Healthy Minds, Healthy Bods

Inspiring; Encouraging; Motivating

HMHB's Monthly Health Pack:

Number 30

Focus on:

Mind-set, Nutrition, Exercise, Health

The Unique and Original, and still The Best

Prepared by: Lazza and the HMHB team:

1st November 2024

IZZWALKZ
"One Step At A Time"

www.hmhb2016.org.uk

AJANI
"It's Your Choice"

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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"Ask yourself about the kind of life you want: What would you do day to day, and with whom, and where? Consider the life you have. Do one thing today, however small, to close the gap between the two." Dame Maggie Smith

Welcome to Issue 30 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 2022/2023/2024.
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!!!

Lazza was joined by Georg and Jazz for a lads three day trip to Budapest at the start of October. Amazing Metro deal!!!
HMHB has delivered across Islington and beyond.
HMHB get referrals from the NHS and other local projects.
Lots of outings, social events, terrific exercise sessions, new walks and our unique courses. HMHB delivers to all.

HEALTH NEWS AND RESEARCH PAGE
Promising "First" in Alzheimer's Drug Development

"An international team of researchers led by Lancaster University have made a promising breakthrough in the development of drugs to treat Alzheimer's Disease.

For the first time, scientists have developed a drug that works on both major aggregation-promoting 'hotspots' of the Tau protein in the brain -- a key driver of neurodegeneration. The drug, a peptide inhibitor called RI-AG03, was effective at preventing the build-up of Tau proteins in both lab and fruit fly studies. The research, published in "*Alzheimer's & Dementia: The Journal of the Alzheimer's Association*", was led by Lancaster University in collaboration with the University of Southampton, Nottingham Trent University, Tokyo Metropolitan Institute of Medical Science and the University of Texas Southwestern Medical Centre.

Their research represents an important step toward creating treatments that can prevent the progression of diseases like Alzheimer's disease. By targeting both of the key areas on the Tau protein, this unique approach could help address the growing impact of dementia on society, providing a much-needed new option for treating these devastating diseases.

Tau proteins play a crucial role in maintaining the structure and function of neurons (brain cells). But in Alzheimer's disease, these proteins malfunction, clumping together to form long, twisting fibrils. As the fibrils accumulate, they create what are called neurofibrillary tangles -- masses of twisted Tau proteins that clog the neurons, preventing them from getting the nutrients and signals they need to survive. As more neurons die, memory, thinking, and behaviour become increasingly impaired, leading to the cognitive decline seen in Alzheimer's. There are two specific 'hotspots' of the Tau protein where this clumping tends to happen. While current treatments target one or the other of these hotspots, RI-AG03 uniquely targets and blocks both.

To test its effectiveness in cells within a living organism, researchers at the University of Southampton gave the drug to fruit flies that had pathogenic Tau. These fruit fly models of Alzheimer's Disease were generated by Dr Shreyasi Chatterjee who is a Senior Lecturer at Nottingham Trent University. The researchers found the drug suppressed neurodegeneration and extended the lives of the flies by around two weeks, which is a significant extension considering the life span of the insects.

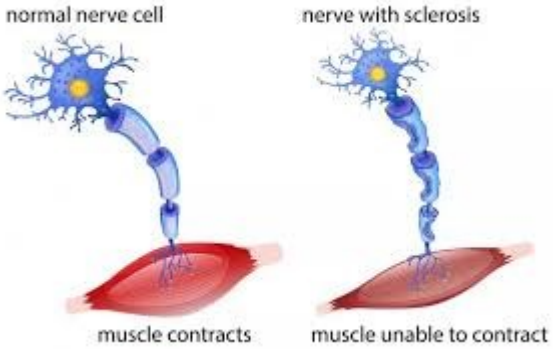
To understand what was happening, Southampton's scientists looked deep into the brains of the fruit flies. Professor Mudher, Professor of Neuroscience at the University of Southampton, said: "When we didn't feed the flies with the peptide inhibitor, they had lots of the pathogenic fibrils, which group together to make up a tangle. But when we fed them with the drug, the pathogenic fibrils decreased significantly in quantity. The higher the dosage given, the greater the improvement we saw in the fruit fly's lifespan.

Dr Richard Oakley, Associate Director of Research and Innovation at the Society, said: "Dementia is the UK's biggest killer, and it applies enormous cost and pressure to our healthcare system which is why we're committed to funding world leading studies like this one. This research is taking promising steps towards a new one-of-a-kind therapy which targets Tau, a damaging protein in the brains of people living with Alzheimer's, preventing it from clumping together. This drug has the potential to be more targeted than others currently being studied, and we hope it will result in fewer toxic side effects."

HEALTH NEWS AND RESEARCH PAGE:
Multiple Sclerosis: Depression may be an early sign

New research from the University of British Columbia is painting a clearer picture of the early signs of multiple sclerosis (MS), showing that people are nearly twice as likely to experience mental illness in the years leading up to the onset of the diseases.

The study, published in "*Neurology*", the medical journal of the American Academy of Neurology, suggests that psychiatric conditions like anxiety and depression may be part of a prodromal phase of MS, a set of preliminary symptoms and clues that arise before classic MS symptoms.



"For a long time, it was thought that MS only really began clinically when a person experienced their first demyelinating event, such as in the form of vision problems," said senior author Dr. Helen Tremlett, professor of neurology at UBC and member of the Djavad Mowafaghian Centre for Brain Health. "But we've come to understand there is a whole period preceding those events where the disease presents itself in more indirect ways."
MS is an autoimmune disorder in which the immune system attacks the protective sheath (myelin) that covers nerve fibres, disrupting communications to and from the brain. Recognizing MS is often challenging for medical professionals because its symptoms are varied and easily mistaken for other conditions. For many patients, this means the journey toward a diagnosis can be long and filled with uncertainty.

Dr. Tremlett and her team have been working to better characterise the early stages of MS with the hopes of facilitating earlier detection and possible intervention. Prodromal periods (the initial stage and signs) are well established in other diseases such as Parkinson's, where people experience symptoms such as constipation years before classical motor deficiencies begin. "If we can recognize MS earlier, treatment could begin sooner. That has tremendous potential to slow disease progression and improve quality of life for people," said Dr. Tremlett.

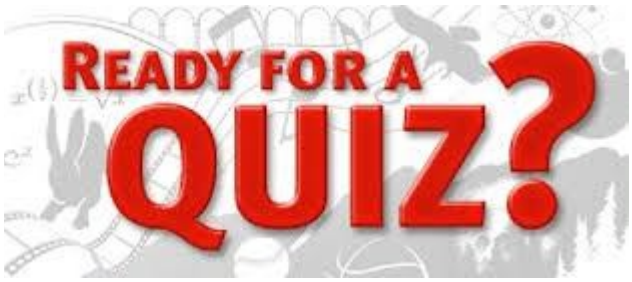
For the study, the researchers examined health records for 6,863 MS patients in British Columbia. They looked at the prevalence of mental health conditions, including depression, anxiety, bipolar disorder and schizophrenia, in the five years before patients developed classical, medically recognized signs of MS. These MS patients were compared to 31,865 patients without MS.

The findings revealed that MS patients were experiencing mental illness at nearly twice the rate of the general population, at 28.0 per cent and 14.9 per cent respectively. Healthcare usage for psychiatric symptoms, including physician and psychiatrist visits, prescriptions, and hospitalisations, was also consistently higher among MS patients.

For Sharon Roman, who has lived with MS for 25 years, better defining this prodromal period could have huge benefits for patients. "We take many things in life for granted: walking, balance, vision, speech, even the simple act of swallowing: Then one day it's taken from us by MS," Roman said. "The better we can identify the early signs and symptoms of MS, the earlier we can recognise, diagnose and treat it. We can help prevent people from being diagnosed the way I was, with a massive attack and hospitalisation, and prevent the losses I've experienced. Earlier treatment may help slow progression."

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)

Sport:
According to Insider Monkey, what are the top 20 most popular Sports in the world, as of 2024. See how many you get - and maybe try the top five in order.



Fiction: These are all Anagrams of Countries. Can you name the country? (it's tough)

1. Dukedom Tining
2. Shetland Threen
3. Krona Other
4. Mandolins Solos
5. Daze Wannel
6. Handbag Les
7. Advents Knit Sits
8. Baize Stunk
9. O Chairman Noted
10. Hi Opiate
11. Lychees Els
12. Quiz Mob Mae
13. Furiosa Bank

Film: Who originally played these Television Characters, and what year was the first episode?

1. Sybil Fawlty: Fawlty Towers
2. Violet Crawley: Downton Abbey
3. Humphrey Appleby: Yes Minister
4. Arnold Rimmer: Red Dwarf
5. Margo Leadbetter: The Good Life
6. Victor Meldrew: One Foot In The Grave
7. David Brent: The Office
8. Rick: The Young Ones
9. Private Godfrey: Dad's Army
10. Rupert Rigsby: Rising Damp
11. Patsy Stone: Absolutely Fabulous
12. Compo: Last Of The Summer Wine
13. Betty Spencer: Some Mothers Do 'Ave 'Em
14. The Doctor: Doctor Who
15. Nessa Jenkins: Gavin and Stacey
16. Rodney Trotter: Only Fools And Horses
17. Hugo Horton: The Vicar Of Dibley

Pop: Who originally sang these songs which were all released in 1982.

1. Goody Two Shoes
2. The Look Of Love
3. Promised You A Miracle
4. Pass The Dutchie
5. Just An Illusion
6. More Than This
7. Heartbreaker
8. Wanna Be Startin' Something
9. Hungry Like The Wolf
10. Eye Of The Tiger
11. Gloria
12. Love Plus One
13. Up Where We Belong
14. Physical

Sport:

Since 1946 there has been only 20 men who have managed the Men's England Football Team.
(as at 15/10/24)

Can you name all 20?
Surnames Only is fine.

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

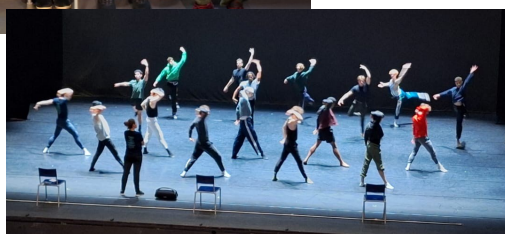
HMHB Activity:
Photos and Events from October 2024

Our group of twenty enjoyed an astonishing and unique production of "Chicos Tutu Samba" at the Peacock Theatre, near to Holborn, on the 5th Oct. We did not know what we would see, although we had been told it was a fun dance show. The all male cast, playing some female parts and making it very funny, were all magnificent. We especially allocated this out to some people who do not attend a lot of our events, and we made it FREE to all the people who came, with us using our Community tickets through Sadlers Wells. A great time!!

We attended a fascinating and instructive exhibition for our first ever visit to the Francis Crick Institute, which is by St. Pancras Station, Kings Cross. It was called "Hello Brain". Joined by one of our funders, Cripplegate, we all learned a huge amount about our Brains. The exhibition looked at cells and neurons, and how we had different shaped neurons that performed various tasks, and this was new to me. They covered hallucinations, dreams, sleep, and the pioneering work they are doing on discovering more and more about our brains. We then sat down together - which we think is important - and HMHB provided the coffees and teas to the group, where we discussed what we had seen. It was lovely to have so many people

Our exercise group seems to have grown and here they are pictured on the 15th October in the studio at Highbury Leisure Centre, wonderfully organised by our partners at Better Gym. Every week we try and do something a little different, but we make it fun and accessible. We have people from their 20s to their 80s, and it is important we stress that everyone can go at their own pace. We have been joined by people from Better Lives lately, as well as other Islington based projects. All details are on our website, so do please come along.

HMHB Activity:
Photos and Events from August and September 2024



I arranged for five of our group to attend one of the Sadlers Wells Community Events where they had an amazing opportunity to watch a rehearsal of the National Ballet of Canada on a Friday afternoon.
I admit I am quite jealous as I wish I had been there to witness this event.
They said it was superb and exciting to see the dancers going through their motions.
We have to thank Sadlers Wells for these ticketed Friday events. We were lucky to be able to share them with our users.

As always, thanks to our resident quiz photographer, Justin, for our wonderful group photo.
I really love the "Quiz" - although, really it is more of a fun interactive saunter through stories and bamboozling questions that are mainly guesswork.
Lazza has come up with some magic rounds, and always manages to confuse and deceive the group.
But we laugh our way through every time, and I thank every one as it is nothing without their input.

Our fourth Sadlers Wells Community Event was superb fun - a Castanet Workshop.
Playing castanets is not as easy as it looks, but we were soon clicking and clacking away (technical terms!).
The five of us, pictured here with our wonderful instructor (who could do things that appeared impossible) really enjoyed ourselves.
I am looking forward to seeing what the next few workshops are about, and what we can do.

Our group here enjoyed a fabulous production (non-Shakespeare) of Princess Essex at the wonderful Globe Theatre, Bankside.
We have been lucky enough to visit this theatre seven times so far this year - and an eighth is coming up in December.
Standing tickets were just £5, and being so close to the stage is terrific.

HMHB Activity:
Photos and Events from August and September 2024

HMHB had our first ever visit to the Welcome Collection on Euston Road, who say they want to "challenge the way you think about health & explore the connections between science and art".
We visited two of the free exhibitions: "Hard Graft" and "Human Body".
It was a fascinating couple of hours and we certainly came away with more knowledge.
Here we are chatting about it all in the large café area, as well as standing in the middle of the "Body" part of the exhibition.
We went on a Sunday - and think we are one of the few projects that has outings any day of the week throughout the year.

We really enjoy our Thursday walk stops at the Second Chance Café on Stoke Newington Church Street.
This is us on the 31 October, sitting with the boss overseeing the wonderful volunteers, as we had various soups, some crumble and custard, a nibble of cake, all washed down with coffee.
This has to be one of the best initiatives around, taking food that is going to be discarded and creating tasty dishes for the local community.
We try and go every alternate week, but do try it out for yourselves.
Voluntary donation of £3 recommended.

NOVEMBER & DECEMBER

Healthy Minds, Healthy Bods has an exciting couple of months ahead.
In November, we have four Sadlers Wells Community Learning and Engagement events, which includes seeing a show rehearsal in Stratford, a singing workshop, and a Bollywood dance session too. Wow!!
We will be catching Murder On The Orient Express at the Richmond Theatre, Alice's Adventures in Wonderland ballet at the Royal Opera House, as well as Encounters (four small ballets) also at the Royal Opera House, and a comedy night at the Pleasance Theatre. Finally we will be visiting the St John Soanes Museum (at a house near to Lincoln's Inn, Holborn).
In December, it's Mathew Bourne's Swan Lake at Sadlers Wells, The Chimes at Tower Theatre (Stoke Newington), Hansel and Gretel at the Globe Theatre, The Snowman at the Peacock Theatre, and the pantomime Pinocchio at Theatre Royal Stratford. Plus more group socials too.

NUTRITION: Lazza's Kitchen Adventure
Macaroni Cheese

Lazza has been trying out new recipes for over four years
Here - one of his favourites so far: Macaroni Cheese

The first modern recipe for macaroni and cheese was included in Elizabeth Raffald's 1769 book, "*The Experienced English Housekeeper*". That recipe is for a Bechamel sauce with cheddar cheese - a Mornay sauce in French cooking - which is mixed with macaroni, sprinkled with Parmesan, and baked until bubbly and golden.

250g/8.75oz Macaroni:
50g/1.75oz butter;
50g/1.75oz plain flour;
500ml milk;
150g mature cheddar cheese - grated (I also did a little red Leicester for the topping)
4 medium tomatoes;
Salt and Pepper

- Half fill saucepan with water and cook the macaroni (check pack for time).
- Preheat the oven to 200C/Gas Mark 6.
- Whilst pasta is cooking, prepare the sauce.
- Melt the butter in a saucepan, then add the flour and stir and cook for 30 seconds. Gradually add milk, bring to a gentle simmer, stirring constantly.
- Cook for three minutes until the sauce has thickened a bit and is smooth.
- Add two thirds of the cheddar cheese, stirring it in, and season to taste.
- Cook for another two to three minutes, and keep stirring.
- Take off the heat. Drain the pasta. Return it to its saucepan and pour in all the cheese sauce and stir so it is all covered.
- Pour the cheesy pasta into a glass oven proof dish (I used a large bowl).
- Sprinkle on the remaining cheddar cheese.
- Place the tomatoes on the top.
- Then cover with the red Leicester cheese.
- Bake for 20-25 minutes until the tomatoes are softened and the cheese is lightly browned.

Before Cooking

After Cooking

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:
Recognise Your Priorities: 1

How do you live your life? Do you have a diary? Do you think ahead? I have found running HMHB would be impossible if I did not have a spreadsheet for outings, a diary re events, and thoughts around funding and how and when the money would be spent. It keeps me sane. But should we be doing that with our lives?

It is very important to recognise what you need to do in order to achieve your goals. With another new year approaching in less than two months, we need to have an idea of the direction we want to take, and a plan of how to get there.

Recognise your Priorities

When we don't know what's important, it's difficult to know what to focus on. Consider the process of decluttering your home, when you think of what to keep and what to throw, you ask yourself some simple questions.

- Is that item important?
- Does it add value in some way?
- Do I use it?
- Do I need or love it?

You don't want to keep everything but you keep what is important to you, and what you will need and use.

Life is the same. If you let your life become stuffed with clutter then you spend your time and energy tidying, clearing, struggling with the 'stuff' in your life, a little like you would tidy, clear and struggle with cluttered worktops and cupboards. That struggle can end up looking like frustration, anxiety, resentment, a feeling of being overwhelmed, stress, and burn-out.

This might be a good moment to acknowledge that priorities can shift over time. Whilst there are priorities that many of us will consider important, even vital, to a full and happy life, the thing about priorities is that they have to be a priority. Focus on everything, all at the same time, and those priorities stop being a priority. They just become yet another thing on your list.

The way to make sure that you're focusing on the right priorities for you, as time passes and you and your circumstances change, is to do a regular check-in with yourself to assess your priorities.

- Ask whether the priorities you had last month or last year are still a priority?
- Perhaps something else has become more important to you?
- Has something happened to shift (or make you shift) your priorities?
- Do your priorities still resonate with you and speak to your heart? If your gut reaction is a half-hearted one, it may be time to re-assess.

Learning how to define your priorities in life is about ongoing personal growth and self-development. We learn to be aware of what lifts us up and develop strategies for when we feel unsettled or things need to change.

MIND-SET:
Setting Your Priorities.

It is certainly more than just 'helpful' to set priorities. They are vital for many of us who ever feel that life is a treadmill, or a whirlwind, or that life seems to be running faster and faster. Choose your own analogy but I'm sure many of us can relate to the feeling that life sometimes moves in a direction or pace you don't want or don't have much say over. Although we can't control everything in life, setting priorities can help us make life feel simpler and easier and more of our choosing.

Setting priorities helps:

- **To get clarity over where we should invest our time, energy and money**: This helps us stop saying 'yes' to everything, burning ourselves out on things that don't really repay us or those we love in some way, or even spending money unwisely.
- **Stop us getting pulled away or distracted**: I'd rather focus on making my life the best it can be rather than trying to be like everyone else. If I have some time to myself, I'd rather spend it doing something that's important to me, than wasting it wondering what I should be doing.
- **To establish healthy and helpful boundaries**: Boundaries are your invisible force-field. As broad statements of intent they stop you needing to make some of those tiny decisions you make every day. Maybe deciding on how much screen time you will have, how long you may play an online game, or even how much television you watch.
- **Structure my day**: No matter how busy my day it is important to factor in a little bit of time to honour my priorities. It could be five or ten minutes for myself to help me be a calmer person, spending time chatting with a friend or partner, to catch up on the day or reading a book. These things are important to me so I incorporate them into my day in one way or another.
- **To Make decision-making easier**: Do I do this or do I do that? Do I say yes to this or yes to that? Get clear on what's most important and the answers to the questions will become clearer by themselves.
- **To Prevent overwhelm and burn-out as we're not trying to do everything all at the same time**: Sometimes it is good to let go of as many things as possible. Getting clear on what is important helped me make complete To Do lists, avoid multi-tasking, have less commitments in my diary, less stuff to remember in my brain. It meant more free time, more flexibility and wiggle room, less stress and more time and space for my priorities.

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

Five Excellent Stretches for you to try - 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.

KNEELING HIP FLEXOR STRETCH

Kneel on your right knee with your left foot in front, forming a 90 degree angle. Gently push your hips forward, feeling the stretch in the front of your right hip.
Hold for 15-30 seconds, then switch.
The hip flexor stretch counteracts the effects of being in the same position for a long time, which helps to improve mobility of your hips and lower back.
To keep your hip flexors supple, make sure to get up and move more throughout the day.

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.

KNEE TO CHEST STRETCH

Start by lying on your back with your knees bent and your feet flat on the floor. Next, clasp your hands around one knee and bring that knee up toward your chest. Hold that knee to your chest, keeping your lower back pressed to the floor, for 15 to 30 seconds. Lower, then switch to other leg.
The knees-to-chest stretch helps to loosen up the erector spinae, latissimus dorsi, gluteus medius, gluteus minimus, and gluteus maximus muscles, as well as the thoracolumbar fascia (look them up - I can't do all the work for you!!).

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

EXERCISE/FITNESS:
Five Excellent Stretches for you to try - 2

SEATED FIGURE FOUR STRETCH

Sit down comfortably with your back straight. Create a figure of four shape by crossing one ankle onto the opposite knee. If you feel the stretch, hold for 30-60 seconds. If you do not feel the stretch gently and slowly lean forward towards your legs until you feel a low to moderate stetch behind your hip. This hold stretches your gluteus medius and inner thighs, as well as releases tension in your hips and back.
It can help treat dreaded sciatica pain, since it helps release the piriformis, and this muscle tends to push on the nerve when it's tight.

STANDING CHEST OPENER

Stand (obviously you can do seated) tall. Hold both arms behind you, clasping your hands together. Making sure you stay upright with a straight back (the temptation is to lean forward) push your arms away from you, opening the chest. Hold for 30 seconds.
Opening up the front of the body through a variety of chest stretches can increase flexibility of the chest muscles and connective tissue and allow for greater range of motion in the shoulders to improve upper-body posture and allow for pain-free movement patterns.

SIDE STRETCH

Raise your right arm overhead and bend your upper body to the left in a reaching motion, leaving your other arm down the side. Keep your upper body facing straight ahead and make sure you don't twist it to the side as you bend. Make sure you feel the muscles gently stretch all along your side from your lower back up to your shoulder. Hold the stretch for 20 to 30 seconds.
The side stretch exercise promotes better posture by strengthening the muscles that support the ribcage and spine. A strong and stable core is essential for maintaining proper alignment, reducing the risk of back pain, and improving balance.

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:
Dealing with Stress

Pressure and stress is something that affects all of us at different times. It could be something to do with family or friends, your health, or even to do with work. I know that running HMHB has caused me a lot of pressurised moments over the years. And it is something we all need to learn to deal with.

Many times people don't want to face the cause of the stress, either because they think they cannot cope with it, or they are frustrated or angry. That is when people use crutches like smoking, illegal substances, alcohol, food, or even isolation. They think that if they can hide away from the stress it will dissipate. And, of course, that is rarely the case.

Stress is our body's response to pressure. Many different situations or life events can cause stress. It is often triggered when we experience something new or unexpected that threatens our sense of self or when we feel we have little control over a situation.

We all deal with stress differently. Our ability to cope can depend on our genetics, early life events, personality and social and economic circumstances. When we encounter stress, our body produces stress hormones that trigger a fight or flight response and activate our immune system. This helps us respond quickly to dangerous situations. Sometimes, this stress response can be helpful. It can move us to push through fear or pain so we can run a marathon or deliver a speech, for example. Our stress hormones usually return to normal quickly once the stressful event is over, and there won't be any lasting effects.

However, too much stress can cause adverse effects. It can leave us in a permanent stage of fight or flight, leaving us overwhelmed or unable to cope. Long term, this can affect our physical and mental health.

The first thing is to understand exactly what is causing the stress. Then to calmly sit back and plan what you can do to remedy the situation, if at all. Remember sometimes the solution will not be the one you actually want, but you will need to live with that. But facing the issue head on is a game changer. You are in charge, not the problem. The only way to solve anything is to be active.

Signs of Stress can be you feeling:

- anxious
- afraid
- angry or aggressive
- sad
- irritable
- frustrated
- depressed

These reactions can actually lead to physical symptoms like headaches, indigestion, shallow breathing, sweating, heart palpitations, digestive problems, nausea, and more. Obviously seek medical help if you need.

MIND-SET:
Dealing With Stress

Stress can affect your behaviour. You might:

- withdraw from other people or snap at them
- be indecisive or inflexible
- be tearful
- have problems getting to sleep or staying asleep
- experience sexual problems
- smoke, drink alcohol, take drugs, eat more than usual

If the stress is long-lasting, you may notice your sleep and memory are affected, your eating habits change, or you feel less inclined to exercise. Some research has also linked long-term stress to gastrointestinal conditions like Irritable Bowel Syndrome (IBS) or stomach ulcers and conditions like cardiovascular disease.

If you're feeling stressed, there are some things you can try to help you feel less tense and overwhelmed.

- **Think about where you can make changes:** Are you taking on too much? Could you hand over some things to someone else? Can you do things in a more leisurely way? You may need to prioritise things and reorganise your life, so you're not trying to do everything at once (looking back to our first pages on priorities).
- **Build supportive relationships:** Find close friends or family who can offer help and practical advice that can support you in managing stress. Joining a club or a course can help to expand your social network and encourage you to do something different. Activities like volunteering can change your perspective and have a beneficial impact on your mood.
- **Eat healthily**: A Healthy diet can improve your overall well-being. Getting enough nutrients (including essential vitamins and minerals) and water can help your mental well-being (we talk about this often in the health pack nutrition pages).
- **Be aware of your smoking and drinking:** Cut down or cut out smoking and drinking if you can. They may seem to reduce tension but actually make problems worse. Alcohol and caffeine can increase feelings of anxiety.
- **Get some exercise:** Physical exercise can help manage the effects of stress by producing endorphins that boost your mood. It can be hard to motivate yourself if you're stressed, but even a little bit of activity can make a difference. For example, you could aim to walk for 15-20 minutes three times a week.
- **Take time out:** Take time to relax and practice self-care, where you do positive things for yourself. Striking a balance between responsibility to others and responsibility to yourself is vital in reducing stress levels.
- **Get some restful sleep:** If you're having difficulty sleeping, you can try to reduce the amount of caffeine you consume and avoid too much screen time before bed. Write down a to-do list for the next day to help you prioritise, but make sure you put it aside before bed.
- **Be kind to yourself**
  Try to keep things in perspective, and don't be too hard on yourself. Look for positive things in your life, and write down things that make you feel grateful.

NUTRITION: Lazza's Kitchen Adventure
Tomato Soup

Lazza has been trying out new recipes for over four years
Here - one of his favourites so far: Tomato Soup

The first published tomato soup is mentioned by Eliza Leslie in her 1857 publication "New Cookery Book".
Campbell's recipe for condensed tomato soup in 1897 further increased its popularity.
Heinz Cream of Tomato soup first went on sale in the U.K. at Fortnum & Mason in 1910

2 tbsp. olive oil
3 Tomatoes: 1 onion, chopped
1 garlic clove, finely chopped
1 tbsp. tomato purée
400g can chopped tomato
basil
Pinch bicarbonate of soda
600ml milk
I also added a chopped red pepper to taste

Heat the olive oil in a large pan, then tip in the onion and garlic.
Cook over a moderate heat until the onion has softened, about 5 mins.
Stir in the tomato purée, then pour in the chopped tomatoes and basil, and bring up to the boil.
Turn the heat down and leave to simmer for about 15 mins until thick and full of flavour
Spoon the baking soda into a small bowl and pour over 1 tbsp. or so of the milk.
Mix together until there are no lumps.
Then tip into the tomato mix and pour over the milk.
Bring up to a boil (the mixture may froth, but don't worry – it will go away).
Gently simmer for about 5 mins until ready to serve

Over the last four years I have made a few soups for the health packs, but this was my first, and, despite being nervous beforehand, it came out really well.
I had some Pitta bread with mine, but you can always have with anything you like, even a drop of cream!

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.

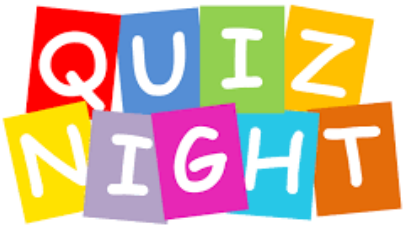
HMHB's funny quiz page:
It's mostly guessing, but play with friends: Answers Page 37

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 Newspaper Titles	Varieties of Tulips	Genuine Shades of White
The Terrified Republican	Blue Diamond	Parchment White
The Impartial Reporter	Vatican	Baby Powder White
The News Today	Waltz	Antarctic White
The Huddersfield Examiner	Pinocchio	Broken Lace White

ROUND TWO: Give Me a Number
Every answer to the question is a number. Can you get close?



How many Costa Coffee Locations are there in Scotland?
How tall was Queen Victoria in inches?
For how many months has The Mousetrap been running in London?
How many plays did Shakespeare write?
How many "basic characters" in the Japanese alphabet?

ROUND THREE: When Did That Happen
You have to guess the year all the events below occurred:
When did Chubby Checker release the song "Let's Twist Again"?
When was Joan Of Arc burned at the stake?
When did British Engineer, James Starley, invent the Penny Farthing Bicycle?
When was the first Coffee House opened in England (it was in Oxford)?
When did Kosovo become an Independent country?

ROUND FOUR: What specifically links these places?
Bishopsgate: Shoreditch: Tower of London: British Museum: Aldwych: Down Street:

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

1.	Won Eurovision the most	Austria: Denmark: Greece
2.	Disney film released first	Cinderella: Peter Pan: Sleeping Beauty
3.	S American Country: highest population	Paraguay: Peru: Uruguay
4.	Boyband Created First	Backstreet Boys: Take That: Westlife

ROUND SIX: In which City of the World would you find?

1. The Taj Mahal.
2. The original of Michelangelo's Statue of David.
3. The Lincoln Memorial.
4. The Rijksmuseum
5. The Palace of Holyroodhouse

NUTRITION:

Food can be a natural Medicine - 1

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

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

During the past three decades, the focus has been on "good food" versus "bad food", with the primary focus on avoiding the "bad." But what qualified as bad kept changing. Fats were the enemy for years. Then carbohydrates joined the ranks of bad foods. Animal protein became bad and plant protein good. Of course calories were always on everyone's mind. While we focused on identifying enemy foods, we forgot to discuss what foods we should eat. As nutrition research is beginning to show, what we fail to eat may impact our health more than eating "bad" foods.

Studies show that people who eat a variety of food are healthier, live longer, and have a reduced risk of diseases, such as heart disease, cancer, and diabetes.
Food variety means including foods such as fruit, vegetables, whole grains, legumes, meat, fish, seafood, nuts and seeds, and dairy products. Variety also means including an array of foods within each of these categories. For instance whole grains can be whole wheat, wild rice, oats, rye, or barley.

Because certain nutrients are present in particular foods, eating a variety of different foods allows you to get a variety of nutrients. Variety means that you will include protein, fats, carbohydrates, vitamins and minerals, phytonutrients, and fibre in your diet. By eating a diet that includes a variety of foods, you will be providing the nutrients that are involved in functions such as hormone synthesis (which influences your mood) or boosting your immune system. Therefore, acting like a medicine to boost your health.

Scientific data on the benefits of fruits and vegetables in preventing a variety of diseases has been mounting. For example, several studies show that the higher the consumption of fruit and vegetables, the lower the incidence of cardiovascular disease, including stroke. Depending on which country you live in, there are various recommendations around the amount of fruit or vegetables to consume, and it can be anything between five and thirteen servings per day.

Fruits and vegetables are not only full of vitamins and minerals, but they contain beneficial phytonutrients. A plant cannot flee or fight so it is equipped with "phyto," or plant, nutrients that can defend against disease, blight, radiation, weather, insects, and anything that may threaten its survival. When we eat these plants, we also benefit from the protection of the phytonutrients. Phytonutrient content is indicated by the colour of the food. To get a variety of phytonutrients, aim for a minimum of five colours a day.

Fruits and vegetables also influence gut flora (good bacteria) and contain fibre to assist in the performance of the gastrointestinal system. Fruits and vegetables slow carbohydrate absorption and are generally low in calories. They also give us a feeling of fullness, and we eat less.

NUTRITION:
Food can be a natural Medicine - 2

Data from the now famous Nurse's Health Study shows whole grains reduce the risk of diabetes and heart disease and improve the health of the gastrointestinal tract. We discussed various Grains in the October 2024 Health Pack. Whole grains contain multiple nutrients. But when whole grain is processed, the following amounts of nutrient content, or "information," is lost:

- 60% of calcium
- 85% of magnesium
- 77% of potassium
- 78% of zinc
- 75% of vitamins
- 95% of fatty acids
- 95% of fibre

Because the nutrient content is essentially stripped during processing, manufacturers then fortify the food with nutrients such as B-vitamins. Unfortunately fortification cannot possibly compensate for all of the active components in grain. One extremely important component that is left out is fibre. (There are undoubtedly other important components left out that haven't been identified yet.)

Fibre makes us feel full faster and longer; therefore, it may prevent overeating. Fibre also plays an important role in the digestive system, allowing nutrients to be more fully absorbed and slowing the rise in blood sugar glucose, as well as aiding in the elimination of waste.

For years, fat was deemed to be Public Enemy No1. Even today many people view fat as something to avoid in their diets. But, as we learn more about the effects of fats in the body, the message has become that fat, in and of itself, is not the issue. After all, fat is a vital macronutrient (needed in larger amounts). The issue is the type and quality of fat that is predominant in our diets. Our bodies need a balance of two types of fatty acids: Omega 3 and Omega 6, but we tend to get too much Omega 6 and not enough Omega 3.

Omega 6: Animal fats, butter fats, and corn oil contain a predominance of Omega 6 fatty acids and tend to produce inflammation in the body.
Omega 3: Plant oils, such as avocado, olive oil, canola oil, flaxseed oil, oils from nuts and seeds, and fats from fish whose diet is made up of algae contain a predominance of Omega 3 fatty acids and have an anti-inflammatory effect on the body.

Inflammation is essential to the body's ability to maintain immunity and protection, but too much inflammation can cause injury. It is important that the body maintain a balance of pro-inflammatory messages and anti-inflammatory messages.

Mounting evidence suggests that eating beneficial fats helps maintain this balance. Our diets tend to be deficient in anti-inflammatory fats and excessive in pro-inflammatory fats. Widespread use of corn oil and consumption of grain-fed beef, rather than grass-fed beef (also containing omega 3 fatty acids) has potentially contributed to pro-inflammatory health issues.

NUTRITION:
Food can be a natural Medicine - 3

When concocting a recipe for health, one of the most important ingredients is water. The body is made up of up to 65 percent water. The brain is composed of 70 percent water and the lungs are 90 percent water. A whopping 83 percent of your blood is water.

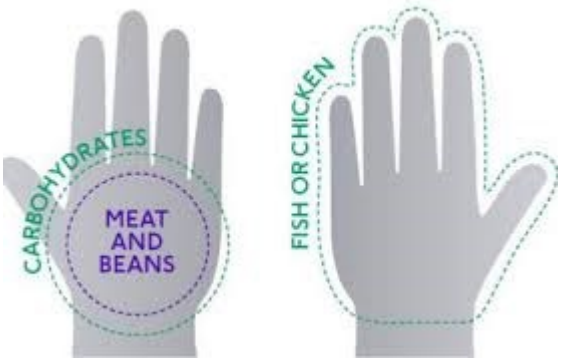
Water is needed for the digestion, absorption, and transportation of nutrients. Water keeps skin smooth and soft, serves as a solvent for waste, reduces toxicity, and flushes toxins and excess salt from the body. It also regulates body temperature and is useful in managing hunger. Sometimes the cue for thirst is confused as a cue for food.

The loss of only 5 to 10 percent of body water can cause dehydration. You lose water during the day when you perspire and urinate, and water is even expired through the lungs when breathing. When dehydrated, the body is unable to cool itself. Dehydration also increases the tendency of blood to clot.

The Institute of Medicine (IOM) advises men to consume roughly 3.0 litres (about 13 cups) of water a day and women to consume 2.2 litres (about 9 cups) of water a day. Eighty percent of this should come from drinking water and other beverages, (but not fizzy drinks, coffee, or alcohol). The remaining 20 percent should come from foods, especially fruits and vegetables, which are 70 to 95 percent water.

Your water needs depend on many factors, including your health, how active you are, and where you live. It's generally not a good idea to use thirst alone as a guide for when to drink. By the time you become thirsty, you may already be slightly dehydrated. Note that as you get older, your thirst sense is diminished. It is especially important for older adults to drink water before they become thirsty.

Here are some strategies to avoid overeating:



- Pay attention to what, when, and why you eat. Keeping a food diary helps people lose weight.
- Discern between hunger and thirst. You might think you are hungry when you are really thirsty.
- Try to avoid eating standing up, watching TV, or driving.
- Eat slowly and chew. You will get more "food experience" from fewer calories.
- Eat smaller, more frequent meals (every three to four hours). Skipping meals or waiting too long before eating causes excessive hunger and may lead to eating larger portions at the next meal.
- People tend to use visual cues to tell them when they are full, such as when the plate or bowl is empty. So use smaller plates.
- Be aware of what a serving is: one serving (three ounces) of meat, poultry, or fish is about the size of a deck of playing cards. A one-cup serving of potatoes, rice, or pasta looks like a tennis ball. One serving of fruits or vegetables is about the size of a small fist. A one-ounce serving of cheese is about the size of your thumb

Nutrition: HMHB looks at "Superfoods"

Today: Berries

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

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

Berries are among the healthiest foods you can eat. They are nutritious, delicious, and provide a number of impressive health benefits

Berries contain antioxidants, which help to keep free radicals under control. Free radicals are unstable molecules that are beneficial in small amounts but can damage cells when their numbers get too high, causing oxidative stress.

Berries are a great source of antioxidants, such as anthocyanins, ellagic acid, and resveratrol. In addition to protecting your cells, these plant compounds may reduce disease risk. One study showed that blueberries, blackberries, and raspberries have the highest antioxidant activity of commonly consumed fruits, next to pomegranates.

Berries are low in calories and extremely nutritious. In addition to being high in antioxidants, they also contain several vitamins and minerals. Berries, especially strawberries, are high in vitamin C. In fact, just 100 grams of strawberries provides a whopping 100% of the RDI for vitamin C. With the exception of Vitamin C, all berries are fairly similar in terms of their vitamin and mineral content.

A 100g serving of blackberries typically contains:

Calories:	43
Vitamin C:	35% of recommended daily intake
Manganese:	32% of recommended daily intake
Vitamin K1:	25% of recommended daily intake
Copper:	8% of recommended daily intake
Folate:	6% of recommended daily intake

The calorie count for 3.5 ounces (100 grams) of berries ranges from 32 for strawberries to 57 for blueberries, making berries some of the lowest-calorie fruits around. Many berries have been associated with being beneficial for heart health. These include lowering blood pressure and cholesterol, while reducing oxidative stress.

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

LAZZA'S PAGE

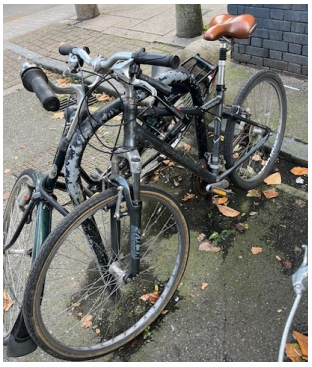
Recommendations, News, Life!!!

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

Here I was at the start of October at Liverpool Street Station, around 5:15am, waiting to hook up with Georg and Jazz for our three night jaunt to Budapest.
I know I have mentioned the Metro deals - although if you are prepared to look about there are lots of cracking travel opportunities around - but we had a terrific time away on a small budget that suited all of us.
We all need some pampering sometimes, and to escape daily grind so, if you can, why not a weekend away?

For as long as I can remember I have been fascinated by Space, and love learning about it.
Brian Cox has been presenting his new BBC series which started in October: Solar System.
It feels like we are constantly discovering astonishing details about our planets and moons.
The huge distances are bamboozling, and understanding how they are formed is mind-blowing.
Do check this one out if you have not already.

Have had a couple of good months on my weight loss, and part of that is getting back out on my bike more.
I recently had to deal with a puncture, but I have had the bike over 13 years now, and it does not let me down.
That's it with the brown saddle, locked up near to The White Swan Wetherspoons (my office).
Anything that can boost your own energy and health is good, and a bike gets you outdoors into nature too.



HMHB Need Help With Funding To Keep Going.

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

In 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 organised, delivered, or took part in 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:

All of these people have presented on UK Television.
Some are easier than others. I've tried to be a little obscure.
Answers at bottom of quiz page answers (page 39)

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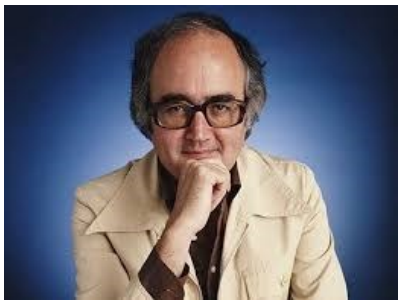

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NUTRITION: Lazza's Kitchen Adventure
Spaghetti Bolognese

Lazza has been trying out new recipes for over four years
Here - one of his favourites so far: Spaghetti Bolognese

Bolognese sauce, sometimes known as Ragu, is an Italian meat based sauce, normally served with Tagiatelle, or with Lasagne.
It is outside Italy where it has proven to be popular with Spaghetti.
The earliest documented recipe with Ragu appears in the late 18th century.

400g/14oz beef mince (I used 500g)
1 onion chopped
2 garlic cloves, chopped
Squeeze of tomato puree
2 x 400g tin chopped tomatoes
300ml/14fl oz. stock using beef stock cube
Dash of Worcestershire sauce
Spaghetti - you decide what you like
Mixed Herbs
Cheese to top

1. In a large saucepan, heat a little oil, and cook the mince until brown.
2. Add the onion and garlic and stir.
3. Then add the tomato puree and Worcestershire sauce, and the tins of tomatoes.
4. Have a good stir and heat for a few minutes.
5. Dissolve the stock cubes in the water and then add to the saucepan, plus the mixed herbs.
6. Cook for around 30-45 minutes, allowing the sauce to thicken.
7. For the spaghetti, boil some water and add the spaghetti, cooking for time on the packet.
8. Once cooked, drain, and then you can either add into the sauce, or serve separately.
9. I topped my plate of food with some grated cheese.
10. Enjoy.

This was not my first ever Spaghetti Bolognese, but I usually use shop sauces or sauce mixes.

It was great doing it all from ingredients. A simple but tasty dish to 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 dish to prepare.

EXERCISE/FITNESS

Exercise can help your Heart

Healthy Minds, Healthy Bods was conceived to actively support and encourage an active lifestyle, with exercise. It is vitally important, at this time of sedentary lifestyles, that people practice movement and flexibility exercises, where they push themselves outside their comfort zone.
It can significantly improve your health; both short-term and long-term.

Healthy Minds, Healthy Bods run health walks in Islington, Hackney, and Haringey, and have been since November 2016 in partnership with Highbury Grange Medical Practice, and we were also running three FREE fitness sessions in partnership with Better Gyms in Islington and Camden prior to the 2020 lockdown.
We now have our regular Highbury Gym sessions with Lazza on Tuesdays, thanks to the team at Better,
We are outdoors Fridays with Healthy Generations Sarah, and Saturdays with Lazza will start 2025.
However, we guide our users to do some of their own sessions, either on their own or in a group.
Be active, be safe, and go for it.

If you take a brisk walk, you'll notice certain changes in your body right away. Your heart beats a little faster, your breathing rate increases, and you may feel your leg muscles working. Your temperature may increase leading to sweating. These are all the signs of "moderate exercise" benefits, something we are encouraged to do for at least three hours a week.

But you might not appreciate the huge number of other physiological changes happening inside your body when you exercise, some of which offer benefits similar to those from common medications.

Together, exercise-induced changes can prevent or improve all the major risk factors that contribute to heart disease, including high blood pressure, diabetes, obesity, and unhealthy cholesterol levels. Exercise can also improve mental health problems like depression and stress, which are common but often ignored contributors to cardiovascular problems.

Being physically active also helps people live longer, mainly because regular exercise helps prevent early death from heart disease, as reported in an article published in the "*Journal of the American College of Cardiology*" that details the cardioprotective effects of exercise.

Don't forget, your Heart is a muscle. Over time, exercise increases the size of the heart's chambers and also conditions the heart. As a result, the heart relaxes more easily and pumps more efficiently because it requires less effort to send blood throughout the body.

High blood pressure results from stiff, inflexible arteries. Exercise boosts the amount of blood circulating through your body by up to 25%, which, over time, encourages blood vessels to expand slightly and become more flexible. Exercise also spurs the production of nitric oxide, a molecule that relaxes and widens blood vessels.

EXERCISE/FITNESS:
Exercise can help your Lungs

Regular movement is good for your lungs because it increases the strength of the muscles around your lungs and the rest of your body. As you build strength, your muscles need less oxygen to work. This means you will be able to breathe more easily when you're active.

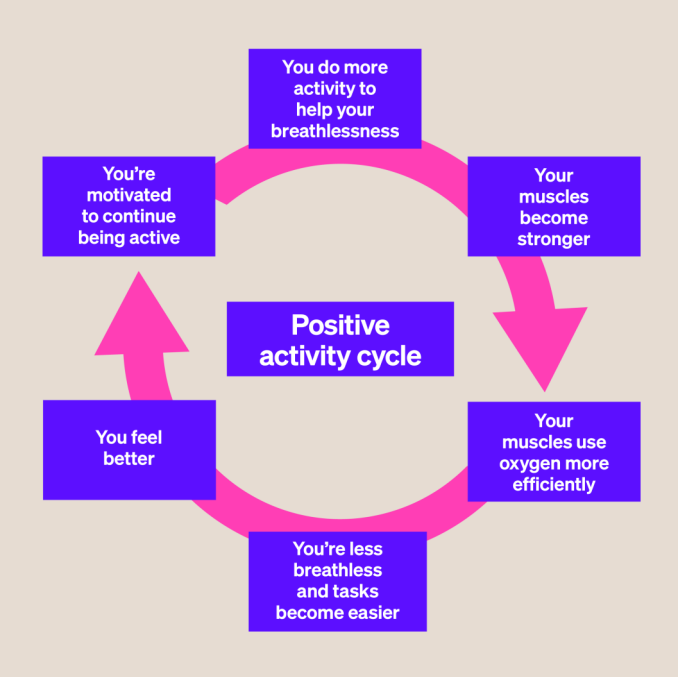
If you have a lung condition, being active can help to manage your lung condition, improve your quality of life and feel better.

There are many other benefits of physical activity. It can:

- improve your immune system, helping you to fight colds and flu
- help you to manage and maintain a healthy weight
- lower your stress levels, which can be a trigger for some lung conditions like asthma
- reduce anxiety and depression
- strengthen your muscles, helping you to walk further and reduce falls
- help improve your sleep
- improve your brain health, so you can learn and remember more
- reduce your risk of other health problems such as heart disease, stroke, diabetes, osteoarthritis, dementia, and some cancers
- create opportunities for you to meet new people and feel part of a community

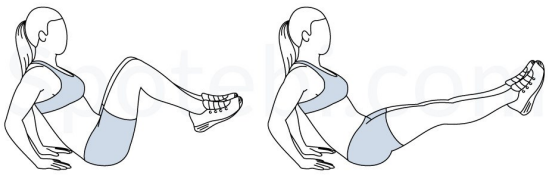
The fear of getting out of breath may put you off doing any activity that makes you more breathless. However, getting out of breath when you're active is completely normal and can help improve the symptoms of most lung conditions. If you avoid activities that make you breathless, your muscles become weaker. Weaker muscles need more oxygen to work. Over time you feel more and more breathless. This is called the cycle of inactivity, or the cycle of breathlessness.

The good news is that you can break this cycle of inactivity. By becoming more active you can make your muscles stronger, including your breathing muscles. This will help you feel less out of breath when you do everyday tasks



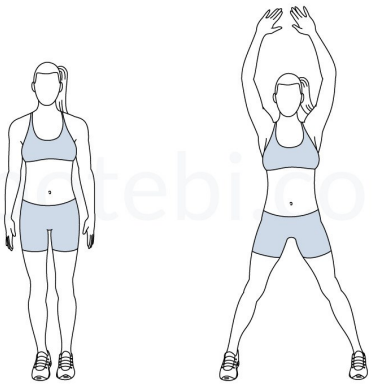
EXERCISE/FITNESS:

Exercises targeting your Belly Fat (thx Spotebi for these below)



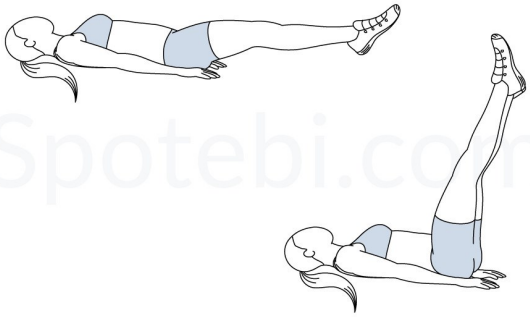
SEATED KNEE TUCKS

Sit down with your hands on the floor, your legs fully extended, and lean back. Bend your legs and bring your knees toward your chest. Hold for a second or two and then fully extend your legs without touching the floor. Repeat. When doing seated knee tucks keep your back straight and your upper body stable. Breathe out as you bring your knees toward your chest, squeeze your abs in and use your core strength to stabilise your body. They are a great exercise to target your abs and improve core strength. Asides from all the aesthetic benefits you can get, having a strong core also helps to protect your back from injury and can improve your posture



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.
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. Keep your arms extended and your elbows loose during the entire exercise and maintain a steady and smooth breathing pattern. They 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.



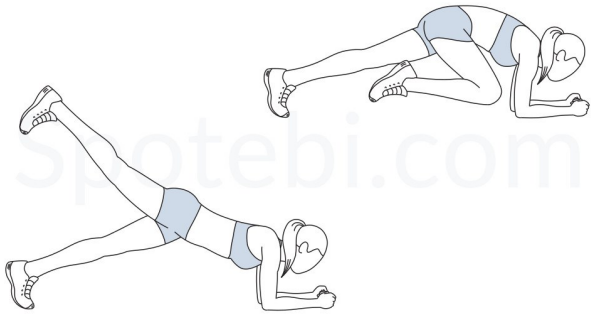
STRAIGHT LEG RAISES

Lie on your back with your hands by your sides or underneath your glutes (bum). Keep your legs straight or just slightly bent. Raise your legs until your body is in an L shape. Pause, lower both legs slowly and then return to the starting position.
Repeat until set is complete.
When doing the straight leg raise, keep your abs engaged at all times and keep your back, head, and shoulders pressed against the floor. Breathe in as you lower your legs and, if you feel any discomfort on your lower back, reduce the range of motion by lowering your legs only halfway.

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

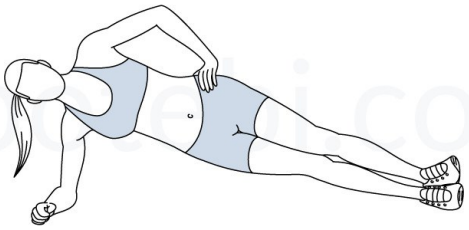
EXERCISE/FITNESS:

Exercises targeting your Belly Fat (thx Spotebi for these below)



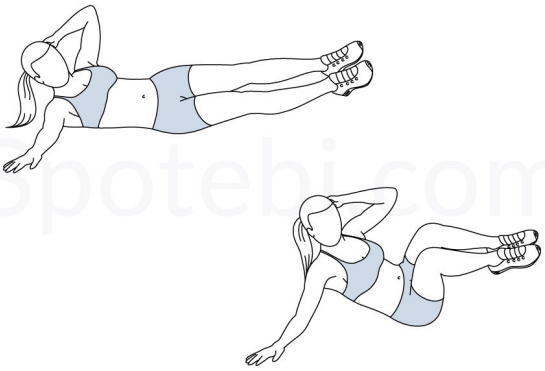
KNEE TO ELBOW KICKBACK

Start in a low plank position with your body in a straight line, your elbows under your shoulders, and your feet shoulder-width apart. Bring your right knee close to your right elbow and crunch. Extend your right leg behind you and kick back. Repeat for the duration of the set and then switch sides.
This is a full body exercise that tightens the core, strengthens the glutes, and tones the hamstrings, quads, hips, shoulders, and arms. This exercise helps to improve the posture, slims down the waist, and increases core strength and stability.
Breathe out as you bring the knee toward the elbow and crunch. Inhale as you extend and kick your leg up, being careful not to arch your back.



SIDE PLANK

Lie on your side with your body fully extended. Lift your body off the ground and balance your weight between the forearm and the side of the foot. Keep your body in a straight line and hold for as long as you can. Change sides and repeat. While doing side planks, position your elbow under your shoulder, keep your core engaged, your abs tight, and breathe slowly. Your body should form a straight line from your head down to your feet.
Adding the side plank to your workout routine helps to develop core strength and definition, improves your posture, and increases your flexibility. Planks and side planks are amazing exercises for the core that can drastically reduce your risk for lower back pain and injury.



OBLIQUE CRUNCH

Lie on your right side with your legs straight, feet off the floor, and place your left hand by your head (not behind). 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 a few times, then switch sides. 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. Reach your elbow toward the knee and inhale as you lower your upper body and legs back to the starting position. This 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.

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.

Loch Leven is one of more than 30,000 lochs (lakes) in Scotland. However, "*Eilean a' Chombraidh*", commonly known as the "Isle of Discussion," is a tiny island located a short row from Loch Leven's southern shore (far left in photo) Historically, those who had arguments were put on the island with Cheese, Oatcakes, and Scotch Whiskey to sort out their problems, and could not leave until they came to a mutual agreement.

The "Statue of Unity" is the world's tallest statue, with a height of 182 metres, located near Kevadia in the state of Gujarat, India. It depicts Indian statesman and independence activist Vallabhbhai Patel, who was the first deputy prime minister and home minister of independent India and a supporter of Mahatma Gandhi.
Construction started in 2013 and was finally finished in 2018, costing $430 million. There is a museum underneath.

Isn't that an extraordinary photo.
Well, that's the Sanya Beauty Crown Hotel Complex in South China, known for its unique tree-like architecture, and it is one of the largest luxury hotels in the world with over 6,668 rooms. It was built at a cost of approximately 10 billion yuan (just under 1.1 billion pounds). It includes air-conditioned rooms with multi-channel TV, a mini-fridge-bar and an IDD phone. For your comfort, you will find an ice machine and a larder.

That car looks absolutely gorgeous. And there is an excellent reason for that. It is currently the most expensive car in the World. It is La Rose Noire Droptail, which is presented by Rolls-Royce as a piece of driveable art. The model is also a change from the usual 4-seater Rolls-Royce build and instead opts for a roadster-style 2-seater cockpit. The vehicle itself is stunning, emblazoned with a gorgeous abstract pattern and an interior which incorporates 1,603 pieces of Black Sycamore veneer. Buy it for £23.8 Million.

HEALTH / ROUTINE
Changing these habits can improve your Health - 1

Coffee when you get up
I must admit I do like a nice cup of coffee in the morning. Many of us do. I know people who say that they cannot function until they have had at least two coffee hits. But experts say this is not a good idea. In fact, according to them it could be the worst start to the day.

Apparently, drinking coffee on an empty stomach right after waking up can interfere with your cortisol levels and actually leave you feeling even more tired later on in the day. Also, drinking coffee as soon as you wake up could interfere with your body's cortisol production which could leave you feeling more stressed and anxious if you dive straight in for a coffee as oppose to a glass of water.

Not only that, when you first wake up, your body is dehydrated from having no liquids for up to 8 hours. Caffeine is a diuretic which means you want to urinate more often, however after a night of sleep we need to hydrate not lose even more liquids. They suggest you should would wait at least an hour or two after waking up before you have your first coffee of the day, instead having a few glasses of water. If you have it mid-morning it can help with alertness, and give you plenty of time to burn off the caffeine too.

Increased production of cortisol hormones can interfere with your circadian rhythm and leave you feeling groggier. The high levels can spike blood sugar, which cause insulin resistance and drains your energy as the body works harder to maintain moderate blood glucose levels. Excess cortisol can hinder your normal sleep mechanism and sleep quality as the body produces more stress hormones at night when the cortisol levels are supposed to be low. Poor sleep can result to fatigue later during the day.

Checking your mobile when you wake up
I have to say, I am just as guilty as most people when it comes to this.

As you transition from sleep to wake, your brain transitions through different brainwave states: from delta waves (deep sleep) to theta waves (lighter sleep) and finally to alpha waves, which are associated with quiet wakefulness.

When you first wake, your brain is in a state dominated by theta waves, which are associated with relaxation and daydreaming and gently stimulating creativity. Reaching for your phone right away disrupts this natural progression.

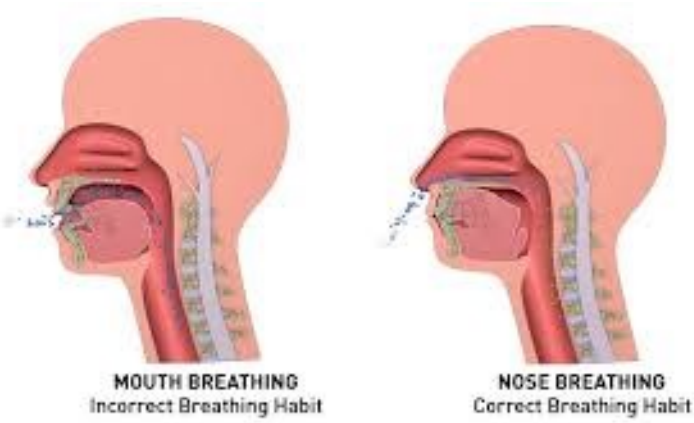
Overloading with stimulating content first thing can thrust your brain into beta waves, the state associated with focused attention. While beta waves are great for tackling tasks later in the day, experiencing them too early can leave you feeling scattered and stressed, and prime your brain for distraction throughout the day.

Early morning screen use can also impact mental sharpness and emotional resilience throughout the day. The immediate influx of information can overload your cognitive capacity, reducing your ability to concentrate and make thoughtful decisions.

HEALTH / ROUTINE
Changing these habits can improve your Health - 2

Breathing through your mouth

Most people naturally breathe through their noses almost all the time. Humans evolved this way as a survival technique -- it keeps our breaths going as we eat with our mouths, so we don't choke.
But some people develop mouth breathing later in life or are born as mouth breathers due to their body's structural makeup. Both cases can make you unconsciously breathe through your mouth, which could lead to other health issues.



Experts agree that breathing through your nose has many more benefits than mouth breathing. Our noses process air differently than our mouths do. These differences are our body's way of keeping us safe and healthy. When you breathe in through your nose, it:

- **Controls temperature:** Your lungs prefer air that's not too cold and not too hot. Unless you have a block, like a deviated septum or chronic rhinitis, your nose will warm or cool the air that goes into your lungs. This will help the air reach an ideal temperature for your body. Mouth breathing doesn't do this.
- **Filters toxins:** The small hair-like structures called cilia in your nose filter out toxins and debris when you breathe. They help send them to your throat instead of your lungs. Mouth breathing directs everything you breathe into your lungs.
- **Humidifies:** Your nasal passages humidify the air you inhale. Your mouth doesn't typically do this, which is why some mouth breathers wake up with "dry mouth" or a sore throat.
- **Senses smell:** Your nose can smell harmful substances in the air or your food. Your mouth can't find these toxins as effectively

The only time it's absolutely necessary to breathe through your mouth is when you're doing intense exercise or if your nose is blocked from congestion, a cold, or allergies. Temporary mouth breathing can help you get air to your lungs quicker in these situations.

Using Your Phone Before Sleep

Again, this is something that I need to do a lot less of. It's so easy to reach for your mobile or tablet.
But it is very important we put the mobile down and stop looking at it.

When it's time to turn off the lights and go to sleep, the last thing our brain needs is more information and stimulation. Checking your phone stimulates your brain. You're more active and awake. Even just a quick check can engage your brain and delay sleep. Your mind can stay active and engaged long after you've scrolled through social media or responded to a few work emails.

The blue light from your phone is an artificial colour that mimics daylight. This can be great during the day, as it can make you feel more alert, but it's just the opposite of what you need at night when you're winding down and ready to hit the hay. Studies have shown that the blue light emitted by your smartphone is bad for your vision. But it can be bad for your sleep, too. Exposure to blue light can affect your internal body clock and throw off your circadian rhythm. This rhythm is in tune with light and dark. It's why you feel more tired at night when the sun starts to set and why you feel more energized in the morning when it's light.

HEALTH / ROUTINE
Changing these habits can improve your Health - 3

Sitting down for too long

The less sitting or lying down you do during the day, the better your chances for living a healthy life. If you stand or move around during the day, you have a lower risk of early death than if you sit at a desk. If you live a sedentary lifestyle, you have a higher chance of being overweight, developing type 2 diabetes or heart disease, and experiencing depression and anxiety.

Humans are built to stand upright. Your heart and cardiovascular system work more effectively that way. Your bowel also functions more efficiently when you are upright. It is common for people who are bedridden in hospital to experience problems with their bowel function. When you are physically active, on the other hand, your overall energy levels and endurance improve, and your bones maintain strength.

Sitting for long periods can lead to weakening and wasting away of the large leg and gluteal muscles. These large muscles are important for walking and for stabilising you. If these muscles are weak you are more likely to injure yourself from falls, and from strains when you do exercise.

Just like your legs and gluteals, your hips and back will not support you as well if you sit for long periods. Sitting causes your hip flexor muscles to shorten, which can lead to problems with your hip joints.

Sitting for long periods can also cause problems with your back, especially if you consistently sit with poor posture or don't use an ergonomically designed chair or workstation. Poor posture may also cause poor spine health such as compression in the discs in your spine, leading to premature degeneration, which can be very painful.

Drinking lots of fizzy drinks and juices

You probably know that sugary drinks are bad for your teeth, as they feed bacteria in your mouth, which produce acid that starts to dissolve your teeth. And most sugary drinks (including juices) are acidic, which makes the situation even worse.

But the sugar story doesn't end there. A 2015 review of carbohydrates and health from the Scientific Advisory Committee on Nutrition showed that diets high in sugar tend to be high in calories, and the associated weight gain can have an impact on your heart.

If you're a healthy weight, you might think you don't need to worry about sugar: that's not true. If you have a lot of sugary foods and drinks in your diet, it might mean you're not getting the right balance of food groups. The current version of the official Eatwell Guide says that sugary and fatty foods and drinks are not needed in your diet. If you eat them, you're either getting too many calories overall, or not enough of the foods that are more nutritious.

Sugary drinks are the biggest source of sugar for children and young people, and in the top five for adults (along with confectionery, jams and spreads, biscuits and cakes). Sugary drinks don't generally provide us with any nutrition – just calories

HEALTH / ROUTINE
Changing these habits can improve your Health - 4

Having Alcohol in the Evening

How much alcohol you drink and when you drink it can both influence sleep. As you consume alcohol, it is rapidly absorbed into your bloodstream, where it remains until your liver is able to metabolise it, typically at a rate of about one drink per hour. If you have alcohol in your bloodstream when you go to sleep, you are likely to experience alterations in sleep architecture—that is, how your body cycles through the four stages of sleep.

The typical sleep cycle begins with three non-rapid eye movement (NREM) stages of sleep and ends with rapid eye movement (REM). During sleep, the body cycles through all of these stages every 90 to 120 minutes, with NREM sleep dominating the first part of the night and REM increasing during the second part of the night. Each stage is necessary for sleep to feel refreshing and for vital processes like learning and memory consolidation to occur.

When you go to bed with alcohol in your system, you're likely to experience more N3 sleep, known as "deep sleep", and less REM sleep than usual, at least initially. Later in the night, once your body has metabolised the alcohol, you can experience a rise in N1 sleep, the lightest stage of sleep. This can lead to frequent wakings and fragmented, low-quality sleep.

Heavy alcohol use can contribute to the development of "Insomnia", a sleep disorder characterised by difficulty falling asleep and staying asleep. As many as three quarters of people with alcohol dependence experience insomnia symptoms when they drink. Insomnia is also very common in people who are in withdrawal or early recovery from alcohol addiction.

Eat too Little Protein

Protein is one of the major energy giving nutrients. Protein plays many vital roles in maintaining our health, this includes maintaining muscle strength, wound healing, making new cells and repairing old. Protein also plays a vital role in making hormones and enzymes which carry out key functions.

The amount of protein we need changes in different stages of our life time. Older people may require more protein due to risks of "Sarcopenia" (muscle wasting). Furthermore, there may be other factors present which may increase protein requirements, e.g. Illnesses and long term conditions such as cancer, COPD, pressure ulcers and recovery from surgery.

Your brain uses chemicals called neurotransmitters to relay information between cells. Many of these neurotransmitters are made of amino acids, which are the building blocks of protein. So a lack of protein in your diet could mean your body can't make enough of those neurotransmitters, and that would change how your brain works. With low levels of dopamine and serotonin, for example, you may feel depressed or overly aggressive.

Research shows that just a week of not eating enough protein can affect the muscles responsible for your posture and movement, especially if you're 55 or older

NUTRITION: Lazza's Kitchen Adventure
Shepherds Pie

Lazza has been trying out new recipes for over four years
Here - one of his favourites so far: Shepherds Pie

In early cook books, the dish was a means of using leftover roasted meat of any kind, and the pie dish was lined on the sides and bottom with mashed potato, as well as having a mashed potato crust top. The term *shepherd's pie* did not appear until 1854, and was initially used synonymously with cottage pie, regardless of whether the meat was beef or mutton. Since the 20th century, *shepherd's pie* is used more commonly when the meat is Lamb.

- 750 g minced lamb
- 125 g mushrooms, sliced
- 2 carrots, diced
- 1 large onion, chopped
- 1 garlic clove, crushed
- 30 g plain flour: 150 ml beef stock
- 2 tbsp Worcestershire sauce
- 1 pinch salt and black pepper
- 750 g potatoes
- Butter and Milk for mash:

- Put the minced lamb into a large frying pan and heat gently until the fat runs. Increase the heat and cook, turning and mashing the meat until it browns. Using a slotted spoon, lift the lamb out of the pan and spoon off the excess fat.
- Add the mushrooms, carrots, onion, and garlic to the pan. Cook gently, stirring occasionally, for a few minutes until just beginning to soften.
- Return the lamb to the frying pan. Sprinkle in the flour and cook, stirring, for about 1 minute.
- Add the beef stock and the Worcestershire sauce. Season with salt and pepper. Bring to a boil, cover, and simmer gently for 30 minutes.
- Meanwhile, cook the potatoes in boiling salted water for 15–20 minutes until tender. Drain. Add the milk and butter to the potatoes and mash until soft, then season with salt and pepper.
- Taste the lamb mixture for seasoning and turn into an ovenproof dish, then spread the potato on top. With a fork, score the potato in a decorative pattern. Cook in a preheated oven at 200°C/400°F/gas mark 6 for about 20 minutes until the topping is golden and the meat mixture bubbling

Look, I didn't make enough mash, and also sprinkled a bit of cheese on top. But hey, that's the beauty of cooking.

It tastes yummy, and that's all you can ask. Yay!!!!

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.

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 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

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

Round One:	1 Imp Rep/Hud Ex 2 Blue Di / Pinoc 3 Par / B Pow
Round Two:	1, 1511: 2, 59: 3, 863: 4, 38: 5, 46:
Round Three:	1, 1961: 2, 1431: 3, 1871: 4, 1650. 5, 2008.
Round Four:	All are Closed London Underground Stations.
Round Five:	1 Denmark: 2 Cinderella: 3 Peru: 4 Take That
Round Six:	1 Agra: 2 Florence: 3 Washington DC: 4 Amsterdam: 5: Edinburgh

Review for this month's Challenges and Targets

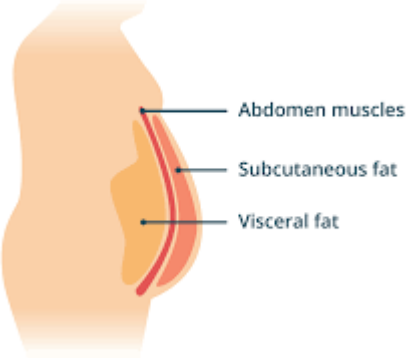
Mind-set:

There are two types of priorities. Short-term priorities include your daily to-dos, such as tasks at school, work, and home, finishing a report, writing up your diary, or cooking dinner. However, long-term priorities, or life priorities, are the relationships and activities that make you happy: the things that really matter in life. Your values are the things that you believe are important in the way you live and work. Ideally, they determine your priorities, and, deep down, they're the compass that lets you know if your life is moving in the right direction. Are you moving in your right direction?

Nutrition.

Research shows that dietary habits influence risk of certain diseases. While some foods may lead to chronic health conditions, others can offer therapeutic and protective qualities. For this reason, many people argue that food is medicine. Thus, a balanced diet is important to maintain a healthy body by boosting your immunity and keeping infections at bay. It reduces risk of Diseases.
A balanced diet containing fruits and vegetables also contains antioxidants which protect the body cells from free radicals, which can be quite harmful for us. Make healthy choices.

Exercise.



Belly Fat is bad for you. I should know. I am losing weight for an operation, and my belly fat is preventing it at the moment Aerobic exercise burns calories and helps you reduce your total body fat, including belly fat. Aerobic exercise gives your metabolism a boost during, and for a short time after, exercise, and may also have indirect positive benefits on weight, like better sleep and stress reduction. Even if you don't lose weight, you lose visceral belly fat and gain muscle mass. Engage in at least 30 minutes of moderate -intensity activity most days.

Health.

Adopting new, healthier habits may protect you from serious health problems like obesity and diabetes. New habits, like healthy eating and regular physical activity, may also help you manage your weight and have more energy. After a while, if you stick with these changes, they may become part of your daily routine. Check out your normal habits. You may find you can make subtle changes, that will bring great rewards.

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 + UK Presenters from Page 24

See if you can beat your family and friends

The World: These are Anagrams of Countries. Can you name the country?

1. United Kingdom
2. The Netherlands)
3. North Korea
4. Solomon Islands
5. New Zealand
6. Bangladesh
7. St Kitts and Nevis
8. Uzbekistan
9. North Macedonia
10. Ethiopia
11. Seychelles
12. Mozambique
13. Burkina Faso

Film: Who originally played these Television Characters, and what year was the first episode?

1.	1975:	Prunella Scales
2.	2010:	Maggie Smith
3.	1980:	Nigel Hawthorne
4.	1988:	Chris Barrie
5.	1975:	Penelope Keith
6.	1990:	Richard Wilson
7.	2001:	Ricky Gervais
8.	1982:	Rik Mayall
9.	1968:	Arnold Ripley
10.	1974:	Leonard Rossiter
11.	1992:	Joanna Lumley
12.	1973:	Bill Owen
13.	1973:	Michele Dotrice
14.	1963:	William Hartnell
15.	2007:	Ruth Jones
16.	1981:	Nicholas Lyndhurst
17.	1994:	James Fleet

Pop: Who originally sang these songs which were all released in 1982.

1. Adam And The Ants
2. A.B.C.
3. Simple Minds
4. Musical Youth
5. Imagination
6. Roxy Music
7. Dionne Warwick
8. Michael Jackson
9. Duran Duran
10. Survivor
11. Laura Branigan
12. Haircut 100
13. Joe Cocker and Jennifer Warnes
14. Olivia Newton John

Sport:
The top 20 most popular Sports in the world, as of 2024.
Football (Soccer), Cricket, Hockey, Horse Racing
Tennis, Volleyball, Table Tennis, Swimming
Baseball, Formula 1 Racing, Rugby, Basketball
Boxing, Golf, American Football, Mixed Martial Arts
Handball, Cycling, Bowling, Athletics

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

1: Prue Leith	2: Craig Phillips
3: Dickie Davis	4: Matt Allwright
5: James Burke	6: Amol Rajan
7: Sarah Greene	8: Michael Aspel
9: Jan Leeming	10: Johnny Vaughan
11: Melanie Sykes	12: Floella Benjamin
13: Brian Cant	14: Fern Britton
15: David Coleman	

Sport:
The 20 England Football Managers.

Winterbottom, Ramsey, Mercer
Revie, Greenwood, Robson
Taylor, Venables, Hoddle,
Wilkinson, Keegan, Taylor
Eriksson, McClaren, Capello
Pearce, Hodgson, Allardyce
Southgate, Carsley

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**

Please follow PT Dean on Twitter if you use it: **@zombie_pt**

Please follow us on Instagram: 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

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Link to our Website