

# 8 Steps to a Healthier Life

Sunday 7th April 2019 is World Health Day. Islam emphasises greatly the importance of being healthy in all aspects of our lives. Below are a few steps toward achieving physical, mental, emotional and spiritual well-being.

**1) Find Solace in Worship:** Increase such deeds that bring you closer to Allah. The closer one gets to Allah, the more contentment one will attain. **“Behold, with the remembrance of Allah shall you achieve contentment of the heart.”** (Surah Ar-Ra'd)

**2) Eat Wholesome Foods:** Drink more water and eat more fruits & vegetables. Consume less refined, mass produced foods and opt for fresh, natural goodness. **Eat everything in moderation. “Eat of the wholesome foods we have provided you.”** (Al Baqara, Verse 172)

**3) Exercise your mind:** Don't get stuck in a rut and don't overload your brain with irrelevant nonsense. Learn something new. Challenge yourself. Remember: **an idle mind is the devil's workshop.**

**4) Exercise & Get Fresh Air:** Breathe deeply & exercise. Appreciate Allah's creation. Revel in the miracle that is your body, as well as the majesty of nature. Go for walks. Physical exercise is an essential part of achieving good health.

**5) Be The Best Version of Yourself:** We all have good days and bad days. Accept that this comes from Allah and is part of everyday life. Remember, life goes on and with Allah on your side you can overcome any obstacle.

**6) Keep Good Company:** Strengthen bonds with relatives, mend ties with loved ones and cultivate relationships that will bring about righteousness and create positivity in your life.

**7) Reflect & be Grateful:** Take stock of your life. It will give you a clearer perspective and better ideas on how to proceed. It will also bring you the realization of how fortunate you are compared to millions of others.

**8) Rest:** Adequate sleep is necessary for optimum performance. Relieve yourself from stress. **'And We have made for you sleep as a means of rest.'** (Surah An-Naba'a)



**JAMIATUL ULAMA**

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