm the brain and focus on your breath.



#### **GODDESS POSE - Utkata Konasana**

Stand upright and, as you exhale, step your feet wide apart and lift your arms up to shoulder height. Rotate your feet out to the sides, bend your elbows and turn the palms facing each other. Exhale as you bend the knees and squat down. Stay in goddess pose for 30 seconds to 1 minute.

The goddess pose strengthens the thighs, glutes, core, and shoulders, boosts circulation, and opens the hips, groin, and chest. Plant your feet firmly on the ground and keep your knees in line with your toes. Lengthen the spine, open the chest, look straight ahead and draw your shoulders down and back. Press the hips forward, keep your arms engaged and press the knees back.



#### **HERO POSE - Virasana**

Kneel on the floor with your knees together and your feet hip-width apart.

Sit back between your feet, place your hands on your thighs, and gaze forward.

Stay in hero pose for 30 seconds to 1 minute, or for as long as it feels comfortable.

The hero pose stretches the quads, knees, and ankles, lengthens the spine, and calms the brain.

Breathe deeply, relax, drop the shoulders down and back and lengthen the spine. Lift your chest, widen the collarbones and relax the face.

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

## EXERCISE/FITNESS:

### Simple Yoga Pose Exercises (*thx spotebi.com*)

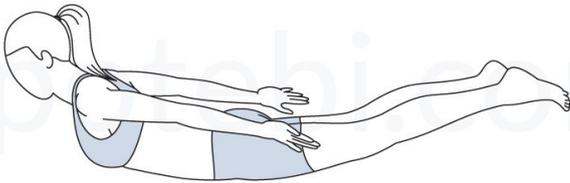
#### LOCUST POSE - *Salabhasana*

Lie on your belly with your legs together, arms extended back, and your chin on the floor.

Inhale and lift the chest, head, arms, and legs off the floor. Stay in locust pose for 30 seconds to 1 minute.

The locust pose opens and stretches the chest, shoulders, abs, and quads, and strengthens the back, core, glutes, arms, and legs. This pose also stimulates the abdominal organs and improves balance and posture.

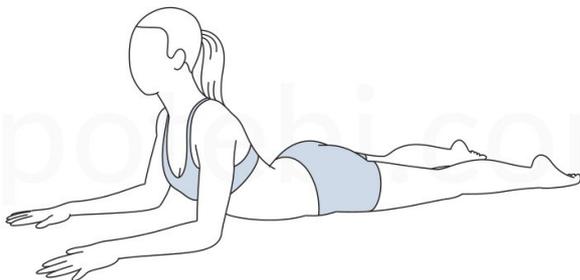
Maintain your neck in line with the spine and keep the back muscles, glutes and thighs engaged. Gaze forward, lift your chest, and drop your shoulders down and back. Stretch your arms back, and actively lengthen the legs.



#### SPHINX POSE - *Salamba Bhujangasana*

Lie on your belly with your legs extended back and your forearms flat on the floor. Inhale, press your forearms down, and lift your head and chest off the floor. Hold the pose for a few breaths and then exhale as you slowly lower the chest and head back to the floor.

The sphinx pose aligns the spine, opens the chest, stretches the shoulders, and strengthens the core and glutes. This pose also stimulates the abdominal organs and relieves stress and tension. Keep your neck in line with your spine, maintain your elbows close to your torso and under your shoulders, and keep your forearms on the floor and parallel to each other. Open the chest, drop the shoulders down and back, firm the glutes, lengthen your tailbone toward the heels, and press the pubic bone down into the floor.



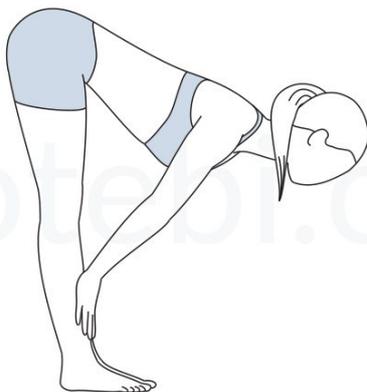
#### HALF BEND FORWARD POSE - *Ardha Uttanasana*

Stand upright. Lift your chin, chest and look forward.

From the waist bend forward, keeping chin away from your chest, reaching down. Press your hands into your shins and straighten your spine. Stay in standing half forward bend pose for 30 seconds to 1 minute.

The standing half forward bend pose strengthens the back, extends the spine, and increases the flexibility of your hips and hamstrings. This yoga pose also stretches the chest, strengthens the legs, and stimulates the belly.

Keep both feet firmly planted on the ground, draw the belly in and up and draw the shoulder blades away from the ears. Maintain your back straight, lengthen the spine, open the chest and, as you exhale, lower your torso into a complete bend forward.



## 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 the town of Nördlingen, Germany. Nördlingen was built in the impact crater of a meteorite that hit the earth about 15 million years ago. This meteor crater is believed to have been almost two miles wide, the outer ring of which you can still see from the top of the town's church spire. When that meteor hit the earth, it deposited millions of tiny diamonds into the very rock and stone that was used to construct the town. Today, the city's buildings and sidewalks still sparkle in the sunlight.

The Pomato: A genuine grafted plant producing tomatoes and potatoes. Like most standard types of plant grafting, a small incision is made in the stem of both plants and they are strapped together. Once the cuts have healed and the plants are joined, the leafy top of the potato plant can be cut away and the roots of the tomato can be removed, leaving the leaves of the tomato plant to nourish the roots of the potato plant. Can cultivate both plants in the same field.



There are many fruits around the world that would surprise you and me. Rambutan fruit is cultivated in tropical south-east Asia, mainly in Indonesia, Malaysia and Thailand. This unusual fruit has quite striking, pink to red skin that is covered with hair-like bristles. Inside the flesh is milky white and tastes delightfully sweet and slightly tangy. It is closely related to several other edible tropical fruits, including the lychee.

That is Konstantinos Kenteris: winning Gold in the 200m at the 2000 Olympics. So why have I included that here?

Of course, Greece was the home of the Olympics. Konstantinos was the first Greek athlete to win Gold in an Olympic sprint since Dionysius of Alexandria in 269 AD. He won in a time of 20.09 seconds which turned out to be a new National Record for Greece.

Incidentally, one of our HMHB users is a European Over40s 400m Champion: in the 1980s!!



## HEALTH / ROUTINE

### Looking after my Liver

The human liver is an organ and gland in the human body. It's spongy, wedge-shaped, reddish-brown in colour and about the size of a small football. The size varies based on how tall you are and how much you weigh. The liver is an essential organ, performing hundreds of functions necessary to sustain life. It's also a gland because it makes proteins and hormones that other parts of the body need. Weighing, on average, about three pounds in an adult, the liver is the largest internal organ. Under normal conditions, the liver is located on the right side of the body, under the ribs. In a condition called situs inversus, the liver can be located on the left side.



#### **Maintain a Healthy Diet**

- **Eat a Balanced Diet:** Incorporate plenty of fruits, vegetables, whole grains, and lean proteins. Foods rich in antioxidants and fibre can be beneficial.
- **Choose Healthy Fats:** Opt for healthy fats such as those found in nuts, seeds, avocados, and olive oil, while limiting saturated and trans fats.
- **Limit Sugar and Refined Carbs:** Excessive sugar and refined carbohydrates can lead to fatty liver disease. Reduce consumption of sugary beverages, desserts, and processed snacks.

#### **Stay Hydrated**

- Drink plenty of water throughout the day to help your liver efficiently process nutrients and remove toxins.

#### **Limit Alcohol Consumption**

- If you choose to drink alcohol, do so in moderation. Excessive alcohol consumption can lead to liver damage and diseases such as cirrhosis.

#### **Exercise Regularly**

- Engage in regular physical activity. Aim for at least 150 minutes of moderate aerobic exercise weekly. Exercise can help maintain a healthy weight and improve liver function.

#### **Maintain a Healthy Weight**

- Obesity can increase the risk of non-alcoholic fatty liver disease. If needed, work towards losing weight through a healthy diet and exercise.

#### **Avoid Toxins**

- Minimise exposure to environmental toxins like pesticides, industrial chemicals, and heavy metals, as these can stress the liver.

#### **Get Vaccinated**

- Stay updated on vaccinations for hepatitis A and B if you are at risk, as these viral infections can severely damage the liver.

#### **Regular Health Check-ups**

- Regular check-ups with your healthcare provider can help monitor liver function through blood tests and other assessments

## HEALTH / ROUTINE

### Looking after my Lungs

#### Avoid Irritants:

- **Smoking:** This is the single worst thing you can do for your lungs. Smoking damages the tiny air sacs in your lungs (alveoli), leading to emphysema, chronic bronchitis, and a significantly increased risk of lung cancer. If you smoke, quitting is the most important step you can take for your lung health. There are many resources available to help you quit, like support groups, nicotine replacement therapy (patches, gum, lozenges), and prescription medications.
- **Second-hand Smoke:** Avoid exposure to second-hand smoke, as it also damages the lungs.
- **Air Pollution:** Be mindful of air quality. Check local air quality reports and limit outdoor activity on days with high pollution levels. Consider using an air purifier in your home.

#### Exercise Regularly:

- **Cardiovascular Exercise:** Regular cardiovascular exercise (e.g., running, swimming, cycling) strengthens your heart and lungs, improving their efficiency. It also helps to improve oxygen intake.
- **Deep Breathing Exercises:** Practice deep breathing exercises (e.g., diaphragmatic breathing) to increase lung capacity and improve oxygen exchange. Take slow, deep breaths, filling your abdomen with air.
- **Posture:** Maintain good posture, as this helps to maximize lung capacity.



#### Prevent and Manage Respiratory Infections:

##### Get Vaccinated:

- **Flu Vaccine:** Get an annual flu vaccine.
- **Pneumococcal Vaccine:** Talk to your doctor about the pneumococcal vaccine, especially if you're over 65 or have underlying health conditions.
- **COVID-19 Vaccine:** Stay up-to-date with COVID-19 vaccinations, including boosters, as recommended by your healthcare provider.
- **Other Vaccines:** Discuss other relevant vaccines (e.g., whooping cough) with your doctor.

**Practice Good Hygiene:** Wash your hands frequently, especially during cold and flu season. Avoid close contact with people who are sick.

**Manage Existing Conditions:** If you have asthma, allergies, or other respiratory conditions, follow your doctor's treatment plan carefully.

A balanced diet rich in fruits, vegetables, and whole grains provides essential nutrients and antioxidants that can protect your lungs. Maintain a Healthy Weight. Obesity can put extra pressure on your lungs and make breathing more difficult.

The specific steps you take to care for your lungs may vary depending on your individual health history, risk factors, and lifestyle. Listen to Your Body. Pay attention to any changes in your breathing or lung function and seek medical attention promptly if you experience any concerning symptoms.

## HEALTH / ROUTINE

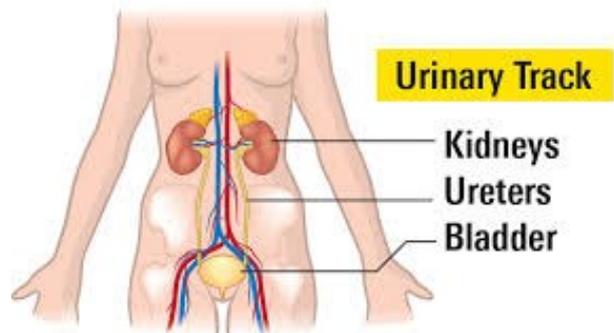
### Looking after my Kidneys

The kidneys are two bean-shaped organs that filter your blood. Your kidneys are part of your urinary system. Your kidneys filter about 180 litres of fluid every day, enough to fill a large bathtub. During this process, your kidneys remove waste, which leaves your body as urine (pee).

#### Manage Blood Pressure:

Why is that important? High blood pressure is a leading cause of kidney disease. How to do it:

- **Monitor Blood Pressure Regularly:** Check your blood pressure regularly, especially if you have a family history of high blood pressure or kidney problems.
- **Follow Doctor's Instructions:** If you have high blood pressure, take prescribed medications as directed and follow your doctor's recommendations for lifestyle changes (diet, exercise). You can affect High Blood Pressure Diagnosis through lifestyle choices.
- **Healthy Lifestyle:** Diet and regular exercise are crucial for maintaining healthy blood pressure.



#### Manage Blood Sugar (If you have Diabetes - but good to know if you have not):

Why is that important? Diabetes is another major cause of kidney disease (diabetic nephropathy). How to do it:

- **Monitor Blood Sugar:** Regularly check your blood sugar levels as advised by your doctor.
- **Take Medication:** Take prescribed diabetes medications as directed.
- **Follow a Diabetes-Friendly Diet:** This typically involves limiting carbohydrates and added sugars, and following meal timings.
- **Regular Exercise:** Physical activity can help improve blood sugar control.

#### Avoid Overuse of Medications:

Why is that important? Some medications can be harmful to the kidneys, especially if taken in high doses or over long periods. How to do it:

- **Non-Steroidal Anti-Inflammatory Drugs (NSAIDs):** Avoid excessive use of NSAIDs (e.g., ibuprofen, naproxen). These can damage the kidneys, especially in people with pre-existing kidney problems.
- **Follow Doctor's Instructions:** Always take medications as prescribed by your doctor.
- **Inform Your Doctor:** Tell your doctor about all medications you take, including over-the-counter drugs and supplements.

#### Think about your diet

- **Limit Sodium:** High sodium intake can increase blood pressure, which can damage the kidneys. Reduce processed foods, fast food, and added salt. Read food labels carefully.
- **Control Protein Intake:** If you have kidney problems, your doctor might recommend limiting protein to reduce the workload on your kidneys. However, this can be different for different people.
- **Limit Phosphorus and Potassium:** If you have kidney disease, your doctor might advise you to limit phosphorus (found in dairy, nuts, and processed foods) and potassium (found in bananas, potatoes, and some vegetables) to prevent these minerals from building up in your blood. This can be specific to your stage of kidney disease.

## HEALTH / ROUTINE

### Looking after my Heart.

Each day, your heart beats around 100,000 times. This continuously pumps about 5 litres (8 pints) of blood around your body through a network of blood vessels (called arteries and veins) in your circulatory system. This blood delivers oxygen and nutrients to all parts of your body to help your organs and muscles work properly. Your blood also carries away unwanted carbon dioxide and waste products.

Your blood flows around your heart and the rest of your body in one direction, like a one-way traffic system. Your heart valves control the direction of your blood flow. They act like doors that open and close with every heartbeat. So a healthy heart is essential. You will see in these pages many similar ways of looking after your organs.

**Eat a Heart-Healthy Diet:** Focus on fruits, vegetables, whole grains, lean proteins (such as fish and poultry), and healthy fats (like those found in avocados, nuts, and olive oil). Limit saturated fats, trans fats, sugar, and salt.

**Stay Active:** Regular physical activity can strengthen your heart and improve circulation. Aim for at least 150 minutes of moderate aerobic exercise per week, such as walking, cycling, or swimming. Remember, your heart is a muscle.



**Maintain a Healthy Weight:** Being overweight can increase your risk of heart disease. Aim for a healthy weight through balanced eating and regular exercise.

**Manage Stress:** Chronic stress can impact heart health. Consider stress-reduction techniques such as mindfulness, meditation, yoga, or deep-breathing exercises.

**Don't Smoke:** Smoking is a major risk factor for heart disease. If you smoke, seek help to quit. Avoid exposure to second-hand smoke as well.

**Limit Alcohol Intake:** If you choose to drink, do so in moderation. This generally means up to one drink per day for women and up to two drinks per day for men.

**Regular Check-ups:** Keep up with regular health check-ups and screenings to monitor blood pressure, cholesterol levels, and diabetes risk.

**Know Your Family History:** Be aware of any family history of heart disease. Share this information with your healthcare provider, as it may affect your risk and screening recommendations.

**Get Enough Sleep:** Aim for 7-9 hours of quality sleep per night. Poor sleep can negatively affect heart health and overall well-being.

**Stay Connected:** Maintain social connections and seek support when needed. Healthy relationships can reduce stress and influence heart health positively.

## NUTRITION: Lazza's Kitchen Adventure

### Red Velvet Cookies

Lazza has been trying out new recipes for over four years  
His first time making: Red Velvet Cookies from scratch

One of the most widely used red food colourings - carmine - is made from crushed up bugs. The insects used to make carmine are called cochineal, and are native to Latin America where they live on cacti. Now farmed mainly in Peru, millions of the tiny insects are harvested every year to produce the colouring. A staple of the global food industry, carmine is added to everything from yoghurts and ice creams, to fruit pies, soft drinks, cupcakes and doughnuts. It is also used extensively in the cosmetics industry and is found in many lipsticks.

#### Ingredients

200g Unsalted Butter (room temp squidgy)  
200g Light Brown Sugar  
100g Golden Caster Sugar  
2 Eggs  
225g Plain Flour  
Vanilla Extract: Red Food Colouring  
50g Cocoa Powder  
½ teaspoon Bicarb of Soda  
150g Chocolate Chips  
50g Crushed Nuts

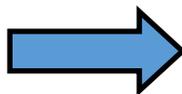
Beat the butter and sugars together with a whisk until pale and fluffy. Beat in the eggs, vanilla and food colouring until you have a bright red batter. Sieve over the flour, cocoa and bicarb. Fold everything together to make a stiff evenly-coloured dough, then fold in the chocolate chips and nuts.

I placed the whole mix and bowl into my fridge for an hour.

On a baking tray - covered in baking parchment, place nice teaspoon size dollops - ensuring room for the cookie to spread. You will probably need to do several bakes. Heat the oven to 190C and bake for 10-12 minutes (check after ten it is very easy to slightly burn them - (I did on my first bake, just slightly).

Leave to cool. You can top with a mix of soft cream cheese and icing sugar, but I forgot!! - (which is why they are on the photo).

Delicious though.



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

## HMHB 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/](http://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](mailto: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](http://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](mailto: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](http://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](http://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](http://www.vai.org.uk) Main phone no: 020 7832 5801

**Voluntary  
Action  
Islington**

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

- Round One: 1 DD / LA 2 RB / TC 3 AWWN / YOLO
- Round Two: 1, 96: 2, 201.2: 3, 764: 4, 51: 5, 7:
- Round Three: 1, 1965: 2, 1923: 3, 1985: 4, 1893. 5, 2021.
- Round Four: All Varieties of Moth
- Round Five: 1 Devon: 2 Travolta: 3 Dallas: 4 Curly Wurly
- Round Six: 1 English: 2 German: 3 Norwegian: 4 Polish: 5 American



# Review for this month's Challenges and Targets

## Mind-set:

Problem-solving skills are the ability to identify problems, brainstorm and analyse answers, and implement the best solutions. Someone with good problem-solving skills is both a self-starter and a collaborative teammate; they are proactive in understanding the root of a problem and work with others to consider a wide range of solutions before deciding how to move forward.

This kind of skill is vital as life throws a lot of situations at us, many of which may seem overwhelming. And we can always improve our knowledge and skills as we get older. What about you?



## Nutrition.

We cover the major nutrients a lot, but our food contains other substances that are vital for our health. In this issue we looked at Antioxidants, Dietary Fibre, and Phenols - all very briefly. But we have to consider them too alongside protein, carbs, fats, vitamins and minerals.

Your body is an astonishing machine that relies on you to give it the tools to work properly. Metabolism can only occur if you feed it the right ingredients. Always think about that.



## Exercise.



Everyone always thinks about how exercise affects your muscles and makes you leaner and fitter.

But it also has a major affect on your body itself, especially the different systems that keep you healthy. So next time you exercise think about what is actually going on inside your body.

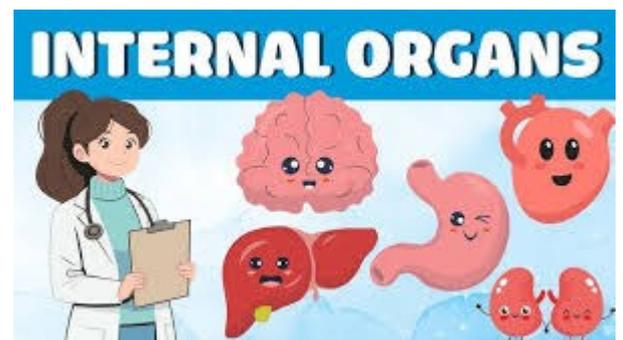
With that in mind, we introduced some simple Yoga poses for you to try out at home. You don't have to exert yourself a lot. Exercise is something you can grow into by starting gently. Just do something!!!

## Health.

We are always talking about just how miraculous our bodies are, and how important it is to look after it.

When so much of it is inside your body and out of sight, it is very easy to just take things for granted and not think about how you are affecting your organs through your behaviour.

In this issue, we take a brief glance at your Liver, Lungs, Heart, and Kidneys. You must look after them. It's your choice!!!



**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 + Flags from Page 24

See if you can beat your family and friends

**Cities:** The Capital City and their country from the letters in the City's name.

1. Bucharest, Romania
2. Bratislava, Slovakia
3. Amsterdam, Netherlands
4. Washington DC, USA
5. Addis Ababa, Ethiopia
6. Canberra, Australia
7. Nairobi, Kenya
8. Brasilia, Brazil
9. Valletta, Malta
10. Prague, Czechia
11. Helsinki, Finland
12. Budapest, Hungary
13. Stockholm, Sweden

**Pop:** Singers who sang those songs released in 1986 all making UK Top 10 Singles.

1. Madonna
2. Europe
3. The Bangles
4. Falco
5. Janet Jackson
6. Level 42
7. Doctor and the Medics
8. Simply Red
9. Chris De Burgh
10. Jermaine Stewart
11. Cutting Crew
12. Eurythmics
13. Paul Simon
14. Berlin

**Countries from their flags:** Did you name them? - from Page 24 (how well did you do? Tough wasn't it?)

- |              |               |
|--------------|---------------|
| 1: Argentina | 2: Italy      |
| 3: Latvia    | 4: Luxembourg |
| 5: Spain     | 6: Senegal    |
| 7: Ireland   | 8: Belgium    |
| 9: France    | 10: Romania   |
| 11: Nigeria  | 12: India     |
| 13: Germany  | 14: Estonia   |
| 15: Bulgaria |               |

**FILMS:** The Oscar winning Director of those films, plus the year released.

- |           |                      |
|-----------|----------------------|
| 1. 2023:  | Christopher Nolan    |
| 2. 2005:  | Ang Lee              |
| 3. 2008:  | Danny Boyle          |
| 4. 1962:  | David Lean           |
| 5. 1974:  | Francis Ford Coppola |
| 6. 1982:  | Richard Attenborough |
| 7. 1993:  | Steven Spielberg     |
| 8. 1952:  | John Ford            |
| 9. 1986:  | Oliver Stone         |
| 10. 2004: | Clint Eastwood       |
| 11. 2017: | Guillermo del Toro   |
| 12. 2009: | Kathryn Bigelow      |
| 13. 1977: | Wood Allen           |
| 14. 1990: | Kevin Costner        |
| 15. 1994: | Robert Zemeckis      |
| 16. 1997: | James Cameron        |
| 17. 2006: | Martin Scorsese      |

**Countries - The top 25 Richest Nations**

United States America: China: Germany: Japan  
India: United Kingdom: France: Italy  
Canada: Brazil: Russia: South Korea  
Australia: Spain: Mexico: Indonesia  
Turkey: Netherlands, Saudi Arabia: Switzerland  
Poland: Taiwan: Belgium: Sweden: Ireland

QUIZ ANSWERS  
QUESTIONS

**The World:** The 20 busiest UK Train Stations.

London Liverpool Street, Paddington  
Tottenham Court Road, Waterloo  
Stratford, London Victoria  
London Bridge, Farringdon, Bond Street  
Euston, St Pancras International  
Whitechapel, Birmingham New Street  
Manchester Piccadilly, Glasgow Central  
Leeds, Kings Cross, Clapham Junction  
Highbury & Islington, Edinburgh Waverley

# 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](mailto:hmhb2016@outlook.com)

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

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

Check out our JustGiving: [www.justgiving.com/crowdfunding/hmhb2016](http://www.justgiving.com/crowdfunding/hmhb2016)

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

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

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



ISLINGTON

*Cripplegate Foundation Helping since 1500*



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

[Link to our Website](http://www.hmhb2016.org.uk)