



## 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.

