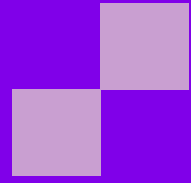


Wellness Guide

Move for ME Challenge



Small Things Done Consistently



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Welcome



As Salaamu Alaikum

Welcome to the Move for ME Challenge Wellness Guide – your companion on this empowering journey towards holistic well-being. Each month, we'll shine a spotlight on a specific area of health, providing you with insights, tips, and suggestions to nurture your mind, body, and spirit.

This challenge isn't just about winning a grand prize; it's about establishing consistent habits that you can maintain for the long term. We believe that small things done consistently produce phenomenal results. So making sustainable changes can lead to significant improvements in your overall well-being. Our goal is for you to walk away from this challenge not only with a sense of accomplishment but also with healthy habits that you love. By participating in this challenge, you're investing in yourself and taking proactive steps towards a healthier, happier life.

This is not a rigid plan but a gentle guide, encouraging you to explore and embrace different aspects of well-being at your own pace. Anticipate receiving another part of the guide each month, guiding you step by step towards a healthier, stronger you! Let's move together.

Stay Active,

Nura Goodson
Executive Director

Monthly Theme Calendar

Each month the MOVE for ME Challenge will feature monthly themes to add an extra layer of motivation and focus to your fitness journey. Each theme is designed to enhance different aspects of your well-being, making your fitness experience more enriching and enjoyable.

01 January Establishing Foundations	02 February Strength & Conditioning
03 March Ramadan Vitality	04 April Cardiovascular Health
05 May Flexibility & Mobility	06 June Sleep and Recovery
07 July Nutrition & Diet	08 August Mind-Body Connection
09 September Social Connection	10 October Fall Into Fitness
11 November FitFam Wellness	12 December Reflection and Celebration



Establishing Foundations

- **Fitness Focus:** Establish a fitness goal that requires consistent weekly effort for achievement.
- **Nutritional Focus:** Prioritize whole foods, increase water intake, and ensure our bodies receive essential vitamins
- **Mental Well-Being:** Start a daily mindfulness or meditation practice.

As we kick off the Move for ME challenge, let's establish a baseline to track your progress throughout the journey. Biomarkers, measurable indicators related to your health, will be your tools to help inform decisions and identify areas for improvement. These biomarkers serve as valuable metrics, allowing you to reflect on positive changes at any point during the challenge. Remember, these indicators are here to support your well-being journey, and we don't want you to feel overwhelmed. They're simply tools to guide you toward a healthier and more active lifestyle. Let's focus on making positive changes together!

01 BMI (Body Mass Index)

There's no "perfect weight" that fits everyone. BMI, or body mass index, measures how healthy your weight is based on how tall you are. It gives you a clue to your risk for weight-related health problems.

02 Blood Pressure

Your blood pressure is recorded as two numbers: Systolic blood pressure (the first number) – indicates how much pressure your blood is exerting against your artery walls when the heart beats. Diastolic blood pressure (the second number) – indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats. Blood pressure is the most important risk factor for cardiovascular disease.

03 Sleep

Sleep is a vital indicator of overall health and well-being. We spend up to one-third of our lives asleep. The quality of your sleep directly affects your mental and physical health and the quality of your waking life, including your productivity, emotional balance, brain and heart health, immune system, creativity, vitality, and even your weight. No other activity delivers so many benefits with so little effort!

04 Cholesterol

Cholesterol is a fatty substance essential to many metabolic processes such as the production of hormones, bile and vitamin D. Low-density lipoprotein (LDL) cholesterol – carries most of the cholesterol that is delivered to cells. It is called the 'bad' cholesterol because when its level in the bloodstream is high, it can clog up your arteries. High-density lipoprotein (HDL) cholesterol – is called the 'good' cholesterol, because it helps remove excess cholesterol out of the cells, including cells in the arteries.

We invite you to voluntarily submit your biomarkers. Tracking helps ME tailor support, measure impact, and guide our programs to better serve you. Participation is optional but welcomed.

[SUBMIT HERE](#)



05 Resting Heart Rate

A normal resting heart rate (RHR) for adults ranges from 60 to 100 beats per minute. Generally, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness. For example, a well-trained athlete might have a normal resting heart rate closer to 40 beats per minute. RHR differs from one individual to another, however, if you keep track of it over time, it can elicit some important data regarding your health and fitness.

06 Body Measurements

Taking your measurements is a fantastic method of keeping track of your changing body shape as you get fit. When you burn fat and increase muscle mass, there may be times when you weigh a little more despite the fact that your body is getting smaller and tighter.

07 Muscular Endurance

Muscular endurance is your muscles' ability to perform repetitive motions over long periods of time without getting tired. Many of your daily activities require muscular endurance. Muscular endurance training has beneficial effects on bone and joint health and when your muscles can perform tasks without becoming easily fatigued, you're less likely to injure yourself.

04 Aerobic Fitness

Increasing your aerobic fitness means increasing your heart and cardiovascular systems capacity to perform their most important task, supplying oxygen and energy to your entire body.

Biomarker Tracker

Biomarker Tracker		
Sleep (hours)		
Timed Mile (min:sec)		
Pull ups		
Pushups		
Weight		
BMI		
Blood Pressure		
Cholesterol		
RHR		
Thighs		
Hips		
Waist		
Biceps		

TIPS

01 Resting pulse should be measured first thing in the morning with your fingers and a stopwatch. Put your middle and index finger to either your radial artery on your wrist or your carotid artery in your neck. Once you find your pulse, count how many beats occur in 20 seconds, and multiply this number by 3.

02 Use a flexible measuring tape. When taking measurements, stand tall with your muscles relaxed and feet together. Apply constant pressure to the tape (so it doesn't sag) without pinching the skin. Measure under the same conditions each time.

03

$$\text{BMI} = \frac{\text{weight in pounds} \times 703}{\text{height in inches}^2}$$



Goal Setting

If you fail to plan, you plan to fail



Setting goals for the Move for ME challenge can provide structure, motivation, and a sense of accomplishment:

Motivation

Goals serve as a source of motivation, giving you a clear purpose for your intentional movement throughout the challenge.

Progress Tracking:

Goals provide a measurable way to track progress, allowing you to see how far you've come and celebrate your achievements.

Focus:

Goals help in focusing efforts toward specific outcomes, ensuring you stay committed to your wellness journey.

Accountability:

Setting goals creates a sense of accountability as you strive to meet your targets.

Examples of Goals

Weekly Mileage Target:

■ Set a weekly goal for running, walking, or cycling mileage to challenge and improve cardiovascular endurance.

Consistent Workout Routine:

■ Commit to a certain number of days per week for engaging in intentional workouts, whether it's home workouts, gym sessions, or fitness classes.

Train for an event:

■ Training for an event necessitates a structured plan, offering guidance on how to progressively build your fitness levels.

Learn a new sport:

■ Embracing a new sport not only diversifies your workouts, targeting different muscle groups, but also injects a sense of fun.

MUSLIMAHS ENDURE PRESENTS

5K WITH ME



5K RUN & WALK

Join us as we celebrate Sisterhood & Healthy Living

Set 5k with ME as a Goal

Preparing and Participating in the "5k with ME" is a great goal to set! Yes, shameless plug but we want you ALL to be there and not to miss out on our dope new modest shirts and finisher medals!!

The 5k with ME offers a transformative journey for those seeking to enhance their well-being. The 5k distance provides an achievable milestone, making it accessible for beginners and diverse fitness levels.

More than just a physical challenge, this event promotes inclusivity, fostering a supportive community. Using a structured training plan to prepare not only improves cardiovascular health and stamina but also contributes to mental well-being, instilling confidence and reducing stress.

Beyond personal benefits, the "5k with ME" encourages a cultural celebration, representing diversity within the community. As a holistic endeavor, it integrates lifestyle changes, and promotes community support, making it a goal that extends beyond personal fitness to encompass social impact and community engagement.

[Register Today](#)



Goal Action Plan

My name:	Date:
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My goal for this year

Why I want to achieve this

Problems that may appear	Possible solutions
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What will I do to achieve my goals?	How will I monitor my process?
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Tasks that will lead to my goal

Date	Tasks	✓
		<input type="checkbox"/>
		<input type="checkbox"/>
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		<input type="checkbox"/>
		<input type="checkbox"/>
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Goal Action Plan

GOAL	WHY	MOTIVATION

START DATE	DEADLINE	REWARD

OBSTACLES TO OVERCOME

RESOURCES

BIG STEPS

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

LITTLE STEPS

- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____

NOTES

Nutritional Focus

Prioritize whole foods, increase water intake, and ensure our bodies receive essential vitamins

Importance of Proper Nutrition

Nutrition is the cornerstone of overall health, influencing every aspect of our well-being. A balanced and nourishing diet not only provides the necessary fuel for our bodies to function optimally but also plays a crucial role in supporting immune function, promoting mental clarity, sustaining energy levels, and maintaining a healthy weight. Making informed and mindful choices about what we eat contributes to long-term health, vitality, and a resilient immune system, forming the foundation for a vibrant and fulfilling life.

During the Winter Months:



Food:

■ Prioritizing whole foods becomes essential to provide your body with a rich array of nutrients, supporting immune function and overall well-being.



Water:

■ Increasing water intake is crucial to stay hydrated, especially in dry and cold conditions.



Vitamins & Minerals:

■ Ensuring your body receives essential vitamins, such as vitamin C and vitamin D, is vital for bolstering immunity and combating seasonal challenges.

Be sure to consult with your physician before making any significant changes to your nutrient intake, ensuring a personalized and informed approach to your well-being

Mental Well-Being

Start a daily mindfulness or meditation practice.

Importance of Mindfulness or Meditation

Mindfulness or meditation is crucial for maintaining mental and emotional well-being in today's fast-paced world. By practicing mindfulness, individuals can cultivate a deeper sense of self-awareness, clarity, and inner peace. It helps to reduce stress, anxiety, and negative thought patterns, allowing for better focus, decision-making, and overall resilience. Incorporating mindfulness into daily life promotes greater presence and appreciation for the present moment, leading to a more balanced and fulfilling existence.

Remember, consistency is key when establishing a mindfulness or meditation practice. Start with shorter sessions and gradually increase the duration.

Examples:



Mindful Breathing Exercise:

- Find a quiet space and sit comfortably.
- Close your eyes and take a few deep breaths.
- Focus your attention on your breath. Notice the sensation of each inhale and exhale.
- If your mind wanders, gently bring it back to your breath.
- Start with 5 minutes and gradually extend the duration.



Guided Meditation:

- Use guided meditation apps or online resources.
- Select a meditation session based on your preferences (e.g., stress reduction, sleep aid, gratitude).
- Follow the guidance of the speaker, allowing your mind to relax and let go.



Mindful Eating:

- Choose one meal a day to eat mindfully.
- Pay attention to the flavors, textures, and smells of your food.
- Chew slowly and savor each bite, fully engaging your senses.



Mindful Walking:

- Take a slow walk in a peaceful environment.
- Pay attention to each step, feeling the ground beneath your feet.
- Notice the sights, sounds, and smells around you.
- Allow yourself to be fully present in the act of walking.



Strength & Conditioning

- **Fitness Focus:** Add strength training to your routine.
- **Nutritional Focus:** Increase protein intake for muscle recovery
- **Mental Well-Being:** Celebrate small victories

Fitness Focus

Add strength training to your routine.

Importance of Strength Training

Strength training is of paramount importance for women. Contrary to common misconceptions, strength training does not bulk up women but rather helps them build lean muscle mass, which is crucial for maintaining a healthy weight and improving metabolic function.

Additionally, strength training plays a vital role in enhancing bone density, reducing the risk of osteoporosis, and promoting long-term bone health, especially important for women as they age.

Beyond physical benefits, strength training also fosters a sense of empowerment, confidence, and resilience, empowering women to tackle life's challenges with vigor and vitality. By incorporating strength training into their fitness routine, women can not only achieve greater strength, endurance, and overall fitness but also cultivate a positive body image and a resilient mindset that extends beyond the gym into all aspects of their lives.

Remember to obtain permission from your physician before commencing any new training program or strength training routine.

Benefits:



Increased Muscle Mass and Strength:

Strength training stimulates muscle growth, leading to increased muscle mass and strength. This not only enhances physical performance but also improves functional abilities for everyday tasks.



Improved Metabolism:

Strength training can boost metabolism by increasing muscle mass. Muscles require more energy to maintain than fat, so having more muscle can help burn more calories even at rest, aiding in weight management and fat loss.



Enhanced Bone Health

Strength training is essential for maintaining and improving bone density, reducing the risk of osteoporosis and fractures, especially important for women as they age. Weight-bearing exercises promote bone formation and strength, contributing to long-term bone health.



Enhanced Joint Health and Injury Prevention

Strength training strengthens muscles around joints, providing better support and stability. This can help reduce the risk of injuries, such as strains and sprains, and alleviate joint pain associated with conditions like arthritis.



Improved Mental Health and Well-being:

Strength training has positive effects on mental health by reducing symptoms of anxiety, depression, and stress. Exercise releases endorphins, which are natural mood boosters, and promotes better sleep, increased energy levels, and improved self-esteem and body image.

Tips Getting Started & Maintaining



01 Choose Appropriate Exercises:

- Focus on compound exercises that target multiple muscle groups simultaneously, such as squats, deadlifts, lunges, push-ups, and rows.
- Include a variety of exercises that work different muscle groups to ensure balanced strength development and prevent muscular imbalances.
- Incorporate both bodyweight exercises and resistance training with free weights, resistance bands, or weight machines to provide variety and challenge.

02 Set Realistic Goals:

- Set SMART goals for your strength training workouts. For example, aim to increase the number of repetitions or the amount of weight lifted gradually over time.
- Start with realistic goals based on your current fitness level and gradually progress as you become stronger and more experienced.

03 Schedule Regular Sessions:

- Prioritize strength training workouts by scheduling them into your weekly routine like any other important appointment.
- Aim for at least two to three strength training sessions per week, allowing at least 48 hours of rest between sessions for muscle recovery and repair.
- Be consistent with your workouts and stick to your schedule to maximize results and progress.

Tips Getting Started & Maintaining



04 Warm Up Properly:

- Before starting your strength training workout, perform a dynamic warm-up to prepare your muscles, joints, and cardiovascular system for exercise.
- Include movements such as arm circles, leg swings, lunges, and squats to increase blood flow, improve flexibility, and activate the muscles you'll be working.

05 Focus on Form and Technique:

- Pay attention to proper form and technique during each exercise to maximize effectiveness and reduce the risk of injury.
- Start with lighter weights or resistance bands and gradually increase the load as you become more comfortable with the movements.
- If you're unsure about proper form, consider working with a certified personal trainer or fitness professional to learn the correct technique.

06 Cool Down and Stretch:

- After completing your strength training workout, take time to cool down and stretch your muscles to improve flexibility, reduce muscle soreness, and enhance recovery.
- Include static stretches targeting major muscle groups, holding each stretch for 15-30 seconds without bouncing.

Remember to listen to your body, start slowly, and progress gradually to avoid injury and achieve long-term success.

Example Workouts



Beginner Workout

- Squats: 2 sets of 10-12 repetitions
- Push-ups (knee or incline): 2 sets of 8-10 repetitions
- Dumbbell Rows: 2 sets of 10-12 repetitions per arm
- Dumbbell Shoulder Press: 2 sets of 10-12 repetitions
- Bodyweight Lunges: 2 sets of 10-12 repetitions per leg
- Plank: 2 sets, hold for 20-30 seconds



Intermediate Workout

- Barbell Squats: 3 sets of 8-10 repetitions
- Bench Press: 3 sets of 8-10 repetitions
- Bent-over Barbell Rows: 3 sets of 8-10 repetitions
- Dumbbell Lunges: 3 sets of 10-12 repetitions per leg
- Dumbbell Shoulder Press: 3 sets of 8-10 repetitions
- Plank with Leg Lifts: 3 sets, hold for 30-45 seconds



Advanced Workout

- Deadlifts: 4 sets of 6-8 repetitions
- Weighted Pull-ups: 4 sets of 6-8 repetitions
- Barbell Bench Press: 4 sets of 6-8 repetitions
- Barbell Lunges: 4 sets of 8-10 repetitions per leg
- Military Press: 4 sets of 6-8 repetitions
- Romanian Deadlifts: 4 sets of 8-10 repetitions

Nutritional Focus

Increase protein intake for muscle recovery.

Importance of Enough Protein

Protein plays a critical role in muscle recovery and growth, making it essential for supporting strength and conditioning goals. When you engage in strength training or other forms of exercise, you create micro-tears in your muscle fibers, which need to be repaired and rebuilt to become stronger and more resilient. Protein provides the necessary building blocks, known as amino acids, for this repair process.

After exercise, your body undergoes a process called muscle protein synthesis (MPS), where it synthesizes new muscle proteins to repair and rebuild damaged muscle tissue. Protein consumption post-exercise helps to enhance MPS, promoting faster and more efficient muscle recovery and growth. Additionally, protein intake helps to reduce muscle protein breakdown, further supporting the repair and maintenance of muscle tissue.

Remember to consult with professional before making any changes to your diet.

Benefits:



Muscle Preservation:

Adequate protein intake helps to preserve existing muscle mass, particularly important during periods of calorie restriction or weight loss. By maintaining muscle mass, protein helps to support strength and performance while reducing the risk of muscle loss.



Increased Strength and Power:

Protein consumption, especially when combined with resistance training, can lead to increases in muscle strength and power. Strength training stimulates muscle growth, and protein provides the essential nutrients needed to support this process, resulting in improvements in overall strength and performance.



Improved Recovery:

Protein consumption post-exercise helps to speed up the recovery process by providing the necessary nutrients to repair and rebuild muscle tissue. This can reduce muscle soreness, enhance recovery between workouts, and allow for more frequent and intense training sessions.



Enhanced Adaptation to Training:

Consuming protein before and after workouts can help to optimize the body's response to exercise and promote adaptation to training. Protein supports the repair and growth of muscle tissue, allowing for greater gains in strength, muscle mass, and overall fitness.

High-Protein Foods



These are just a few examples of high-protein foods, but there are many other options available. Including a variety of these foods in your diet can help you meet your protein needs and support your strength and conditioning goals.

01 Lean Meats & Poultry:

- Chicken Breast (boneless, skinless): 3 ounces (85 grams) provides approximately 26 grams of protein.
- Turkey Breast (boneless, skinless): 3 ounces (85 grams) provides approximately 26 grams of protein.
- Lean Beef (such as sirloin or tenderloin): 3 ounces (85 grams) provides approximately 22 grams of protein.
- Chicken Eggs: 1 large egg provides approximately 6 grams of protein.

02 Fish:

- Salmon: 3 ounces (85 grams) provides approximately 22 grams of protein.
- Tuna (canned, drained): 3 ounces (85 grams) provides approximately 22 grams of protein.
- Cod: 3 ounces (85 grams) provides approximately 20 grams of protein.
- Trout: 3 ounces (85 grams) provides approximately 19 grams of protein

03 Dairy Products:

- Greek Yogurt (plain, non-fat): 1 cup (240 grams) provides approximately 23 grams of protein.
- Cottage Cheese (low-fat): 1 cup (226 grams) provides approximately 28 grams of protein.
- Milk (skim or 1%): 1 cup (240 milliliters) provides approximately 8 grams of protein.
- Cheese (such as cheddar, mozzarella, or Swiss): 1 ounce (28 grams) provides approximately 7 grams of protein.
- Whey Protein Powder: 1 scoop (30 grams) provides approximately 20-25 grams of protein.

04 Legumes:

- Lentils (cooked): 1 cup (198 grams) provides approximately 18 grams of protein.
- Chickpeas (cooked): 1 cup (164 grams) provides approximately 15 grams of protein.
- Black Beans (cooked): 1 cup (172 grams) provides approximately 15 grams of protein.
- Edamame (cooked): 1 cup (155 grams) provides approximately 17 grams of protein.
- Split Peas (cooked): 1 cup (196 grams) provides approximately 16 grams of protein.

05 Nuts and Seeds:

- Almonds: 1 ounce (28 grams) provides approximately 6 grams of protein.
- Peanuts: 1 ounce (28 grams) provides approximately 7 grams of protein.
- Pumpkin Seeds: 1 ounce (28 grams) provides approximately 9 grams of protein.
- Chia Seeds: 1 ounce (28 grams) provides approximately 4 grams of protein.
- Sunflower Seeds: 1 ounce (28 grams) provides approximately 6 grams of protein.

Timing & Quantity

Remember that individual protein needs may vary, so it's important to listen to your body and adjust your protein intake based on your specific goals, preferences, and dietary requirements. Also consulting a trained professional is advised before making any changes to your nutrient intake. Focus on including a variety of high-quality protein sources in your diet to ensure you meet your protein needs to support your strength and conditioning goals.



Timing of Protein Intake

> Pre-Workout:

Consuming protein-rich foods or supplements before a workout can help provide the necessary amino acids to fuel your muscles during exercise and enhance muscle protein synthesis. Aim to consume a protein-rich snack or meal containing carbohydrates about 1-2 hours before your workout.

> Post-Workout:

Consuming protein after a workout is crucial for promoting muscle repair and recovery. Aim to consume a protein-rich snack or meal within 30 minutes to 2 hours after your workout to replenish glycogen stores and support muscle protein synthesis. This post-workout protein intake can help maximize muscle growth and repair.

> Throughout the Day:

Distribute your protein intake evenly throughout the day by including protein-rich foods in each meal and snack. This approach helps to sustain muscle protein synthesis and provides a steady supply of amino acids for muscle repair and growth.

Quantity of Protein Intake:

> General Guidelines:

The recommended daily intake of protein varies depending on individual factors such as age, gender, body weight, activity level, and fitness goals. As a general guideline, aim to consume approximately 0.8-1.2 grams of protein per kilogram of body weight per day. For example, a person weighing 154 pounds would aim to consume 56-84 grams of protein per day.

> Active Individuals:

For individuals who engage in regular strength training or other forms of exercise, protein needs may be higher to support muscle repair and growth. Aim to consume approximately 1.2-2.0 grams of protein per kilogram of body weight per day. Adjust your protein intake based on your activity level, intensity, and training goals.

Mental Well-Being

Celebrate small victories

Importance Celebrating Small Victories

Recognizing and celebrating small achievements and progress on the journey toward improved fitness and well-being is crucial for maintaining motivation, sustaining momentum, and fostering a positive mindset.

Acknowledging and celebrating even the smallest accomplishments can provide a powerful motivational boost. It reinforces the belief that progress is possible and encourages you to continue striving toward their goals, even when faced with challenges or setbacks.

Celebrating achievements fosters a sense of accomplishment, fulfillment, and satisfaction, which contributes to overall well-being. It promotes positive emotions such as happiness and gratitude, reducing stress and enhancing mental health.

Ways to Celebrate:



Treat Yourself:

Reward yourself with a non-food treat or indulgence when you reach a milestone or achieve a goal. This could be anything from buying yourself a new workout outfit, enjoying a relaxing spa day, or treating yourself to a movie night.



Share Your Success:

Share your achievements with friends, family, or a supportive community. Celebrate your progress by posting about it on social media, sharing your accomplishments with loved ones, or joining a fitness group where you can celebrate with like-minded individuals.



Create a Victory Jar:

Start a victory jar or journal where you write down your achievements and successes. Whenever you reach a milestone or achieve a goal, write it down and place it in the jar. Take time to review your victories regularly to remind yourself of how far you've come.



Reflect and Appreciate:

Take a moment to reflect on your journey and appreciate the progress you've made. Recognize the hard work, dedication, and determination it took to reach your goals, and celebrate your resilience and perseverance along the way.



Ramadan Vitality

- **Fitness Focus:** Emphasize low-intensity exercises
- **Nutritional Focus:** Prioritize nourishing foods for suhoor and iftar
- **Mental Well-Being:** Integrate Quranic reflections and moments of gratitude

Fitness Focus

Emphasize low-intensity exercises

Importance of Moving During Ramadan

As we enter the holy month of Ramadan, our fitness focus for March is to emphasize low-intensity exercises. While observing fasting during Ramadan, it's essential to maintain physical activity to promote overall health and well-being. Engaging in low-intensity exercises not only helps preserve muscle mass but also aids in managing energy levels and promoting mental clarity throughout the day.

Physical activity during Ramadan offers numerous benefits, including improved cardiovascular health, enhanced mood, increased energy levels, and better stress management. It also provides an opportunity to maintain or improve fitness levels while respecting the fasting tradition.

Tips to safely incorporate physical activity:



Time your workouts wisely:

■ Schedule low-intensity exercises during non-fasting hours, such as before suhoor (pre-dawn meal) or after iftar (breaking fast). This allows you to hydrate and refuel adequately before and after your workout.



Opt for low-impact exercises:

■ Choose activities that are gentle on the joints and muscles, such as walking, light jogging, cycling, yoga, or Pilates. These exercises provide a cardiovascular workout without putting excessive strain on the body.



Enhanced Listen to your body:

■ Pay attention to how your body responds to exercise while fasting. If you feel fatigued, dizzy, or lightheaded, it's essential to rest and prioritize hydration. Respect your body's limits and adjust the intensity and duration of your workouts accordingly.



Stay hydrated:

■ Drink plenty of water during non-fasting hours to stay hydrated throughout the day. Incorporate hydrating foods such as fruits, vegetables, and soups into your meals to replenish electrolytes and prevent dehydration.



Break your fast mindfully:

■ After engaging in physical activity, break your fast with nutritious foods that provide essential nutrients and energy for recovery. Include a balance of carbohydrates, proteins, and healthy fats to support muscle repair and replenish glycogen stores.

Low Impact Activities

These low-impact exercises and activities offer a variety of options for staying active and maintaining fitness during Ramadan while respecting the fasting tradition and minimizing strain on your body. Choose activities that you enjoy and feel comfortable doing, and remember to listen to your body's cues and adjust the



Walking:

Take a leisurely stroll outdoors or on a treadmill to get your body moving without putting too much stress on your joints.



Resistance Training:

Incorporate light weights, resistance bands, or bodyweight exercises such as squats, lunges, and push-ups to strengthen muscles and improve overall fitness.



Water Aerobics:

Join a water aerobics class or perform aquatic exercises in a pool to build strength, endurance, and cardiovascular fitness with minimal impact on your joints. Be sure not to mistakenly swallow any water.



Pilates:

Engage in Pilates exercises to strengthen your core, improve posture, and enhance overall body awareness.



Dancing:

Enjoy dancing to your favorite music at a moderate pace, whether it's salsa, ballroom, or simply freestyle dancing in the comfort of your home.



Tai Chi:

Participate in Tai Chi sessions to promote balance, coordination, and relaxation through slow, flowing movements.

Nutritional Focus

Prioritize nourishing foods for suhoor and iftar

Importance of Nourishing Food Choices

Prioritizing nourishing foods for suhoor (pre-dawn meal) and iftar (meal after sunset) during Ramadan is essential for supporting overall health, energy levels, and well-being.

These meals provide the body with essential nutrients, hydration, and energy needed to sustain fasting hours and promote optimal physical and mental function throughout the day. By choosing nutrient-rich foods such as whole grains, lean proteins, fruits, vegetables, and healthy fats, you can ensure you receive adequate nourishment to maintain energy levels, support hydration, and prevent nutrient deficiencies during Ramadan.

Prioritizing nourishing foods for suhoor and iftar not only helps you feel more satisfied and energized but also promotes better digestion, immunity, and overall health during this sacred month of fasting.

Benefits:



Sustained energy:

Nourishing foods provide a steady source of energy throughout the day, helping individuals maintain stamina and productivity during fasting hours.



Improved hydration:

Incorporating hydrating foods such as fruits, vegetables, soups, and yogurt into suhoor and iftar meals helps replenish fluids and electrolytes lost during fasting, supporting hydration and preventing dehydration.



Enhanced satiety:

Including Protein-Rich Foods: Lean meats, fish, eggs, dairy, tofu, tempeh, nuts, seeds, and legumes like beans, peas, lentils. Healthy-Fat-Rich Foods: Nuts, seeds, olives, olive oil, avocado, avocado oil, fatty fish. High-Fiber Foods: Whole grains, fruits, vegetables, nuts, seeds, legumes. These options help promote feelings of fullness and satisfaction, reducing the likelihood of overeating during iftar and suhoor meals.



Balanced nutrition:

Prioritizing a variety of nutrient-dense foods ensures that your body receives essential vitamins, minerals, and antioxidants necessary for overall health and well-being, supporting immune function, and promoting optimal health during Ramadan.

GRILLED CHICKEN QUINOA SALAD RECIPE

Ingredients:

For Salad

- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 2 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1 bell pepper, diced
- 1 Avocado, sliced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 1/4 cup feta cheese, crumbled (optional)

For the Dressing

- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon honey or maple syrup
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- Salt and pepper to taste

Steps for Cooking:

- 1** Cook Quinoa: In a medium saucepan, bring the water or vegetable broth to a boil. Stir in the quinoa, reduce heat to low, cover, and simmer for 15-20 minutes, or until quinoa is cooked and liquid is absorbed. Remove from heat and let it cool slightly.
- 2** Prepare Chicken: Preheat grill or grill pan over medium-high heat. Rub the chicken breasts with olive oil and season with salt and pepper. Grill for 6-8 minutes per side, or until cooked through and no longer pink in the center. Remove from grill and let it rest for a few minutes before slicing.
- 3** Prepare Salad Ingredients: In a large mixing bowl, combine the cooked quinoa, cherry tomatoes, cucumber, bell pepper, red onion avocado and fresh parsley. If using, add crumbled feta cheese
- 4** Prepare Dressing: In a small bowl, whisk together the olive oil, lemon juice, honey or maple syrup, Dijon mustard, minced garlic, salt, and pepper until well combined.
- 5** Assemble Salad: Add the sliced grilled chicken to the salad bowl. Drizzle the dressing over the salad and toss gently to coat all the ingredients evenly.
- 6** Serve: Divide the salad into serving bowls and garnish with additional fresh parsley or crumbled feta cheese if desired. Enjoy immediately or refrigerate for later.



Mental Well-Being

Integrate Quranic reflections and moments of gratitude

Importance Quranic Reflections

Integrating Quranic reflections and moments of gratitude during Ramadan holds profound importance, enriching the spiritual experience of fasting and fostering a deeper connection with one's faith.

By delving into the teachings of the Quran and contemplating its verses, you can gain insights, find solace, and draw inspiration for personal growth and reflection. Moreover, cultivating gratitude allows individuals to acknowledge and appreciate the blessings in your life, fostering a sense of contentment, humility, and mindfulness.

Through these practices, you can deepen your spiritual journey, enhance their relationship with Allah, and cultivate a mindset of gratitude and spiritual fulfillment during the sacred month of Ramadan.

Ways to Integrate:



Daily Quranic Recitation:

Set aside time each day to read and reflect upon verses from the Quran. Choose passages that resonate with you and contemplate their meanings, seeking guidance and wisdom from Allah's words.



Tafsir Study Groups:

Join a Tafsir study group or attend virtual sessions led by knowledgeable scholars or teachers. Engaging in discussions about the meanings and interpretations of Quranic verses can deepen your understanding and spiritual connection. [Yaqeen Institute Quran 30 for 30](#)



Journaling and Reflection:

Keep a Ramadan journal where you write down Quranic verses that inspire you, along with your reflections, thoughts, and insights. Use this journal as a tool for self-exploration, personal growth, and spiritual contemplation. [CLICK HERE](#) to purchase a Ramadan Journal from Piece by Peace



Dhikr and Dua:

Incorporate regular remembrance of Allah (dhikr) and supplication (dua) into your daily routine. Express gratitude for Allah's blessings and seek His guidance, mercy, and forgiveness through heartfelt prayers and invocations.



Family Reflection Circles:

Gather with family members for Quranic reflections and gratitude sessions, creating a supportive and nurturing environment for spiritual growth and shared learning.



Cardiovascular Health

- **Fitness Focus:** Incorporate cardiovascular exercises (run, cycle, swim). Participate in the 5k with ME.
- **Nutritional Focus:** Reduce processed sugar and focus on heart-healthy foods.
- **Mental Well-Being:** Explore stress-reduction techniques such as deep breathing.

Fitness Focus

Incorporate cardiovascular exercises



Importance of Cardiovascular Exercise

Cardiovascular exercise is essential for maintaining a healthy heart and body. By engaging in activities like running, cycling, or swimming, you not only strengthen your heart and lungs but also improve circulation, boost mood, and enhance overall well-being. Regular cardio workouts can help manage weight, reduce the risk of chronic diseases, and increase stamina and endurance. Incorporating just a few sessions of cardio each week can have profound benefits for both physical and mental health, leading to a longer, happier, and more active life.

Incorporating cardiovascular exercise into your routine, even just a few times a week, can have profound benefits for both your physical and mental health. Whether it's a brisk walk, a bike ride, or a dance class, finding activities you enjoy can make it easier to stick to a regular exercise regimen and reap the rewards of a healthy lifestyle.

Benefits of cardiovascular activity:



Brain Health:

Cardiovascular exercise stimulates the production of new brain cells and improves cognitive function. It enhances memory, concentration, and overall brain health, reducing the risk of age-related cognitive decline and dementia.



Enhanced Stamina and Endurance:

Over time, consistent cardiovascular training can lead to improved stamina and endurance levels. This means you'll be able to engage in daily activities with less fatigue and tackle physical challenges more effectively.



Heart Health:

Cardiovascular exercise strengthens the heart muscle, improving its efficiency and ability to pump blood throughout the body. This helps lower blood pressure and reduces the risk of heart disease, heart attacks, and strokes.



Improved Circulation:

Regular cardio workouts promote better circulation by widening blood vessels and increasing blood flow. This ensures that oxygen and nutrients are delivered more efficiently to all parts of the body, enhancing overall functioning.



Weight Management:

Engaging in cardiovascular activities such as running, cycling, or swimming can help burn calories and support weight loss or maintenance. It increases metabolism, making it easier to achieve and maintain a healthy weight.



Improved Sleep Quality:

Cardiovascular exercise has been shown to promote better sleep quality and duration. It can help alleviate insomnia and other sleep disorders, leading to a more restful and rejuvenating night's sleep.



Reduced Risk of Chronic Diseases:

In addition to heart disease, regular cardiovascular exercise can lower the risk of other chronic conditions such as diabetes, obesity, and certain types of cancer. It also improves insulin sensitivity and helps regulate blood sugar levels.

5k with ME Event

This event is much more than just a 5K—it's a celebration of sisterhood and healthy living! Join us for a scenic run or walk, and also gain access to a variety of wellness activities and resources. And we invite everyone to jump start or continue their cardiovascular journey at the 5k with ME!



To celebrate sisterhood and healthy living we are partnering with a lineup of wellness experts to make your experience even more enriching. From rejuvenating massages to invigorating yoga sessions, our wellness partners will offer a range of services to support and inspire you on your journey to wellness.

Westside Park | 1660 Jonhson Rd NW
April 27, 2025 | 9:30 AM

REGISTER TODAY

5kwithME.com

Nutritional Focus

Reduce processed sugar and focus on heart-healthy foods.

Importance of Heart Healthy Foods

Reducing processed sugar intake is crucial for maintaining overall health, particularly for heart health. Excessive consumption of processed sugar has been linked to various health issues, including obesity, type 2 diabetes, and heart disease. By minimizing processed sugar in the diet, individuals can lower their risk factors for cardiovascular problems. Processed sugars contribute to inflammation, insulin resistance, and unhealthy cholesterol levels, all of which can negatively impact heart health. Instead, focusing on whole, natural foods rich in nutrients and low in added sugars can support cardiovascular well-being. These heart-healthy foods include fruits, vegetables, whole grains, lean proteins, and sources of healthy fats like nuts, seeds, and avocados.

Incorporating heart-healthy foods into daily meals not only promotes cardiovascular vitality but also nurtures overall health. The abundant antioxidants, fiber, and beneficial compounds found in these foods contribute to reducing inflammation, maintaining healthy blood vessels, and supporting optimal heart function. By embracing a dietary pattern rich in diverse, wholesome foods and minimizing reliance on processed sugars, individuals can proactively safeguard their hearts and enhance their overall well-being, ensuring a healthier and more vibrant life.

Heart Healthy Food:



Fatty Fish:

Rich in omega-3 fatty acids, fish like salmon, mackerel, trout, sardines, and tuna can help reduce inflammation, lower triglycerides, and decrease the risk of heart disease.



Berries:

Blueberries, strawberries, raspberries, and other berries are packed with antioxidants, fiber, and vitamins, which support heart health by reducing inflammation and improving cholesterol levels.



Leafy Green Vegetables:

Spinach, kale, Swiss chard, and other leafy greens are excellent sources of vitamins, minerals, and antioxidants, including vitamin K, which helps protect the arteries and lower blood pressure.



Whole Grains

Foods like oats, brown rice, quinoa, barley, and whole wheat contain fiber, which aids in lowering cholesterol levels and regulating blood sugar, reducing the risk of heart disease.



Nuts and Seeds:

Almonds, walnuts, flaxseeds, chia seeds, and hemp seeds are rich in healthy fats, fiber, and antioxidants, which help lower LDL cholesterol and improve heart health.



Legumes:

Beans, lentils, chickpeas, and peas are excellent sources of plant-based protein, fiber, and various nutrients that promote heart health by lowering cholesterol and blood pressure.

Mental Well-Being

Explore stress-reduction techniques

Effects of stress

Chronic stress not only impacts cardiovascular health but also has profound effects on mental well-being, creating a complex interplay between the mind and body. The physiological responses triggered by stress, such as elevated levels of stress hormones like cortisol and adrenaline, can directly affect mental health by disrupting neurotransmitter balance and altering brain chemistry. These changes may contribute to symptoms of anxiety, depression, and mood disorders.

the constant activation of the body's stress response can exacerbate existing mental health conditions and make individuals more vulnerable to developing new ones. Conversely, untreated mental health disorders can also exacerbate cardiovascular problems, creating a vicious cycle of stress and illness. Therefore, addressing both stress and mental health concerns is crucial for maintaining overall well-being. Strategies such as mindfulness practices, therapy, social support, and stress management techniques can help mitigate the negative impacts of stress on both cardiovascular and mental health, promoting resilience and enhancing quality of life.

Tips to Reduce Stress



Practice Mindfulness:

Incorporate mindfulness techniques such as deep breathing exercises, meditation, or yoga into your daily routine to help calm the mind, reduce stress levels, and promote relaxation.



Stay Active:

Engage in regular physical activity, such as walking, jogging, cycling, or dancing, to release endorphins and alleviate stress. Even short bursts of exercise can have significant stress-reducing effects.



Establish Boundaries:

Learn to say no to tasks or commitments that overload your schedule and cause unnecessary stress. Setting boundaries and prioritizing self-care is essential for maintaining balance and reducing stress levels.



Connect with Others:

Cultivate supportive relationships with friends, family, or support groups. Sharing your feelings and experiences with others can provide comfort, perspective, and practical support during stressful times.



Practice Self-Care:

Make time for activities that nourish your body and soul, such as reading, listening to music, spending time in nature, or indulging in hobbies. Taking care of yourself physically, emotionally, and mentally is vital for managing stress effectively.



Flexibility and Mobility

- **Fitness Focus:** Introduce flexibility and mobility exercises like stretching or Pilates.
- **Nutritional Focus:** Include anti-inflammatory foods in your diet.
- **Mental Well-Being:** Practice gratitude and positive affirmations.

Fitness Focus

Introduce flexibility and mobility exercises like stretching or Pilates.

Importance of Flexibility and Mobility

Flexibility and mobility are crucial components of overall health and fitness. They contribute to improved posture, reduced risk of injury, and enhanced athletic performance. Additionally, flexibility and mobility allow for greater freedom of movement in daily activities and help maintain joint health as we age. By incorporating flexibility and mobility exercises into your routine, you can enhance your quality of life and support long-term physical well-being.

flexibility focuses on the passive lengthening of muscles, while mobility involves active movement of joints through their full range of motion. While both are essential for optimal movement and physical performance, mobility is often considered more functional as it relates to the ability to move actively and dynamically in various directions and planes of motion. Flexibility is important for preventing injury and maintaining muscle health, but mobility is critical for performing functional movements and activities of daily living with ease and efficiency. A balanced approach to training should include exercises that promote both flexibility and mobility to support overall movement quality and performance.

Benefits of Flexibility & Mobility



Injury Prevention:

Adequate flexibility and mobility help prevent injuries by allowing joints to move through their full range of motion without strain or restriction. When muscles and joints are flexible, they are better equipped to absorb impact and adapt to sudden movements, reducing the risk of strains, sprains, and other injuries.



Improved Posture:

Flexibility and mobility exercises can help correct muscle imbalances and alignment issues, leading to better posture. By stretching tight muscles and strengthening weak ones, you can achieve proper alignment, which not only improves appearance but also reduces the risk of back pain and other musculoskeletal problems.



Enhanced Performance:

Athletes and fitness enthusiasts can benefit greatly from improved flexibility and mobility. Greater range of motion in joints allows for more efficient movement patterns, leading to improved athletic performance in activities such as running, weightlifting, yoga, and sports.



Reduced Muscle Soreness:

Regular stretching and mobility work can alleviate muscle soreness and stiffness by increasing blood flow to the muscles and promoting faster recovery after exercise. This can enhance overall comfort and well-being, especially following intense workouts or periods of prolonged sitting.



Joint Health:

Maintaining flexibility and mobility is essential for joint health and longevity. As we age, joints naturally become stiffer and less flexible, increasing the risk of conditions like arthritis and osteoporosis. Engaging in regular flexibility and mobility exercises helps preserve joint function and reduce the likelihood of degenerative joint diseases.



Functional Movement:

Flexibility and mobility are key components of functional movement, which is essential for performing everyday tasks with ease and efficiency. Whether it's bending down to pick up objects, reaching overhead, or squatting to sit and stand, adequate flexibility and mobility ensure that you can move comfortably and safely in all directions.

Nutritional Focus

Include anti-inflammatory foods in your diet.

Importance of Anti-Inflammatory Foods

Incorporating anti-inflammatory foods into your diet is crucial for overall health. These foods help lower inflammation levels, reducing the risk of chronic diseases like heart disease, diabetes, and cancer. They also support joint health by alleviating pain and stiffness. Additionally, anti-inflammatory foods aid in digestive wellness. They bolster the immune system, reducing susceptibility to infections, and aid in weight management by promoting satiety and metabolic health. Furthermore, these foods benefit cardiovascular health by lowering inflammation and cholesterol levels. They also protect brain cells, supporting cognitive function and reducing the risk of neurodegenerative diseases.

Anti-inflammatory foods also contribute to improved flexibility and mobility. Chronic inflammation can lead to stiffness and reduced range of motion in the joints, affecting flexibility and mobility. By consuming anti-inflammatory foods, which help reduce inflammation in the body, you may experience less stiffness and greater ease of movement. This can translate to improved flexibility, allowing for a wider range of motion in your joints, and enhanced mobility, making daily activities and exercise routines more comfortable and efficient. Incorporating foods rich in anti-inflammatory compounds such as omega-3 fatty acids, antioxidants, and phytonutrients can support joint health and flexibility, promoting overall physical well-being.

Anti-Inflammatory Food:



Fatty Fish:

Salmon, mackerel, sardines, and trout are rich in omega-3 fatty acids, which have potent anti-inflammatory properties.



Berries:

Blueberries, strawberries, raspberries, and blackberries are packed with antioxidants called flavonoids, which help reduce inflammation.



Leafy Green Vegetables:

Spinach, kale, Swiss chard, and collard greens are excellent sources of vitamins, minerals, and antioxidants that combat inflammation.



Tumeric

This spice contains curcumin, a compound known for its strong anti-inflammatory effects. Add turmeric to curries, soups, and smoothies for a health boost.



Nuts and Seeds:

Almonds, walnuts, flaxseeds, and chia seeds are high in omega-3 fatty acids and antioxidants, making them anti-inflammatory powerhouses.



Green Tea:

Green tea contains catechins, antioxidants that have anti-inflammatory and immune-boosting properties.



Ginger:

Ginger contains gingerol, a bioactive compound with potent anti-inflammatory and antioxidant effects. Enjoy ginger in teas, stir-fries, and smoothies.

Mental Well-Being

Practice gratitude and positive affirmations.

Effect of Gratitude and Positive Affirmation

Practicing gratitude and positive affirmations can have transformative effects on overall well-being. By regularly expressing appreciation for the good things in life and affirming positive beliefs about oneself, individuals can experience improvements in mental, emotional, and physical health.

Gratitude fosters a positive mindset, reducing feelings of stress, anxiety, and depression, while promoting resilience in the face of challenges. It strengthens relationships, enhances happiness, and cultivates a deeper sense of connection with others.

Moreover, gratitude and positive affirmations have been linked to improved sleep quality, reduced inflammation, and better immune function, leading to overall better health outcomes. By incorporating these practices into daily life, individuals can cultivate a greater sense of fulfillment, resilience, and joy, ultimately leading to a more satisfying and meaningful life experience.

Example of Positive Affirmations:

- Allah's mercy and blessings surround me always.
- I am worthy of love and respect just as I am.
- I am strong, resilient, and capable of overcoming any challenge.
- I strive to embody the values of compassion, kindness, and generosity taught by Islam.
- I trust in the process of life and know that everything happens for my highest good.
- I am a servant of Allah, and He is my Protector and Provider.
- I embrace my uniqueness and celebrate my individuality.
- I am grateful for the opportunity to worship and serve Allah, and I embrace each moment as a gift from Him.
- I radiate positivity and attract positivity into my life.
- I am enough, exactly as I am, and I deserve to live a fulfilling life.
- I trust in Allah's plan for me and surrender to His will.
- I am grateful for the blessings Allah has bestowed upon me.
- I seek strength and guidance from Allah in all that I do.
- I am patient and steadfast, knowing that Allah is with me.
- I seek forgiveness from Allah and strive to improve myself each day.



Sleep & Recovery

- **Fitness Focus:** Incorporate restorative practice.
- **Nutritional Focus:** Develop a bedtime routine and consider sleep-friendly foods.
- **Mental Well-Being:** Prioritize quality sleep for overall well-being.

Fitness Focus

Incorporate Restorative Practices

Importance of Restorative Practices

Achieving fitness is not just about the effort you put into your workouts; rest is an equally vital, yet often neglected, component. When you engage in intense physical activities such as weight lifting, cycling, or running, you put stress on your muscles and cardiovascular system. To become stronger and faster for future sessions, it is essential to prioritize recovery. Without sufficient rest, continuous stress can lead to diminished performance, increased fatigue, and a higher risk of injury. By integrating restorative practices into your routine, you allow your body the necessary time to heal and rebuild, which is crucial for enhancing your overall health and athletic progress.

Recovery can be categorized into the following areas:

- Acute Recovery: Practices immediately after physical activity that help the body recover quickly.
- Long- Term Recovery: The cumulative effect of recovery over extended periods allowing you to get fitter over the course of your training
- Active Recovery: Gentle movement, low intensity exercises that helps maintain blood flow, reduces muscle stiffness, and enhances flexibility without putting stress on the body.
- Passive Recovery: Require minimal physical effort but provide significant recovery benefits

Restorative Practices:



Cool Down

Cooling down post-exercise is essential to prevent muscle soreness and reduce the risk of injury by aiding in waste product removal. Gradually decrease exercise intensity and incorporate light aerobic activity and static stretching to relax muscles. Focus on deep breathing to promote relaxation and recovery during your cool-down.



Gentle Movement

Replace an intense workout with gentle movement or active recovery: it actually has to be very easy. The goal is to increase your circulation which will help repair your muscles without challenging your muscles. Take a walk, go for a easy spin, do some slow laps in the pool or gentle yoga.



Massage

Massages are not just for special occasions it really works in improving your overall well-being. Massages flushes your muscles, so you push out the fluid that carries the waste products of muscles breakdown and encourage fresh, nutrient-rich blood to come in and help repair and rebuild. Massage guns, rubber balls, and foam balls can help facilitate of self-massage.



Compression

Compression pumps and garments are effective restorative tools, aiding in circulation, reducing muscle soreness, and enhancing recovery post-exercise. By applying gentle pressure, they help flush out metabolic waste, reduce inflammation, and promote oxygen delivery to muscles, resulting in faster recovery and improved performance.



Cool Water Immersion

Cool water immersion, involving submerging the body in cool water, helps reduce muscle soreness and inflammation, promote circulation, and accelerate recovery after intense exercise. It offers a gentler alternative to cold plunges or ice baths, providing effective recovery without the intense cold shock that could actual impede training adaption.


Nutritional Focus


Develop a bedtime routine and consider sleep-friendly foods.


Importance of Sleep Friendly Foods


Eating sleep-friendly foods before bed is important because they can help promote better sleep quality and duration. These foods typically contain nutrients that support relaxation and the production of sleep-inducing hormones, such as serotonin and melatonin. By choosing foods that are easy to digest and low in caffeine and sugar, you can avoid disruptions to your sleep cycle and enjoy a more restful night's sleep.


Sleep Friendly Foods:


- 
Banana:


Rich in magnesium and potassium, bananas can help relax muscles and regulate sleep-wake cycles.
- 
Almonds:

A good source of magnesium and melatonin, almonds can help promote relaxation and improve sleep quality.
- 
Cherries:

Cherries contain melatonin, a hormone that regulates sleep-wake cycles, making them a natural sleep aid.
- 
Turkey:

Turkey is high in tryptophan, an amino acid that the body converts into serotonin and melatonin, promoting relaxation and sleep.
- 
Kiwi:

Kiwi is rich in antioxidants and serotonin, which can help improve sleep quality and duration.
- 
Pistachios:

Pistachios contain melatonin, aiding in regulating sleep-wake cycles, and are also a good source of protein and healthy fats, supporting stable blood sugar levels and preventing hunger during the night.
- 
Herbal Teas:

Chamomile tea and other herbal teas like valerian root tea can help relax the body and promote better sleep.

Mental Well-Being

Prioritize quality sleep for overall well-being.


Importance of Quality Sleep

Quality sleep is crucial for overall health and well-being. It plays a vital role in physical recovery, cognitive function, and emotional stability. Adequate sleep helps the body repair and rejuvenate, enhances memory and learning, and regulates mood and stress levels. Prioritizing quality sleep is essential for maintaining optimal health, improving productivity, and ensuring a balanced, fulfilling life.


Though all recovery techniques and practices are important and helpful for repair and performance, sleep is number one when it comes to exercise recovery and overall good health.

It may not appear to be the case, but your body is very active while it sleep. Your brain and body are busy moving out waste and making tissue repair. As you move into deep sleep your body produces Human Growth Hormones (HGH), which helps your burn fat and stimulates tissue growth to build muscles and allow you to recover faster.


Sleep Stages:

- 


Stage 1: Awake

■ The time you are not asleep includes sleep latency, the period it takes to fall asleep, and sleep disturbances, which are instances when you wake up during the night to turn over, use the bathroom, or check the clock. Ideally, these interruptions should make up about 5% of your total sleep time.
- 

Stage 2: Light

■ Approximately half of your sleep time is spent in light sleep. During this stage, you transition into deeper sleep but can be easily awakened. Your heart rate decreases, and your breathing slows down.
- 

Stage 3: Deep

■ At this stage your tissue has a chance to regenerate, your bones and muscles are bilding, and immune system is getting a boost. About 25 -30 percent of your sleep time is spent here. Eating a huge meal, consumming alcholol or caffiene or antying that accelerate your sympathetic nervouse system will disturb this deep sleep.
- 

Stage 4: REM

■ Rapid Eye Movement (REM) sleep, also known as dream sleep, is crucial for memory consolidation. It makes up about 20% of your total sleep time, starting with shorter periods that lengthen as the night progresses. Insufficient melatonin can lead to inadequate REM sleep. To ensure sufficient melatonin, especially as its production decreases during perimenopause, consuming tart cherry juice can be beneficial.



Nutrient & Diet

- **Fitness Focus:** Maintain a balanced workout routine.
- **Nutritional Focus:** Evaluate and adjust your diet for optimal health.
- **Mental Well-Being:** Educate yourself on the impact of nutrition on mental health.

Fitness Focus

Maintain a balanced workout routine



Importance of Balanced Workout

A balanced workout routine is crucial for comprehensive health and well-being, addressing cardiovascular fitness, muscle strength, flexibility, and balance. It prevents overuse injuries by distributing physical stress across different muscle groups, enhances overall performance, and aids in weight management through a combination of calorie-burning and muscle-building activities. Additionally, it supports mental health by reducing stress and promoting a positive mood, contributing to a longer, higher-quality life by reducing the risk of chronic diseases. Incorporating various exercises keeps workouts interesting, boosting motivation and commitment to fitness goals.

Key Points and Tips



Incorporate Various Types of Exercise

- **Cardiovascular Exercise:** Activities like running, cycling, swimming, or brisk walking that get your heart rate up and improve cardiovascular health. Aim for at least 150 minutes of moderate-intensity or 75 minutes of high-intensity cardio each week.
- **Strength Training:** Exercises like weight lifting, resistance band exercises, or bodyweight exercises (e.g., push-ups, squats) that build muscle strength and endurance. Aim for at least two days a week, targeting all major muscle groups.
- **Flexibility and Balance:** Activities like yoga, pilates, or stretching routines that improve flexibility and balance, reducing the risk of injury and improving overall mobility. Include these exercises at least two to three times a week.



Set Realistic Goals

Setting achievable goals helps keep you motivated and on track. Whether it's increasing the number of push-ups you can do, running a certain distance, or attending a specific number of workout classes each week, having clear objectives will guide your fitness journey.



Listen to Your Body

It's important to pay attention to your body's signals and rest when needed. Overtraining can lead to injuries and burnout, so make sure to incorporate rest days into your routine. A good rule of thumb is to have at least one to two rest days per week, allowing your muscles to recover and grow stronger.



Stay Consistent

Consistency is key to seeing results. Find a workout schedule that fits into your lifestyle and stick to it. Remember, it's better to have shorter, more frequent workouts than to sporadically have long, intense sessions.



Find Activities You Enjoy

The best way to stick to a workout routine is to find activities that you enjoy. Whether it's dancing, hiking, playing a sport, or joining a fitness class, engaging in activities that you find fun and enjoyable will make it easier to maintain a balanced workout routine.

Nutritional Focus

Fuel Your Workouts with Proper Nutrition

Importance of Proper Nutrition

What you eat can significantly impact your workout performance and recovery. Here are some nutritional tips to support your fitness routine:

- **Pre-Workout Nutrition:** Eat a balanced meal or snack that includes carbohydrates and protein about 1-3 hours before exercising. This can provide the energy needed for your workout.
- **Post-Workout Nutrition:** After working out, replenish your body with a meal or snack that includes protein and carbohydrates to aid in muscle recovery.
- **Stay Hydrated:** Drink plenty of water before, during, and after your workouts to stay hydrated and maintain optimal performance.

Examples:



Pre-Workout:

Aim to eat a balanced meal or snack 1-3 hours before your workout that includes carbohydrates for energy and protein for muscle support.

- Carbohydrates: Aim for 1-2 grams of carbohydrates per pound of body weight.
- Protein: Aim for 0.15-0.25 grams of protein per pound of body of body

Examples:

- A 154 lb person could have a smoothie with a banana (27g carbs), spinach, almond milk, and a scoop of protein powder (20g protein).
- Whole grain toast with avocado and a boiled egg provides around 30g of carbs and 10g of protein, suitable for a person weighing 154 lbs.



Post-Workout:

Aim to consume a meal or snack with protein and carbohydrates within 30 minutes to 2 hours after your workout.

- Carbohydrates: Aim for 1-1.5 grams of carbohydrates per pound of body of body weight weight
- Protein: Aim for 0.2-0.4 grams of protein per kilogram of body weight.

Examples:

- A grilled salmon meal with quinoa and steamed vegetables could provide around 30g of protein and 80g of carbs, suitable for a 154 lb person.
- A protein shake with a banana could provide around 20g of protein and 30g of carbs. Pairing this with a handful of berries and a slice of whole grain bread can meet the carbohydrate needs of a person weighing 154 lbs.

Mental Well-Being


Educate yourself on the impact of nutrition on mental health.

Importance of Nutrition on Mental Health


Understanding the connection between nutrition and mental health is crucial for overall well-being.

Educating yourself on the impact of nutrition on mental health is vital for maintaining a balanced and healthy mind. By understanding how different nutrients affect mood, cognitive function, energy levels, stress, mental health disorders, the gut-brain connection, and sleep, you can make informed dietary choices that support your mental well-being.


Effects of Nutrition:

- 


Mood Regulation

The foods you consume can significantly impact your mood. Nutrients such as omega-3 fatty acids, vitamins, and minerals play a key role in the production of neurotransmitters, which regulate mood and emotions. A well-balanced diet can help stabilize mood swings and reduce symptoms of depression and anxiety.
- 


Cognitive Function

Proper nutrition supports brain function and cognitive performance. Nutrients like antioxidants, B vitamins, and healthy fats are essential for maintaining brain health, improving memory, and enhancing concentration and mental clarity. Educating yourself about the right foods can help boost your cognitive abilities and protect against cognitive decline.
- 

Energy Levels

A diet rich in complex carbohydrates, lean proteins, and healthy fats provides sustained energy throughout the day. This helps prevent energy crashes and keeps you mentally alert and focused. Understanding the impact of different foods on your energy levels can help you make better dietary choices to maintain consistent mental performance.
- 

Stress Reduction

Certain nutrients can help the body manage stress more effectively. For example, magnesium and vitamin C play a role in stress reduction by regulating stress hormones. A balanced diet can help mitigate the physical and mental effects of stress, contributing to overall mental well-being.
- 

Gut-Brain Connection

The gut-brain axis highlights the strong connection between the digestive system and brain function. A healthy gut microbiome, supported by a diet rich in fiber, probiotics, and prebiotics, can positively influence mental health. Understanding this connection can help you make dietary choices that support both gut and mental health.



Mind & Body Connection

- **Fitness Focus:** Dive into activities like Tai Chi or Qi Gong.
- **Nutritional Focus:** Explore mindful eating practices.
- **Mental Well-Being:** Focus on the mind-body connection through meditation.

Fitness Focus

Dive into activities like Tai Chi

What is Tai Chi and its importance?

The Mind & Body Connection is essential for achieving overall well-being. By nurturing both physical fitness and mental health, we create harmony within ourselves, leading to a more balanced, fulfilling life. This month, we focus on practices that integrate these elements to help you thrive.

Tai Chi is an ancient Chinese practice known for their ability to harmonize the mind and body. It involves slow, deliberate movements combined with deep breathing, enhancing physical strength, flexibility, and mental tranquility.

How to get started:



Basic Tai Chi Movements:

- **The Opening Movement:** Stand with feet shoulder-width apart, relax shoulders, and gently shift weight from side to side. This foundational movement sets the tone for the practice. It help establish balance, focus, and relaxation. It is the initial sequence in many Tai Chi forms and is characterized by slow, deliberate arm and body movements coordinated with breath.
- **Parting the Wild Horse's Mane:** A graceful movement mimicking a horse's mane, focusing on coordination, balance, and fluidity, while also integrating deep breathing and mental focus.
- **White Crane Spreads Its Wings:** Enhances balance and concentration.
- **Brush Knee and Twist Step:** Encourages coordination and flow.



Environment:

- Find a quiet, open space with minimal distractions.
- Choose a peaceful location.
- Practice outdoors in nature if possible, or select a tranquil indoor area.
- Ensure enough room to move freely without obstructions.
- Clear the area of furniture and hazards.
- Use natural or soft lighting to create a calm atmosphere.
- Consider gentle background music or natural sounds for relaxation.



Attire:

- Wear loose, comfortable clothing that allows free movement.
- Choose breathable fabrics like cotton or bamboo to stay cool.
- Opt for flat, flexible shoes or practice barefoot for better ground connection.
- Ensure footwear is suitable for outdoor terrain if needed.
- Remove jewelry and accessories to prevent distractions.
- Tie back hair and keep makeup minimal to avoid interference.



Online Resources

Consider using beginner-friendly videos or apps for guidance. [CLICK HERE](#) to explore video series.

Nutritional Focus

Explore mindful eating practices

Principles of Mindful Eating

Mindful eating is about cultivating awareness of our relationship with food, encouraging healthier choices, and fostering a positive mindset around nourishment.

Principles of Mindful Eating:

- Awareness: Focus on hunger cues, fullness, and satisfaction.
- Non-Judgment: Approach eating with curiosity, not criticism.
- Savoring: Enjoy the flavors, textures, and aromas of each bite.
- Gratitude: Appreciate the journey of food from farm to table.

Explore Mindful Eating



Mindful Meal Meditation:

- Before eating, take a moment to breathe deeply and set an intention.
- Focus on the meal's visual appeal, aroma, and flavor.
- Eat slowly, noticing each bite's taste and texture.



Mindful Eating Journal:

- Food Diary: Track meals, hunger levels, and feelings before and after eating.
- Reflective Questions: What emotions do I associate with eating? How does my body feel after this meal?



Tips for Practicing Mindful Eating:

- Slow Down: Chew thoroughly and take breaks between bites.
- Engage Senses: Use sight, smell, taste, and touch to enhance the eating experience.
- Listen to Your Body: Eat when hungry, stop when satisfied.
- Create a Positive Environment: Set a pleasant table and eliminate distractions (like TV or phones).

Mental Well-Being

Start a daily mindfulness or meditation practice.

Importance of Mindfulness or Meditation

Mindfulness or meditation is crucial for maintaining mental and emotional well-being in today's fast-paced world. By practicing mindfulness, individuals can cultivate a deeper sense of self-awareness, clarity, and inner peace. It helps to reduce stress, anxiety, and negative thought patterns, allowing for better focus, decision-making, and overall resilience. Incorporating mindfulness into daily life promotes greater presence and appreciation for the present moment, leading to a more balanced and fulfilling existence.

Remember, consistency is key when establishing a mindfulness or meditation practice. Start with shorter sessions and gradually increase the duration.

Examples:



Mindful Breathing Exercise:

- Find a quiet space and sit comfortably.
- Close your eyes and take a few deep breaths.
- Focus your attention on your breath. Notice the sensation of each inhale and exhale.
- If your mind wanders, gently bring it back to your breath.
- Start with 5 minutes and gradually extend the duration.



Guided Meditation:

- Use guided meditation apps or online resources.
- Select a meditation session based on your preferences (e.g., stress reduction, sleep aid, gratitude).
- Follow the guidance of the speaker, allowing your mind to relax and let go.



Mindful Eating:

- Choose one meal a day to eat mindfully.
- Pay attention to the flavors, textures, and smells of your food.
- Chew slowly and savor each bite, fully engaging your senses.



Mindful Walking:

- Take a slow walk in a peaceful environment.
- Pay attention to each step, feeling the ground beneath your feet.
- Notice the sights, sounds, and smells around you.
- Allow yourself to be fully present in the act of walking.



Social Connection

- **Fitness Focus:** Engage in group workouts or team sports.
- **Nutritional Focus:** Share healthy meals with friends and family.
- **Mental Well-Being:** Nurture relationships and foster social connections.

Social Connections

Fitness, Nutrition, and Mental Well-Being

Fitness Focus: Engage in group workouts or team sports.

Working out in a group setting or joining a team sport can enhance both your physical fitness and sense of community. Here's why it's important:

- **Motivation & Accountability:** Group settings make it easier to stay consistent and committed.
- **Fun & Social Connection:** Exercising with others builds relationships and makes workouts more enjoyable.
- **Team Support:** Working in a group can push you to achieve better results.

Nutritional Goal: Share Healthy Meals with Friends and Family

Sharing healthy meals with loved ones strengthens both your body and social bonds. Here's why it matters:

- **Promotes Healthy Habits:** Eating together encourages everyone to make healthier food choices.
- **Social Bonding:** Sharing meals fosters stronger connections and enhances quality time.
- **Cultural Sharing:** It's a way to celebrate diversity and learn new healthy recipes.

Mental Well-Being: Nurture Relationships and Foster Social Connections

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Get Social with ME



Weekly Group Meetups

Join our weekly group meet, designed to keep you motivated and accountable while building a sense of sisterhood. These meetups offer a chance to exercise together, whether it's walking, running, or hiking. No matter your fitness level, you'll find support and encouragement from fellow members. To get involved, simply [CLICK HERE](#) to find the list of our Musa'idahs and their meetup locations.



Events:

Throughout the year, we host various events that celebrate fitness, community, and wellness. From races to community outreach activities, our events are a great way to bond with like-minded community members while also contributing to your health and well-being. Make sure to [checkout our events page](#) for the latest updates on upcoming events.



Programs:

Our structured programs, such as marathon training, swim program, or racecations, are tailored to help you achieve your fitness and wellness goals over time. These programs provide not only physical benefits but also a platform to foster meaningful relationships with others in the community. You can join by [registering through our website](#) and participating in the sessions alongside a committed group of women.



Fall into Fitness

- **Fitness Focus:** Embrace Autumn-Themed Workouts
- **Nutritional Focus:** Incorporate Seasonal Fruits and Vegetables
- **Mental Well-Being:** Practice Mindfulness Amid the Changing Seasons

Fall into Fitness

Fitness, Nutrition, and Mental Well-Being

As we embrace the crisp air and beautiful colors of autumn, this month's wellness guide is designed to help you harness the power of the season to fuel your fitness, nutrition, and mental well-being. Here's how you can "Fall Into Fitness" this month

Fitness Focus: Embrace Autumn-Themed Workouts

With the changing leaves and cooler temperatures, fall is the perfect time to get outdoors and enjoy seasonal activities. Here are some autumn-inspired workouts to keep you active:

- **Hiking Through Fall Foliage:** Take advantage of the beautiful fall scenery and plan hikes through nature trails or parks. Hiking is a great way to build cardiovascular endurance, strengthen lower body muscles, and boost your mood.
 - **Tip:** Bring along a friend or loved one and make it a social outing! Try to find hilly terrain to challenge yourself even more.
- **Outdoor Runs/Walks:** The cooler weather is perfect for long runs or walks in the fresh air. Set a goal for weekly mileage or time spent walking outdoors. You can even join a local 5K or fun run that celebrates the season.

Nutritional Goal: Incorporate Seasonal Fruits and Vegetables

Eating seasonal produce not only helps you stay in tune with the earth's natural rhythm, but it also provides the freshest and most nutritious options for your meals. Here's how to bring the flavors of fall into your diet:

- **Apples, Pears, and Pumpkins:** Apples and pears are at their peak during the fall months and can be added to smoothies, salads, or eaten on their own. Pumpkins, sweet potatoes, and squash are nutrient-dense, providing a great source of vitamins, fiber, and antioxidants.
- **Leafy Greens:** Kale, Swiss chard, and Brussels sprouts are excellent seasonal greens to add to your diet. These veggies are rich in fiber and support heart health.
- **Spice it Up:** Cinnamon, nutmeg, and ginger are autumn spices that not only add flavor but can also boost metabolism and enhance digestion. Sprinkle them on your oatmeal, in smoothies, or even over roasted veggies.

Mental Well-Being: Practice Mindfulness Amid the Changing Seasons

As the leaves change and the days become shorter, fall is the perfect time to turn inward and focus on mental well-being. Mindfulness can help you stay grounded during this period of transition. Here are a few practices to try:

- **Mindful Nature Walks:** Take a walk in a park or forest and fully engage your senses. Listen to the sound of crunching leaves, feel the cool breeze on your skin, and observe the vibrant colors around you. This practice can help reduce stress and boost your mood.
 - **Tip:** Leave your phone behind or on silent mode to avoid distractions and focus solely on the present moment.
- **Autumn Reflections:** Spend a few minutes each day reflecting on your personal growth over the past few months. Just like the seasons change, so do we. Journaling about your thoughts and feelings during this time can help you process and set new goals.
 - **Tip:** Create a gratitude list centered around the changes you appreciate about the fall season.
- **Seasonal Self-Care:** Take time to reset and recharge with fall-inspired self-care rituals. Light a cinnamon or pumpkin-scented candle, enjoy a warm bath, or cozy up with a book and herbal tea. These simple actions can nourish your mind and body during the cooler months.



FitFam Wellness

- **Fitness Focus:** Engage in family-friendly workouts that promote overall well-being.
- **Nutritional Focus:** Engage in family-friendly workouts that promote overall well-being.
- **Mental Well-Being:** Practice gratitude as a family, expressing thanks for the moments of togetherness and health.

Fitness, Nutrition, and Mental Well-Being

As we spend more time with family during this time of the year, it's the perfect opportunity to focus on building healthy habits together. Establishing routines that support wellness can strengthen bonds and create lasting positive changes for everyone. Not only do these habits contribute to each family member's health, but they also bring everyone closer, creating a supportive environment that makes healthy living more enjoyable and sustainable. Taking small steps together now can set the foundation for a healthier, happier year ahead.

Fitness Focus: Engage in family-friendly workouts that promote overall well-being.

Family Friendly Workouts:

- **Keep It Simple & Fun:** Opt for easy, enjoyable activities that all ages can participate in, like a weekend family hike, a bike ride, or a game of soccer at the park.
- **Set a Goal Together:** For added motivation, try setting a family goal—such as reaching 10,000 steps together each day or completing a set number of minutes of activity per week. Track progress together on a shared calendar.
- **Create a Home Circuit:** Set up a mini-workout circuit at home with activities like jumping jacks, squats, and a quick dance party. Each family member can lead an exercise, making it a fun group effort.
- **Involve Little Ones:** If you have young children, make movement part of playtime by incorporating exercises into games, like “Simon Says” or obstacle courses.

Nutritional Goal: Share and enjoy healthy meals with your family.

Enjoying Healthy Meals as a Family:

- **Cook Together:** Try involving the whole family in meal prep, with each member taking on a small, safe task. This can make mealtime more engaging and teach kids about healthy ingredients.
- **Create a “Colorful Plate” Challenge:** Encourage family members to add fruits and veggies in a variety of colors to their plates. This not only boosts nutrition but makes meals more appealing and fun.
- **Try “Make-Your-Own” Meals:** Set up a healthy taco, quinoa bowl or salad bar at home, letting each person choose their favorite nutritious toppings. This is a great way to cater to individual preferences while keeping the meal healthy.
- **Family Taste Tests:** Introduce a new, healthy recipe or ingredient each week and do a “taste test” as a family. This encourages everyone to try new foods and broaden their palate.

Mental Well-Being: Practice gratitude as a family, expressing thanks for the moments of togetherness and health.

Practicing Family Gratitude:

- **Daily Gratitude Circle:** At dinner, bedtime or after Salah, ask each family member to share one thing they're grateful for that day. This small habit encourages positivity and mindfulness.
- **Make a Family Gratitude Jar:** Keep a jar and some slips of paper on the kitchen counter. Family members can write down something they're grateful for and place it in the jar, which you can read together at the end of the month.
- **Thank You Notes:** Encourage family members to write short notes of gratitude to each other, which can be shared at the end of the week. This reinforces appreciation and strengthens family bonds.
- **Mindful Moments:** Set aside a few minutes each day for a “quiet time” where everyone can take a few deep breaths, reflect, or meditate. This is especially helpful for winding down in the evening.