

Day 3

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Exercise in Islam and during Ramadhan

Did you know? Exercise is very important, even during the holy month of Ramadhan! Islam teaches us to take good care of our bodies, because a healthy body helps us fulfil our religious duties better. When we look after our body, we are thanking Allah for the gift of good health.

Hazrat Abu Huraira (ra) reported that the Holy Prophet Muhammad ﷺ said:

"A strong (healthy) believer is better and more beloved to Allah than a weak (unhealthy) believer."

(Sahih Muslim)



This Hadith reminds us how important it is to stay strong and healthy so that we can follow Allah's commands more easily. Even during the holy month of Ramadhan, we can do many things to keep our bodies fit.

Below are just some of the many benefits that show how physical health also helps us grow spiritually:

Physical Benefits

- Less tiredness
- Supports digestion
- Strengthens the immune system
- Improves overall performance

Spiritual Benefits

- More focused prayers
- More strength for Nawafil and Tahajjud prayers
- Better posture in prayer
- Increased stamina and patience



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YOUR CHALLENGE

for  Day 3

- Go on a 15 minute walk with your parents or siblings.

And if you feel ready:



- Try a small friendly race - just like Hazrat Aisha (ra) and the Holy Prophet Muhammad ﷺ did!
- Make sure to ask your family members first if they feel physically fit, because during fasting we can sometimes feel tired.
- This little race can also be done after Iftar.



Hazrat Aisha (ra) reported that while travelling with the Holy Prophet Muhammad ﷺ, she once raced with him. She was faster the first time. Later, when she had gained some weight, they raced again, and this time the Holy Prophet ﷺ won and said:
"O Aisha! With this win of mine, we are now equal."
(Sunan Abi Dawood)

