

Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating



HMHB's Monthly Health Pack:

Number 27

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best



Prepared by: Lazza and the HMHB team:

1st July 2024



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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“I knew well enough that one could fracture one’s legs and arms and recover afterward, but I did not know that you could fracture the brain in your head and recover from that too.” — Vincent van Gogh

Welcome to Issue 27 of Healthy Minds, Healthy Bods’ New Monthly Health Packs.

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

We then went monthly for 7 issues.

This is our new venture for 2022/2023.

A revamped Monthly Health Pack for everyone.

All copies are on the website in PDF form.

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

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

For these packs to happen, there are so many people to thank. That includes Islington Council who print some copies to post to those who have no internet, 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!!!



Some fun pictures from our recent trip to the Natural History Museum, which we enjoyed very much. More in HMHB News. We have delivered across Islington and beyond. HMHB get referrals to us from the NHS and other projects. Lots of outings, social events, terrific exercise sessions, new walks and, of course, our courses. HMHB delivers to all.

HEALTH NEWS AND RESEARCH PAGE

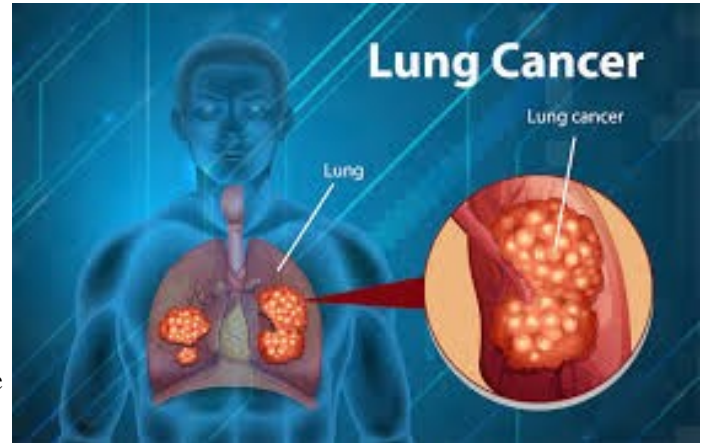
Protein Breakthrough with Lung Cancer Treatment

Scientists investigating the mechanics of the early stages of lung cancer have identified a new potential treatment that could also help with early detection of the disease.

A study found levels of a key protein – called TLR2 – in tumours could help predict a patient’s survival chances after being diagnosed with lung cancer.

Researchers used data from human tumour samples to confirm patients with high levels of the protein in the early stages of lung cancer had increased survival compared with those who had lower level.

A drug compound that activates TLR2 was tested in mice and was found to reduce tumour growth in the early stages of the disease.



Experts say the breakthrough could help spot the disease sooner and improve outcomes for patients.

The five-year survival rate from late stage lung cancer is only 6 per cent, compared with 50 per cent when diagnosed earlier.

The research is a collaboration between researchers from the University of Edinburgh, University College London, University of Cantabria in Spain, the Spanish National Research Council, and the Mayo Clinic in the USA.

Dr. Fraser Millar, clinical lecturer in respiratory medicine at the University of Edinburgh, said: “I think these results are really exciting. Very little is known about the biology of early lung cancer and, by understanding this process more, we have identified a possible new treatment for this devastating disease. This project highlights the value of basic science research and how this can be translated into new treatments for patients.”

A group, led by researchers from the University of Edinburgh, discovered TLR2 helps control some of the body’s defence mechanisms when cancerous mutations occur in cells.

The protein is linked with senescence, a process whereby cells stop growing and secrete a variety of chemicals and other proteins which collectively act as warning signals and defences against cancer. Senescent cells are present in early lung cancers, but are no longer present in late-stage cancers, suggesting that senescence can prevent cancer progression.

Having identified TLR2’s importance, the team used data from human tumour samples to look at the survival of patients with high levels of the protein in the early stages of lung cancer compared with those who had lower levels. The team then used a drug known to activate TLR2 in a mouse model of lung cancer and found that the drug reduced lung tumour growth.

Experts hope the findings could lead to research into using senescence and the associated secreted chemicals as part of a screening programme to provide earlier lung cancer diagnosis.

HEALTH NEWS AND RESEARCH PAGE:

Can you increase your Metabolism?

A person's metabolism is the rate at which their body burns calories for energy. The speed of metabolism can depend on age, activity levels, genetics, and other factors. Regular meals, sleep, and exercise may all help support metabolism.

Calories are the way we measure the energy the body expends for movement and various functions such as breathing, digesting food, circulating blood, growing cells, repairing wounds, and even thinking. The rate at which the body burns calories, or energy, is called the metabolic rate.



While a person has no control over the genetic aspects of their metabolism, research shows that some strategies may help speed up the rate at which the body processes calories.

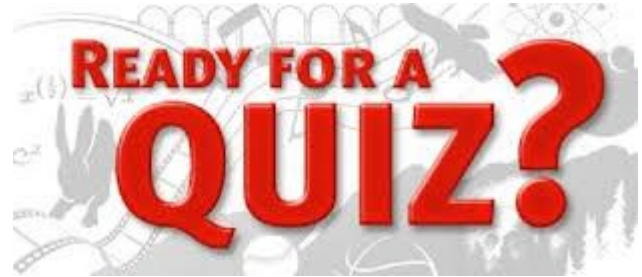
It is worth noting that while speeding up the metabolism may help people burn calories and lose weight, it needs to be part of an overall strategy that includes a healthy and varied diet and regular exercise.

- Eat at regular times
- Eat enough calories - some people think that just by eating little they can lose weight, but eating too few calories can cause a person's metabolism to slow down so the body can conserve energy.
- Eat more protein - reducing calories does not increase the metabolic rate, but modifying the source of calories a person consumes may be a strategy to increase it. Protein, for example, may be more likely than carbohydrates or fat to promote thermogenesis, the burning of calories in the body.
- Have Green Tea - Green Tea contains caffeine and catechin, which is an antioxidant. Older research suggests that both of these compounds can speed up metabolism. However, people should speak with a doctor before increasing their intake of green tea or consuming it during pregnancy. It may interact with some medications. During pregnancy, it may increase the risk of problems with foetal development due to low folic acid levels.
- Do Some Strength Training - Lifting weights and performing exercises that use the weight of the body or resistance bands can help build muscle. Strength training may slightly increase a person's rate of metabolism while resting, for example, when sleeping or sitting. A 2022 review suggests a strong link between high muscle mass and metabolic rates. Eating enough calories, especially protein, can contribute to muscle mass. The authors of a small 2018 study found that combining resistance training with dietary measures led to a slight increase in metabolic rate, but it was not statistically significant. Participants who did only resistance training saw a reduction in fat mass and an increase in lean mass.
- Drink Water - Staying hydrated is essential for the body to function at its best. Water is necessary for optimal metabolism and may help a person lose weight. In 2016, researchers assessed the metabolic rate of 13 people who consumed either 250 or 500 millilitres (mL) of water. They found evidence of increased fat oxidation after 500 mL when a person is at rest and concluded that drinking water may affect metabolism. However, they did not find that it increased metabolic rate.
- Get enough sleep - Sleep plays an essential role in regulating metabolism, hunger, and appetite. A 2023 study notes that insufficient sleep or sleep disorders can affect the neuroendocrine system, affecting whole-body metabolism.

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)

Literature:

Charles Dickens published fifteen full-length novels. Not counting novellas or short stories. How many of them can you name? Maybe a little harder than you think.



The World: In which Countries would you find these places?

1. Mount Everest
2. Mount Kilimanjaro
3. Mount Vesuvius
4. Mont Blanc
5. K2
6. Ben Nevis
7. The Matterhorn
8. Mount Ararat
9. Mauna Kea
10. Table Mountain
11. Mount Fuji
12. Mount Cook / Aoraki
13. Mount Logan

Film: Who played these female characters, and name the year the film was released.

1. Pussy Galore: Goldfinger
2. Scarlett O'Hara: Gone With The Wind
3. Annie Wilkes: Misery
4. Bella Baxter: Poor Things
5. Ellen Ripley: Aliens
6. Queen Elizabeth II: The Queen
7. Lisbeth Salander: The Girl With The Dragon Tattoo
8. Anna Leonowens: The King And I
9. Tina Turner: What's Love Got To Do With It?
10. Satine: Moulin Rouge
11. Molly Jenson: Ghost
12. Nyota Uhura: Star Trek Into Darkness
13. Marion Crane: Psycho
14. Catwoman: Batman Returns
15. Rachel Marron: The Bodyguard
16. Lady Marion: Robin Hood - Prince of Thieves
17. Jenny Lind: The Greatest Showman

Pop: Who originally sang these songs with food or drink in the title plus year of release.

1. Raspberry Beret
2. Lady Marmalade
3. Brown Sugar
4. American Pie
5. Milkshake
6. Strawberry Fields Forever
7. I Heard It Through The Grapevine
8. I've Got A Lovely Bunch Of Coconuts
9. Honey, Honey
10. Red Red Wine
11. Champagne Supernova
12. Bridge Over Troubled Water
13. Food, Glorious Food
14. Chef's Chocolate Salty Balls



The World:

Who are the last ten men to be President of Russia / USSR?

See what you can come up with.

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

HMHB Activity: Photos and Events from June 2024



Here we are sitting outside St Mary's Church, Stoke Newington Church Street, at one of our usual visits to the always wonderful Second Chance Café.

Soup, Crumble, Cake, Coffee. What more could you want? The volunteers are welcoming, the food delicious, voluntary payments too. Every Thur' and Fri', 11am to 2pm. Do drop in.

There is a fantastic theatre in Islington for comedy.

Yep, the Pleasance Theatre, North Road.

It's well worth a look as you get a great mix.

Five of us (John was absent from pic) went to see a double header with two shows being filmed. Comedians Stuart Law and Ian Smith entertained us.

Do check out the Theatre website.

And then 10 of us caught the fabulous Danny Clives, who managed to deal with our interventions.



We had our first ever visit to the Young V&A, the ex Museum of Childhood, which is based at Bethnal Green, North London.

I actually do not recall being there before, so it was refreshing to find a venue that allows a lot of interaction which, for us, involved lots of play and even some dressing up.

We found toys in the cabinets that we remembered playing with, and even some I remember my own children playing with.

Modern mixed very well with old. The horse on the photo opposite was the one that appeared on stage in the play War Horse, which has two people inside working it.

The room opposite shows a giant Yin and a smaller Justin, which demonstrated a different perspective.

The building is bright and clean, and I would recommend a visit soon.



**HMHB Activity:
Photos and Events from June 2024**



We have been running a variety of courses, with more planned, and we had a terrific time with AGE UK Islington at the Jean Stokes Community Centre, N1. With 16 people attending, we had them creating things together, exercising with Lazza singing (honestly!), talking about macronutrients, and looking at a healthy lifestyle. Great feedback.

Just look at the numbers attending our FREE Tuesday session at Highbury Leisure Centre. And such a mix of diversity too. All ages, races, ethnicities, sexualities, abilities - but we just get on with it and enjoy our session very much. New people coming along too, and saying just how much they enjoy the ambience and fun. We go in at 9:25am - why not join us?



With the weather starting to get brighter and warmer, what a good reason to get out into the local parks, and here we are on our Clissold Walk on a Thursday lunchtime. We also do Highbury Fields on a Wednesday morning and Finsbury Park on a Monday morning, so plenty of opportunities to meet up with us for a leisurely walk.

Our group have been enjoying some fabulous trips over the last couple of years to the Globe Theatre, Bankside, home to Shakespeare.

We had an absolute treat this month as we caught an astonishing production of Richard III.

It is one of Shakespeare's longest plays and we were standing for nearly three hours. But it was totally worth it. Superb acting!

Terrific acting had us enthralled and enraptured, feeling as if we were there in the action. There are a lot of deaths (mostly off stage) but also good humour. What a night!



HMHB Activity: Photos and Events from June 2024

I had my first ever visit to Tate Britain with the group in June, and what an astonishing building it is, let alone the contents.

We enjoyed a leisurely trip through British History going back to the 1400s and more. Even modern stuff - he we are draped over a Henry Moore (after missing the “do not touch the sculptures” notice - oops!!!)
Thanks to Ros for her knowledge and expertise - it’s handy having a “Member” along.
Our group outings bring me so much joy, and I hope more will join us in July.



I wanted to get the full scale of the “gate” behind us on this picture, taken on one of the park Islington Guided Walks in which we participate.

This one covered Clerkenwell. That is part of the St John’s Gate, built in 1504 as the south entrance to the inner precinct of Clerkenwell Priory, the English headquarters of the Knights of the Order of St John, and part of where the St John’s Ambulance organisation started. Sadly, little original remains, but this was heavily restored in the 19th Century.

We signed off our Thursday quiz in June, returning in September with a refresh. It’s become a real fun and interactive event, and I am thankful for all the regulars who return every week to make their best guesses, and come up with inventive answers. The group always amaze me, and make me laugh.



Lazza’s weight loss Corner

**1 January 2024: I was 110kg.
Tried to work hard this month.
Please keep encouraging me.
By 30th June I am now**

Coming Up For July 2024

HMHB have courses with Better Lives and Age UK and I am sorting more with Job Centres. We have trips to the National Gallery and Kew Gardens, plus an exciting event at Sadler Wells. Enjoying Taming of the Shrew at the Globe. Plus our usual walks, exercise, and a special social event at the home of one of our users.

NUTRITION: Lazza's Kitchen Adventure

Beef Stifado

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever version of Sausage Tomato Pasta Bake from scratch

Stifatho, Traditional Greek Stew:

Comforting, warming,
super easy and delicious.

Greek Stifatho or Stifado is a go-to winter
dish found in kitchens throughout Greece.

The Venetians brought it across the sea in the
13th Century, along with other famous
traditional dishes such as the
Cretan *Gamopilafo* or Corfiot *Pastitsada*.

Ingredients

Beef - I had 900g: Cornflour
Olive Oil: Jar white pickled onions.
Tomato & Garlic Purees
Two Tin Plum Tomatoes:
Two Peppers (disced): Honey: Cheese (grated)
Honey: Oregano: Parsley: Sage:
Sour Cream. Button Mushrooms (halved)
Marinade
300ml Red Wine: Bay Leaves: Cinnamon Stick:
Cloves: Salt: Pepper: Garlic

Put the Beef into a glass bowl and add all the marinade ingredients. Leave for several hours - or preferably overnight.

When you're ready to start cooking, heat the olive oil in a large pan. Add the onions and cook them over a medium heat, shaking regularly, until they have taken on some colour on all sides. Remove them from the casserole.

Strain the beef, reserving the marinade, and pat it dry. Add a splash more olive oil to the casserole if necessary and sear the beef until well browned. You may have to do this in a couple of batches. Return the onions to the pan.

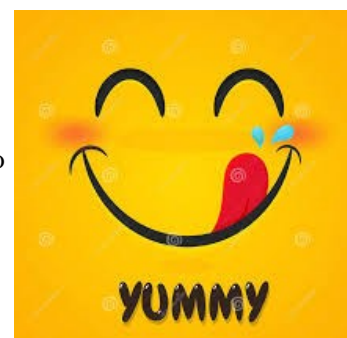
Add the reserved marinade to the casserole. Mix the tomato purée and garlic puree with a little water, and add this to the casserole, together with the tomatoes, mushrooms, peppers, and honey. Season with sea salt and fresh ground black pepper and add the herbs. Remove cinnamon stick and bay leaves.

Bring to the boil, then turn down the heat to a low simmer.

Cover the casserole with a lid and cook the Stifado for 1–1½ hours until the meat and onions are tender.

Towards end, add a couple of spoons of cornflour to thicken the sauce.

I served mine with some Soured Cream and Grated Cheese.



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

MIND-SET: How engaged with life are you?

When you feel low or fed up, it's tempting to shut down and do very little. I know that myself from my own depressive times in the past. You might cancel activities and social events, and choose passive options instead, such as staying in bed or watching TV. It's easy to understand why this happens: when you feel down or depressed, even simple tasks take a lot of effort and energy. It can also be distressing if things aren't as enjoyable as they used to be.

Of course, during the COVID-19 pandemic, many people had their activities and social events cancelled for them. This definitely happened to HMHB as so many of our activities are group based, and face to face.

For anyone experiencing depression or low mood, those restrictions will have compounded their desire to withdraw, and when it came to coming out of lockdown it must have felt daunting to many of us. But, paradoxically, one of the most effective ways to improve a low mood is to do the very things you don't feel like doing.

In 1973, the American behavioural psychologist Charles Ferster noticed that people who feel low tend to do less. In particular, they engage in fewer activities that bring them enjoyment or meaning. He argued that this drop in activity could be an important factor in understanding and treating depression. His observations provided the foundation for his behavioural model of depression, which still informs our understanding of the condition today. It might seem obvious to us in 2024, but at that time it was not that understood.

According to behavioural approaches, depression is the result of a problematic cycle between reduced activity and low mood. The cycle begins when a person starts doing less, which means that they become more withdrawn and isolated. This, in turn, leads to fewer opportunities for positive experiences or distraction, exacerbating a person's low mood. This makes the person even less motivated to try effortful, interesting activities, and the cycle continues.

This negative cycle doesn't come out of nowhere; it often starts for a clear reason. The low mood seen in depression is often preceded by 'a big context shift'. This shift is caused by a significant change in circumstances, such as a divorce, a demanding period at work, problems at home, or a global pandemic. The context shift means that the activities a person used to enjoy become difficult or impossible.

For example, after a divorce, people might find it upsetting to go to places they used to enjoy with their partner, or a student under pressure at school or college might be too tired to try hobbies they like to do. Similarly, after the prolonged isolation and inactivity of lockdown, previously enjoyed routines might be challenging or unappealing.

The risk then is that people withdraw further. They choose easy but unrewarding behaviours instead, such as staying at home. At first, this makes good sense. This withdrawal is driven by people's desire to avoid the negative emotions that they're experiencing when they try to do these activities. This behaviour works in the immediate term because it makes you feel better. However, it can move you further from what you need to get something out of this world.

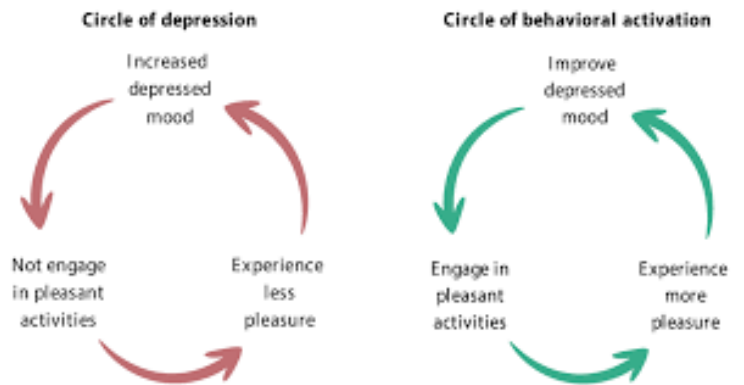
**don't let
life bring
you
down**

MIND-SET: Behavioural Activation can help move you forward.

The key to relieving depression, according to researched behavioural approaches, is to somehow break this cycle of inactivity and low mood. This is the main goal of the behavioural treatment that is known as “Behavioural Activation” (BA) and is well-established as an effective psychological therapy for depression.

BA is a standalone treatment, but its principles often appear in other forms of therapy, including cognitive behavioural therapy (CBT). In one study comparing different types of therapy, BA was just as effective at reducing depression as full CBT.

In BA, people experiencing depression are gradually encouraged to engage in the very activities they have stopped doing. The idea is that the cycle of inactivity and low mood is replaced with a more beneficial cycle in which productive, meaningful activities make people feel better, which in turn increases motivation for more activity.



The first step involves keeping a record of all your activities for a certain period of time: a day, three days, a week. Draw up an empty timetable, splitting each day into hourly slots or into morning, afternoon and evening. Then, for the time chosen, make a note of what you did each day. Critically, you should also make a note of how you felt during each activity, from 0 (feeling really down) to 10 (feeling positive and upbeat). For example, you might note that you read a book in the morning and your mood was about a 3, then you did an exercise class in the afternoon and your mood was about a 5. The idea is that this step helps gather information about the small changes in behaviour that could make a big difference but that we often overlook.

Now, create a new schedule. Look back at your record from the previous week, and include in your schedule the activities you were doing when you experienced a slightly better mood. In addition, try to include some of the activities you have stopped doing, or are doing less often now. You don't need to fill out every slot, but aim to schedule at least one or two activities for each day. The idea is to identify what is important in your life. What makes you feel good. What things you would like to be doing but are, in fact, avoiding. And choose difficult things alongside the easy ones.

Remember any improvements take time. It might feel hard for a while, but if you can, keep going with it. Try to experiment with the behaviour long enough to find out what it does for you. It could well take a few weeks to find that out.

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.

EXERCISE/FITNESS: STRETCHING

Some Active Stretches for you - 1

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

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

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

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

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

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

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

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

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

BUTT KICKS

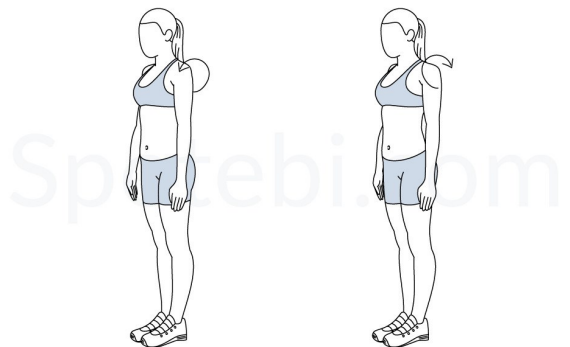
Bring your knees up in front of you, as if you’re going to do a high kick. Instead of keeping your foot beneath your knee, bring your foot under your leg so your heel touches your buttocks. Then move forward as you continue this motion. You can start slowly and then pick up the pace. It should feel like you’re running with high knees that touch your butt. Make sure you land gently on the ball of your foot, with your foot landing directly beneath your hips.



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.

SHOULDER ROLLS

Maintain good posture while standing or sitting. Roll your shoulders up, back, and down. Do this movement 10 times. Then, roll your shoulders up, forward, and down 10 times. Keep your arms by your sides. Maintain your body relaxed and start with small circles. Breathe deeply and keep the movement smooth and continuous. With every breath, increase the circles’ diameter until you move fluidly through your full range of motion. A perfect active stretch for removing accumulated stress and tension in the shoulders and improving the circulation in those joints.

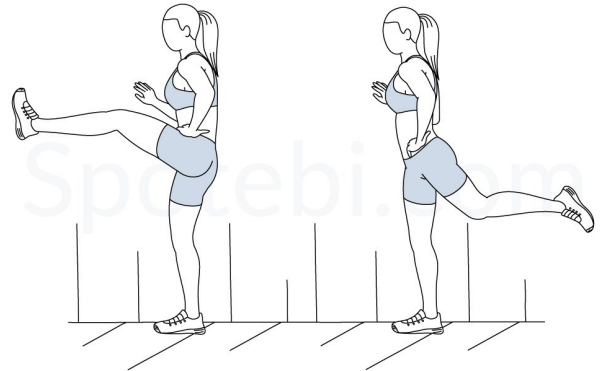


If you have any personal health concerns re stretching, always check with a medical professional before starting.

EXERCISE/FITNESS: Some Active Stretches for you - 2

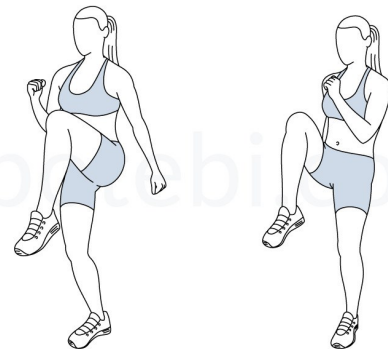
LEG SWINGS

Stand straight with your feet hip-width apart and hold onto a wall. Keeping one leg stationary, slowly swing the opposite leg forward and backward in a single smooth movement. Switch sides and repeat until set is complete. Keep your abs tight, your upper body stable, and maintain a steady and deep breathing pattern. Actively use your muscles to swing the legs and, with each swing, take your leg closer to its full range of motion. Keep the movement fluid and swing the leg as high as you can without losing form.



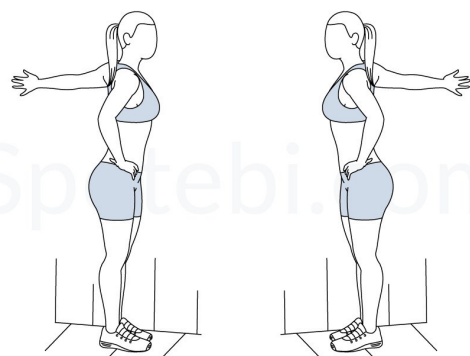
HIGH KNEES

Stand straight with your feet shoulder-width apart. Face forward and open your chest. Bring your knees up to waist level and then slowly land on the balls of your feet. Repeat until the set is complete. Open the chest and keep the knee joints loose. Add support to your back by keeping the core tight and landing slowly on the balls of the feet. Breathe deeply and as naturally as possible, with a smooth and steady rhythm. Will activate your quadriceps, hamstrings, calves, glutes, and hip flexors, helping improve muscular endurance and balance.



CHEST STRETCH

With the side of your body facing a wall, place your left palm on the wall. Slowly rotate your torso to the right, until you feel the stretch in your chest and in your left shoulder. Hold for 15 to 30 seconds and repeat on the right side. When doing the chest stretch keep your palm pressed firmly against the wall and maintain your hand in line with your shoulder. Breathe out as you deepen the stretch and, as you rotate your body and open up the chest, maintain your back straight.



**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.**

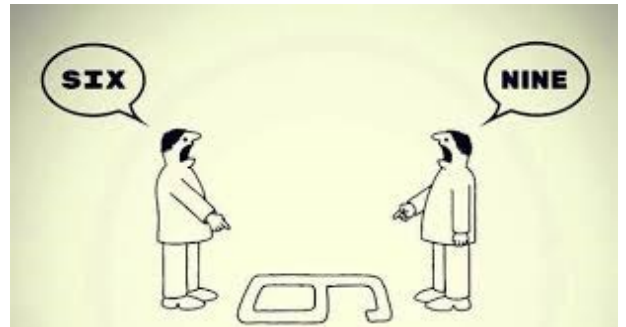
MIND-SET:

Do you see things from a different perspective?

As some people know, I love the cinema. I have a monthly card, that I pay for under £20, and I can see as many films a month as I like. On average this year that can be around seven or eight, or even ten, a month. Not a bad deal in the end.

It means I see a broad range of genres, and that includes foreign films - one of which this year was called *Monster*. It is described as a “Japanese Psychological Dramatic Mystery Thriller” and it lived up to that description.

There are different sections to the film. Each section is the same action, but seen from a different member of the cast’s view. One is a mother, whose son is at a school. One is from the point of the Teacher at the school. And one is from the point of view of the son. And it is very clever, as you realise that your preconceived ideas after watching the mother’s view is actually different after seeing from the Teacher’s view, which then changes again when you see from the child.



It is very clever, and even has an ambiguous ending. My friend Jazz, who went to see the film with me, and I decided we saw it differently than others. But it did open up the discussion of how we see events that go on in our own lives. How situations arise and sometimes we only see one point of view, and that could actually be wrong.

So how can we start seeing things from a different perspective?

Understand your Bias

We all have stereotypes and prejudices. That is a natural thing. It could be to do with how we have been brought up, what we have been taught in school, and so on. In fact, when we look at photos online, or reading stories in the media, we are using these unconscious thoughts a lot. When you hear of someone young being hurt by a knife or gun you may automatically assume it is gang related, or they have drug issues, or are violent. When you see a lady with a footballer you may assume they are just there because he is rich, or that they are lazy and don’t want to work. (I hasten to add that I am using those as extreme examples, and in no way do these examples describe any of my own thoughts). Or maybe subconsciously they do?

How quick are you to judge others? On their looks, their age, their mental ability. I have been running HMHB for seven and a half years with clients, and I see myself doing it sometimes, and it frustrates me. I am so proud that I have a project that treats everyone the same. I need to sometimes sit back and recalculate my own thinking. We are human, this happens. The trick is recognising when it happens and having the skills to be able to see how you need to change.

One thing is to try and see things from the opposite point of view. I went to a grammar school that had a debating group - I didn’t take part. But I know the teacher would occasionally mix things up by putting the people who were “for” the motion onto the team who were “against”. It forced them to try and see things in a way that was against their own thinking. It probably would not change their mind, but it is important to try and get the full facts before forming a proper conclusion. Very often our own bias negates that.

MIND-SET:

Seeing things with a different perspective.

The easiest and quickest way to see things from a different angle is to talk with others. They say the art of communication is to be a good listener, so listen. We have had to do that with HMHB. I admit I was not that open to it when I started. But I learnt quickly. Other people see things that you may miss. We can be quite stubborn, thinking our way is always the best. And maybe, sometimes, it is. But it does not hurt to see the point of view of others.

Open Minded People are:

- Open to new ideas and experiences
- Passionate about their own beliefs but considerate of others
- Empathetic towards others' feelings

Close Minded People are:

- Not receptive to other ideas; only their own
- Rigid thinking and a refusal to consider other beliefs
- Insensitive towards others' feelings

What should you do?

- Be curious to hear what others think
- Be able to have your ideas challenged
- Not feel angry when you are wrong, or people say that.
- Have empathy for other people
- Consider what other people are thinking
- Be humble about your own knowledge and expertise
- Want to hear what other people have to say, even if you don't agree
- Believe others have a right to share their beliefs and thoughts



Seeing things from a different perspective means you:

- **Gain insight.** Challenging your existing beliefs and considering new ideas can give you fresh insights into the world and also teach you new things about yourself.
- **Have new experiences.** Being open to other ideas can also open you up to trying new things.
- **Achieve personal growth.** Keeping an open mind can help you grow as a person. You learn new things about the world and the people around you.
- **Become mentally strong.** Staying open to new ideas and experiences can help you become a stronger, more vibrant person. Your experiences and knowledge continue to build on one another.
- **Feel more optimistic.** One of the problems with staying closed-minded is that it often leads to a greater sense of negativity. Being open can help inspire a more optimistic attitude toward life and the future.
- **Learn new things.** It's hard to keep learning when you surround yourself with the same old ideas. Pushing your boundaries and reaching out to people with different perspectives and experiences can help keep your mind fresh.

**“Your assumptions are your windows on the world.
Scrub them off every once in a while, or the light won't come in.”**

NUTRITION: Lazza's Kitchen Adventure

Nutty Oat Choco Cookies

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his ever version of Nutty Oat Choco Cookies from scratch

Ingredients

200g Peanut Butter
200g Oats
3 Eggs: 150g Brown Sugar
1 heaped teaspoon Baking Powder
75g Crushed Hazelnuts
Cooking Chocolate
Caster Sugar
Thick Double Cream (if you want to mix in with the chocolate)

Cookies are thought to have originated in Persia sometime around the 7th century AD. By the 14th century, the ancestors of our modern cookies were commonplace in all tiers of society across Europe, from the cuisine served in royal courts to that sold by sellers on the street. Cookies were so loved throughout Europe that Queen Elizabeth I of England commissioned some of her most significant guests' likenesses to be baked into gingerbread sculptures and then presented to them.

This was a really tasty cookie to make—and so easy. Into a bowl I put the Peanut Butter - you can use crunchy. Into that I put the brown sugar (I used three different types - dark brown, brown, and granulated).

Add the three eggs and mix together thoroughly - may be difficult depending on the stickiness of the peanut butter. Can use vanilla essence if you wish.

Now add the crushed hazelnuts and mix. Then the oats and the baking soda. The mix will be sticky. Roll into small balls and push down onto baking trays (I put on non stick foil so easy to get off) The mix should make over 20 cookies.

Bake around 15-20 minutes (check). Make sure brown colour and then take out. They will harden more as they cool. I then melted chocolate (mixed with small amount of caster sugar and thick double cream) and spread over the bottom. Put into fridge to set, and then take out and store and eat.



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

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

Since summer 2021, HMHB has been hosting an online quiz on Thursday evenings. We started it as a way of bringing people together, having a laugh, and not taking things seriously.

It is important that anyone can win, so we make it funny, but no knowledge is required.

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

ROUND ONE: Multiple Choice

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

Genuine Cocktail Drinks	Born in Islington, London	Football League Cup Winners
Smoking Padre	Kenneth Williams	Birmingham City
Ass Juice	Leona Lewis	Sheffield United
The Mexican Hooker	Charles Dickens	Bolton Wanderers
The Queens Knickers	Daniel Radcliffe	Stoke City

ROUND TWO: Give Me a Number

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

In minutes, the world record for holding the Splits position.

The number of stations on the New York Metro System.

The number of teams at the ICC Men's T20 Cricket World Cup 2024.

How many cars that were registered as new in 2024 were white?

In miles, what is the shortest distance from London to Singapore?



ROUND THREE: When Did That Happen

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

French fashion designer Louis Reard launched the modern two-piece bikini in Paris.

Metro Goldwyn Mayer film and television studios was founded.

The first Famous Five book (Five On A Treasure Island) was published.

The year that Instagram was launched.

Leo Tolstoy, author of War and Peace, was born.

ROUND FOUR: What specifically links these people?

Thandiwe Newton: Adele: Amanda Seyfried: Ian Botham: Vincent Van Gogh: Eva Mendes

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

- | | |
|------------------------------------|---|
| 1. Wish is the longest in miles | M11: M25: M40 |
| 2. The Youngest | Aretha Franklin: Dusty Springfield: Tina Turner |
| 3. Which Moon Was Discovered First | IO (Jupiter): Phobos (Mars): Titan (Saturn) |
| 4. British Artist Born First | Francis Bacon: LS Lowry: Lucian Freud |

ROUND SIX: Which is it?

1. Current Holders of the Football Europa League 2024:
2. Current Holders of the US Superbowl 2024:
3. Current Holder of the English Grand National Horse Race:
4. Current Holders of the Football World Cup:
5. Current Holder of Men's 100m World Record



NUTRITION:

Some Carbohydrates can help with Blood Pressure

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.

I take a pill a day to help with my blood pressure after it got fairly high a couple of years ago - dangerously so. I remember the nurse in the surgery taking a short breath and giving me a look before telling me that I was a risk of several health conditions if it did not improve.



Blood pressure is the force, or pressure, that makes the blood flow round the body. Blood pressure is often shortened to BP. When the heart beats, or contracts, it pushes blood through blood vessels called arteries. When the heart relaxes between beats, blood returns to the heart through blood vessels called veins.

Kidneys normally control blood pressure to help make sure it is at a healthy level. They do this by regulating how much salt and water is in the blood. If the kidneys are not working properly, they may not be able to control blood pressure well.

Limiting ultra-processed and highly refined carbohydrates like doughnuts, cakes, biscuits, and sweets, and focusing on carbohydrates that are more nutrient-dense and complex is a good rule of thumb when navigating your carbohydrate choices.

According to nutritionists and experts, while most fruits, whole grains and other good-for-you carbohydrate choices are generally a great addition to your blood-pressure-friendly diet, there are some specific choices that offer unique benefits and make them some of the best carbs to include in your diet if you want to manage blood pressure.

Bananas

Bananas contain “Potassium” which can help manage hypertension. One medium-sized banana contains around 422 milligrams of potassium. A serving would be 1 large banana, 1 cup of sliced banana, or two-thirds of a cup of mashed banana.

According to the experts, potassium reduces the effects of sodium and alleviates tension in the walls of the blood vessels. Too much sodium is bad for blood pressure, so kidneys have a mechanism for excreting excess sodium to maintain blood pressure. Potassium helps the kidneys excrete that excess sodium instead of retaining it. But potassium also helps improve your body’s overall vascular health. Potassium eases tension in the walls of blood vessels and that, in turn, can have other benefits on your heart health.

However, people with Kidney disease should consult a doctor before increasing their Potassium intake.

NUTRITION:

Carbs to help with Blood Pressure

Berries

Blueberries, Blackberries, Raspberries, and Strawberries contain antioxidant compounds called anthocyanins, a type of flavonoid. Antioxidants are compounds that prevent oxidation, a chemical reaction that can produce free radicals in your body. Autoxidation leads to degradation of organic compounds, including living matter. The antioxidants can inhibit that.

A review in 2019 suggested consistent findings to support the theory that anthocyanins and anthocyanin-rich berries can lower blood pressure. However, they emphasise that this outcome is not generalised and may depend on several factors, including study length, baseline characteristics, and dosage.



But it is a great excuse to get more fruit into your diet anyway. Berries are a good source of “Fibre”, including soluble fibre. Studies show that consuming soluble fibre slows down the movement of food through your digestive tract, leading to reduced hunger and increased feelings of fullness. They are also low in calories yet rich in several vitamins and minerals, especially vitamin C and manganese.

To enjoy berries:

- eat them as a snack or sweet treat after meals
- add them to homemade smoothies
- sprinkle them on porridge for breakfast

Dark Chocolate

The “Flavanols” in dark chocolate stimulate nitric oxide production in the body. Nitric oxide causes blood vessels to dilate, or widen, which improves blood flow and lowers blood pressure.

Flavonoids are various compounds found naturally in many fruits and vegetables. There are six different types of flavonoids found in food, and each kind is broken down by your body in a different way.



Flavonoids help regulate cellular activity and fight off free radicals that cause oxidative stress on your body. In simpler terms, they help your body function more efficiently while protecting it against everyday toxins and stressors. Inflammation is one of your body’s immune responses. Allergens, germs, toxins, and other irritants can trigger inflammation that results in uncomfortable symptoms. Flavonoids may help your body dismiss that inflammatory reaction so that those symptoms are reduced.

At least five subtypes of flavonoids have a demonstrable effect on lowering high blood pressure.

According to the experts, just 30-60g a day is enough. Which when you look at a bar, that is not a large amount. Do you have the will power to do that? Remember, everything in moderation. Dark Chocolate is still high in calories and sugar, so it is important to keep tabs on your intake!!!

NUTRITION:

Carbs to help with Blood Pressure

Oats

Oats are another food that is rich in soluble fibre and have been shown to significantly lower blood pressure when added to a healthy diet.

Whole oats are high in antioxidants and beneficial plant compounds called “Polyphenols”. Polyphenols are compounds that we get through certain plant-based foods. They’re packed with antioxidants and potential health benefits. It’s thought that polyphenols can improve or help treat digestion issues, weight management difficulties, diabetes, neurodegenerative disease, and cardiovascular diseases.



Most notable in oats is a unique group of antioxidants called “Avenanthramides”, which are almost solely found in oats. Research has found that avenanthramides may help oxidative stress by increasing the production of nitric oxide gas. This gas molecule helps dilate (widen) blood vessels, which may lead to better blood flow. In addition, avenanthramides have anti-inflammatory and anti-itching effects.

Many studies have shown that the beta-glucan fibre in oats is effective at reducing both total and LDL (bad) cholesterol levels. Beta-glucan may increase the release of cholesterol-rich bile, which reduces the circulating levels of cholesterol in your blood.

Oats may also protect LDL (bad) cholesterol from oxidation. Oxidation of LDL (bad) cholesterol occurs when it reacts with free radicals. This is another crucial step in the progression of heart disease. LDL cholesterol produces inflammation in arteries, damages tissues, and can raise the risk of heart attacks and strokes.

Leafy Green Vegetables

Dark leafy greens like cabbage, chard, spinach, and kale, are high in nitrate, a compound naturally found in soil, water and food. Bacteria and enzymes in the body convert the nitrate in plant-based food like leafy greens into nitrous oxide which acts like a messenger, telling blood vessels to relax and dilate and thereby lowering blood pressure.



In a 2021 Danish cohort study published in the European Journal of Epidemiology, participants who consumed at least 1 cup of green leafy vegetables daily had a lower systolic blood pressure at baseline and a significantly reduced risk of cardiovascular disease events like heart failure and stroke, compared to those who ate less green leafy vegetables. And a 2018 meta-analysis published in “Nutrition Reviews” found that consuming high-nitrate plant foods can significantly lower systolic blood pressure as well as improve other cardiovascular disease factors.

Dark green leafy vegetables are high in fat-soluble pigments called carotenoids that have been associated with many protective health benefits. Like vitamin C, carotenoids also act as an antioxidant, helping to reduce oxidative stress that can contribute to an increased risk of high blood pressure.

Nutrition: HMHB looks at Minerals

Today: Zinc

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

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

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

Zinc is a Micromineral. Microminerals are essential and indispensable trace minerals in the human body. However, only in a very small amount to participate in the body's operation.

Zinc is naturally found in cells throughout the body. It helps the cells to grow and divide, and is necessary for the activity of enzymes, proteins, and DNA (your genes). The body cannot make zinc, so you need to get it from the food you eat. It is mainly stored in the muscle and bone.

Zinc is important for many of the body's functions:

Immune System: The body needs zinc to fight off infection. People who don't have enough zinc in their body may be at greater risk of infections. Children and older people are at greater risk.

Wound Healing: Zinc supports skin health. If you don't have enough zinc in your diet, it can lead to skin changes that can look like eczema at first. Zinc supplements may be used to help people who have burns or leg ulcers that heal very slowly or don't heal.

Taste and Smell: Zinc is very important for one of the enzymes you need so that you are able to taste and smell.

Zinc is found in many foods including: meat: fish and seafood: poultry: cereals and whole grains: nuts, seeds and legumes: dairy foods.

The amount of zinc the body can absorb is affected by how much protein is in the diet. Zinc tends to be better absorbed from animal-based foods than plant-based foods. This means that vegetarians and vegans, or people on long-term restricted diets, are more likely to experience zinc deficiency.

Like all Minerals, these are Elements that are “essential for life”.

Your body can't create them (they are inorganic). You have to get them through your diet.

Why not research Minerals this month, and what foods you need to consume?

It's your body, and your choice.

Make sure your choices are the best ones you can make.

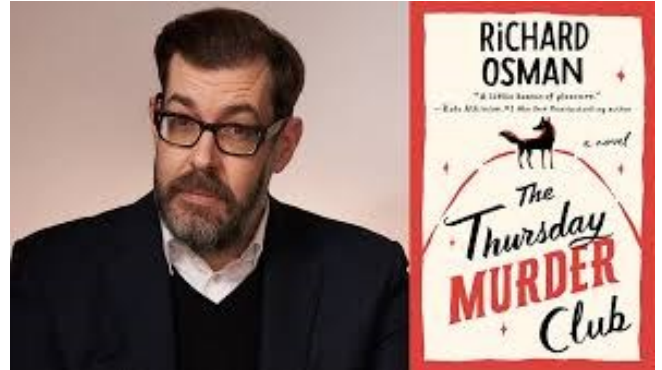


LAZZA'S PAGE

Recommendations, News, Life!!!

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

From previous entries, people know I am a crime thriller fan - with lots of favourite authors. I would definitely promote Richard Osman's Thursday Murder Club novels - four so far. Very clever plotting, easy to read, characters you have genuine love for, and murders to solve. I am sort of looking forward to the upcoming film, but have the characters in my own head, and know they will be replaced by the fabulous British cast that is being assembled. Give the books a look (in order!).



Yes, the Euro 24 Football is upon us (typing 19th June), and I am definitely watching, but I am also getting my fill of the T20 Cricket World Cup too. People know I am a massive sports fan, and was lucky to play football around the world, as well as be an opening bowler in my time. Are you watching? I find sport relaxing - unless it's my own team Liverpool playing, where I turn into a blithering nervous wreck.



It will come to no surprise to anyone that I do like chocolate - especially chocolate bars. In fact, the next page (game page) has that as a base. Naturally, there is nothing wrong with having a bar as a treat. Why not? They taste great, and make you feel happy. My personal faves are Picnic, Snickers, Bounty, Topic, and Wispa. I also know I need to limit my number in a week. What ones do you like? Remember, treat not habit!!



Last Year - 2023 - Healthy Minds, Healthy Bods was very busy indeed. Just listen to the figures: HMHB delivered over 10 courses -working with over 120 people in attendance.

HMHB produced and delivered 10 forty-page Health Packs.

HMHB delivered 101 weekly health walks

HMHB delivered 84 weekly exercise sessions

HMHB delivered 30 weekly Zumba sessions outdoors

HMHB delivered or joined in with 58 social outings/events (many of which were FREE)

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

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

Islington Voluntary Community Sector turned us down for funding for a “poor quality” application form.

Please help us: www.justgiving.com/crowdfunding/hmhb2016



HMHB's Name Game Page:

Can you name these Chocolate Bars 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



6



7



8



9



10



11



12



13



14



15

NUTRITION: Lazza's Kitchen Adventure

Lasagne

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

In Ancient Rome, there was a dish similar to a traditional lasagna called "Lazana" or "Lasanum" (Latin for 'container' or 'pot') described in the book "De re Coquinaria" by Marcus Gavius Apicius, but the word could have a more ancient origin. The first theory is that Lasagna comes from Greek "λάγανον" (laganon), a flat sheet of pasta dough cut into strips. The Italians used the word to refer to the cookware in which lasagna is made. Later the food took on the name of the serving dish.

Ingredients

750g Beef Mince: 2 Onions
Garlic: 200ml Beef Stock
2 tblsp Plain Flour: Halved Baby Mushrooms
2 x tin Chopped Tomatoes
Bacon Lard-Ons: Worcestershire Sauce
1 pint HOT milk: 50g Unsalted Butter
50g Plain Flour: 1 teasp English Mustard:
200g Grated Cheese: Lasagne Sheets
Salt: Pepper
Parsley: Mixed Herbs: Basil

Cook the mince, and then put to one side.

Cook the lard-ons, and also put to one side.

Now cook the onions and garlic together till slightly brown.

Return the meat and the bacon to the pot and add the two tablespoon of flour.

Add the stock and bring to the boil.

Add the tomatoes and the mushrooms (you can also add some tomato puree if you want. Allow to simmer for around an hour. Add the herbs and the Worcestershire sauce and the seasoning.

For the white sauce, heat up some milk in the microwave till hot.

In a sauce pan melt the butter and add the plain flour, stirring into a paste.

Gradually add the hot milk, stirring well, then the mustard and half the grated cheese.

In an oven proof dish, add a third of the meat on base, layer on a third of the white sauce, then a layer of lasagne sheets.

Repeat all this with a second layer of all three.

Then add the final meat, final white sauce, and sprinkle on the remaining cheese.



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

EXERCISE/FITNESS:

What Exercise Should I Be Doing? - 2

Strength

Your muscular strength can make a big difference. Strong muscles help you stay independent and make everyday activities feel easier, like getting up from a chair, climbing stairs, and carrying groceries. Keeping your muscles strong can help with your balance and prevent falls and fall-related injuries. You are less likely to fall when your leg and hip muscles are strong. Some people call using weight to improve your muscle strength “strength training” or “resistance training.”



Some people choose to use weights to help improve their strength. If you do, start by using light weights at first, then gradually add more. Other people use resistance bands, stretchy elastic bands that come in varying strengths. If you are a beginner, try exercising without the band or use a light band until you are comfortable. Add a band or move on to a stronger band (or more weight) when you can do two sets of 10 to 15 repetitions easily. Try to do strength exercises for all of your major muscle groups at least 2 days per week, but don't exercise the same muscle group on any 2 days in a row.

Balance

Balance is involved in every activity of daily life, including walking, bending over to tie your shoes, and going up and down the stairs. Balance training improves the skills necessary for these real-life movements and helps reduce your risk of injury. Balance is a trainable skill, like riding a bike, but consistency is important. The more you practice, the better your balance will be.

Balance training helps you understand where your body is in space and how it moves. It helps to know how far to reach for an item on a high shelf, or how to move to avoid bumping into someone. If you step off a curb and stumble, your body needs to react immediately to rebalance and keep you from falling. Balance training helps your body respond more quickly to these immediate demands and avoid injuries from a fall. Your brain sends signals to your muscles to coordinate movement. Since maintaining balance requires many muscles to work together, balance training improves your mind-body coordination. Staying physically active helps keep you mentally sharp at the same time!

Flexibility

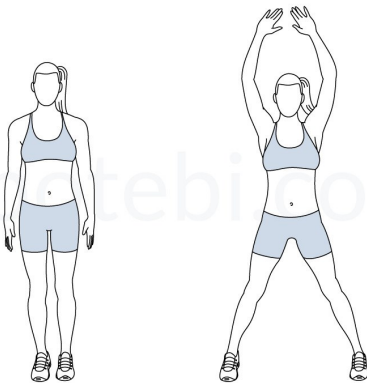
Stretching can improve your flexibility. This is one of the reasons we have a couple of stretch pages in this health pack. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back your car out of the driveway.



- Stretch when your muscles are warmed up.
- Stretch after endurance or strength exercises.
- Don't stretch so far that it hurts.
- Always remember to breathe normally while holding a stretch

EXERCISE/FITNESS:

Body Exercises to do at home or with friends - 1

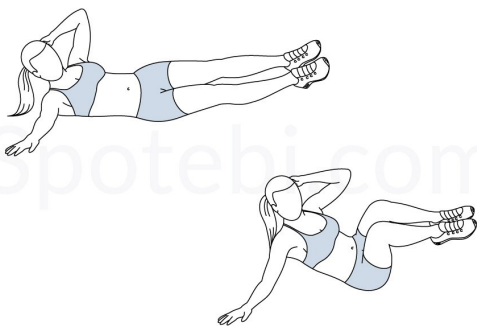


JUMPING JACKS

Stand straight with your feet together and hands by your sides. Jump up, spread your feet and bring both hands together above your head. Jump again and return to the starting position. Repeat until the set is complete.

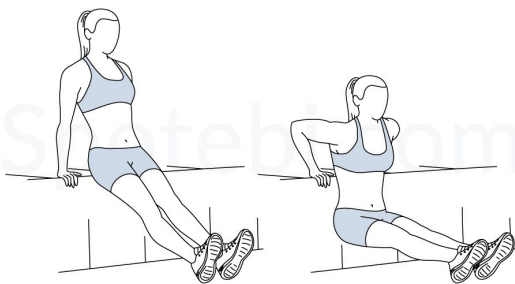
Jumping jacks are a great full body exercise that enhances aerobic fitness, strengthens the body, and promotes relaxation. This exercise also improves muscle endurance, increases the body's metabolic rate, and helps with weight loss.

Keep the knees slightly bent and land softly on the balls of your feet. Engage your core and glutes and maintain your knees in line with your hips and feet.



OBLIQUE CRUNCH

Lie on your right side with your legs straight, feet off the floor, and place your left hand behind the head. Bend both knees, raise your torso, and, as you squeeze the abs, try touching your left knee with your left elbow. Straighten both legs, lower your torso back to the floor, repeat, then switch sides. The oblique crunch fully engages the abdominal wall and the obliques and helps to sculpt the waist. This exercise strengthens the back, tightens the core, tones the abs, and improves balance and flexibility. Keep your core engaged, back straight, and start each rep with your shoulder on the mat. Breathe out as you bend your knees and lift your torso off the floor.



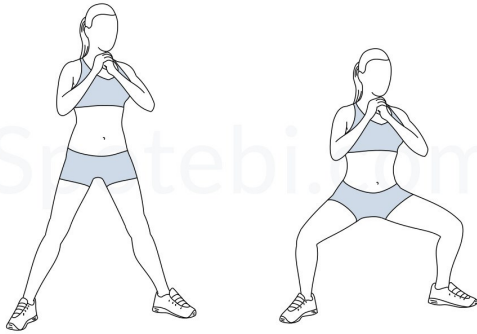
TRICEP DIPS

Place your hands behind you onto a chair, so that your fingers face forward. Extend your legs and start bending your elbows. Lower your body until your arms are at a 90-degree angle. Lift your body back up until your arms are straight. Repeat. Tricep dips are a great exercise to tighten your triceps and to help you get rid of flabby arms quickly. Usually, the triceps don't get worked as much as they should and that's why it's important to exercise those muscles regularly so that they don't get loose and saggy. Inhale as you bend your elbows and breathe out as you extend the elbows and lift yourself back up.

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

EXERCISE/FITNESS:

Body Exercises to do at home or with friends - 2

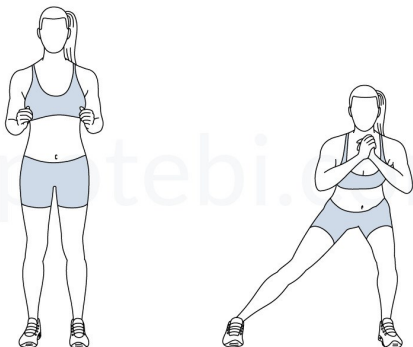


SUMO SQUATS

Stand with your feet in a wide stance and with your toes pointing out to the sides. Lower yourself back by pushing your bum out and bending your knees and pressing your hips back. Once your thighs are parallel to the floor, come back up and repeat. (It's like a normal squat with a wide stance).

The sumo squat places more emphasis on your inner thighs and glutes and strengthens those areas more than a standard squat.

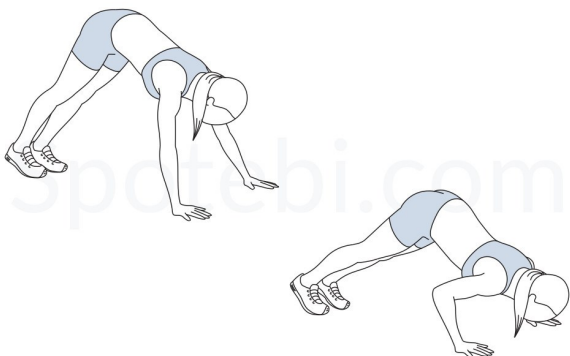
Keep your back straight, abs tight, and make sure that your knees stay in line with your toes.



SIDE LUNGE

Stand straight with your feet hip-width apart. Step out to the side and transfer your weight to that leg. Use your lead foot to push you back to the starting position. Repeat and then switch sides.

The side lunge adds a lateral movement that is often neglected in more traditional lower body exercises, such as squats and forward or backward lunges. This lateral movement targets the inner and outer thighs and helps to strengthen and tone those areas of your legs. This is also an excellent move to strengthen your quads, hamstrings, and glutes. Remember to pull your abs in, keep your back straight and face forward.



PIKE PUSH UP

Get down on your hands and feet, with your hands shoulder-width apart, your legs straight and your hips up. Bend your elbows, until your arms form a 90-degree angle, and bring your head close to the mat. Straighten your elbows, pushing your body away from the mat, and return to the starting position. Repeat until the set is complete.

The pike push up is a great exercise for building shoulder strength and improving core stability. This exercise works your shoulders, arms, chest, back, and core, and helps to tone and strengthen your entire upper body. Start with your arms in line with your spine, straighten your back, engage your core and keep your upper and lower body at a 90-degree angle.

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.



Your “Circulatory system” is a system of organs that includes the heart, blood vessels, and blood which is circulated throughout the entire body of a human or other vertebrate. If a child’s entire circulatory system - we’re talking veins, arteries, and capillaries - were laid out flat, it would stretch for more than 60,000 miles, according to the Franklin Institute. By the time we reach adulthood, our bodies have become home to approximately 100,000 miles of blood vessels. Isn’t that amazing?

You may think that Disney’s Snow White and the Seven Dwarfs was the first full length animated film (I did till today). However, the picture opposite is from a film called “El Apostol”.

El Apóstol is a 1917 lost Argentine animated film using cutout animation. Italian-Argentine immigrants Quirino Cristiani and Federico Valle directed and produced, respectively. At seventy minutes in length, historians consider it the world’s first animated feature film.



You might have heard that Eskimos have a lot of words for “snow”. Well, so do the Scottish. Did you know that Scotland has **421 words** for snow?! This is because they have words to describe every type of snow, such as snow that is more rain-like than snow, snow that swirls, and a light snowfall! Some of the words that they use are: 'fleefle', 'flidrikin' and 'spitters'!



Did you know that Kleenex tissues were originally produced to act as filters for gas masks during the First World War? One use for cotton fabric was in the filters of early gas masks. Kleenexes proved to be a suitable replacement in those filters, thus providing a vital need during the war. Fortunately, the Kleenexes were not needed for gas masks in WWII, as one war with such a horrifying weapon proved enough even for the dictators of Europe. The tissues themselves grew popular for blowing people’s noses in the middle of the 1920’s.



HEALTH / ROUTINE

Body Parts: Spleen

Your spleen is a small organ that sits inside your left rib cage, just above your stomach. In adults, the spleen is about the size of an avocado. The spleen is part of your “Lymphatic System” (a group of organs, vessels and tissues that protect you from infection and keep a healthy balance of fluids throughout your body) - which itself is part of your “Immune System”. It does several important jobs to keep your body healthy.

Your spleen:

- Stores blood.
- Filters blood by removing cellular waste and getting rid of old or damaged blood cells.
- Makes white blood cells and antibodies that help you fight infection.
- Maintains the levels of fluid in your body.
- Produces antibodies that protect you against infection

There are two parts of the spleen. They each do different jobs. The types of tissue in the spleen are:

- **White pulp:** As part of the immune system, the white pulp produces white blood cells. These blood cells make antibodies. Antibodies fight infection.
- **Red pulp:** The red pulp acts like a filter. It removes waste from the blood and gets rid of old or damaged blood cells. Red pulp also destroys bacteria and viruses.

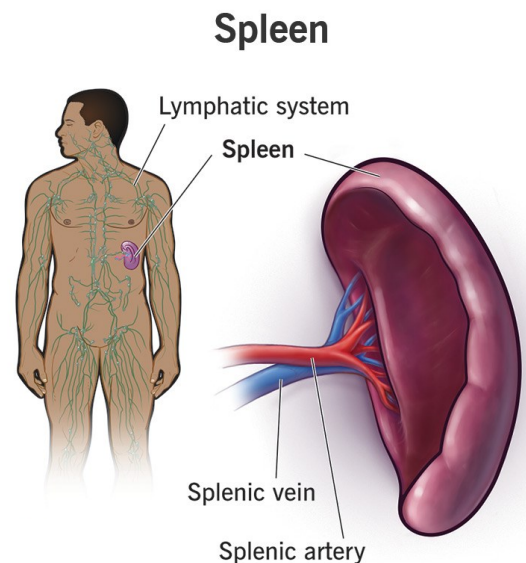
To keep your spleen, lymphatic system and immune system working properly, you should drink plenty of water, exercise regularly and maintain a healthy weight. Eat a balanced diet with plenty of fruits and vegetables. By staying healthy, you’ll help your immune system protect you from infections and illness.

Many disorders, conditions, injuries and diseases can cause problems in the spleen. One of these is an Enlarged Spleen (“Splenomegaly”).

Several conditions can cause the spleen to swell and get too big. An enlarged spleen can cause pain and an uncomfortable feeling of fullness, even if you haven’t eaten much. It’s a dangerous condition because the spleen can rupture (tear) or bleed.

The spleen can become enlarged from:

- Blood cancers, such as “Leukaemia” and “Hodgkin’s Lymphoma”, and cancer in other parts of the body that metastasise (spread) to the spleen.
- Blood clots in the spleen or the liver.
- Certain types of anaemia, including “Haemolytic Anaemia”
- Cystic Fibrosis.
- Infections, including Mononucleosis, Syphilis, Malaria, and Endocarditis (infection of the heart’s lining).
- Liver problems, including Cirrhosis.
- Inflammatory diseases, including “Sarcoidosis” - a rare condition that causes small patches of swollen tissue in the body.
- Protein disorders like “Amyloidosis - a build up of abnormal proteins in the body.



HEALTH / ROUTINE

Body Parts: Bone Marrow

Bone marrow is the soft, fatty tissue inside of bone cavities. Components of your blood including red and white blood cells and platelets form inside of your bone marrow.

Bone marrow makes nearly all the components of your blood. It's responsible for creating billions of red blood cells daily, along with white blood cells and platelets. Bone marrow also stores fat that turns into energy as needed.

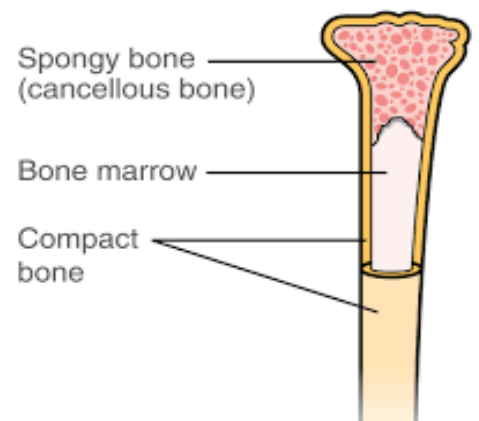
Bone marrow makes the components of your blood that you need to survive. Bone marrow produces red blood cells that carry oxygen, white blood cells that prevent infection and platelets that control bleeding. The absence of bone marrow can be fatal since it's an essential part of your body.

You can actually donate bone marrow. Bone marrow and the healthy cells it produces are necessary for humans to live. Often, cell mutations harm healthy bone marrow cells, and a bone marrow transplant would be a treatment option for people diagnosed with blood cancers like leukaemia. A bone marrow transplant takes healthy cells from a donor and puts them into your bloodstream. The donor's cells help your body grow healthy red and white blood cells and platelets.

There are three parts to the anatomy of your bones:

- compact bone
- spongy bone
- bone marrow

Compact bone is the strong, outer layer of your bones. Spongy bone makes up the ends of your bones. Bone marrow is in the centre of most bones and in the end of spongy bones in your body. Bone marrow and blood vessels fill cavities in your bones, where they store fat and stem cells and produce blood cells that make your whole blood.



There are two types of bone marrow in your body, which are characterized by their colour. Your body holds just under 6 lbs. (about 2.5 kg.) of red and yellow bone marrow.

Red bone marrow produces blood cells (“Haematopoiesis”). Stem cells in your red bone marrow (hematopoietic stem cells) create red and white blood cells and platelets, all of which are components of your whole blood.

Yellow bone marrow stores fat. There are two types of stem cells in yellow bone marrow (adipocytes and mesenchymal stem cells). These cells preserve fat for energy production and develop bone, cartilage, muscles, and fat cells for your body.

Red bone marrow makes up all of your bone marrow until about age seven. Yellow bone marrow gradually replaces red bone marrow as you age.

Bone marrow is the foundation of your bones, blood and muscles. Keeping your bone marrow healthy focuses on supporting components of your body that grow from bone marrow cells. You can keep your bone marrow healthy by: eating a diet rich in protein (lean meats, fish, beans, nuts, milk, eggs), taking vitamins (iron, B9, B12), and treating medical conditions where bone marrow abnormalities are a side effect.

HEALTH / ROUTINE

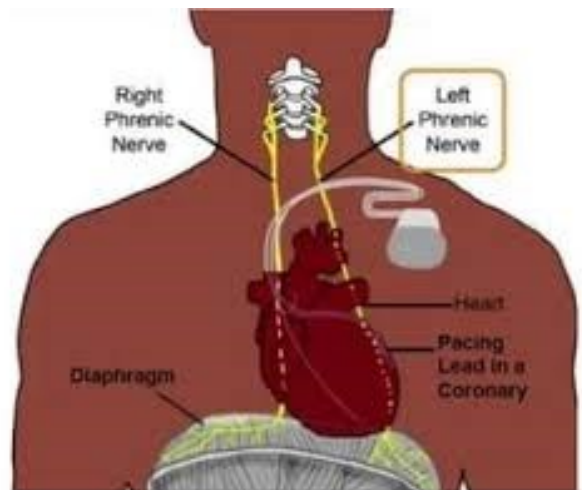
Phrenic Nerve

The phrenic nerve controls your diaphragm (the large dome-shaped muscle between your abdominal and chest cavities - we looked at that in a recent health pack). It's essential to breathing. Your nerve sends signals that cause your diaphragm to contract (become thicker and flatter). This movement gives your lungs room to expand and take in air (inhalation). After this, decreased firing of your phrenic nerve relaxes your diaphragm, and your lungs recoil, pushing out air (exhalation) and becoming smaller.

Your phrenic nerve plays a critical role in your "Respiratory System" to aid breathing. It's the only nerve in your "Nervous System" that provides motor (movement) function to your diaphragm. It sends signals that cause your diaphragm to expand and contract. These movements allow your lungs to inhale and exhale air. (as detailed above).

Your phrenic nerve also provides touch and pain sensory information to you:

- Diaphragm and diaphragmatic pleura (thin tissue covering the upper part of your diaphragm).
- Mediastinal pleura (thin tissue covering the chest cavity between your lungs).
- Pericardium (sac covering your heart).
- Peritoneum (thin tissue covering your abdominal organs)



Your phrenic nerve connects to the C3 to C5 cervical (neck) nerve roots of your Spinal Cord. The nerve:

- Starts at the C3 vertebral level, the part that aligns with your jaw and helps you bend and rotate your neck.
- Connects to the C4 and C5 vertebral levels in your neck, below the C3 vertebra. A spinal cord injury between C3 and C5 can cause paralysis, making a person unable to breathe on their own.
- Travels through your neck and chest (thorax) and past your heart and lungs to reach your diaphragm.

You have a left and right phrenic nerve (see picture above). Each performs the same function. The left phrenic nerve sends signals to the left part of your diaphragm, while the right phrenic nerve controls your right side.

These steps can keep your nervous system healthy:

- Exercise and eat a nutritious diet to achieve and maintain a healthy weight.
- Find healthy ways to manage stress, like meditation or listening to music.
- Get plenty of sleep.
- Manage conditions like diabetes and high blood pressure that can damage nerves.
- Seek help to quit smoking. Using tobacco restricts blood flow to nerves.

Damage to a phrenic nerve can lead to a paralysed diaphragm. You may experience shortness of breath and sleep problems. People who have severe damage to their phrenic nerve may need a mechanical ventilator to breathe. So if you have any concerns about any part of your health always contact a medical professional.

HEALTH / ROUTINE

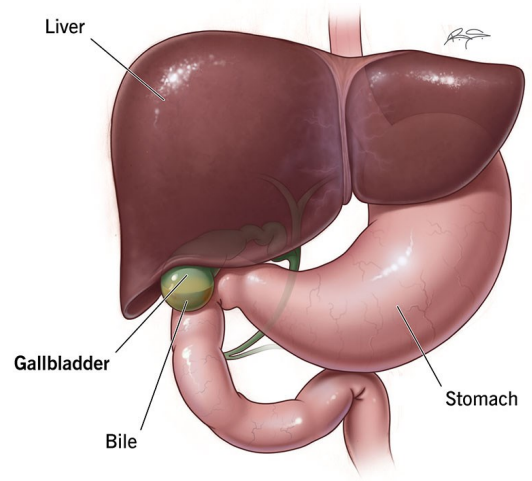
Body Parts: Gallbladder

Your gallbladder is a small, pear-shaped organ that stores and releases bile. Bile is the fluid your Liver produces that helps digest fats in the food you eat.

Your gallbladder is located in the upper right part of your abdomen (belly). It sits just under your liver.

Your gallbladder is one part of your Digestive System. Its main function is to store bile. Bile helps your digestive system break down fats. Bile is a mixture of mainly cholesterol, bilirubin and bile salts.

Your gallbladder is connected to other parts of your digestive system through a series of bile ducts called the “Biliary Tract”.; The biliary tract (sometimes called biliary system or biliary tree) is a pipe-like system that carries bile from your liver to your small intestine.



Before you start eating, your gallbladder is full of bile. When you start eating, your gallbladder receives signals to contract and squeeze the stored bile through the biliary tract. The bile eventually finds its way to your largest bile duct, the common bile duct. Bile passes through the common bile duct into the duodenum, the first part of your small intestine, where it mixes with food waiting to be digested. After you eat, your gallbladder is empty and resembles a deflated balloon, waiting to be filled up again.

Several conditions can cause problems in your gallbladder. The most common condition is gallstones. Gallstones are typically harmless but can sometimes lead to disease states.

- **Gallstones:** Gallstones are pebble-like objects made of bile material that develop in the gallbladder or bile ducts. They can be as tiny as grains of sand to as large as golf balls. They're usually harmless but can cause pain, nausea or inflammation.
- **Cholecystitis:** Cholecystitis is inflammation of your gallbladder. It can occur when a gallstone blocks bile from exiting your gallbladder. Cholecystitis causes fever and pain and usually requires surgery.
- **Gallstone Pancreatitis:** Gallstone pancreatitis is inflammation of your pancreas. It occurs when a gallstone travels down the common bile duct and blocks the pancreatic duct at a common point just before draining into the small intestine.
- **Gallbladder Cancer:** Gallbladder cancer is rare. You might feel pain in the right upper quadrant of the abdomen. But, it is far more likely for this pain to occur due to another condition.

People who are overweight - especially women - are more likely to develop gallstones. This is because people who are overweight may have more “Cholesterol” in their bile. More cholesterol in your bile can cause gallstones. People who are overweight may also have bigger gallbladders that don't work as well. Losing weight too quickly may raise your chances of forming gallstones as well. But slowly losing weight may help you prevent them. If you have upper right Abdomen pain after eating fatty meals, nausea, vomiting, jaundice or fever, talk to your healthcare provider. If your gallbladder is found to be the culprit, you may need your gallbladder removed, which is OK - it's not an essential organ, and removing it may make you feel better.

NUTRITION: Lazza's Kitchen Adventure

Spicy Citrus Tres Leches Cake

**A Brand NEW Recipe from Lazza's Kitchen.
This was Lazza's first ever Tres Leches Cake from scratch**

The dessert originated in Nicaragua in the 19th century. It is the country's national pastry. In the 19th century, European presence in Mexico gave way to the introduction of the *antes* dessert: bread soaked in wine and layered with milk custard and fruit or nuts. With the use of European British tradition and mixing it with Caribbean materials such as rum and sugar, the concept of "tres leches cake" was created. "The Joy Of Cooking" included a tres leches recipe in its 1997 edition.

Ingredients

5 Eggs (separated): Vanilla Essence
200g Golden Cast Sugar: Cream Cheese
200g Plain Flour: 1tblsp Veg Oil
1 heap teasp Baking Powder.
Cinnamon: Nutmeg: Mixed Spice
410ml Tin Evap Milk: 150ml Cond Milk
100ml Full Fat Milk: Lemon Juice
TOPPING: 80ml Condensed Milk
300ml Dbl Cream: Lemon/Orange

Tip the egg whites into a large bowl and beat to stiff peaks using an electric whisk. Beat in half the sugar until stiff and glossy. Set aside.
Mix rest of the sugar, the vanilla and egg yolks into a second large bowl, and whisk for 3-4 mins. Add the oil and whisk to combine.
Add the flour, baking powder, and the flavour (I added cinnamon, nutmeg, mixed spice) -I was thinking of ginger, but had none. Fold to combine.
Now fold in the whipped egg whites, being careful not to knock out all the air.
When everything is combined, pour the mixture into the prepared tin(s) and tap firmly on a work surface to break up any large air bubbles (this will ensure it bakes evenly). Bake for 25 mins, or until a skewer inserted into the middle comes out clean. It's a very light sponge. Firmly tap the tin on a work surface again, then leave to cool completely.
Add the Evaporated Milk, Condensed Milk, and Milk (can use single cream) into a bowl with lemon and mix.
When the sponges are cool, poke lots of holes and pour over the milk mixture till all absorbed.
Put in fridge for three hours - sponge will remain moist. Be very aware.
For topping - mix the condensed milk, cream cheese, double cream (I used extra thick), and flavour (I went citrus). Spread over cakes and put back in fridge. Can keep for a couple of days.
This will be moist. So maybe best eating with a spoon like a dessert. Delicious.



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty 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/ 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 Saturday morning session at the Sobell. They are one of our Highbury Fields walk partners, and we hope to have more classes with them in the near future.

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

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

Email: Haringeywellbeingnetwork@mih.org.uk



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

www.healthygenerations.org.uk

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

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



Help on Your Doorstep

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

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

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

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

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

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



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

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

www.shp.org.uk 0204 509 8300

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

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

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

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

**Voluntary
Action
Islington**

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

- Round One: 1 Ass/Mexican 2 Kenneth/Leona 3 Birmingham/Stoke
 Round Two: 1, 126: 2, 472: 3, 20: 4, 314,382: 5, 6736:
 Round Three: 1, 1946: 2, 1924: 3, 1942: 4, 2010. 5, 1828.
 Round Four: All of them have their names normally pronounced incorrectly.
 Round Five: 1 M25: 2 A Franklin: 3 IO: 4 Lowry
 Round Six: 1 Atalanta: 2 Kansas City Chiefs: 3 I Am Maximus: 4 Argentina: 5: Usain Bolt



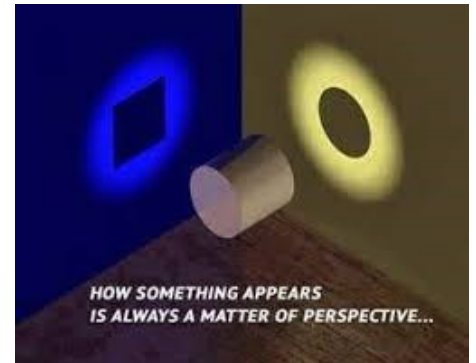
Review of Challenges and Targets

Mind-set:

One of the things we looked at this week is how we see problems. Do you try and find the best way to solve, or just any way to solve.

Embracing different perspectives gives people opportunities to counteract their biases. It exposes individuals to new information that can challenge their preconceived opinions and notions. This can help them recognise their biases and reconsider their current ways of thinking about groups of people and ideas.

It's not always the easy way to look at issues, but it's sensible.



Nutrition.

While they give us energy, some studies suggest cutting down on bad carbohydrates, and choosing better carbohydrates can help in managing high blood pressure. A diet with fewer carbohydrates usually includes a decent amount of proteins and lots of good, healthy fats. So, if you choose the right kind of carbohydrates in moderation, it won't just benefit your blood pressure.

Diet is your choice. Only you can decide the meals you eat, and it is more important than ever that we make good choices.



Exercise.



For your overall health, we all know that being more active is good for you. I actually went along to a Water Aerobics class this lunchtime - which was awesome. So much fun (the only male for some reason).

I am also at the YMCA tonight doing some exercise.

It is crucial to stay active, get up and out, and why not join a local group and do some exercise?

The ones in this pack are just more you can do with friends, and you are far more likely to do more and push harder.

Just get up and about - get active - stay healthy.

Health.

We have said it over and over, but you have to admit that the human body is a complete miracle of nature. Every part working together with other parts to function properly, keep us alive and healthy, giving us the opportunity to have a great life.

But do you know just how extraordinary the individual parts are?

In this issue, and more to come, we will look at various parts we take for granted, and have a deeper look at what they do. Another reason to have a healthy lifestyle, so that these parts can do what they need to do.



**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 + Choc Bars from Page 24

See if you can beat your family and friends

The World: In which Countries would you find these places?

1. Straddles Nepal and China
2. Tanzania
3. Italy
4. France, Italy, Switzerland
5. Pakistan
6. Scotland
7. Switzerland
8. Turkey
9. United States of America
10. South Africa
11. Japan
12. New Zealand
13. Canada

Film: Who played these female characters, and name the year the film was released.

1. 1964: Honor Blackman
2. 1939: Vivien Lie
3. 1990: Kathy Bates
4. 2023: Emma Stone
5. 1986: Sigourney Weaver
6. 2006: Helen Mirren
7. 2009: Noomi Rapace (2011 - Rooney Mara)
8. 1956: Deborah Kerr
9. 1993: Angela Bassett
10. 2001: Nicole Kidman
11. 1990: Demi Moore
12. 2013: Zoe Saldana
13. 1960: Janet Leigh
14. 1992: Michelle Pfeiffer
15. 1992: Whitney Houston
16. 1991: Mary Elizabeth Mastrantonio
17. 2017: Rebecca Ferguson

Pop: Who originally sang these songs with food or drink in the title plus year of release.

1. 1985: Prince and the Revolution
2. 1974: (Patti) Labelle
3. 1971: The Rolling Stones
4. 1971: Don Maclean
5. 2003: Kelis
6. 1967: The Beatles
7. 1967: Gladys Knight and the Pips
8. 1950: Danny Kaye
9. 1974: ABBA
10. 1968: Neil Diamond
11. 1996: Oasis
12. 1970: Simon and Garfunkel
13. 1968: Cast of "Oliver!"
14. 1998: Chef from "South Park"

Literature: - Dickens 15 full length novels

The Pickwick Papers: Oliver Twist: Nicholas Nickleby:
The Old Curiosity Shop: Barnaby Rudge:
Martin Chuzzlewit: Dombey and Son: Bleak House:
David Copperfield: Hard Times: Little Dorrit:
A Tale Of Two Cities: Great Expectations:
Our Mutual Friend: The Mystery of Edwin Drood.

QUIZ ANSWERS

Chocolate Bars: Did you name them? - from Page 24 (how well did you do? Tough wasn't it?)

- | | |
|------------------|------------------|
| 1: Bounty | 2: Crunchie |
| 3: Topic | 4: Lion Bar |
| 5: Double Decker | 6: Munchies |
| 7: Boost | 8: Ripple |
| 9: Snickers | 10: Picnic |
| 11: Fudge | 12: Toffee Crisp |
| 13: Yorkie | 14: Mars |
| 15: Twix | |

Last 10 Russian/USSR Presidents:

Vladimir Putin
Dmitry Medvedev
Boris Yeltsin
Mikhail Gorbachev
Konstantin Chernenko
Yuri Andropov
Leonid Brezhnev
Nikita Khrushchev
Georgy Malenkov
Joseph Stalin

THE LAST PAGE

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

You can contact HMHB:

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

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

www.facebook.co.uk/healthymindshealthybods

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

Check out our JustGiving: www.justgiving.com/crowdfunding/hmhb2016

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

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

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

Please follow and like our blogs:

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

www.healthymindshealthybods.blogspot.com our health blog

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

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

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

HMHB: 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

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Link to our Website