



Healthy Minds, Healthy Bods



HMHB Health Pack: Number 109

October 2026

Inspiring: Encouraging: Motivating

www.hmhb2016.org.uk



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Introduction to HMHB

**HMHB Health Pack: Number 109
Relaunched in September 2026
Now 57 Pages Every Month.**

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, complete with content details.

We then went monthly for 7 issues before relaunching in 2022 for another 50 pages.

A revamped Monthly Health Pack for everyone. All on website in PDF form. We decided to relaunch again in 2026.

Now an incredible 57 pages
HMHB is a mental health project that is looking to shake up intervention through our own unique, pioneering 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, and guide people who may be currently having a tough time.



Healthy Minds, Healthy Bods (HMHB) was launched in November 2016 from a concept developed and designed by Lazza Curtis.

Lazza had gone through a couple of crippling depressions, but after coming through recovery his own feedback said that he would have liked more fun and laughter in his intervention, as well as opportunities to improve his overall health through exercise and nutrition and a better understanding around his physical and mental well-being.

Lazza was encouraged to start his own project, and that is where HMHB emerged. We have constructed our own pioneering course, with a unique delivery, which focuses on Mindset. Nutrition, Exercise and Health which has received extraordinary feedback from Job Centres, Health Projects, NHS Clients, Community Centres, Organisations helping those with addiction issues, Older People services, and more.

We produce this “incredible” and “exceptional” Health Pack - the only one of its kind in the country - that has been described in the NHS as a “vital resource” and “full of interesting information.”

As well as running weekly health walks in three London Boroughs, and an exercise session available to all, HMHB organises more social outing/events than any other London health project, and you can find





Latest Research on Health: 1

Why does walking get harder with age?

New Australian research is shedding light on why walking often becomes slower and more tiring with age. The findings suggest that the body gradually gives up some movement efficiency in favour of staying stable and upright.

Led by researchers at Flinders University and the University of Canberra, the study found that aging is associated with a "safety-first" walking strategy. This approach emphasises stability instead of speed and energy efficiency, helping explain why older adults may fatigue more quickly and face a greater risk of falling.

Researchers analysed movement data from 107 healthy adults between the ages of 26 and 86. They found small but meaningful age-related differences in how the ankle and nearby muscles manage each step.

Lead author and sport and exercise technology expert Dr. Cody Lindsay says the ankle is essential for maintaining balance while also helping propel the body forward. "As we get older, the body starts to favour stability over efficiency," says Dr. Lindsay, from the Flinders Caring Futures Institute. "That helps keep us upright, but it also makes walking more of an effort."



The researchers found that older adults are more likely to activate opposing muscles around the ankle at the same time. This pattern is known as co-contraction. It makes the ankle joint stiffer and can improve stability when the foot contacts the ground. However, Dr. Lindsay says this comes at a cost. "Stiffening the joint makes walking safer, but it also means the muscles are working harder without generating as much forward movement," he says.

Older participants also generated less push-off power with each step. As a result, their strides were shorter, and their walking speeds were slow.

Co-author Associate Professor Maarten Immink says the findings point to a wider change in the way the body manages movement as people grow older. "The nervous system adopts a safety-first approach, compensating for age-related changes by favouring stability over performance," says Associate Professor Immink, Lead of the Active Lives Research Program within the Caring Futures Institute at Flinders University. "These changes can also increase fatigue and make walking longer distances more challenging, while reducing the ability to recover from trips or slips -- a key factor in falls among older adults. Even gradual changes can affect confidence and independence, and people may notice they tire more quickly or feel less steady, especially on uneven ground."

The findings also suggest ways to help people maintain mobility as they age. Rather than focusing only on building strength, the researchers say exercise programs should also emphasize balance and coordination while paying attention to how different muscles work together during each step. "For older Australians, simple actions can make a difference, including regular physical activity, balance exercises such as tai chi, lower-leg strengthening and activities that challenge coordination," says Dr. Lindsay, from Flinders' College of Health and Enablement.

"Staying active is one of the most important things people can do, and small, consistent exercises can help you stay confident, mobile and independent for longer." The researchers hope these findings can contribute to improved prevention and rehabilitation strategies designed to reduce falls and support healthy aging.



Latest Research on Health: 2

Belly fat and vitamin D deficiency may form a dangerous combination, more than doubling the risk of death in adults over 50.

A large study involving more than 5,500 adults over age 50 has identified a potentially dangerous combination of health risks. People who had both abdominal obesity and vitamin D deficiency faced a 123% higher risk of death compared with those who had neither condition.

The findings, published in the journal *Diabetes, Obesity and Metabolism*, suggest that the two conditions may be especially harmful when they occur together. Although each was associated with a higher risk of death on its own, the combined effect was substantially greater.

"Abdominal obesity is a well-known risk factor because it is associated with inflammation and metabolic problems. Vitamin D, on the other hand, is a hormone that acts on various organs, and its deficiency impairs several bodily functions. When these two conditions occur together, one amplifies the effects of the other, further increasing the risk of death," explains Tiago Silva Alexandre, a professor in the Department of Gerontology at the Federal University of São Carlos (UFSCar) in Brazil, who coordinated the study.

"For that reason, monitoring vitamin D levels and treating excess abdominal fat are essential measures to prevent premature death, especially after age 50," he adds.



The research was conducted in collaboration with University College London (UCL) in the United Kingdom and funded by FAPESP. Researchers followed 5,520 people age 50 and older for six years.

All the participants were enrolled in the English Longitudinal Study of Ageing (ELSA), one of the world's largest studies focused on aging.

The data showed that vitamin D deficiency (levels below 30 nmol/L) was associated with a greater risk of death on its own than abdominal obesity. Abdominal obesity was defined as a waist circumference greater than 102 centimetres for men and 88 centimetres for women.

People with abdominal obesity alone had a 47% higher risk of death, while vitamin D deficiency by itself was associated with an increase of up to 91%. When both conditions were present, however, the risk of death rose by more than twofold.

Alexandre says abdominal obesity and vitamin D deficiency may reinforce one another in a harmful cycle. Abdominal fat can "sequester" vitamin D circulating in the body, storing it in adipocytes (fat cells) instead of leaving it available in the bloodstream. "This means that although the body may have the vitamin stored in fat, it isn't freely available in the blood to perform vital functions in other organs and systems," he says.

Obesity may also interfere with the way the body processes vitamin D. People with obesity have lower expression of enzymes involved in vitamin D metabolism, further limiting how much of the vitamin is available for the body to use.



Lazza's Fiendishly Hard Quiz

Answers on Page 53 (*no peeking*)

ART: Who painted these Famous Paintings, and what year did this artist die?

1. Mona Lisa
2. The Birth of Venus
3. The Creation of Adam
4. Girl with a Pearl Earring
5. The Night Watch
6. The Scream
7. The Persistence of Memory
8. Sunflowers
9. The Kiss
10. Water Lilies
11. Guernica
12. Campbell's Soup Cans
13. The Fighting Temeraire
14. The Hay Wain
15. Going to the Match

Music: Who originally sang this famous song, and what year was it released? All with jobs in the title.

1. Son of a Preacher Man
2. Rhinestone Cowboy
3. Rock DJ
4. I Shot the Sheriff
5. Last Night a DJ Saved My Life
6. Private Dancer
7. Paperback Writer
8. Send in the Clowns
9. Dr. Beat
10. Pearl's a Singer
11. My Old Man's a Dustman
12. Please Mr. Postman
13. The Lumberjack Song
14. Toy Soldiers
15. The Boxer
16. Paparazzi
17. Blame it on the Weatherman

FILM: Name film from the tagline, and the year the film was released.

1. They were 7... and they fought like 700
2. The Happiest Sound in all the World.
3. Who You Gonna Call?
4. The True Story of a Real Fake
5. Escape or Die Frying
6. On The Air and Unaware
7. Nice Planet. We'll Take It.
8. In Space No-one Can Hear You Scream
9. You'll Never Go in the Water Again
10. For Anyone Who Ever Wished Upon a Star
11. With Great Power Comes Great Responsibility
12. You'll Believe a Man Can Fly
13. His Story will Touch You, Even Though He Can't
14. We Are Not Alone
15. Reality is a Thing of the Past.



CLASSICAL: Which Composer wrote these famous pieces of music?

1. The Four Seasons
2. The Nutcracker
3. Moonlight Sonata
4. Peer Gynt Suite
5. The Planets
6. Pomp & Circumstance
7. Carmen
8. The Barber of Seville
9. The Messiah
10. The Magic Flute



Lazza's Kitchen

Beef Carbonnade

RECIPE:

Cubed Beef – I used 700g: 4 tablespoon Plain Flour
Oil: Onion Red, and Normal - sliced: Garlic
Beef Stock: Red Wine Stock:
Peas: Baby Carrots (halved): Edamame Beans
2 tablespoon beef Gravy Granules: Salt and Black Pepper
Bottle of Ale:



Put the meat into a plastic food bag with the flour, close, and shake well to coat the meat.
As you can see from the picture below, I had already done this before releasing I needed the pic.

In a pan I heated some oil, added in the onions and garlic, and fried for a couple of minutes.
I then removed these to one side.
I added the coated meat into the pan and browned on all sides.
I made up 300ml of stock using the two flavoured stocks and added that into the meat.
I then poured in 300ml of Ale, and the gravy granules.
I then added back in the onions and garlic and heated it all up.

After a couple of minutes, I put in the vegetables I was using (peas, carrots, beans) and stirred everything in together, finally adding some salt and pepper.

I poured everything into an oven casserole dish and cooked in the oven at 160C for two hours, until the beef was lovely and soft.

Was delicious.



Lazza had never really cooked before, but when he started these Health Packs in 2020, he decided to add all first-time recipes to show you can learn new things at any time of life. All recipes are ones he had never made/baked/created before.



HMHB Activity & Photos

September 2026

I wanted to add some more photos first from our Summer Party, that was held in August.

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Healthy Minds, Healthy Bods has been going now for nearly ten years, and it has grown quite a lot in that time, and that is down to our amazing users.

We have to offer our hugest thanks to Dor and Ted for allowing us, once again, to take over their rather fantastic house and garden in Highbury. This was the fourth, I think, of these events, and they are always excellent. We have even had other events at other people's houses, and more to come.

One of the lovely things is that HMHB has quite a few arms, in that we have our course where we work with other projects, NHS, and organisations: we have our three weekly health walks: we have our exercise sessions: and we have the huge number of outings and events that we organise to get people out. This means that some people might come to everything, where others may only attend one. But a party like this can bring everyone together.

I must mention the third picture down.

The party coincided with Lazza's 60th birthday, that is me in the pic (Ed, "best tell them that's you on the left"), and I am also typing this at this time.

One of my wonderful friends found this cuddly hairy gnome (who we named Bilbo due to his hairy feet) and gave him to me. Yes, he is in my bed!!

You can see from the photos that HMHB brings a real diverse group of people together, of all nationalities, ages, sexualities, abilities, etc. And we do feel like a family, it is true. These people are some of my dearest friends now, and they make me smile very much. You

will see in the next few pages just how much they come out and support HMHB, and I think we all enjoy the substantial number of activities that HMHB offer.

Maybe you can join us? Check page 56.





HMHB Activity & Photos

September 2026

To hear a church organ played the way it is meant to be played, with feverish hands, great peal work, and super sound, is rare. But we attended the free lunchtime concert at St. George's Church, Hanover Square, close to Oxford Circus, to hear the magnificent Makoto James play pieces by Bach, Wagner, and modern piece by Messian. An incredibly talented musician indeed, and the good number in the audience also appreciated him.

www.stgeorgeshanoversquare.org



I wanted to add one more pic from our trip to Broadstairs in August with St. Luke's Community Centre, which was hot and on the same day as the eclipse, which we saw on the coach on the way back. Here are a few of us sitting outside a fish and chip shop, discovered by our Dez, where we managed to procure Fish & Chips for just £7 per head.

I love this sort of networking with other projects. We offer St Luke's thanks for allowing us along.

www.slpt.org.uk

We were lucky to attend several outdoor concerts in the middle of London this summer, held at the Westminster College Gardens, behind Westminster Abbey, close to the Houses of Parliament. Here we are after listening to the Fairlop Brass Band, that our Lazza played in over 40 years ago. The Band played several pieces that we recognised, but it was just a lovely experience for us all. And on the back of these, we spoke to Westminster Abbey and got a tour. Pics on another page.



We were delighted to attend the first Gresham Lecture of this season at Barnard's Inn Hall, close to Chancery Lane. "Why Do We Need Empathy?"

The talk by Professor Jane Shaw addressed modern viewpoints, such as claims by public figures like Elon Musk who label empathy a weakness, and argued that empathy remains essential for a functioning society.

www.gresham.ac.uk



HMHB Activity & Photos

September 2026

That is us outside the LSO St. Luke's, near to Old Street and operated by the London Symphony Orchestra. We listened to ten very talented musicians with stringed instruments – part of the LSO String Experience Scheme, giving younger players the opportunity to play with the Orchestra. The music was, as always, fantastic, with modern pieces, and even a duet for the Double Bass. These free lunchtime concerts are excellent.

www.lso.co.uk



I was so jealous of my group as they caught a super free lunchtime concert at St. Bride's Church, off Fleet Street, with "Four Hand Piano."

Blake Huang and Andrew Nesler played pieces by Dvorak, as well as Mars, Venus, Mercury, and Jupiter from Gustav Holst's The Planets. Between 1914 and 1916, Holst composed the suite primarily as a two-piano score, before adapting it for Orchestra, and then for one piano. Who knew?

www.stbrides.com

Our wonderful friends at the King's Head Theatre (check out Page 40) looked after us at the Old Queens Club matinee performance of a new Musical called "You & It" – which our group described as "amazing", and they even got to meet the star afterwards over a cup of coffee/tea.

We do love our visits to the KH, which is based behind the King's Head Pub off Upper Street.

Looking forward to many more shows.

www.kingsheadtheatre.com



A long-distance photo today to catch our Monday walkers in Finsbury Park. Did you know, the man-made boating lake in Finsbury Park was originally created around 1826 within the grounds of the historic Hornsey Wood Tavern, long before the public park itself was conceived.

We enjoy feeding the ducks, geese, swans, and other feathered friends before enjoying a nice cuppa in the café in the middle of the park.

www.finsburyparkcafe.co.uk



HMHB Activity & Photos

September 2026

Justin and Lazza standing outside the Caledonian Road Pool and Gym after attending a cracking Aqua Aerobics session, run by Sarah, and organised by Healthy Generations.

Its really is a lot of fun, with a copious amount of splashing and gurgling too. It's an hour, but the water definitely helps some of the attendees who have mobility issues. It allows everyone to move and dance and have fun. Great stuff.

www.healthygenerations.org.uk



Our final Kayak session of the year was on Friday 11th, and it was a great way to round off the year.

We send massive thanks to Islington Boating Club, Warren, Adam, Darren, Nicola, and the rest of the team. We had over twenty people use these sessions this year, and we found it therapeutic, fun, and adventurous.

Already looking forward to getting back on the water at City Road Basin next year.

www.islingtonboatclub.com

A real treat for some of the group as we headed to Sadlers Wells Islington to catch the wonderful San Francisco Ballet performing Mere Mortals. The show reimagines the ancient Greek myth of Pandora's Box through the lens of artificial intelligence with pulsating music, colour projected visuals, and very energetic dancing that must have left the performers breathless. We were blown away. A privilege to watch.

www.sadlerswells.com



Wow! Quite a lesser-known Shakespeare Play in September – Love Labour's Lost – but we were blown away by the Spanish based production that included Flamenco dancing alongside the usual wonderful adaptations that appear at the Globe.

It included the usual bit of misdirection and misunderstanding and people falling in love without actually telling the other person. Looking forward to many more of these.

www.shakespearesglobe.com



HMHB Activity & Photos

September 2026

Here we are on a Tuesday morning at Highbury Leisure Centre after one of our easily accessible exercise sessions, which we run in partnership with the wonderful Better Gyms.

I am always inspired by the group, which is mixed aged and ability to be sure. We have people in their 80s, so must be careful, but they seem to just push themselves forward.

What a fantastic group of people.

Why not come along and join us?



What a brilliant lecture from Professor Chris Lintott around “The Sky at Night” and in particular the Rubin Space Camera - officially called the LSST Camera – and is the largest digital camera ever built, located on the ground at the Vera C Rubin Observatory in Chile rather than in space. Some of the visuals were utterly breathtaking, and it will open up new avenues in Space understanding and exploration.

www.gresham.ac.uk

We had a full group at St. Paul’s Cathedral for an Open Evening event they were running. Built between 1675 and 1710 after the previous medieval building was destroyed in the Great Fire of London, it features that massive, iconic triple-shelled dome that dominated the London skyline for over 250 years. There was so much to see, and we fully recommend a viewing if you ever get the opportunity to visit.

www.stpauls.co.uk



One of our best ever outings here – yes 28 of us outside Westminster Abbey for two Free Guided Tours, which were incredibly good. Founded in 959, the current church was built 1245-1269.

This famous Gothic church in central London hosts royal coronations and holds the tombs of British monarchs and famous historical figures. Our guides were tremendous and we learnt so much about the history and exhibits.

www.westminster-abbey.org



HMHB Activity & Photos

September 2026

Our Clissold Park walks, as slightly later than our Monday and Wednesday ones, get some terrific sunshine, and we had that very much this Summer, and here is the gang having some well-earned refreshment from the Clissold Café.

As you can see from so many photographs, we do like to get out and about, as it is so important for your overall health and well-being.

Why not join us in October? We would love to have you along. Check Page 35 for details.



Our monthly visit to the Second Chance Café, next to St Mary's Church, Stoke Newington Church Street, had us sitting outside.

The usual tasty soups, fruit crumble and custard, coffee/tea and cakes, with our wonderful, friendly volunteers looking after us.

Every Friday from 11am to 2pm and well worth popping along for a visit. Free, with a recommended payment of around £3.

www.2ndchancecafe.co.uk

I may have already posted a photograph from our Monday walk, but I really liked this one too, as our numbers were good, especially for a Monday morning. Did you know, moving early in the day, especially on an empty stomach, encourages your body to burn stored fat for energy and revs up your metabolism? Also, walking gets your heart rate up, which lowers your blood pressure and improves your overall blood circulation.

Why not join us one morning?



Our group had a terrific group visit to the Science Museum – taking in three different exhibitions: The Medicine Gallery taking us from grave-robbing for bodies to current medical procedures. The Information Age Gallery taking us from laying Telegram cables under the sea, to modern communication. And the Who Am I gallery allowing us interactive and fun games to learn more about us and our bodies.

www.sciencemuseum.org.uk



HMHB Activity & Photos

September 2026

Karina took over one of our Tuesday sessions in September to deliver an energetic and musical Zumba session leaving everyone breathless.

These are such fun, and you really do not notice how much you are doing and moving. It is a fantastic way to improve your fitness and still have fun with your friends in the studio. Karina is a wonderful friend of ours and we are incredibly lucky to have her around. Hopefully, we can do another in October.



We found another cracking new venue for our lunchtime concerts – St. Michael's Church, Highgate – and what a treat we had.

The brilliant Asami Takei, a newly qualified graduate, performed pieces by Debussy, Albeniz, and one of my all-time favourite piano compositions by Satie (you would recognise it).

We also got a £2 cooked lunch beforehand.

We will certainly be returning here.

www.stmichaelshighgate.org

If we were not so busy we would join the Mary Gibbs Healthy Generations walks more often.

It was lovely, though, to be with the group walking around Seven Sisters to Tottenham Hale, taking in both the River Lea, and the amazing Walthamstow Wetlands – which was the first time I had been around the reservoirs.

Gorgeous weather for the end of September was a bonus, and there was lots to see too.

www.healthygenerations.org.uk



Another musical treat as we caught violinist Emmanuel Bach (now, that's a musical name) and pianist Jenny Stern at St. Bride's Church, Fleet Street, playing a Beethoven Sonata, and a piece based around Much Ado About Nothing by Erich Wolfgang Korngold, who won an Academy Award for his music for The Adventures of Robin Hood – yep, the Errol Flynn one. Captivating, as always, What a find for us.

www.stbrides.com



HMHB Activity & Photos

September 2026

On the 29th we attended "AI as Therapist? Intimacy Without Understanding": a lecture by Professor Matt Jones at Barnard's Inn Hall, Chancery Lane, Gresham College, that explored the growing role of artificial intelligence in mental health support, with pros and cons and what the future may bring.

With HMHB being involved in mental health intervention, it was very interesting.

www.gresham.ac.uk



After a summer hiatus, Professor Lazza's Quizerium returned in September with the same befuddling and bemusing questions to perplex and confuse our wonderful entrants.

True/False, Call My Bluff, Dingbat, Multiple Choice, Name the Year and other rounds too. It is such a fun hour on a Thursday night, and the score doesn't really matter, although the Hastings have won both very well.

Why not think of joining us one week?

I really liked this photograph from one of our exercise sessions — especially as we were joined by four newbies for that morning.

Maintaining muscle strength is important as it fights "Sarcopenia" (age-related muscle loss) to keep everyday tasks like carrying groceries or climbing stairs manageable. It also lowers blood pressure and reduces the risk of heart disease and stroke, important as we get older. So, get up, get out, and be more active. It'll save your life.



On the 30th we attended "Ordinary Women in English Literature", where Professor Marion Turner argued that Geoffrey Chaucer's 14th-century character, the Wife of Bath, was the first "ordinary woman" depicted in English literature, representing a middle-aged, sexually active working woman who narrates her own life story. She took this up to modern age and how it has affected various writers through history.

www.gresham.ac.uk



HMHB: MINDSET

How do I set realistic goals?

I always think it is important for everyone to enjoy life. It is noticeably short, and we need to make the most of it. How we enjoy it is down to our decision making – our mindset. If we are thinking negatively we probably do not get as much done as if we were in a happier phase.

I also think it is important to have a reason to get up in the morning. Of course, life itself should be a good enough motive for getting out of bed. But that is rarely the case. And if we are going through some challenging times in our lives, getting out of bed can be difficult indeed. I know that from the couple of depressions that I have gone through in the past.

So, goal setting is important for that object alone. Why do you get up? Because you have things you want to achieve. And you definitely, are not going to succeed if you are not being proactive.

It may sound silly but one of the most critical factors in this is aligning our goals with our values, that is, what is profoundly important to each one of us. Our values are the principles and beliefs that guide our actions and decisions. When our goals align with our values, we are more likely to feel fulfilled and motivated to achieve them.

Therefore, goals are very personal. Just because someone else has a goal, that does not mean that is something you should also strive for, unless of course it is something you really want to happen.

Before you set goals, you should be thinking about what you want, as well as when you want that to happen. Some goals will take a long time – maybe losing a lot of weight, or training up for a new career, or learning a new sport. These will take time, and you must make quality time for those things to happen. You will also have to adjust your current lifestyle to incorporate the new things you will need to do.

A clever idea is to write things down. Plan your journey. Maybe do not create too many goals as that may lead to large scale failure.

Running Healthy Minds, Healthy Bods has meant setting an enormous number of goals over the time. I have some ambitious plans that I would love to come to fruition. I would like to start a Podcast around health, with a fun interaction and HMHB; I would like to get a recipe book printed – well two volumes actually; I would like to network even more and offer outings further afield. I would like to get this health pack available to an even wider audience. But ultimately all that comes down to funding. My realistic goal must be to tie down some decent funding so I can achieve everything. And that is stress level ten, I can tell you!!!

One of the wonderful things about setting a goal is overcoming challenges and pushing yourself out of your comfort zone. Pressure can be stressful, and I know that, but it can also give you incredible focus and direction. Ultimately, it is your choice on what you do.



**"Life is not easy for any of us. But what of that?
We must have perseverance and above all
confidence in ourselves. We must believe that we
are gifted for something and that this thing must
be attained." Marie Curie**



HMHB: MINDSET

So, let us set those targets.

Years and years of behaviour research proves one thing: Setting small, realistic goals are almost always more effective than setting big goals that are not well thought out.

If you set goals that are not sustainable, you set yourself up for failure. Why? Because a big goal comes with big behaviour change, and big behaviour change requires lots of smaller changes that add up. Say somebody's New Year's goal is to go to the gym every day, but they have not been going to the gym at all; that is a huge shift in time, effort, location, and management of their schedule. However, if they were to say I am going to start going to the gym twice a week, that is far more doable.

Make your motivation

I cover this really in the two pages after stretching – but what we are saying is that motivation does not come straight away, you need to start doing something to find that mojo. Waiting to feel ready or inspired keeps you stuck.

I have struggled with my weight a lot. I have lost since February, but have plateaued recently. I want to do it. I know I will be healthier. There is my motivation. So why am I not doing it?



Be specific

People make goals that are very non-specific: go to the gym, eat healthy, lose weight. It is hard to know what's success and what's failure when it is put into operation. For example, instead of telling yourself you want to eat healthier, tell yourself you are going to eat one additional fruit or vegetable each day, or that you are going to cook yourself dinner one day each week.

When you are setting a goal, make it a SMART one: "Specific, Measurable, Achievable, Relevant and Time-Bound." Though often used in business settings, the SMART framework can be helpful in your personal life, too. A good thing here again is to write it down. Say what you want exactly, work out how you can do it, why you want to do, and give a time limit – but realistic.

Have fun

The more enjoyable an activity is, the more likely you are to do it. Build in a reward system: If you accomplish your reading goals for the week, treat yourself to a latte from your favourite local coffee shop, rather than making coffee at home. Or pop along and watch a film at the cinema.

That weekly dinner you want to make at home? Invite a friend over to make and share it with you. That half-hour walk you want to go on? Save a podcast's new episode to listen to while you get your steps in. I know from HMHB that if I make something fun, I am more likely to achieve it.

Do not feel bad if things go wrong

It happens. A rough week. Stress, anxiety, pressure. Maybe you did not get out of bed for that gym. Maybe you ate too much last week. Maybe you did not meet up with friends. It is fine. Do not knock yourself. We all can make mistakes. But it is how you bounce back that matters. Have faith in yourself. Do NOT give up.



HMHB: STRETCHES

Some Seated Daily Stretches to Try

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 us just do a few stretches. Daily stretching is 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 is cool.



BOUND ANGLE STRETCH

Sit down on the mat, bend your knees, press the soles of your feet together, and drop your knees out to the sides. Lengthen your torso, grasp your big toes, and stay in bound angle pose for one minute to two minutes.

The bound angle stretch opens and stretches the inner thighs, groins, hips, and chest, and lengthens the spine. This pose also stimulates the abdominal organs and the respiratory system and improves circulation.



SEATED MOUNTAIN STRETCH

Start seated with crossed legs, with your back straight and arms relaxed. Reach your arms up and overhead and interlace your fingers. Hold the pose for 30 seconds to 1 minute. Draw your belly button in toward the spine.

The seated mountain stretch works the shoulders and back and strengthens the core. This pose promotes calm, releases tension from the upper body and improves concentration and focus. Take deep breaths and feel the tension fading away.

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



HMHB: STRETCHES

Some Seated Daily Stretches to Try



STAFF STRETCH

Sit on the floor with your feet together and your legs extended. Place your hands on the floor and stack your spine vertically or sit with your back against a wall. Open and lift your chest, face front, breathe deeply and rest your palms on the floor. Stay in staff pose for 1 to 2 minutes.

The staff stretch lengthens and stretches the spine, improves posture, and strengthens the back muscles. This yoga pose also stretches the shoulders and chest and improves body alignment.



HALF LORD OF THE FISHES STRETCH

Start in bound angle pose (previous page) and cross your left leg over the right, placing the sole of your left foot on the outside of your right thigh. Rest your left hand on the floor, twist your upper body to the left, and pull your left knee toward the chest with the help of your right arm. Hold pose for 30 seconds and then repeat on the opposite side. It eases tension in the lower back, opens the chest, and stretches the shoulders, hips, back, and neck. This pose energizes the spine, reduces bloating, and enhances digestion.



COW FACE STRETCH

Start in bound angle pose (previous page) and then cross your right leg over the left, stacking one knee on top of the other. Bring your right arm up toward the ceiling, bend the elbow and rest your right palm on the upper back. Bring your left arm out to the side, palm facing back, and thumb down. Bend the elbow, move your left hand behind your back toward the right hand and reach to grasp the fingers.

The cow face pose opens the chest, hips, and shoulders, and stretches the ankles, thighs, and triceps.

It is better to stretch for a brief 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.



HMHB: MINDSET

Burnout: What is it?

Developing Healthy Minds, Healthy Bods has been like a dream come true. Seeing it grow from an idea into what it is now has been terrific. And I have plenty more things I want to do with it. So, you would imagine I would be full of motivation all the time? If only. And there can be plenty of reasons for it. One of which is “Burnout.”

Burnout

‘Burnout’ is recognised by the World Health Organisation (WHO) as an ‘occupational phenomenon.’ While it is not a medical or mental health condition, it has been classified as a syndrome, meaning a collection of symptoms or signs associated with a specific health-related cause. Burnout is a state of physical, mental, and emotional exhaustion. It can occur when you experience long-term stress and feel under constant pressure.

Whilst burnout can be caused by stress, it is not the same as stress. Stress tends to be short-term and whilst it may impact your sleep, energy, and emotions, you are still able to engage in the activity that is causing you stress. With burnout, you feel so detached and demotivated that it impacts your ability to function, and you feel hopeless that your situation can change.

Very often burnout is considered in a workplace setting, but burnout can be experienced alongside other life pressures and excessive demands such as responsibilities as a caregiver, parent, or living with a chronic illness or condition.



Burnout can occur when you have repeated and prolonged high demands that exceed resources. It is likely that burnout, whatever the cause, will impact upon the individual’s wellbeing at work and personal life, such as their relationships. Due to the consequences of burnout, it is important to recognise it before it saps energy and motivation and becomes overwhelming.

Since burnout can be a cause for mental ill health and can be a risk factor for developing mental health conditions such as depression or anxiety, it should be taken seriously.

Physical symptoms can include feeling tired a lot, a lack of sleep, headaches, high blood pressure.

Emotional symptoms can include feeling helpless or overwhelmed, feelings of worry or dread, and not wanting to do things. You would have a lot of self-doubt and a negative outlook.

Behavioural symptoms include:

- Procrastinating and taking longer to complete things
- Difficulty concentrating
- Decreased output and productivity
- Becoming isolated and withdrawing from people, responsibilities, etc.
- Reliant on food, drugs, or alcohol to cope
- Irritable and short-tempered, likely to have outbursts and take frustrations out on others
- Increased tardiness, being late for work and/or higher absenteeism



HMHB: MINDSET

Burnout. What can I do?

It is important that you reach out to people you trust, who can offer support. Talking to your local medical practice would always be worthwhile as, if you are working, they could provide a fit note, giving you time away from work or refer you to a counsellor. In understanding what has placed you at risk of burning out you could identify factors within your control to change or modify. Depending on the contributory factors, you could reach out to your manager or HR to look for ways of reducing your workload or accessing support mechanisms your employer offers.

If the challenges you face are at home, you could find some respite from caregiving such as asking a family member to take a shift to allow you time back. Talk to a friend maybe. Do not suffer alone.

Burnout can sometimes be the result of factors outside of a person's control, so it is important to acknowledge that there are steps you could take, but it may not prevent burnout.

Depending on your circumstances, there will be various ways you could potentially prevent burnout. Below are some examples:

- Ensuring you carve out time for yourself in a busy schedule, whether it is taking regular breaks at work or booking some respite care from your responsibilities. Find some “me” time.
- Building a good relationship with your family, friends, and even your work manager so that you can share with them when you are struggling and support mechanisms can be put in place.
- Practice meditation or mindfulness to help restore a calmness and perspective against life's challenges.
- If your job is really stressing you out, think of finding employment that provides meaning and enjoyment so you can feel sense of achievement and fulfilment in some or all that you do at work.
- Build a support mechanism at work and socially with people you trust, so that you can open up and be supported at times when you need.
- Enhance your resilience by taking up something you enjoy, offsetting the challenges you might face. A hobby or pastime can help you chill. I am a member of Odeon Limitless and love the escape of movies, for example.
- We say this repeatedly, but try to eat healthy and nutritious foods and keep regular sleeping patterns to support your energy and physical health
- Exercise and movement are a terrific way to boost your mood and is beneficial to your wellbeing both physically and mentally. It releases happy hormones to overcome some of that stress.
- Find ways of understanding and reducing the stressors in your life where possible to ensure you have a sense of agency and control over contributing factors.
- Reframe the value you place on aspects of your life, such as work, so that you can start nourishing aspects that are important and restorative. Again, this is all about your “me” time.



Everyone's recovery from burnout will be different depending on the factors that caused burnout and the resources available to them. It is not regarded as an illness but resolving it usually involves a combination or immediate relief from the factor causing it as well as more long-term measures such as talking therapies, such as counselling. Do not be put off about talking to someone. They can help you establish what is really going on.

“If you don't have time for a break, you definitely need a break!”



Lazza's Kitchen

Peach & Cherry Upside Down Cake

RECIPE:

150g Unsalted Butter Softened: two tablespoon brown demerara sugar
Can of Halved Peaches: Tub of Glace Cherries
100g Caster Sugar
120g Self-Raising Flour
One teaspoon baking powder
2 x Eggs: Ground Ginger
Vanilla Essence.



Into the base of my silicone baking tin, I rubbed a little of the butter and sprinkled the demerara sugar. I then placed the four halves of peaches (can see in pic) and surrounded them with the glace cherries. I also added just a couple of tablespoons of the juice of the peaches.

I put the remainder of the butter in a bowl and added the caster sugar and mixed up. I then added in the two eggs, vanilla essence and whisked together. Finally, I added in the flour and baking powder and first stirred, then whisked so fully mixed.

I spread that mixture over the top of the fruit, ensuring all covered, and smoothed.

I baked in the oven for around 20-25 minutes at 190C. Make sure it is cooked through using a skewer.

I left to cool before removing from the Silicone and boy did it look (and taste) good.

You can serve this warm or cold.



Lazza had never really cooked before, but when he started these Health Packs in 2020, he decided to add all first-time recipes to show you can learn new things at any time of life. All recipes are ones he had never made/baked/created before.



Lazza's Fun Quiz with friends

Answers on Page 51 *(no peeking)*

ROUND ONE – True or False.

All you have to decide is if the question is true or false.

1. Ed Sheeran, a lifelong fan of Ipswich Town FC, has sponsored their shirts, and is also a minority shareholder in the football club. But did you know the number 17 shirt has the name Sheeran on it to say thanks. TRUE OR FALSE
2. In the background of the Sheriff office in film Blazing Saddles, there is a wanted poster on the wall for Willy Wonka, with a picture of Gene Wilder (who plays the Sheriff) playing the character in the 1971 film Willy Wonka and the Chocolate Factory. TRUE OR FALSE
3. Ozzy Osbourne, who once bit the head off a dead bat on stage, is buried just a stone's throw away from a bat shelter. TRUE OR FALSE
4. We all know Agatha Christie wrote brilliant and clever crime novels, but did you know she once surfed in Hawaii? TRUE OR FALSE
5. Crewe Alexandra Football Club is named after Princess Alexandra of Denmark. TRUE OR FALSE

ROUND TWO – Name that Year

In what year was the first Crufts Dog Show held?



ROUND THREE - Call My Bluff

You get a word, with three definitions. Which one is correct.

The Word: FLOTTER

1. It is a small single masted sailing vessel, with a curved wooden canopy over the stern
2. It is an old north country moccasin, taken from the soft underbelly of sheep and lined with wool.
3. Old word to mean to overflow – so if the bath water runs constantly without being turned off means that it has flattered.

ROUND FOUR – Give Me a Number: Every answer is a number.

According to Heinz, how many baked beans on average in a normal 415g tin?

How many times has the UK won the Eurovision Song Contest?

How many stops are there on the London Trams Network?

Approximately, in kilometres, how far away is the Moon from the Earth?

How many live human births were there in England and Wales in 2025?

Round Five – Which of the three answers is correct?

Which of these has the most mountain peaks:

Alaska: Arizona: Nevada

Has more London premises than the others:

Dominoes: Pizza Express: Pizza Hut

Oldest of these Actors listed:

Christian Bale: Idris Elba: Simon Pegg



HMHB Recommends:

Kew Gardens

We have visited Kew Gardens several times as a group, and there seems to be different things every time.

The last time we went they had a selection of Henry Moore statues, and we found a couple of places we have never seen.

It was Princess Augusta, mother of King George III, who founded a nine-acre botanic garden within the pleasure grounds at Kew back in 1759. Then in 1768, Joseph Banks sends seeds to Kew whilst on Captain Cook's voyage to South Seas, and becomes Kew's first unofficial director on his return.

In 1840, the grounds opened to the public, and eight years later the Palm House was completed. People might not know, but the famous Palm House was built between 1844 and 1848 using engineering techniques borrowed from shipbuilders, because no one had ever built a glasshouse of that size before. The Herbarium followed in 1852, and after five extensions that houses an astonishing seven million specimens today.

In 1896, women were first employed as gardeners, but then in 1913 Suffragettes attacked the glasshouse and burnt down Kew's tea pavilion. Two were jailed.

In 1997, a Wellcome Trust donation enables construction of the Millennium Seed Bank, and that is followed six years later when Kew Gardens is officially inscribed as a UNESCO World Heritage Site.

The Treetop Walkway and The Shirley Sherwood Gallery of Botanical Art opens in 2008, and the following year the Queen and Prince Phillip visit to celebrate Kew's 250th anniversary. The Herbarium and Library are extended to accommodate 30,000 items added each year. The seed bank now holds over one billion seeds.

In 2013, Kew and Big Lottery launch the nationwide 'Grow Wild' campaign supporting communities to grow native wildflowers. Just three years later "The Hive" came to Kew. The Great Broadwalk Borders are completed. Kew publishes the first State of the World's Plants report. Then, after five years of restoration, the Temperate House is re-opened. The Great Pagoda is re-opened with eighty newly restored dragons.

Fun fact: The world's oldest potted plant is at Kew. Found inside the Palm House, this massive Jurassic cycad (*Encephalartos altensteinii*) was collected in 1775.

Fun fact: Author Ian Fleming chatted with a former keeper of Kew's orchid herbarium, leading to Kew references in 007 novels like *On Her Majesty's Secret Service*.



www.kew.org



HMHB: NUTRITION

Let us talk Protein.

Over the last six years we have spoken about Protein many times, but as we have relaunched these packs with more pages and a new look, I thought we would start over again. The basics.

Proteins are tiny particles with huge importance: they help your body do everything necessary to function and stay alive. You cannot see proteins with your eyes, but they are inside every cell in your body, doing a range of tasks without you even realising.



To understand what proteins are and what they do for your body, it may help to know a couple terms:

- A **molecule** is a particle made up of one or more elements, like oxygen, carbon, or hydrogen. Proteins are molecules made up of amino acids, each of which consists of carbon and hydrogen (more on that later).
- A **cell** is the smallest unit of life, meaning it can live on its own. All people and other living organisms are made of many diverse types of cells. Your body constantly creates new cells to support its functions. Proteins play a significant role in that process.

Even though proteins are too small for you to see, scientists consider them large molecules compared with some other types of molecules in your body. Proteins bend and fold into complex, three-dimensional (3D) shapes suited to their specific tasks.

For our purpose here, “Protein” refers to the “Macronutrient” (you need in copious amounts) found in many foods and drinks. People generally say “protein” (or “dietary protein”) when talking about nutrition and “proteins” when discussing the science of how the individual molecules work within your body.

Dietary protein is a crucial nutrient that keeps your body going. How much protein you need each day depends on many factors, including your age, activity level, body weight, and daily calorie needs. Obviously, when we talk about it, we look at the common average amounts. But this is something you can research yourself.

When you eat beans, salmon, eggs, meat, or other foods containing protein, your amazing digestive system takes that protein and breaks it down into its component parts, and these are known as “Amino Acids.” Your body then uses those amino acids to build new proteins that perform all sorts of crucial jobs. This is “Metabolism.”

Metabolism is how your body turns food and drink into energy to keep you alive and functioning. It is made up of all the chemical processes happening in your body’s cells every second. These processes help you breathe, move, heal and more. Keeping these processes balanced is called homeostasis. It is what keeps your body running smoothly.

When we think about metabolism, we often focus on how our bodies burn calories from food and drinks. This is known as your metabolic rate and includes:

- The energy your body uses for basic functions, like breathing and keeping your heart beating (“Basal Metabolic Rate”)
- The energy necessary to digest and process food (thermic effect of food)
- The energy your body uses for physical activities



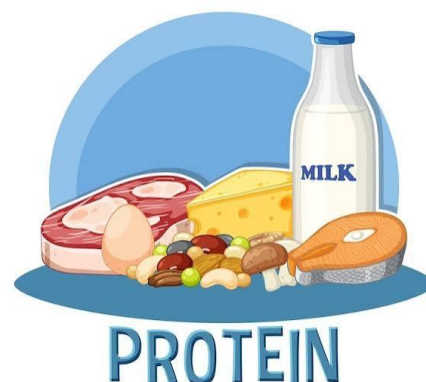
HMHB: NUTRITION

Protein Functions

It is funny, when I do my course with projects and talk about Nutrition, as soon as I mention Protein, and ask what it does, people always say it helps to build muscle. Yes, it does. But it is so much more. Proteins keep everything in your body working and moving so you can keep moving. Proteins are so important that scientists describe them as your body's workhorses – the building blocks of life.

Here are some things proteins do for your body:

- Help cells in your body “read” your genes and use that information to build new cells and molecules, including new proteins (yes, that is right: Proteins indeed help create other proteins)
- Provide structure to cells and tissues throughout your body
- Attach to invaders, like bacteria and viruses, to clear them from your body
- Break down nutrients in the foods you eat, including fats, proteins, and carbohydrates, into forms your body can use (this might be another surprise: Some proteins, called enzymes, break down other proteins!)
- Send chemical signals and carry information from cell to cell
- Speed up (catalyse) chemical reactions within cells, which helps create the energy your body needs to function
- Serve as channels (like little doorways) in a cell's outer membrane that allow substances to pass in or out of the cell
- Transport small molecules throughout your body (for example, a protein in your blood called “Haemoglobin” is like a special parcel service that carries oxygen to all your body's tissues)



Proteins go by different names depending on what they do. They also fall into some broad categories according to their function. Here are some examples:

- **Defence proteins** protect your body. If you have heard of “Antibodies,” then you are already familiar with one key type of defence protein. Antibodies help your body ward off germs and other invaders.
- **Enzymes** serve as catalysts for chemical reactions, like in digestion. Enzymes make chemical reactions go at least one million times faster. Enzymes include “Lipase,” which helps break down dietary fats, and “Carbohydrase,” which breaks down carbs. Other enzyme examples include “Trypsin,” “Thrombin” and “Pepsin.”
- **Messenger proteins** send chemical signals between different cells, tissues, and organs in your body. Certain hormones are classified as messenger proteins because of the work they do to support body processes.
- **Motor proteins** help things move within and between your cells. For example, they support the movement of cell parts that are vital for wound healing. Motor proteins also help your muscles move, help food move through your digestive tract and support blood flow through your body.
- **Structural proteins** offer support for your body's cells. These proteins also help various cells and substances move within your body. Examples of structural proteins include “Collagen,” “Tubulin” and “Actin.” Tubulins join up to form tubes that carry substances within your cells. Actin works with motor proteins to help your muscles contract.



HMHB: NUTRITION

How does your body process Protein?

Protein digestion begins when you first start chewing.

There are two enzymes in your saliva called “Amylase” and “Lipase.” They do help break down protein, but they mostly work on carbs and fats. Amylase changes complex starches into simple sugars (like glucose) that your body easily absorbs. Lipase works with bile from your liver to turn dietary fats into fatty acids and glycerol – but that is another story.

Once a protein source reaches your stomach, hydrochloric acid and enzymes called proteases break it down into smaller chains of amino acids. Amino acids are joined together by peptides, which are broken by proteases.

From your stomach, these smaller chains of amino acids move into your small intestine. As this happens, your “Pancreas” releases enzymes and a bicarbonate buffer that reduces the acidity of digested food. This reduction allows more enzymes to work on further breaking down amino acid chains into individual amino acids.

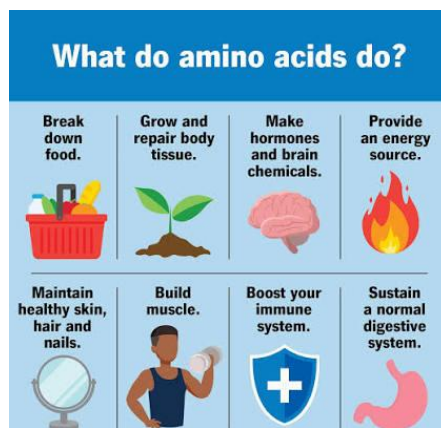
Protein absorption also happens in your small intestine, which contains microvilli. These are small, finger-like structures that increase the absorptive surface area of your small intestine. This allows for maximum absorption of amino acids and other nutrients. Once they have been absorbed, amino acids are released into your bloodstream, which takes them to cells in other parts of your body so they can start repairing tissue and building muscle, as well as all the other functions we have mentioned.

Over five hundred Amino Acids exist in nature, there are 20/21 that build proteins in the human body. Eleven of these are “non-essential,” in other words our bodies can make these on their own, even if you do not get them directly from your diet. This group includes alanine, arginine, asparagine, aspartic acid, cysteine, glutamic acid, glutamine, glycine, proline, serine, and tyrosine. Some of these are also called “conditionally essential” because your body might need extra amounts during illness or stress.

However, there are nine Amino Acids that are described as “essential” – as your body cannot make them. You can only get them from your diet.

- | | |
|--------------------------|---|
| 1. Histidine: | Supports tissue repair, growth, and the creation of blood cells. |
| 2. Isoleucine: | Helps with energy regulation, immune function, and muscle metabolism. |
| 3. Leucine: | Drives protein synthesis and muscle repair. |
| 4. Lysine: | Aids in hormone production and calcium absorption. |
| 5. Methionine: | Assists with metabolism, detoxification, and tissue growth. |
| 6. Phenylalanine: | Acts as a building block for brain chemicals like dopamine. |
| 7. Threonine: | Promotes healthy skin and teeth via collagen and elastin production. |
| 8. Tryptophan: | Produces serotonin and melatonin to regulate mood and sleep. |
| 9. Valine: | Stimulates muscle growth, regeneration, and energy production. |

Once broken down into amino acids, they enter your bloodstream where levels stay elevated for several hours to help repair cells and build muscle and complete all other functions for which they are required. Any surplus that your body does not need for immediate repair or energy is processed by the liver and safely excreted.





HMHB: NUTRITION

Vitamin D

“A vitamin is an organic molecule that is an essential micronutrient which a human needs in small quantities for the proper functioning of our metabolism. Essential nutrients cannot be synthesised in human beings, either at all or not in sufficient quantities, and therefore must be obtained through the diet.”

Vitamin D:

In 1822, Polish physician Jędrzej Śniadecki first connected rickets -a painful childhood bone disease causing severe deformities -to a lack of sunlight.

In 1919, German physician Kurt Huldschinsky proved that exposing children to ultraviolet (UV) light or quartz-lamp radiation cured rickets.

Elmer McCollum tested heated and oxidised cod liver oil on rats in 1922. He found that while the oil lost its ability to prevent eye disease (vitamin A), it still promoted bone growth and cured rickets. He named this new substance Vitamin D.



In fact, Science recognises two distinct functional types of this Vitamin.

Vitamin D2 (Ergocalciferol): Derived from plants and fungi (like mushrooms exposed to UV light). It is often used in vegan products or prescription-strength supplements.

Vitamin D3 (Cholecalciferol): Produced naturally in human skin when exposed to sunlight and found in animal-source foods like fatty fish and eggs.

From about late March or early April to the end of September, most people should be able to make all the vitamin D they need from sunlight. The body creates vitamin D from direct sunlight on the skin when outdoors. But between October and early March we do not make enough vitamin D from sunlight.

Vitamin D is also found in a small number of foods.

Sources include: oily fish – such as salmon, sardines, trout, herring, or mackerel: red meat: egg yolks: fortified foods – such as some fat spreads and breakfast cereals: liver (avoid liver if you are pregnant)

The Department of Health and Social Care recommends that adults and children over four take a daily supplement containing ten micrograms of vitamin D throughout the year if they:

- are not often outdoors – for example, if they are frail or housebound
- are in an institution like a care home
- usually wear clothes that cover up most of their skin when outdoors
- If you have dark skin – for example you have an African, African-Caribbean or south Asian background – you may also not make enough vitamin D from sunlight

Like all Vitamins, this micronutrient is “essential for life.”

Your body cannot create it in right amounts, so you must get it through your diet.

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

It is your body, and your choice.



Lazza Recommends: Some Personal Thoughts

I do like a good quiz. Did you know that research has demonstrated that answering quiz questions stimulates the hippocampus and prefrontal cortex in your brain, which manage memory and decision-making.

It is also known that correctly answering a question gives the brain a small burst of dopamine, which improves your mood and reinforces learning. And, let us be honest, if you do watch a quiz and get a question right, it does feel good. One of my favourites is “Only Connect,” which is hosted by Victoria Coren-Mitchell. Four rounds, including a “Connecting Wall” – check it out – that allows you the chance to join in and beat the teams.

BBC2 on Mondays at 8pm.



Yes, I am a Liverpool fan, for my sins. I know I live in Islington, surrounded by Arsenal fans, but you cannot help who you love, and I have supported them since I was seven, way back in 1974 when they won the FA Cup. The football season has once again returned – and I am typing this on Sun 6th Sept – my team has five points from three games, and Arsenal are playing Chelsea this afternoon, but I predict they will be Champions again. They say football is addictive because “it triggers powerful brain chemicals, fulfils deep social needs, and offers an emotional escape.” All I know is that when your team wins it is an incredible feeling, and when they lose I do not want to watch Match of the Day.

That is a photograph of me, in an Ice Bar, (the glass is also made out of ice) in the city of Stockholm, Sweden, on the 5th of September.

I took 25% of my pension around two and a half years ago, turned 60 this August, so 2 years ago I booked a couple of nice holidays, including the Cruise I am on currently (I am on the Baltic Sea typing this between Sweden and Denmark).

I feel incredibly lucky to have this opportunity (I was saving into my pension since I was 19).

We all need “me” time – in fact, I mention that in the Mindset sections in this pack. I have visited Kiel, Tallinn, Helsinki, Stockholm, and will be in Copenhagen tomorrow. It has been awesome.





Know Your Body

This Week: Your Fingernails.

The word **fingernail** is a compound of two Old English words *finger* and *nægġl*, dating back in combined written use to the early Middle English period before 1250.

It feels right to look at this part of your body in this pack, as we featured Protein in Nutrition. You see your nails are made from a protein known as “Keratin,” unlike bones, which are made mostly of collagen. Keratin protects nails from damage by making them strong and resilient.



Keratin also forms the cells of your hair and skin, as well as cells that are a key part of many glands and that line internal organs.

Nails start growing under your skin. As new cells grow, they push old ones through your skin. The part you can see consists of dead cells. That is why it does not hurt to cut your nails. However, a layer of skin under the nails, called the “Dermis,” has sensory nerve endings. These send a signal to your brain when pressure is applied to your nails. Tiny blood vessels, called “Capillaries,” sit under the nail bed. Blood flowing through the capillaries helps nails grow and gives them their pinkish colour.

Your fingernails will grow around three and a half millimetres every month. That is the average for healthy adults (toes are slower at around one and a half millimetres per month). Whether you are getting proper nutrition and how well you look after your nails can affect the growth rate. There is that myth about nails growing after death, which is naturally not true, but there is a reason it exists. After someone dies, their skin dehydrates and shrinks, making it look like their nails grew.

Did you know that if you are right-handed, the nails on that hand will probably grow faster than those on your left. That is because using a hand more often boost the blood flow to those fingers. Extra blood brings more oxygen and nutrients, and increased cell activity makes the nail grow quicker.

One of the most common “nervous habits” is nail biting. Also called “Onychophagia,” nail biting usually does not cause long-term damage. However, it raises your risk of getting sick by spreading germs to your mouth. Damage to the skin around your nails can also cause infection.

Your nails have come through evolution. Early primates transitioned from sharp claws to flat nails to better grasp tree branches and, later, to make and use stone tools. Nails function as a hard backing counter-pressure plate for your fingertips. This support allows you to pick up tiny objects, scratch, peel fruit, and hold tools securely.



Experts say, to look after your fingernails, keep them clean and dry, moisturise regularly, and trim them straight across with sharp clippers. Avoid biting your nails or picking at your cuticles, as this lets germs in.

Lazza Photo Game Page

Name these Fruits? Ans: Page 53

1



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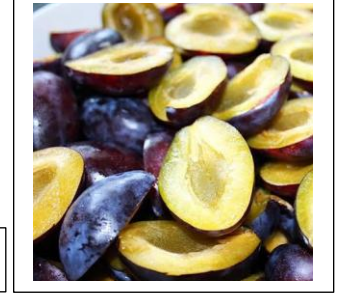
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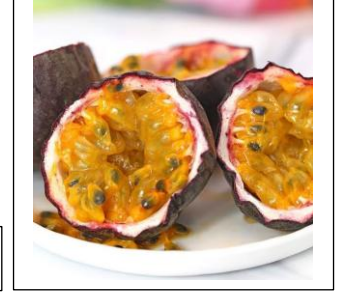
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Lazza's Kitchen

Banana & Custard Pastries

RECIPE:

3 Rolls of Shop Puff Pastry
Jar of Nutella Chocolate
Three Bananas
600ml Full Cream Milk: 300ml Double Cream
5 x Egg Yolks: Vanilla Essence: Nutmeg
3 Tablespoon of Cornflour: 4 Tablespoon Caster Sugar
Flaked Almonds. One more egg.



This was completely my own idea – I had not seen any recipe for this.

I first made the Custard.

Into a saucepan I poured the milk and cream and started to heat.

In a bowl I put the egg yolks and sugar and mixed well.

I added the corn flour and vanilla essence and half a teaspoon of nutmeg and whisked till smooth.

With the milk/cream heating, I poured a little into the egg mix and whisked that again before pouring all of that into the saucepan. I whisked all the time till the custard thickened nicely. I put aside to cool.

Now to create the pastries.

Cut a roll of pastry equally into six squares. Spread some Nutella on each square from top left to bottom right. On that chocolate place banana slices. Spoon on some custard. Sprinkle on some flaked almonds. With the spare egg, whisk together, then brush some top right and bottom left and fold those together over the top of the filling. Brush the top with egg mix too.

I managed to get four on each of my trays (with baking paper on them) in the oven. Cooking for around 15 minutes at 180C – do check.

These were delicious both warm and cold. The nutmeg in the custard was divine.



Lazza had never really cooked before, but when he started these Health Packs in 2020, he decided to add all first-time recipes to show you can learn new things at any time of life. All recipes are ones he had never made/baked/created before.



HMHB: EXERCISE

Let us talk about Strength Training.

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. We hope to restart more fitness sessions in partnership with Better Gyms in Islington and Camden soon.

We 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 2027.

Strength training is a type of exercise where your muscles work against some form of resistance. The activity “loads” muscles by forcing them to overcome, resist or control an opposing force.

Think about doing a basic bench press to use a classic weightlifting example (The bench press is an upper-body compound weight training exercise where you lie flat on your back on a bench and press a weight upwards)

- You “overcome” a force while lifting the weight. This is a concentric contraction - a type of muscle activation where your muscle generates enough force to overcome a resistance and shortens as it contracts.
- You “resist” a force while holding the weight at the stop of the Press. This is an isometric contraction - a type of muscle contraction where the muscle generates tension without changing its length or causing movement at the joint.
- You “control” a force while lowering the weight. This is an eccentric contraction - a type of muscle action where the muscle lengthens while under tension because the external load is greater than the force the muscle produces.



At each step, you are applying a stimulus to make your muscles work. As you do this, your muscles grow stronger and adapt to meet the demands that you are putting on them. On the flip side, ignoring strength-building activities comes at a cost. If you do not constantly work your muscles, they lose mass and weaken, especially as you age.

You do muscle strengthening exercises at least 2 days a week. Examples of muscle-strengthening activities include:

- lifting weights
- working with resistance bands
- heavy gardening, such as digging and shovelling
- climbing stairs
- hill walking
- cycling
- dance
- push-ups, sit-ups, and squats
- yoga



HMHB: EXERCISE

More around Strength Training.

There are many health benefits of strength training

Heart health

Strength training helps control your blood pressure and cholesterol levels, which lowers your risk of heart disease. Strengthening our muscles means that your arms and legs will work better and that will take the demand off your heart.



Note, it is important you do not hold your breath during strength training, as this can increase your blood pressure. If you can't breathe and talk normally while doing strength training, this suggests the load you are lifting is too heavy



Diabetes

Strength training helps manage and prevent diabetes by building muscle that acts as a natural sponge to clear glucose (sugar) from your bloodstream. Lifting weights or using resistance bands makes your body's cells respond better to insulin, helping your system process blood sugar efficiently. Also, building lean muscle increases your resting metabolic rate, meaning your body burns more calories and manages energy better even while at rest.

Weight control

Lifting weights creates micro-tears in your muscle fibres. Your body uses extra energy and oxygen over the next several hours or days to repair those tissues, a process known as EPOC (excess post-exercise oxygen consumption). This means it burns more calories. When losing weight, cutting calories can cause your body to lose both fat and muscle. Strength training signals your body to hold on to valuable muscle mass while targeting fat. Resistance workouts help your muscles use blood sugar (glucose) more effectively for fuel. Better insulin sensitivity lowers the chance that your body will store extra energy as fat.

Mental health

There is compelling evidence that exercise, including weight training, can help prevent and treat depression. There was a meta-analysis published in "JAMA Psychiatry," where researchers looked at 33 studies on depression in the context of weight training. All were randomised controlled trials. In other words, some people completed strengthening activities and others did not. Two thousand men and women of various ages were assessed for depression before and after the trials. Across all studies, weight training benefitted mood. People who were depressed before the study showed improvement. Those not depressed were less likely to become depressed than people who did not do weight training. The number of workouts or repetitions, or whether people gained muscle strength made no difference. Simply completing the workout helped combat depression.

Joint health

Strength training exercises help build muscle mass, which provides support to arthritic joints. This improved support can improve joint stability and function. Stronger muscles can reduce the burden on joints, which may help decrease pain and discomfort. Regular strength training can increase flexibility and range of motion in joints, making it easier to perform daily activities. Maintaining a healthy body weight through strength training can reduce the stress on weight-bearing joints which may improve arthritis symptoms. Finally, strength training can boost energy levels which may help with arthritis-related fatigue.



HMHB Weekly Walks

Islington, Haringey, Hackney

conceived & delivered by: 



Finsbury Park Health Walks

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

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

supported by:   & local Medical Practices


hmhb2016.org.uk
tel: 0796 4430 456



Highbury Fields Health Walks

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

We meet Wednesday
mornings 9.30am outside
Highbury Leisure Centre

Launching
19th April

hmhb2016.org.uk 😊 contact: 07964430456

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



Clissold Park Health Walks

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

We meet Highbury
Grange Medical Practice
every Thursday 11am

hmhb2016.org.uk 😊 contact: 07964430456

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

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

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

Healthy Minds, Healthy Bods is also part of the World-Wide Group - Walk With A Doc.

With hundreds of walks over different continents, it is about raising awareness around how walking is great for your health and actively offering opportunities to people to get out with a group, for an official health walk.

We would love more people to join us, so make a note of those dates and come along. We are leisurely walkers, but the more the merrier

The green figures on the flyers are the same shape as the parks!!! Our marketing guy is very clever.

HMHB: EXERCISE

Leg Exercises for you to try. 1



FROG JUMP

Sit back with your feet in a wide stance and with the toes turned out at an angle. Jump forward and up, land on your toes, and squat. Jump back and return to the starting position. Repeat this back-and-forth movement until the set is complete.

The frog jumps is a plyometric exercise, and the goal of this kind of training is to gain muscle mass and get fast, firm, and powerful muscles. Plyometric exercises get your heart rate up and help you build cardio fitness and muscle endurance. You will get an afterburn effect, meaning you will burn more calories in the next 24 to 48 hours



HEISMAN

Stand tall with your feet hip-width apart and with your knees slightly bent. Jump onto your right foot and pull your left knee up and toward your right shoulder. Jump onto your left foot and pull your right knee up and toward your left shoulder. Face forward, maintain a smooth and steady breathing pattern.

Keep jumping between feet until the set is complete.

The Heisman shuffle is another plyometric move that helps develop agility, balance, and flexibility.

This exercise gives you a great cardio boost and helps you improve your stamina, endurance, and fitness level.



IN AND OUT JACKS

Stand straight with your feet together and hands by your sides.

Jump up, spread your feet, bend your knees pressing your hips back, and open your arms.

Push through the heels to jump back up and bring both hands together above your head. Repeat until the set is complete.

The in and out jacks is a great cardio move that improves muscle endurance, boosts aerobic fitness, and increases the body's metabolic rate.

This exercise also engages the lower body and helps to tone and sculpt the glutes, hips, thighs, and legs.

HMHB: EXERCISE

Leg Exercises for you to try. 2



MOUNTAIN CLIMBERS

Start with your body in a straight line and your hands slightly wider than shoulder-width apart. Keep your toes and balls of the feet touching the floor. Bring one knee up toward the centre of your stomach and then quickly alternate between legs. Continue alternating until the set is complete, Mountain climbers are a dynamic, compound exercise, that works several muscles simultaneously and in a constant movement. This full body exercise has the added bonus of raising your heart rate and boosting your metabolism. Adding mountain climbers to your workout routine can also help increase aerobic fitness, flexibility, and agility.



OPEN THE GATE

Stand with your feet hip-width apart and place your hands at the waist. Lift your left knee up to waist level and then move it out to the side. Return to the starting position and repeat with the opposite leg.

Tighten your core, squeeze your glutes, and keep your back and neck relaxed. Roll your shoulders back, open your chest and exhale as you slowly move your leg out to the side.

The standing open the gate targets the inner and outer thigh muscles and strengthens your core and glutes.

This exercise also enhances your balance and stability and warms up the hip flexors and groin area.



SIDE LUNGE

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

The side lunge adds a lateral movement that is often neglected in more traditional lower body exercises, such as squats and forward and back lunges. This lateral movement targets the inner and outer thighs and helps to strengthen and tone those areas of your legs. This is also an excellent move to strengthen your quads, hamstrings, and glutes, which makes the side lunge a very complete lower body exercise.

HMHB: EXERCISE

Leg Exercises for you to try. 3



SKATERS

Lean forward, jump to the right, bring your left foot behind you, and bring your left arm in front of you. Jump to the left, bring your right arm in front of you and your right foot behind you. Repeat this side-to-side movement until the set is complete. Keep your back flat, your shoulders back, and engage your core muscles. Jump to the side as far as possible and use the movement of your arms to gain momentum. The skaters is an effective cardiovascular move that improves muscle endurance and strength. This exercise strengthens the glutes, hips, and legs, and enhances coordination and balance.



SQUAT THRUSTS

Stand straight with your feet shoulder-width apart. Squat and place your hands in front of your feet. Jump back and get into a push-up position. Jump again, bringing the legs toward your palms, and stand up. Keep your back straight, your core engaged and maintain a smooth and steady breathing pattern. Repeat until the set is complete. The squat thrust is a complete exercise that works the entire body. It increases the heart rate, boosts metabolism, and improves both agility and strength. It is also a great exercise for losing weight and improving cardiovascular endurance.



WALL SIT

Start in a squat position, with your thighs parallel to the floor and your back against a wall. Breathe slowly, face front, keep your hands on the hips and your back pressed against the wall. Hold this position for as long as you can. Be careful standing back up. Adding the wall sit to your workout routine helps to target your thighs and strengthens your quads, hamstrings, and glutes. This exercise will also work your core, lower back, and the rest of your legs since they function as stabilizers and help keep your body balanced and steady.



LAZZA FINDS SOME FACTS

Astound your friends

Storms can be unpredictable, but not the one opposite. "Hector the Convectector" (yes, it even has its own name) is a massive, anvil-shaped cumulonimbus thundercloud that forms almost daily from September to March over the Tiwi Islands in the Northern Territory of Australia. Reaching heights of up to twenty kilometres (66,000 feet), it is famous for being one of the world's most consistent and reliable large thunderstorms. During World War 2, pilots named the storm "Hector" because they used the towering cloud as a reliable navigation



What a weird looking insect.

The giraffe weevil (*Trachelophorus giraffa*) is a tiny beetle found only in Madagascar. It gets its name from its very long neck. Males have necks two to three times longer than females. They use these long necks to fight other males. Females use their shorter necks to roll up leaves and lay eggs. They are completely harmless to humans and do not bite or sting. IN fact, many weevils, including this one, pretend to be dead when they feel scared or face a threat.

Yes, this is a real building in the USA.

Guests were very welcome to sleep inside this beagle. The unusual dog-shaped house was available to visitors in Cottonwood in the US state of Idaho from April to October and offered guests a fridge, microwave, free internet, and a bathtub.

The cost per night was reasonable, with a one-night stay for two people costing \$132. Sadly closed 2024.

The Beagle Hotel guaranteed a memorable stay for both human and canine guests,



I am clearly in the wrong job.

The abstract blue painting "Onement VI" by artist Barnett Newman sold for \$43.8 million at a Sotheby's auction in New York on May 14, 2013.

The dark blue canvas features a single vertical white stripe, known as a "zip," and was previously owned by Microsoft co-founder Paul Allen. Museums and historians view the *Onement* series as a crucial turning point in how modern art treats space and emotional resonance, making any piece from the series historically precious.



HMHB Recommends: King's Head Theatre, Upper Street.

We are delighted to be friends with one of our cracking local Theatres – the Kings Head Theatre, off Upper Street, Islington.

From their website:

Established in 1970 as London's first pub theatre, our history is rich and embedded in the discovery of new talent and pushing the boundaries of what theatre could be. We are proud of this history, and of our fringe roots, and champion this still today. Renowned actors like Maureen Lipman, Hugh Grant, Jennifer Saunders, Dawn French, Alan Rickman & Richard E Grant have all performed here early in their careers alongside writers such as Steven Berkoff, Tom Stoppard, Bryony Lavery & Victoria Wood. Our commitment now is to continue discovering the next generation of the UK's greatest talent."

The King's Head Theatre in Islington was founded in 1970 by Dan Crawford as London's first pub theatre since the Renaissance. So, it was a ground-breaking project. Dan and his then-wife Joan Crawford transformed a dilapidated back room (formerly a boxing ring) at the King's Head pub on Upper Street using personal savings. It broke licensing laws of the time by operating as a theatre club inside a pub, sparking a wider UK pub-theatre movement. Dan Crawford led the venue as artistic director for 35 years until his death in 2005.

Despite tight budgets and eccentric conditions, the venue successfully transferred close to thirty or more productions directly to the West End and Broadway. However, after 53 years in the original pub space, the historic venue hosted a farewell gala and closed its Upper Street doors on August 13, 2023. This was not a sad ending though, but just the beginning of an exciting new venture.

On January 5, 2024, the theatre reopened just doors away at 116p Upper Street in the new and impressive Islington Square development – directly behind the Kings Head Pub. Then in 2025, new seating was installed that enabled the capacity to reach over two hundred people.

Under contemporary leadership, the theatre continues its legacy of staging LGBTQ+ programming, new plays, and launching major seasonal events like its popular annual pantomime. And we can vouch for productions – including the adult version of last year's pantomime.

It is great to be able to bring people to the theatre. Watching theatre helps mental health by offering emotional release, boosting empathy, and creating a shared social experience that reduces stress and loneliness. HMHB has people who are going through, or who have gone through, severe health issues, and the escapism and joy that can come from attending a production is significant. We would like to thank, Zoe, Bekah, and all the team for always making us welcome. Do check out their website for future productions and competitive prices.

www.kingsheadtheatre.com





Lazza's Kitchen

Pork & Vegetable Pie

RECIPE:

1 Roll Shop Puff Pastry: one egg
750g Minced Pork
Red Onion Sliced. White Onion Chopped.
Mixed Veg – Butternut Squash, Courgette, Red Pepper
Baby Mushrooms: Peas
Red Wine Stock: Chicken Stock: Beef Gravy Granules (2 tablespoon)
Oil: Salt: Pepper: Basil: Mixed Herbs: Parsley



Minced Pork is so much cheaper than Beef.

I put the beef into a pan and browned it in oil, and then I put that aside.
In the same pan I added the red and white onion and cooked for a couple of minutes in the oil.
I then added back the meat and cooked together for a couple of minutes.

I added 600ml stock (red wine/chicken – and the gravy granules mixed in too).
Into that went all the vegetables – including the peas and mushrooms.
You might need to add a bit of hot water to ensure all is cooking and let that cook for another fifteen minutes. Add in a nice splurge of Basil and Mixed Herbs, stir, and cook another five minutes.

I added some salt and pepper then poured everything into my oven casserole dish.
I sprinkled over some parsley.
Then I lay over the puff pastry – and left over bits you can shape into something on top.
I whisked the egg and spread a nice amount over the pastry.
I cooked in the oven at 180C for approximately 25 minutes – but do check on it.
Was delighted with the result. Very tasty.



Lazza had never really cooked before, but when he started these Health Packs in 2020, he decided to add all first-time recipes to show you can learn new things at any time of life. All recipes are ones he had never made/baked/created before.



HMHB: HEALTH

Blood Pressure

Blood pressure is “a measure of the force of blood inside your arteries.” Each time your heart beats, it pumps blood into a large artery called your “Aorta.” This happens 60 to 100 times a minute, 24 hours a day. Your aorta connects to other arteries that deliver oxygen and nutrients to all your organs and tissues.

Your blood pressure does not stay the same all the time. It changes based on what you are doing. When you are exercising or excited, your blood pressure goes up. When you are resting, your blood pressure is lower. Your blood pressure can also change because of medicines you take, shifts in your body position and aging.



Blood pressure matters because it can have a big effect on your health. For example:

- High Blood Pressure – also known as “Hypertension” - is a major risk factor for “Cardiovascular Disease.” Severely high blood pressure, known as a “Hypertensive Emergency” can be life-threatening
- Low Blood Pressure – also known as “Hypotension” - can cause dizziness, fainting and fall-related injuries. Severely low blood pressure limits blood flow to major organs and can lead to life-threatening complications like “Shock.”

You usually cannot tell what your blood pressure is just by how you feel. The only way to know your blood pressure is to measure it with proper equipment. This typically happens at your local Medical Practice. However, these days more and more people also check their blood pressure at home. Do note, this should not replace seeing your own Doctor at the centre.

You should check your blood pressure at least once a year. Your local medical practice will measure it for you at your Annual Health Check, which we recommend. You may need more frequent blood pressure checks if your provider is concerned about your numbers or wants to see how well treatment is working.

Your provider may also ask you to check your blood pressure at home. They will tell you how often to do this, but this can be anywhere from several times a day to once a week.

Once your provider measures your blood pressure, they will continue with the rest of the physical exam. They may talk with you about your blood pressure numbers.

You will know your blood pressure reading right away. But if your numbers are high, you may need to come back for another appointment. This is because your provider needs two or more readings, on different days, to diagnose high blood pressure (hypertension). They take an average of these readings.

If you are diagnosed with hypertension, your provider will talk with you about treatment options. Medicine can lower your blood pressure and help protect you from serious complications down the road. If you are diagnosed with low blood pressure, your provider will find the underlying cause and treat it. Certain lifestyle changes can also affect your blood pressure results. So, let us take a look at what we are looking for.



HMHB: HEALTH

Reading your Blood Pressure

A blood pressure test measures how hard your blood is pushing against the walls of your arteries at two key moments: when your heart is pumping out blood and when it is at rest. That is why there are two numbers that make up your blood pressure reading:

Systolic blood pressure: This is the top/first number. It is the pressure in your arteries when your heart is beating and sending blood into your arteries.

Diastolic blood pressure: This is the bottom/second number. It is the pressure in your arteries when your heart is at rest between beats.

There are two main ways your healthcare provider can measure your blood pressure:

Manually: Your provider uses a fabric cuff and a gauge that shows your blood pressure numbers. They wrap the cuff around your upper arm and inflate it so it squeezes your arm. They then use a stethoscope to listen to blood flow in your arm while the cuff deflates.

Automatically: Your provider uses an electronic device that inflates and deflates the cuff. The device has a digital read-out screen that shows your blood pressure numbers. Your provider does not use a stethoscope with this method.

To get the most accurate blood pressure reading:

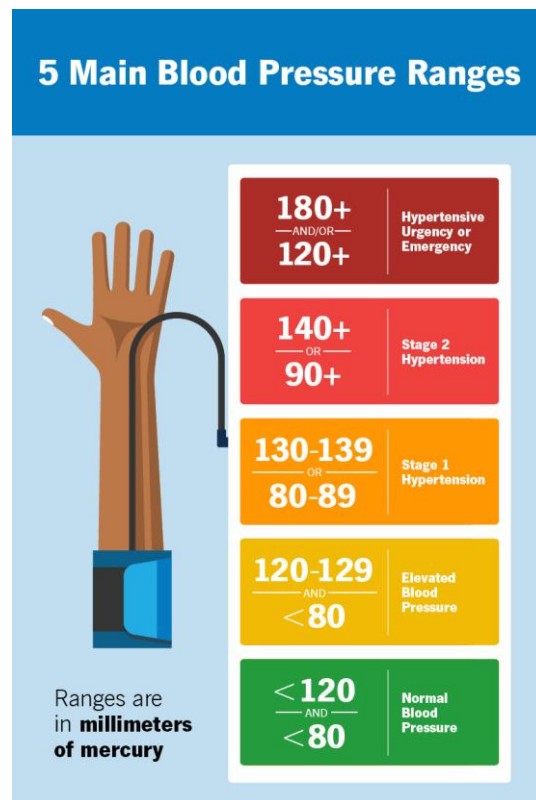
- Do not smoke, exercise, or have caffeine for 30 minutes before your appointment
- Go to the bathroom right beforehand so your bladder is empty
- Sit for at least five minutes without talking before your provider begins the test
- Wear short sleeves. This will make it easier for your provider to put the cuff on your arm.

A blood pressure check is fast and non-invasive. Nothing goes into your body. Your provider wraps a cuff around your upper arm. The cuff squeezes and then releases over the course of about a minute. During this time, your provider records your blood pressure numbers. The cuff can get very tight around your arm when it is inflated. This might feel uncomfortable, but it is only for a few seconds.

Your provider will help you sit in a position that allows the best reading. For example, you should sit up straight with your feet flat on the floor (do not cross your legs) and rest your arm on a flat surface in front of you so it is at heart level.

Your provider may check your blood pressure more than once during your appointment. This can help them get the most accurate reading, especially if you are nervous.

An ideal blood pressure for most adults is around 120/80 mm Hg (millimetres of mercury). This means your systolic (top) number is around 120 and your diastolic (bottom) number is around eighty. Manage your blood pressure and lower your risk for cardiovascular disease.



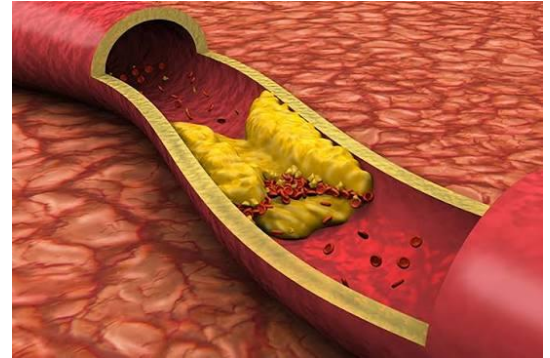


HMHB: HEALTH

Cholesterol

Cholesterol is a type of blood fat which is made in the liver. It's found in some foods too. We all need some cholesterol in our bodies just to keep us ticking over, but having too much can clog up your arteries and lead to health problems in the future, including heart disease. By getting a simple cholesterol test and making healthy lifestyle changes, most people can keep their cholesterol levels healthy.

There is cholesterol in every cell in your body. It plays vital roles in how your body works, and it is especially important in your brain, nerves and skin.



Cholesterol has three main jobs:

- It is part of the outer layer, or membrane, of all your cells.
- It is used to make vitamin D and steroid hormones which keep your bones, teeth, and muscles healthy.
- It is used to make bile, which helps to digest the fats you eat.

Cholesterol is a type of fat, and fats cannot travel in the blood on their own. They need to be attached to proteins. Lipoproteins are little parcels made of fats and proteins that carry fats around the body. Lipid is another name for fat, so 'lipoprotein' means fat plus protein.

There are several types of cholesterol which have different effects in the body. You might hear your healthcare professional talk about LDL cholesterol and HDL cholesterol, which are the two main types.

- Low Density Lipoprotein (LDL cholesterol) is often called 'bad cholesterol' because too much of it can clog up your arteries and lead to health problems later, such as heart disease, heart attacks, and strokes. You do need some LDL cholesterol in your blood. It is when there is too much that it is a problem.
- High Density Lipoprotein (HDL cholesterol) is often called 'good cholesterol' because it carries cholesterol away from your cells, back to your liver to be broken down. So, it helps prevent disease.

As you can see, they are named according to how 'dense' they are. Protein is heavy. So, lipoproteins that contain more protein are heavier or 'high density.' Those that contain less protein and more fat are 'low density.' This means that there are other types of Cholesterol – something I have learned this month too.

- Very Low-Density Lipoproteins (VLDL Cholesterol): These are larger and contain lots of fat and very little protein, so they are extremely low density. They carry "Triglycerides" and some cholesterol from the liver around your body. Like LDL cholesterol, too much VLDL cholesterol in your blood means fat can be laid down in your artery walls, clogging them up.
- Intermediate Density Lipoproteins (IDL Cholesterol): These also carry cholesterol and triglycerides. They are VLDL lipoproteins after some of the triglycerides have been taken out of them. They sit between VLDL and LDL cholesterol in terms of how much fat they carry.
- Chylomicrons: These are the largest lipoprotein. They carry triglycerides from the gut to tissues throughout the body after a meal, to be used for energy or stored for later. Once the fats are removed, the chylomicron becomes a 'chylomicron remnant' which is removed from the blood by the liver.



HMHB: HEALTH

Looking after your Cholesterol.

Some cholesterol comes from the food we eat, but most (about 80%) is made in the liver in a complex 37-step process.

Cholesterol and another type of blood fat called “Triglycerides” (we will look at these below) cannot circulate loosely in the blood, so the liver packages them into “parcels” called “Lipoproteins” (see previous page) including LDL and HDL cholesterol. They are released into the blood to carry the fats around the body to wherever they are needed.

Once in the blood stream, some cholesterol will be carried back to the liver and broken down. The liver uses cholesterol to make bile acids which are released into the intestines to help with digestion; they break down the fats in food.

A small amount of bile acids will leave the body as a waste product in your poo. But most will be absorbed back into the blood, returned to the liver, and used again for digestion. Some treatments for high cholesterol work by stopping bile from being absorbed back into the blood. The liver must take more cholesterol out of the blood to make more bile, lowering your cholesterol levels.

Your cholesterol and triglycerides can become raised for several reasons. For example:

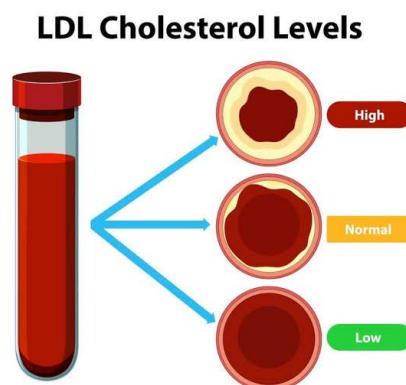
- a diet high in “Saturated Fats”
- not being active enough, so the fats you eat are not used up for energy
- some genetic conditions, which mean the fats are not processed in the usual way
- other medical conditions

High cholesterol is bad because excess low-density lipoprotein (LDL, or “bad” cholesterol) builds up inside your blood vessels and forms hard deposits called plaque. Plaque narrows and stiffens your arteries, which makes it harder for blood to flow smoothly. Narrow arteries force your heart to work much harder to push blood through your body. Pieces of Plaque can break off or trigger clots that completely block blood flow.

- Heart Attack: This occurs when blood flow to the heart muscle is blocked or severely restricted.
- Stroke: This occurs when blood flow to parts of the brain is cut off.
- Peripheral Artery Disease: Reduces blood circulation to the legs and feet, causing pain or slow healing sores.

Extremely low cholesterol is usually not harmful on its own, but it can be a warning sign of a serious underlying illness or lead to rare health complications. Doctors do not fully agree on whether low cholesterol directly causes health problems or if existing health problems simply lower your cholesterol.

Cholesterol tests are easy these days. A quick pinprick on your finger places a drop of blood into a small machine that shows results in minutes. But they can draw blood and send off for analysis. But simple lifestyle choices can look after your cholesterol. It is the fundamentals around this health pack. Making key changes to your diet (less saturated fats, more vegetables, getting soluble fibre), exercising regularly, losing excess weight, and quitting smoking can significantly improve your cholesterol levels. Go and chat with your doctor if you have any concerns.





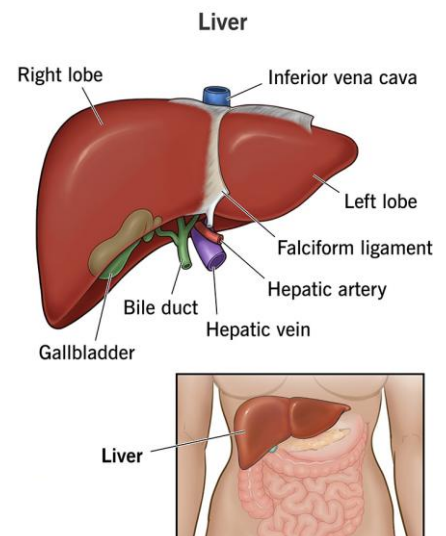
Know Your Body

This Week: Your Liver

Your liver is the largest internal organ in your body and one of the only organs that can regenerate itself. The liver plays a crucial role in filtering blood, storing energy and producing bile for digestion.

Your liver's biggest job is filtering harmful substances and waste from your blood. Every day, your liver filters more than 250 gallons of blood. If that was not enough, and among many other duties, your liver also:

- Makes cholesterol that your body uses in diverse ways
- Helps produce certain hormones, protects your cells and is a key ingredient in bile production.
- Makes proteins — like clotting factors that manage bleeding and albumin, which manages fluid pressure in your bloodstream
- Helps keep your blood glucose levels steady by storing “Glycogen” (glucose) and releasing it into your bloodstream to keep your blood sugar levels on an even keel
- Breaks down toxins and germs so they safely leave your body in your pee and poop
- Works by breaking down fats in your blood to produce energy, and if there are too many, they may get stored as extra fat



Your liver looks like a spongy, reddish-brown wedge of tissue. The wedge may weigh between 3 and 5 pounds. The liver has two lobes (sections). The lobe on the right is slightly larger than the lobe on the left. Both lobes contain many blood vessels and thousands of smaller lobes (lobules) that are tiny clusters of liver cells (hepatocytes).

Some of the important parts of your liver anatomy include:

- **Lobules:** These are tiny clusters of liver cells that connect with your bile ducts, the tubes that transport bile from your liver to your small intestine.
- **Hepatic Veins:** These are blood vessels in your liver's lobes that carry blood through your liver so it can remove waste and toxins that eventually leave your body through your pee and poop.
- **Bile ducts:** Bile ducts carry the bile that your liver produces out to the rest of your body

Common early symptoms of liver problems include:

- Upper abdominal pain
- Nausea
- Your skin and eyes turning yellow (Jaundice) — I had jaundice around 2001 (needed a lot of rest)

To keep your liver healthy and functioning well, you can:

- **Avoid infections:** Washing your hands, being vaccinated against “Hepatitis” and practicing safe sex all help reduce your risk of infections that can harm your liver.
- **Avoid excess toxins:** If you drink beverages with alcohol, limit your drinks to one or two a day. If you use tobacco, quit and ask your healthcare provider for helpful resources. And be sure to use medications as directed. Avoid unnecessary herbal supplements.
- **Eat Well:** Consider a diet which focuses on whole foods, plenty of vegetables and fruit, and healthy fats. Maintaining a weight that is healthy for you can also help to prevent metabolic liver disease.



HMHB's Funny Jokes

Disclaimer: May Not Be Funny

A man died and went to Heaven. St Peter says to him "Before you meet with God, I should tell you ,we've looked over your life, and to be honest you really did not do anything particularly good or bad. We are not sure what to do with you. Can you tell us anything you did that can help us decide?" The newly arrived soul thought for a moment and replied, "Yeah, once I was driving along and came upon a little old lady who was being harassed by a group of thugs. So, I pulled over and went up to the leader of the thugs. He was a big, muscular guy with a ring pierced through his lip. Well, I tore the ring out of his lip and told him he and his gang had better stop bothering this lady or they would have to deal with me!" "Wow that is impressive, "When did this happen?"

"About three minutes ago," came the reply.

Viagra.
It won't make
you James
Bond.
But it will make
you Roger
Moore.

Did you hear, the Irish sent a
manned space program to go and
study the Sun.

They decided it was best to go at
night so it would be cooler, and
they would not get sunburnt.

My mate told me he was
going out with twins. I
said that was amazing but
how could he tell them
apart. He said her brother
had a moustache.

I played a U2 themed board game the
other day called "Bonopoly."

It is like regular Monopoly, but the
streets have no name.

A man walked into a pet shop
and said he would like to buy a
wasp. The shopkeeper said, "we
don't sell wasps." The man said,
"but there's one in the window."

I was watching an Australian Master Chef
episode, and the audience clapped when the
Chef made some meringue.

I was surprised, as Australians normally

Boo meringue.



Lazza's Kitchen

Orange Loaf Cake

RECIPE:

300g Self Raising Flour
250g Unsalted Butter (softened)
200g Caster Sugar
4 Eggs: Vanilla Essence: Orange Essence
Three Oranges – grated zest in white bowl, juice from them in another



Nice and simple – it is really a basic loaf cake mix with Orange

In a bowl I mixed the butter and sugars together until creamed – as you can see from the picture, I had started doing this before I realised I needed a photo.

I added in the four eggs and using an electric whisk I combined.

I added in the orange juice and the vanilla essence/plus orange essence and orange zest.

I then stirred in the flour ensuring everything was nicely combined before a final whisk.

As you combine the raspberries break up nicely.

It really is that simple. The amount of orange is up to you. I wanted to taste it so was generous.

I managed to use two silicone loaf tins that did not need greasing (they are so useful). Making sure the top was flat – it will naturally crack as you can see.

I baked at 180C for around 25-30 minutes (but check using a skewer) and removed to allow to cool. I sliced them up for my group and all the pieces went very quickly.



Lazza had never really cooked before, but when he started these Health Packs in 2020, he decided to add all first-time recipes to show you can learn new things at any time of life. All recipes are ones he had never made/baked/created before.



HMHB's Help & Feedback

We need help to continue

HMHB Need Help With Funding To Keep Going.

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

In 2025: 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 12 Health Packs.: HMHB delivered 150 weekly health walks:

HMHB delivered 50 weekly exercise sessions: HMHB grew their Pack email list to over 700 addresses.

HMHB organised, delivered, or took part in over 110 social outings/events (many of which were FREE)

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

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

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

Disability Employment Office – Islington Job Centres

"I believe that the Healthy Minds Health Bodies programme fills a gap in the current services available for unemployed people with mental health issues in Islington. Research on how exercise positively affects our mental wellbeing is abundant, however there seems to be no provision that specifically targets this area for those on UC. Although GPs can refer people to the local gym, many people with undiagnosed mental health issues may find walking into a gym intimidating and unsafe.

The fact that Healthy Minds Healthy Bodies meet unemployed people through their excellent course beforehand and create a supportive and nurturing atmosphere removes this barrier so that people feel safe and included. The service that HMHB offered is unique and I fully believe it is beneficial for individuals and the local community, especially those signing on."

Haringey Recovery Service User – on one of our groundbreaking courses.

AJANI HEALTH COURSE

"absolutely life changing course. Clear, unpatronising, friendly, inventive, funny, informative, and crucial approach to self-care, nutrition, and exercise. Lawrence is a gem, and both he and Oliver were born to be communicators, both are highly skilled at imparting information with great humility, humour, and both possess a wealth of knowledge and great soul. They seem to understand how to incorporate these vital life survival skills whilst inside the mind of depression and debilitating anxiety, without ever being anything less than empathetic and caring. Wonderful people. I am so glad I got myself to attend this course."

HMHB featured in the Official Arsenal FC Programme on Wednesday 15th April 2026,

for their home game against Sporting Lisbon in the Champions League.

HMHB would like to thank Michael, Samir, Rhys, and the Community Team for their fantastic support.

You can find the article here where you can read it properly:

www.arsenal.com/community/stories/healthy-minds-healthy-bods

www.arsenal.com/community - scroll down to the "First person: Community stories" section

www.arsenal.com/foundation - in the "Local impact stories" section



HMHB's Partnerships

Friends, Networks, Community



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.

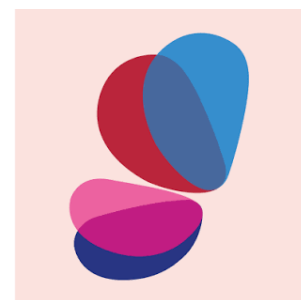
Look at www.ageuk.org.uk/islington/ Or Call: **020 7281 6018**: HMHB are doing some course events with Age UK and look forward to more collaboration.

Better Lives is a local 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 both drug and alcohol problems and situations.

HMHB have ran some phenomenally successful Ajani courses with their users over the last few years.

We are really enjoying this and have established a solid 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 energetic and well-served Tuesday indoor morning session at Highbury Leisure Centre and are discussing with them about restarting our Saturday morning session at the Sobell. They are one of our Highbury Fields walk partners, and we hope to have more classes with them in the near future.

The Haringey Wellbeing Network (HWN) is a mental health and wellbeing community support service for the London Borough of Haringey.

The network is made up of three specialist mental health organisations and is the single point of entry for 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 **0208 340 2474 (option 1)**.

Email: Haringeywellbeingnetwork@mih.org.uk





HMHB's Partnerships

Friends, Networks, Community

HMHB have formed a wonderful and interactive 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 vast number of FREE exercise classes of distinct types, so do check out their website and join in.

www.healthygenerations.org.uk

You can also contact Peter, or even Sam (Ops Manager) through their website.

HMHB look forward to working with HG going forward and we get a lot of referrals from this project.

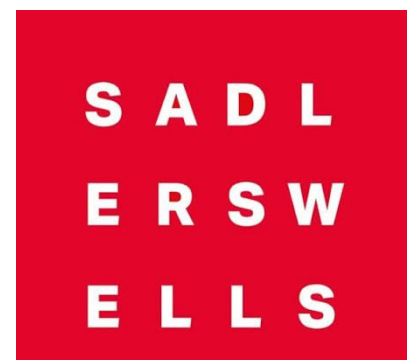


Mind is a UK mental health charity that supports people struggling with mental health problems by providing information, services, and campaigns to improve mental health support, tackle stigma, and campaign for better policies in areas like healthcare and employment. Their work includes offering support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

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

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

www.sadlerswells.com



Answers to Fun Quiz from Page 23 - do not look till you have done all the quiz

Round 1 (True/False):	1. True 2. False 3. True 4. True 5. True
Round 2: (Year):	1891: At the Royal Agricultural Hall in Islington.
Round 3: (Call My Bluff):	It is an old word meaning to overflow.
Round 4: (Number)	1. 465 2. 5 3. 39 4. 384,400 5. 585,396
Round 5. (Which)	1. Alaska 2. Pizza Express 3. Simon Pegg



HMHB's Partnerships

Friends, Networks, Community

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

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

www.slt.org.uk



The Stuart Low Trust

bringing people together for better health and wellbeing



HMHB is immensely proud of the considerable number of referrals we get directly from the NHS – this means we must be doing something right!

We get people directly from medical practices, health projects, hospital referrals, and more.

They are especially aimed at our work in promoting an active lifestyle where we enjoy making it fun and accessible which is needed currently.

Thank you so much for your incredible faith and support.

As per their website, Change Grow Live is a health and social care charity. They provide free and confidential treatment, support and information about drug and alcohol use, smoking, homelessness, justice and probation, and employment. They are judgement-free, whatever your circumstances. We enjoy a great relationship with them and deliver sessions for them in both Islington and Camden, and at their venues.

www.changegrowlove.org



**Change
Grow
Live**



HMHB are happy to say they are part of a wonderful 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 in 2005 by Dr. David Sabgir, a cardiologist in Columbus, Ohio, the program connects local healthcare providers with community members to encourage physical activity, reduce stress, and combat sedentary lifestyles in a relaxed, social setting.

We stay connected, send them our health packs, and are on their social media and beyond.

www.walkwithadoc.org



HMHB's Partnerships

Friends, Networks, Community

Help on Your Doorstep aims to improve the health and wellbeing of people in Islington, especially those who are vulnerable and isolated. Collaborating 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. HMHB have established a good relationship with them and get a lot of referrals from their organisation.

Do contact them if you have an issue, and they can signpost you to us, as well as other relevant people.

connect@helponyourdoorstep.com



Help on Your Doorstep



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 thanks SHP as they gave us our first ever 5 opportunity, and we have done several courses to terrific feedback with their users and look forward to maintaining our relationship for more in the future.

www.shp.org.uk 0204 509 8300

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

VAI support hundreds of small projects and organisations throughout Islington, and it was through them that Lawrence won Islington Volunteer of the Year 2023 at the Awards, as well as runner up the year before.

We have turned to them for advice many times, and even our change from a Social Enterprise to a Registered Charity.

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

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

Voluntary Action Islington

Answers to Photo Game Page on Page 31 – the Fruity Theme

ONE: Cranberry. TWO: Gooseberry. THREE: Guava
FOUR: Lychee. FIVE: Apricot. SIX: Dates
SEVEN: Dragon fruit. EIGHT: Papaya. NINE: Mango
TEN: Blackcurrant. ELEVEN: Quince. TWELVE: Plum
THIRTEEN: Fig FOURTEEN: Sharon Fruit/Persimmon. FIFTEEN: Passion Fruit

How did you do? Some trickier than others.



You now have three months till the new year. 2027 will be upon us, so why not think now about where you would like to be at the end of December, and what you would like to achieve next year. Write things down. Start planning. Taking action is the first step to success. You can do it.



So much of your body relies on you to provide it with the amino acids and proteins it needs – in fact, your body cannot even make the essential ones. Why not look at what you currently eat regularly and see if you are getting the right amount of protein to stay healthy. It is your body, and your choice. Nobody else can do this for you.



Many people only do cardiovascular exercise – walking, jogging, biking, running. But strength training is just as vital. Strength training is any type of exercise that involves your own body weight or equipment to build muscle mass, endurance, and strength. Regular strength training can improve your strength and flexibility and decrease your risk of injury and falls. Strength training also provides other benefits, such as a lower risk of chronic disease, better self-esteem, and helps burn calories too. Are you doing enough?



It is your body, and you are responsible for looking after it, but we also find ourselves damaging it without knowing. A regular health check is vital to keep you informed, and that will help you keep an eye on your Blood Pressure and Levels of Cholesterol. Conditions like high blood pressure, high cholesterol, and type 2 diabetes often develop without any noticeable warning signs – and that can bring significant risks to your life. Think about lifestyle changes you can easily make that reduces the chances of that happening.





Lazza's Fiendishly Hard Quiz

Answers for Quiz on Page 6

ART: Who painted these Famous Paintings, and what year did this artist die?

1. 1519: Leonardo Da Vinci
2. 1510: Sandro Botticelli
3. 1564: Michelangelo
4. 1675: Johannes Vermeer
5. 1669: Rembrandt
6. 1944: Edvard Munch
7. 1989: Salvador Dali
8. 1890: Vincent Van Gogh
9. 1918: Gustav Klimt
10. 1926: Claude Monet
11. 1973: Pablo Picasso
12. 1987: Andy Warhol
13. 1851: J. M. W. Turner
14. 1837: John Constable
15. 1976: J. S. Lowry

FILM: Name film from the tagline, and the year the film was released.

1. 1960: The Magnificent Seven
2. 1965: The Sound of Music
3. 1984: Ghostbusters
4. 2002: Catch Me if you Can
5. 2000: Chicken Run
6. 1998: The Truman Show
7. 1996: Mars Attacks!
8. 1979: Alien
9. 1975: Jaws
10. 1940: Pinocchio
11. 2002: Spider-Man
12. 1978: Superman: The Movie
13. 1990: Edward Scissorhands
14. 1977: Close Encounters of the Third Kind
15. 1999: The Matrix

Music: Who originally sang this famous song, and what year was it released? All with jobs in the title.

- 1968: Dusty Springfield
1974: Larry Weiss (Glen Campbell '75)
2000: Robbie Williams
1973: Bob Marley & Wailers (Eric Clapton '74)
1982: IndeeP
1984: Tina Turner
1966: The Beatles
1973: Glynis Johns
1984: Miami Sound Machine
1974: Dino & Sembello (Elkie Brooks '77)
1960: Lonnie Donegan
1961: The Marvelettes
1975: Michael Palin (telly 1969)
1989: Martika
1969: Simon & Garfunkel
2009: Lady Gaga
1998: B*Witched



CLASSICAL: Which Composer wrote these famous pieces of music, and nationality?

- | | |
|----------------|------------------|
| 1. Vivaldi | Italian |
| 2. Tchaikovsky | Russian |
| 3. Beethoven | German |
| 4. Grieg | Norwegian |
| 5. Holst: | English |
| 6. Elgar | English |
| 7. Bizet | French |
| 8. Rossini | Italian |
| 9. Handel | German / British |
| 10. Mozart | Austrian |



HMHB OCTOBER 2026

What's Coming Up?

(FTA) – free to anyone

Thursday 1 Oct:	11:00am:	Clissold Park Walk (FTA) – with special guest Mayor of Hackney
Thursday 1 Oct:	7:30pm:	Professor Lazza's Online Quizerium
Friday 2 Oct:	12:00pm:	Second Chance Café Lunch
Friday 2 Oct:	2:00pm:	Sadlers Wells Culture Club ENB Workshop – 6 people
Monday 5 Oct:	9:30am:	Finsbury Park Walk (FTA)
Monday 5 Oct:	1:00pm:	“What Is the Purpose of Yoga” Gresham Lecture – 11 people
Tuesday 6 Oct:	9:25am	Exercise at Highbury Leisure Centre.
Tuesday 6 Oct:	1:15pm:	St. Bride's Church Fleet Street Concert (FTA) – Cello/Piano
Wednesday 7 Oct:	9:30am:	Highbury Fields Walk (FTA)
Wednesday 7 Oct:	7:30pm:	“As You Like It” Globe – 6 people
Thursday 8 Oct:	11:00am:	Clissold Park Walk (FTA)
Thursday 8 Oct:	1:10pm:	St. Pancras Church, Euston Road, Concert (FTA) – Solo Harp
Thursday 8 Oct:	7:30pm:	Professor Lazza's Online Quizerium
Friday 9 Oct:	12:30pm:	LSO St. Luke's Concert (FTA) - Flute
Friday 9 Oct:	2:00pm:	Sadlers Wells Culture Club Movement Workshop – 6 people
Friday 9 Oct:	6:00pm:	Bat Walk at Clissold Park.
Saturday 10 Oct:	11:00am:	Francis Crick Exhibition “We Do Way Back” (FTA)
Monday 12 Oct:	9:30am:	Finsbury Park Walk (FTA)
Tuesday 13 Oct:	9:25am	Exercise at Highbury Leisure Centre.
Tuesday 13 Oct:	6:00pm:	“The Science of Puppetry” Gresham Lecture – 8 people
Tuesday 13 Oct:	6:00pm:	St. Bride's Church Fleet Street Concert (FTA) – Clarinet/Piano
Wednesday 14 Oct:	9:30am:	Highbury Fields Walk (FTA)
Wednesday 14 Oct:	1:10pm:	St. James's Piccadilly Concert (FTA) – Violin/Piano
Thursday 15 Oct:	11:00am:	Clissold Park Walk (FTA)
Thursday 15 Oct:	7:30pm:	Professor Lazza's Online Quizerium
Friday 16 Oct:	12:00pm:	Fish & Chips Lunch
Friday 16 Oct:	2:00pm:	Sadlers Wells Culture Club BB Workshop – 6 people
Saturday 17 Oct:	11:30am:	Science Museum 3 Exhibitions – 18 people
Monday 19 Oct:	9:30am:	Finsbury Park Walk (FTA)
Monday 19 Oct:	6:00pm:	“Uses of Rhetoric” Gresham Lecture – 13 people
Tuesday 20 Oct:	9:25am	Exercise at Highbury Leisure Centre – special guest Karina Zumba
Tuesday 20 Oct:	6:30pm:	St. Pauls Cathedral Talk – 10 people
Wednesday 21 Oct:	9:30am:	Highbury Fields Walk (FTA)
Wednesday 21 Oct:	10:00am:	“How the Fly helps us understand health & disease” FC – 16 people
Wednesday 21 Oct:	6:00pm:	“Why Is There Music?” Gresham Lecture – 17 people
Thursday 22 Oct:	11:00am:	Clissold Park Walk (FTA)
Thursday 22 Oct:	7:30pm:	Professor Lazza's Online Quizerium
Friday 23 Oct:	2:00pm:	Sadlers Wells Culture Club Well-Being Workshop – 6 people
Friday 23 Oct:	7:30pm:	Stories Tap Dance Sensation – Peacock Theatre – 10 people
Saturday 24 Oct:	2:30pm:	Firebird – Sadlers Wells Theatre – 10 people
Monday 26 Oct:	9:30am:	Finsbury Park Walk (FTA)
Monday 26 Oct:	3:00pm:	HMHB Special Event at Highbury Roundhouse (FTA)
Tuesday 27 Oct:	9:25am:	Exercise at Highbury Leisure Centre
Wednesday 28 Oct:	9:30am:	Highbury Fields Walk (FTA)
Wednesday 28 Oct:	1:30pm:	Natural History Museum Exhibition Visit – 16 people
Thursday 29 Oct:	11:00am:	Clissold Park Walk (FTA)
Thursday 29 Oct:	7:30pm:	Swan Lake Sadlers Wells Theatre – 10 people

These dates are correct as 30th September 2026: Contact us if not an HMHB member.



THE LAST PAGE

Social Media / Contacts / Awards

We hope you have enjoyed this amazing Health Pack. To our knowledge, it is the only one like it in the country, takes a lot of work, but we love publishing it.

Healthy Minds, Healthy Bods aims to promote better thinking and a positive mindset, good awareness around nutrition and what the body needs to function properly, a solid understanding around exercise and fitness and why it is important to keep moving, as well as provide opportunities for people to exercise in a group environment, and demonstrate that a healthy lifestyle can lower the chances of disease and health issues, giving you the best prospect of a longer and happier life.

HMHB: *Official Nominee Team Islington Volunteer of the Year Awards 2021*
Lawrence: *WINNER Mayor Civic Award in 2022 (Outstanding Delivery)*
Lawrence: *WINNER at Volunteer of the Year Awards 2022*
Lawrence: *Official Nominee Mayor Civic Award 2023*
Lawrence: *WINNER Islington Volunteer of the Year 2023*
HMHB: *Nominated for Small Business Award 2026.*

Be Safe, Be Active, Be Well

WEBSITE: www.hmhb2016.org.uk
EMAIL: hmhb2016@outlook.com
INSTAGRAM: healthymindshealthybods2016 - please follow us
TWITTER / X: @hmhb2016 - please follow us
FACEBOOK: healthymindshealthybods - please follow us
FUNDING: www.justgiving.com/crowdfunding/hmhb

We are looking to relaunch our Blog and unveil a Podcast this year.

We will be publishing our own Recipe Books soon.



Link to our website through our QR Code

