

How to Lead a Healthy and Halal Lifestyle

It is much easier to lead a halal lifestyle than you may think. Ok, you eat halal meat, but is that enough? Only you can decide you want to make a change in your life and only you can be the change that you want to see.

Time For Change?

We all know that smoking, drugs, alcohol, bullying, sexual relations (before and outside of marriage), food that is not halal etc. are all haram / forbidden – but it is important to take other factors into account. Yes, that burger and chips you have every day after school or work from the chicken shop down the road is halal, but it is not impacting you in a positive way.

We think that our bodies are ours, but they are not – they are Allah's: "To Allah we belong and to Him we shall return." (Qu'ran: Al Baqarah, 2:156) –It is our job, therefore, to nurture, tend to and care for what Allah has lent us.



Health Facts

- In the UK, the average person spends 17 years of their lives on the sofa – and 7 years watching TV! There is always time to exercise; whether that be going to the gym, a walk around the block or floor exercises at home - you need to fit it into your life. Exercise with a friend or family member for added motivation!
- Cut down on salt, saturated fats, excessive red meat and sugar to lower blood pressure, manage your weight and improve the way your heart functions. It is said in the Qur'an: *"And He enforced the balance. That you exceed not the bounds; but observe the balance strictly; and fall not short thereof"* (55:7-9); this reiterates the importance of having a healthy, balanced diet and not eating anything in excess.
- It has been said millions of times – but more fruit and vegetables! According to the EPIC study (one of the largest studies on diet and cancer, run across Europe) eating just ONE extra portion of fruit and vegetables a day can decrease your risk of dying early by 20%!
- Try and drink up to eight glasses of water a day – if this doesn't work, try drinking 4 glasses of squash and 4 glasses of water to wean yourself in.



It is never too early or too late to make a change in your life but the quicker you adopt a healthy – AND halal – lifestyle, the longer you'll be healthy and content for.

