

Benefits of Exercise

Taken from www.nytimes.com

LAJNA IMA'ILLAH BOSTON

Exercise is an integral part of a Muslims life

How often do you exercise?

- Daily?
 - Weekly?
 - Monthly?
 - A few times a year?
 - Never!
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Experts recommend that we undertake regular physical activity in order to enjoy better health and a reduced risk of many common diseases. But how much exercise is recommended?

- A. an hour of challenging exercise, such as an aerobics class, five times a week
 - B. an hour of running or swimming, three times a week
 - C. any moderate intensity activity that leaves you slightly out of breath, for at least 30 minutes per day, at least five times a week
 - D. any rhythmic, continuous activity that leaves you slightly out of breath, for at least 30 minutes per day, three times a week
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How many people in the US do enough physical activity to keep their heart healthy?

A. Two out of 10

B. Four out of 10

C. Five out of 10

D. Six out of 10

Which of these types of exercise is best at helping you maintain strong bones?

- A. aerobics
- B. weight-bearing exercise
- C. resistance exercise
- D. all of the above**



Physical activity makes joint problems such as arthritis worse – true or false?

- A. true – physical activity damages the joints
 - B. true – physical activity will reduce mobility and should be avoided
 - C. false – it makes no difference
 - D. false – regular physical activity can be helpful in controlling the pain of osteoarthritis
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You need to get your heart working harder if you want to get fitter. But what percentage of your maximum heart rate should you aim for during moderate intensity activity?

A. 30-40%

B. 40-50%

C. 50-70%

D. 80-95%



Taken from www.thelistorian.com

Once you reach retirement, there is no real point in staying fit and active" – true or false?

- A. true – unfortunately, you need to start an exercise programme when you are young to achieve fitness and health benefits from exercise
 - B. partly true – you can make slight gains in fitness, but there aren't any real health benefits
 - C. partly true – men can still get fitter and feel better at over this age, but after the menopause women gain little
 - D. false – older people can achieve significant fitness and wellbeing benefits, and avoid health problems through regular physical activity
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Can you list five benefits of doing regular exercise?



Take from www.clipartbest.com

#1 Exercise controls weight

- Exercise can help prevent excess weight gain or help achieve/maintain weight loss.
 - Simple equation:
 - **Calories in – Calories burned = weight loss/gain**
 - Not necessary to set aside large chunks of time for exercise...
 - If you can't do an actual workout, get more active throughout the day in simple ways.
 - Can you think of some simple ways to be more active?
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#2 Exercise combats health conditions & disease

- Worried about heart disease? Hoping to prevent high blood pressure?
 - No matter what your current weight, being active boosts high-density lipoprotein (HDL) or “good cholesterol” and decreases triglycerides.
 - This decreases the risk of cardiovascular disease.
 - Regular physical exercise helps prevent/manage a wide range of health problems including: stroke, metabolic syndrome, type 2 diabetes, depression, arthritis...etc
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#3 Exercise improves mood

- Have you ever been in need of a boost emotionally?

A 30 minutes brisk walk or workout is the key!

- Physical activity stimulates various chemicals to be released in the brain (Endorphins) which leave you feeling happier and more relaxed.
 - You may also feel better about your appearance and yourself when you exercise regularly.
 - This leads to a boost in confidence, self-esteem and not to mention all the beautiful shalwar kameez you can wear again!!
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#4 Exercise boosts energy

- Do you ever experience shortness of breath when grocery shopping or doing household chores?
 - Regular physical exercise can improve your muscle strength and boost your endurance.
 - Exercise and physical activity deliver oxygen and nutrients to your tissues and help your cardiovascular system to work more efficiently.
 - When your heart and lungs work more efficiently, you have more energy to go about your daily chores.
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#5 Exercise promotes better sleep

- Have you ever struggled to fall asleep? Or to stay asleep?
 - Regular physical exercise can help you fall asleep faster and deepen your sleep.
 - Just don't exercise too close to bedtime, or you may be too energized to fall asleep.
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The bottom line on exercise is...

- Exercise and physical activity is a great way to feel better, gain health benefits, gain confidence and have fun.
 - As a general rule, **aim for a least 30 minutes of physical activity every day.**
 - If you want to lose weight, meet specific fitness goals, get healthy you may need to exercise more and eat a well balanced diet.
 - **Remember** to check with your doctor before starting a new exercise program, especially if you have existing health concerns.
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Taken from www.mindbodygreen.com

Basic Yoga

Take care of your body as it is the only place you have to live

Basic Yoga - Mountain Pose

Stand tall with feet together, shoulders relaxed, weight evenly distributed through your soles, arms at sides.

Take a deep breath and raise your hands overhead, palms facing each other with arms straight. Reach up toward the sky with your fingertips.



Take from www.gkplus.wordpress.com

Basic Yoga - Downward Dog

Start on all fours with hands directly under shoulders, knees under hips.

Walk hands a few inches forward and spread fingers wide, pressing palms into mat.

Curl toes under and slowly press hips toward ceiling, bringing your body into an inverted V, pressing shoulders away from ears. Feet should be hip-width apart, knees slightly bent.

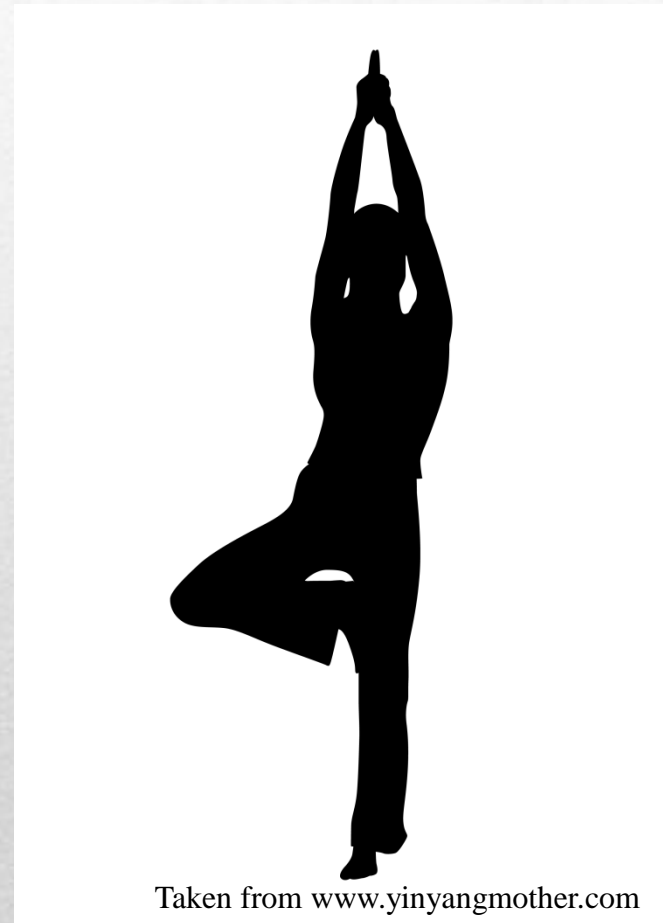


Basic Yoga – Tree Pose

Stand with arms at sides.
Shift weight onto left leg and place
sole of right foot inside left thigh,
keeping hips facing forward.

Once balanced, bring hands in front
of you in prayer position, palms
together.

On an inhalation, extend arms over
shoulders, palms separated and
facing each other. Stay for 30
seconds.



Taken from www.yinyangmother.com

Basic Yoga – Seat Twist

Sit on the floor with your legs extended.

Cross right foot over outside of left thigh; bend left knee. Keep right knee pointed toward ceiling.

Place left elbow to the outside of right knee and right hand on the floor behind you.

Twist right as far as you can, moving from your abdomen; keep both sides of your butt on the floor. Stay for 1 minute.



Basic Yoga – Child's Pose

Sit up comfortably on your heels.

Roll your torso forward, bringing your forehead to rest on the floor in front of you.

Lower your chest as close to your knees as you comfortably can, extending your arms in front of you.

Hold the pose and breathe.



References

Image 1: Slide 5 – www.hardlaborsucks.com

Image 2: Slide 7 – www.thelistorian.com

Image 3: Slide 9 - www.clipartbest.com

Image 4: Slide 16 - www.mindbodygreen.com

Image 5: Slide 17 – www.gkplus.wordpress.com

Image 6: Slide 18 – www.yoga.prevention.com

Image 7: Slide 19 – www.yinyangmother.com

Image 8: Slide 20 – www.yogajournal.com

Image 9: Slide 21 – www.arizonayogacommunity.com
