

# Sehat-e-Jismani

MKA Presentation



# ARE YOU AN ATHLETE??

## IF NOT, NO PROBLEM

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- **It's okay, if you're not a baller, everyone has their "thing"**
- **Keep your mind open to try new things, and you'll have fun!**



# THE BEST EXERCISE DAILY WALKING

## HEALTH BENEFITS



reduces **stress** & improves mood



alleviates **joint aches**



improves **brain** function



burns calories & helps **lose weight**



improves **sleep** quality



strengthens **immune systems**



reduces risk of major **diseases**



improves **blood** circulation



reduces **cravings** for sugar

## TIPS



walk parts of your commute to work



park your car far away



use the stairs more often



catch up whilst walking not standing

## STATS



2000 STEPS = 1 MILE

7000 STEPS = 3.6 MILES

10000 STEPS = 5 MILES

NORMAL WALK = 3 MPH

FAST WALK = 4 MPH



30 MINUTES = 3000 STEPS



BETWEEN 7000 & 8000 STEPS  
RECOMMENDED DAILY

# Benefits of actively walking daily

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- **REDUCED RISK OF MAJOR DISEASES**

- significantly reduced risk of heart disease, cancer, Alzheimer's, diabetes type 2 – these are the biggest causes of death by disease

- **WEIGHT CONTROL**

- you will burn calories and lose fat as a result but walking also counteracts the effects of weight-promoting genes. This will also help improve your digestive system function helping you absorb nutrients more effectively.



## Benefits of actively walking daily

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- **IMPROVED BRAIN FUNCTION**

- mental decline which comes with age is slowed down and combining this with an increased blood flow to the brain caused by walking keeps you sharp. Your peripheral awareness develops more as you are constantly utilising your eye-to-foot coordination, sending sensory and motor signals from/to your brain.

- **STRENGTHEN MUSCLES**

- this takes away pressure from your lower body joints and reduces pain especially for people suffering from arthritis. Due to this, leg muscles are strengthened which helps your calf and foot push blood back up to the heart and lungs.

- **The recommendation according to experts is to walk at least 7000 steps per day**
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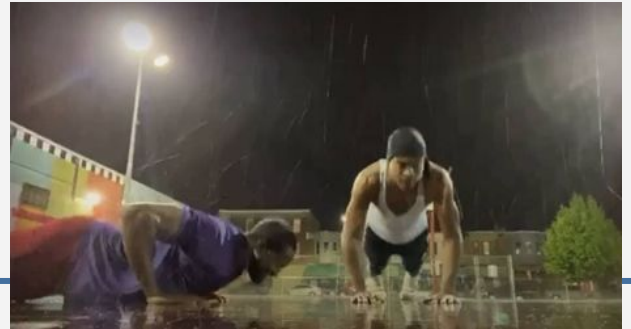
# OPEN!





# How to get back in shape:

- 5-10 minute break/physical activity during khuddam meeting
- Find a sports activity for ALL khuddam
- SKI TRIP / GO KARTS / PAINTBALL
- Create a workout group, go to the gym together



# Guidance on Exercise

- Excursion, recreation and exercise are very important for good health. It is certainly no bar to old age either. It is proven that the Holy Prophet participated in a race with Hadhrat Aisha.
- The Promised Messiah too raced against a Sikh for the honour of Islam and beat him to lower his pride. Similarly his exercising with weights is also well known. Hadhrat Musleh Mau'ood (Khalifatul Masih II) used to travel out of Qadian for hunting, and once, he participated in a race with his children and servants on the banks of River Bias.



# Guidance on Exercise

- If one acts on these wise pieces of advice, one can gain both outer and inner beauty. Hadhrat Musleh Mau'ood (Khalifatul Masih II) says, "We inculcate the habit of physical exercise so that we can be lithe and active, so that our limbs become strong and so that we gain courage." (Al-Fazl, 28 March 1939, p. 2)

# Huzoor's Recent Guidance

17:00 - 17:36 Conversation Mohtamim  
Sehat-e-Jismani



# No Time for Exercise?

- **Take mental breaks, if you WFH**
- **Walk & Talk**
  - **when you're on the phone, get up and walk around**
- **Take the stairs, instead of the elevator if you can**
- **Take a family walk after dinner**
- **Park farther from the store & walk**
- **Make a Saturday morning walk a family habit - or in the evening.**

**Walking is your best friend!**

# TIPS & TRICKS

- **Take the first step**
  - The most important thing is to take the first step - that's how you start heading in the right direction
- **Build up your goals**
  - You don't need to plan your exercise routines, have a week or 4 week plan at a time.

# Now get off your butts!

- **Plan your khuddam trip**
- **Talk to your local Sehat-e-Jismani nazim**
- **Enjoy each other's company & increase brotherhood!**