



## The Al Haraka Baraka Poem

**Let's play, let's play,**

**Stay active till the end of the day.**

**Walk, jump and enjoy a good run,**

**A healthy life will make school seem fun.**

**With practice and training every day,**

**You'll begin to feel good and keep illness at bay.**

**To grow healthy and strong is the right thing to do,**

**So that others will follow and feel just like you.**

**To prepare for your future with vigor and zest,**

**Always striving to do your best.**

**And keep this commitment towards your health,**

**For you will be blessed with inner wealth.**

**An active life will guarantee,**

**A healthy life for you and me**

## 10 Ways to a More Active Life

- 1) Start your day with some stretching, such as touching your toes, stretching your arms, neck and legs
- 2) Make a habit of walking or cycling to:
  - see friends
  - go to school
  - go to the shops
  - go to the mosque
- 3) Use stairs instead of lifts, if you already use stairs, take 2 steps at a time
- 4) Limit television / video games to 1 hour per day. Use spare time to have fun and play with your family and friends.
- 5) Plan fun activities at the weekend with your family, such as walking around the park or along the beach (Corniche), splashing about at the pool or flying a kite.
- 6) Everyday you should exercise for 30 minutes a day. This can include activities such as cycling, brisk walking, basketball, swimming and skipping.
- 7) Get involved in physical activities around the home like gardening, washing the car by hand, house cleaning, taking the rubbish out, collecting and carrying groceries.
- 8) Get active while your watching the TV such as touching your toes, doing squats, star jumps etc.
- 9) Walk around and do some stretches as you talk on the telephone.
- 10) Get enough Zzzzz's, everyone needs to get at least 8 hours rest a night to recharge for the next day.

