



MINISTRY OF
**HEALTH &
WELLNESS**



JAMAICA MOVES

PHYSICAL ACTIVITY

GUIDE FOR

Muslims & Humanity







PHYSICAL ACTIVITY GUIDE FOR MUSLIM AND HUMANITY

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First Edition

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Endorsement from Islamic Council of Jamaica

We begin all endeavors in The Name of Allah, The Beneficent, The Most Merciful. We furthermore declare that there is no other deity worthy of Worship except Allah and that He had sent all the Prophets and Messengers from Adam, Noah, Abraham, David, Moses, Jesus and the final Messenger of Allah, Muhammad (May peace and blessings be upon all of them).

The Islamic Council of Jamaica provides and supports the Muslim communities across Jamaica with Islamic values and morals both spiritually and physically. We therefore highly support and endorse the initiative to propagate health and wellness through the “Physical Activity Guide for Muslims.

We are taught to seek Allah’s guidance through the following prayer, “**All praises are due to Allah, O Allah as you have given me a good physical form, so also favour me with good morals and manners.**” We are also reminded in the Quran that man was fashioned in the best of form, Allah says

لَقَدْ خَلَقْنَا الْإِنْسَانَ فِي أَحْسَنِ تَقْوِيمٍ ﴿٤﴾

(Verily, We created man in the best form) Chapter 95 Verse 4

We are further instructed by Allah to approach prayer five times daily, to fast during the daytime hours of the month of Ramadhan, to earnestly give charity and to make pilgrimage to Makkah. These are pillars of Islam that not only demand spiritual devotion but necessitates physical ability as a prerequisite for performing these tasks. It is with this that we applaud and support efforts to better ourselves in all aspects.



Acknowledgement

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BACKGROUND

According to the World Health Organization (WHO), “Physical inactivity is now identified as the fourth leading risk factor for global mortality. Physical inactivity levels are rising in many countries with major implications for the prevalence of non-communicable diseases (NCDs) and the general health of the population worldwide.”

More specifically, Jamaica’s Vision 2030 National Development Plan for making “Jamaica, the place of choice to live, work, raise families and do business” is under threat from the public health crisis, Non-communicable diseases (NCDs) epidemic. Seven out of 10 Jamaicans die from NCD such as cardiovascular disease, diabetes, chronic lower respiratory disease or some cancers.

Umar ibn Al-Khattab (May God be pleased with him) said: “O people, beware of gluttony in eating. Verily, it causes laziness....harms the body; it inherits disease....”

According to the Jamaica Health and Lifestyle Survey III 2017, 82% of Jamaicans engaged in low physical activity, 16% in moderate activity (minimum World Health Organization recommendations) and 2% in high activity. Fifty-two percent made no attempt to increase their level of physical activity.

Physical activity has many benefits. It can reduce global mortality by at least 60%, ischemic heart disease by 30%, diabetes by 27%, and breast and colon cancers by 21%-25% (Global Recommendation on Physical Activity for Health, WHO).

INTRODUCTION



Over the years, many physical activity interventions have taken place in the different settings such as schools, communities and the workplace. Ministry of Health and Wellness has recognized faith based organizations as ideal settings to promote and facilitate physical activity on a consistent basis. Muslims naturally engage in physical activity at least 5 times per day when performing salaah (prayer). This will act as a catalyst to further promote physical activity amongst members of the ummah (congregation) and the wider community.



FOCUS

GOAL



To collaborate with Masaajid (Muslim places of worship) across the island to promote physical activity among the Jamaican population.

OBJECTIVES



- To provide Imams with a basic resource guide on how to promote increased physical activity at the Masjid and surrounding communities.
- To empower members of the jamaat (Muslim community) to engage in physical activities and understand the spiritual and health benefits of it.

PURPOSE



The manual will serve as a guide for humanities to engage in physical activity as recommended by the teachings of Islam, in order to live a healthy lifestyle.

TARGET AUDIENCE



The resource document is not limited to Muslims but for all members of society.

DESIGN OF MANUAL



THE GUIDE IS DIVIDED INTO
FIVE (5) MAIN SECTIONS

SECTION I:

Physical Activity

SECTION II:

Benefits of Physical Activity

SECTION III:

Physical Activity... the Duty of a Muslim

SECTION IV:

Physical Activity as a Dawah Tool
(Promoting Physical Activity in
other Settings)

SECTION V:

QURANIC AYAHS & AHADITH about
Physical Activity and Wellness

1

SECTION I

Physical Activity

Any movement that the skeletal muscles produce the result in energy expenditure. Physical activity in this context is referred to as bodily movement that enhances health. There are two categories of bodily movement; baseline activity and health-enhancing physical activity.

Baseline Physical Activity

This is activity that is done on a daily basis to perform daily functions and is referred to as low-intensity activities. Some examples are slow walking and lifting of light objects. Persons who engage in this type of activity only are categorized as inactive.

Health-enhancing Physical Activity

This is moving beyond baseline activity and will result in health benefits. Examples include dancing, brisk walking, skipping, lifting weights and climbing long flights of stairs.

Imam Ibnul-Qayyem stated that movement helped the body get rid of waste food in a very normal way and strengthened the body's immune system. He also stated that each bodily organ has its own sport (or movement) that suited it and that horse riding, archery, wrestling and racing, were sports that benefitted the whole body.

Physical Activity Recommendation

Children

For children 3-5 years, at least 60 minutes of structured activities and several hours of free play daily is recommended.



For children 6-17 years, at least 60 minutes of moderate to vigorous activity is recommended at least 5 days per week. They should do a combination of muscle and bone strengthening activities at least 3 days per week as a part of the 60 minutes.

Examples of muscle strengthening activities are squats, push ups, sit ups, lunges, weight lifting, climbing, carrying the groceries and bike riding, running, jumping and skipping.

Examples of bone strengthening activities are skipping, running, walking, hop scotch and dancing.

Physical Activity Recommendation

Adult



It is recommended that adults do at least 30 minutes of exercise 5 days per week or an accumulation of at least 150 minutes, 5 days per week to gain some health benefits.

At least 60 minutes, 5 days per week or an accumulation of at least 300 minutes 5 days per week is recommended to lose weight.

At least 60-90 minutes or an accumulation of 300-450 minutes is recommended to lose and maintain a healthy weight.

There are a number of ways you can accumulate the recommended amount of physical activity each day/week. An example of a 60 minutes physical activity session can be done in six (6) 10 minutes bout throughout the day. In order for this to be effective, each 10 minutes bout must be done continuously each time. Choose a method that best fits into your daily routine that is achievable.

Adult 65 Years and Above



- 30 minutes aerobic activity at moderate intensity, at least 5 days per week or 15 minutes aerobic activity at vigorous intensity, at least 5 days per week. This can be a combination of moderate and vigorous intensity.

For additional health benefits:

- 60 minutes aerobic activity at moderate intensity, at least 5 days per week or 30 minutes aerobic activity at, vigorous intensity, at least 5 days per week.

If you have a medical condition or poor mobility, and have clearance by your doctor to do physical activity, do it 3 days per week based on the following:

- Activities that you can do within the limitations of your condition
- Activities that will help to improve balance and prevent falls



2

SECTION II

BENEFITS OF PHYSICAL ACTIVITY

- Improves posture and balance
- Improves body tone and fitness
- Improves academic performance
- Increases concentration
- Healthy and glowing skin
- Improves self-esteem
- Improves mental health
- Meet new friends
- Reduces stress
- Improves performance at school
- Have a stronger heart
- Save on electricity cost (not taking the elevator)
- Builds stronger bones and muscles
- Helps with healthy growth and development
- Helps to reduce and maintain healthy weight
- Reduce the risk of getting non-communicable diseases

FIVE (5) MINUTES,

SEVEN (7) POSITIONS



“Indeed, Successful are the Believers. Those who Establish prayer (in seven positions for approximately five minutes)” (Quran Chapter 23, verses

1-2). Islam is built upon

five (5) pillars. These are elements that a person

must believe in and wholeheartedly accept in order to be considered a Muslim. These pillars and their direct connection with physical activities will be dealt with in Section 2. This section focuses on the second pillar of Prayer (“Salat”) and its physical activity requirements.

Every Muslim is required to perform this physical activity for at least five (5) times per day for approximately 3 – 5 minutes each time.

Gem #1

How long should a person engage in physical activity?

The World Health Organization (W.H.O.) states:

“Adults aged 18–64 years **should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week**, or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week”.

This Globally recognized recommendation has a direct correlation with Almighty God’s Divine command, from since the 7th century, to all Muslims.

The average cumulative time a Muslim must pray each day is 20 – 24 minutes. Let’s say 22 minutes per day, at 7 days, that’s 154 minutes, rounded that’s 150 minutes.

Gem #2

How & In what way should a person engage in physical activity?

Evidence based research indicates that Yoga, a well-known form of exercise, has numerous benefits which include reducing stress levels, relieving anxiety, improving heart health and reducing chronic pain to name a few.

The Messenger of God demonstrated to his followers the perfect method of prayer. He indicated the **seven (7) positions required to connect with God.**

This is another amazing gem which requires a Spiritual activity to include mandatory physical activity.

Here you’ll find Salat positions along with their most similar yoga positions and their health benefits:



Qiyam



Namaste

During Qiyam and Namaste, there is an even distribution to both feet. This will ease the nervous system and balance the body. The body is charged with positive energy. This position straightens the back and improves posture. In this position, a verse of the Quran is recited: ***'And guide us to the straight path.'*** Some have interpreted this to mean the alignment of Chakras. While reciting more verses from the Quran, the sound vibrations of the long vowels ā, ī, and ū stimulate the heart, thyroid, pineal gland, pituitary, adrenal glands, and lungs, purifying and uplifting them all.



Ruk'u



Ardha Uttanasana

Ruk'u and Ardha Uttanasana fully stretch the muscles of the lower back, front torso, thighs, and calves. Blood is pumped into the upper torso. This position tones muscles of the stomach, abdomen, and kidneys.



Sujud



Varjasana

Sujud is the most important position in prayer, it is similar to the Varjasana position in yoga. . This position stimulates the brain's frontal cortex. It leaves the heart in a higher position than the brain, which increases flow of blood into upper regions of the body, especially the head and lungs. This allows mental toxins to be cleansed. This position allows stomach muscles to develop and prevents growth of flabbiness in the midsection. It maintains proper position of fetus in pregnant women, reduces high blood pressure, increases elasticity of joints and alleviates stress, anxiety, dizziness and fatigue.

Meditation



Many people perform Yoga with soothing instructions to help them meditate. In a soft voice, a man or woman would describe how to breathe, what to imagine, and what to feel.

Recitation of the Quran serves similarly as guidance to the individual. Guidance and peace are core values in Islam to the point that prayer is needed five times a day!

PHYSICAL ACTIVITY

5 FIVE PILLARS.

FORMULA FOR SOUND HEALTH

“Islam is built on five (pillars): bearing witness that there is no God except Allaah and that Muhammad is the Messenger of Allaah, establishing prayer, paying zakaah, Hajj and fasting Ramadaan.” (Prophet Muhammad)

The above quote indicates principles that are required for a person to legitimately claim the comprehensive way of life is Islam.

These five (5) pillars provide an excellent formula for “total” health. This includes psychological, physical, social and spiritual health. Let’s examine these benefits briefly, with particular focus on the final two:

1 PILLAR 1 – TESTIFICATION

This pillar indicates a recognition of a Supreme Power and being subservient to the will of Almighty God. This develops Spiritual Health and Psychological Health (hope, love etc).

2 PILLAR 2 – SALAT (PRAYER)

This develops physical health (as indicated in section 1), spiritual health and social health (bonding in congregations).

3 PILLAR 3 – ZAKAT (REGULATED CHARITY TO THE POOR)

This develops social health (empathizing with the needs of the financially challenged) and spiritual health.

4 PILLAR 4 – SAWM (FASTING)

Every Muslim that has attained puberty is required to fast for 29 or 30 days in the 9th month of the Muslim calendar (Ramadan).

“Fasting was prescribed for you, as it was prescribed for those before you” “...when the month (of Ramadan) begins, fast!...”

The prescribed methodology of fasting in the Muslim tradition promotes physical, social and spiritual health.

Here are 3 health benefits of fasting — backed by science.

- Promotes Blood Sugar Control by Reducing Insulin Resistance; Several studies have found that fasting may improve blood sugar control, which could be especially useful for those at risk of diabetes.
- Some studies have found that fasting can help decrease levels of inflammation and help promote better health.
- May Enhance Heart Health by Improving Blood Pressure, Triglycerides and Cholesterol Levels; Some research has found that incorporating fasting into your routine may be especially beneficial when it comes to heart health.

5

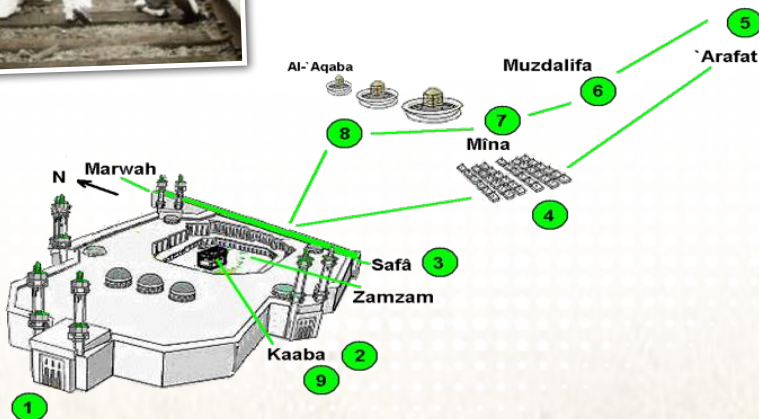
PILLAR 5 – HAJJ (PILGRIMAGE TO MECCA)

‘The Twenty kilometre (20 KM) Marathon’

This again is a Divine command to perform the ultimate physical activity to achieve spiritual gratification. Preparation for this “marathon” requires months of planning, exercise and mental strength.

Preparation include:

- Walking briskly daily
- Stretching exercises
- Eating healthy



STRETCHING *Exercise*

What Is Stretching & Why Is It Important

Flexibility is defined as the range of motion within a joint along the various planes of motion. Within each joint there is an optimal range of motion (ROM) that is essential for peak performance.

Major stretching benefits:

- Increased movement efficiency
- Decreased risk of injury
- Increased blood supply and nutrients to joint structures
- Increased neuromuscular coordination

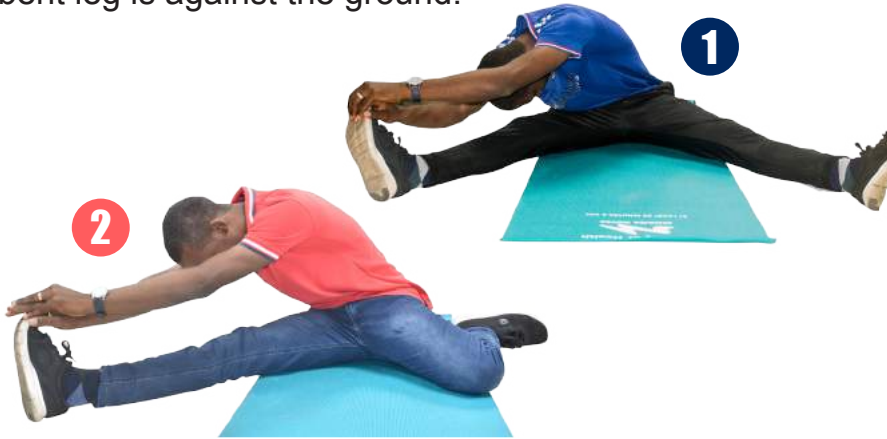
5-Minute Stretching Routine Instructions

The routine below is a basic static stretching routine designed to complete on an exercise mat at the end of your workout. It takes 5-10 minutes max and you can get all the preceding benefits.

- Hold each stretch for 10-15 seconds and repeat 2x with each leg.
- You should feel mild discomfort as you stretch, but nothing too intense
- Don't bounce as you stretch, just relax and exhale as you stretch the muscle

Stretching Exercise #1: Hamstring Stretch

There are two primary ways to do the seated hamstring stretch (1) split your legs apart like I do in the photo below, or (2) you can bend one leg and keep the other extended straight in front of you. It looks a little like the butterfly stretch below, but one leg is extended forward and the bent leg is against the ground.



Stretching Exercise #2: Butterfly Groin Stretch



I am pressing my elbows down in an effort to increase the stretch. The closer you put your feet to your body, the more intense the stretch will be.

Stretching Exercise #3: Lying Hip Stretch

My hands are supposed to be around my right knee to pull the left leg towards my body. This is a great hip stretch that I think you should incorporate into your routine. Most men have very tight hips, so this is particularly important for men.



Stretching Exercise #4: Lying Quad Stretch

Of all the stretches listed, this one you may consider doing while standing while holding on to your foot with both hands. I included the lying quad stretch because the theme is doing all the stretching exercises on the ground, but try it out and see what you think. The further you bring your knee backwards, the more intense the stretch. The quadriceps are muscles on the front of your leg.



Stretching Exercise #5: Calf Stretch

The standing version is pushing against a wall, but you can also do this exercise simply by pushing against the ground. Many runners in particular can have very tight calves, so this stretch is particularly important if you do a lot of high volume cardio.

Feel free to play around with the angle that your foot is pressing against the ground.



Stretching Exercise #6: Shoulder Stretch



This stretch engages primarily your medial and posterior deltoid (shoulder) and is easy to execute. This is a stretch you should definitely perform as you workout as well. Simply press while pulling your opposite elbow towards your opposite shoulder.

Stretching Exercise #7: Triceps Stretch



This movement stretches all three heads of the triceps muscle. To make the stretch more intense, pull your elbow behind your head as far as possible while keeping the hand of the arm that is being stretched close to the shoulder.

3

SECTION III

Physical Activity....

the Duty of a Muslim

There are numerous activities that Muslims can get involved in that will assist in promoting the positive message of Islam.

“Islam can simply be defined as Service!...Service to the Creator and Service to Creation” [ICOJ Member]

Community Cleanups



Involvement in these activities help to promote the true message of Islam (Peace with God and Humanity).

Muslim Athletes Promoting



Excelling in sports, whilst demonstrating discipline results in positive image for Muslims and Islam.

Promoting Sport Days open to the Community



Promoting Sporting activities with the general public enables Muslims to demonstrate camaraderie, hospitality, fair play and much more practical human qualities encouraged in Islam.

Participating/Organizing Events for a Worthy Cause



Health Fairs are a positive and lasting means of propagating the message of Islam, whilst engaging its participants (volunteers & patients) in physical activity.



Public Demonstrations of the Muslim Prayer



The Muslim prayer positions are quite similar to Yoga, a highly recommended mode of exercise.



4

SECTION IV

Physical Activity as a Dawah Tool

(Promoting Physical Activity in other Settings)



There are several practical activities that can be promoted at the Masjid for members of the jamaah and surrounding activities. For this to be successful and sustainable, it is recommended that a health and wellness committee is established at Masaajid.

The Following Activities are Recommended

Games Night



Establishing a “games night” at least once per week targeting all members of the family is a good way to promote physical activities. Some suggested activities include (but not limited to) football, badminton, table tennis, “sightings”, hop scotch and basketball.

Stretch Breaks

Establish frequent stretch breaks during Islamic classes and other events.

Promote Physical Activity at Madrasas (Muslim Run Schools)



Ensure that dedicated physical activity sessions are included in the curriculum of Muslim run schools.

Promote Participation in Charity Walk/Run

Walks/Runs have become a sought after event to raise funds for charity. They also promote physical activity as participants are encouraged to be physically active prior to the event. These events can be promoted at Masaajid.



Promote Street Dawah (Propagation)



Promote more street dawah in the Masjid. Walking in the surrounding communities of the Masjid to educate members about

Islam is a means of engaging in physical activity and at the same time is beneficial in promoting spiritual wellness.

Promote Physical Activity Messages

Imaams are held in high regard by the members of the Jamaah. As such, they are ideal to promote physical activity messages through various avenues and should be encouraged to do same.

5

Five action points to a physically healthy way of life

1

Eat a balanced diet consisting of larger portions of fruits and vegetables, and smaller portions of meats, sugary foods and fats as outlined in the Quran and the British Heart Foundation (BHF).

2

Aim to eat less refined and processed foods as outlined by the practices of the Household of Prophet Muhammad and as recommended by the BHF*.

3

Engage in regular physical activity, which leads to breathlessness such as brisk walking as demonstrated by the Prophet and recommended by the BHF*.

4

Perform physical activity whilst aiming to fulfil several goals to maximise the potential reward. For example, regularly walking or running to the masjid, running to raise money for charity or participating in community sports activities to facilitate unity. This potentially confers greater reward for the individual, especially in the spiritual sense.

5

Encourage or promote the community to take measures to alter food types consumed and increase the availability of sporting events and facilities within an Islamic atmosphere.



5

SECTION V

“QURANIC AYAHS & AHADITH about Physical Activity and Wellness”

1

“eat and drink and do not commit excesses; indeed He does not love those who are excessive” (*Quran 7: Verse 31*).

2

“Do not with your own hands throw yourself into ruin” (*Quran 2: Verse 195*).

3

“Your body has a right over you” –
Sahih al-Bukhari Book 67, Hadith 133.

4

“A stronger believer is better than a weak believer” – *Sahih Muslim Book 46, Hadith 52.*





5

“Indeed, Successful are the Believers. Those who Establish prayer (in seven positions for approximately five minutes)” (Quran Chapter 23, verses 1-2).

6

Umar ibn Al-Khattab(May God be pleased with him) said: “O people, beware of gluttony in eating. Verily, it causes laziness....harms the body; it inherits disease....”

7

Imam Ibnul-Qayyem stated that movement helped the body get rid of waste food in a very normal way and strengthened the body’s immune system. He also stated that each bodily organ has its own sport (or movement) that suited it and that horse riding, archery, wrestling and racing, were sports that benefitted the whole body.

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