

Steps to Exercise

(Warzish ke Zeeney)

Hadhrat Mirza Tahir Ahmad

Steps to Exercise

(Warzish ke Zeeney)

by

Hadhrat Mirza Tahir Ahmad رحمه الله تعالى

Published by Majlis Khuddamul Ahmadiyya UK

2006

CONTENTS

| | |
|--|-----------|
| PREFACE | 6 |
| FOREWARD | 8 |
| ISLAM COMMANDS CLEANLINESS OF BODY, AND ENVIRONMENT. | 10 |
| ISLAM AND PROTECTION OF HEALTH | 11 |
| ISLAMIC TEACHINGS CONCERNING HEALTH AND HYGIENE | 14 |
| Conditions of 'Purity' | 16 |
| Cleanliness is Half the Faith | 16 |
| Protection of the Body from Filth and Foulness | 17 |
| Some Further Precautions | 17 |
| Dental Cleanliness | 18 |
| Another Principle of Health and Hygiene | 19 |
| Eating and Drinking Etiquettes that are Directly or Indirectly Related to Physical Health | 20 |
| Prohibition of Drinking Water in One Breath | 21 |
| Prohibition of Breathing into the Foodstuff | 21 |
| Instructions about Bathing | 21 |
| Life with Hard Work | 23 |
| Excursions, Recreation and Exercises | 24 |
| PRINCIPLES OF HEALTH AND HYGIENE | 26 |
| Principles on Which Your Strength is Dependant | 26 |
| How Powerful Can You Become? | 27 |
| It is Not Difficult to Keep Your Locality Clean | 27 |
| FIVE BASIC LEVELS OF PHYSICAL EXERCISES | 28 |
| VARIOUS INSTRUCTIONS | 29 |

| | |
|--|-----------|
| From Lesson One to Lesson Six | 29 |
| When to Take the Next Step | 29 |
| Different Physical Capabilities | 30 |
| Warning: | 30 |
| A Dangerous Test | 30 |
| BECOMING OLD BEFORE BEING YOUNG! | 31 |
| By Hadhrat Musleh Mau'ood, Khalifatul Masih II رضى الله عنه | 31 |
| BEST RECIPE FOR CORRECT WEIGHT | 32 |
| CREATE ACTIVITY IN YOUR DAILY LIFE | 34 |
| LESSON NO. 1 | 35 |
| Exercise No. 1: | 35 |
| Exercise No. 2: | 36 |
| Exercise No. 3: | 36 |
| Exercise No. 4: | 37 |
| Exercise No. 5: | 38 |
| Steps concerned with Lesson 1: | 39 |
| AN EXTRA BENEFIT OF PHYSICAL EXERCISE | 40 |
| LESSON NO. 2 | 41 |
| Exercise No. 1: | 41 |
| Exercise No. 2: | 41 |
| Exercise No. 3: | 42 |
| Exercise No. 4: | 43 |
| Exercise No. 5: | 43 |
| Supplementary Exercise | 44 |
| Steps concerned with Lesson 2: | 45 |
| A Man Without Physical Exercise is a Permanent Danger to The National Food Supply | 46 |
| Is it Possible for a Man to Convert 100% of What He Eats Into Energy? | 46 |
| Bar Graph Showing Relationship Between Different Machines to Consumption of Fuel percentage | 47 |
| LESSON NO. 3 | 48 |
| Exercise No. 1: | 48 |
| Exercise No. 2: | 49 |
| Exercise No. 3: | 50 |
| Exercise No. 4: | 50 |
| Exercise No. 5: | 51 |
| Supplementary Exercise | 51 |
| Steps concerned with Lesson 3: | 52 |
| GERMS | 53 |

| | |
|---|-----------|
| A Dangerous and Hidden Enemy of Mankind | 53 |
| TAKE PITY ON YOUR HEART | 54 |
| How Much Does the Heart Work? | 54 |
| Line Graph Comparing Heartbeat Rate of a Healthy Person to that of an Unhealthy Person | 55 |
| IT IS YOUR CHOICE | 56 |
| LESSON NO. 4 | 58 |
| Exercise No. 1: | 58 |
| Exercise No. 2 | 59 |
| Exercise No. 3 | 59 |
| Exercise No. 4 | 60 |
| Exercise No. 5 | 60 |
| Supplementary Exercise | 60 |
| Steps concerned with Lesson 4: | 61 |
| LESSON NO. 5 | 62 |
| Exercise No.1 | 62 |
| Exercise No. 2 | 62 |
| Exercise No. 3 | 63 |
| Exercise No. 4 | 63 |
| Exercise No. 5 | 64 |
| Supplementary Exercise | 64 |
| Steps concerned with Lesson 5: | 65 |
| LESSON NO. 6 | 66 |
| Exercise No.1 | 66 |
| Exercise No.2 | 66 |
| Exercise No. 3 | 67 |
| Exercise No. 4 | 67 |
| Exercise No. 5 | 67 |
| Supplementary Exercise | 68 |
| Ladders concerned with Lesson 6: | 69 |
| GOOD HEALTH WEIGHT GUIDE | 70 |
| IMPROVE YOUR GENERAL KNOWLEDGE | 71 |
| DIET OF AN AVERAGE WESTERN WOMAN: | 71 |
| HEART: | 71 |
| BODY: | 71 |
| BLOOD: | 72 |
| SWEAT AND BREATH: | 72 |
| MILK: | 72 |
| HAIR: | 72 |

| | |
|----------------------------|-----------|
| APPENDIX | 73 |
| Body Mass Index | 73 |
| Supplemental Charts | 75 |
| Body Mass Index Table | 75 |

PREFACE

Majlis Khuddamul Ahmadiyya UK humbly presents the English rendering of “Warzish ke Zeeney” or Steps to Exercise authored by Hadhrat Mirza Tahir Ahmad, Khalifatul Masih Rabih رحمه الله تعالى. It was originally published in 1965.

The guidance contained within is as relevant today as it was not just forty, but rather more than 1400 years ago. The guidance contained within is based on the example of our beloved Prophet Muhammad صلى الله عليه وسلم. This English translation has taken a few years to come to fruition and many members have assisted in its progress. Whilst it is not possible to name everyone, a mention needs to be made of the efforts of Salim Malik sahib in the translation of the book, Ibrahim Ahmad Noonan Sahib for initiating and advising on the project, and Mohtamim Ishaat Majlis Khuddamul Ahmadiyya UK, Tariq Ahmad Chowdhry sahib for bringing together and preparing the book for publication. A special mention must also be made of Miss Maria Ahmad for rendering the illustrations. May Allah bless and reward everyone.

Mirza Fakhar Ahmad
Sadr Majlis Khuddamul Ahmadiyya U.K.
2006

FOREWARD

**In the Name of Allah, Most Gracious, Ever Merciful
*We Laud Him and Invoke His Blessings of Peace on the Prophet of Allah
And on his Servant, the Promised Messiah***

With the Blessings and Mercy of Allah

About two years ago, the Department of Physical Health promised to publish a brief booklet on health. However, due to unavoidable circumstances, the fulfilment of this promise kept being delayed. Last year, a sincere friend was asked to prepare a booklet. Although the department is grateful to him for preparing a book rather than a booklet full of interesting statistics about games, it could not be published because it was too voluminous and slightly irrelevant to what was needed by the Khuddam at that time. Finally, it was decided that a completely new booklet should be prepared which should be a summary of Islamic teachings about physical health. It should contain instructions from Hadhrat Ameerul Momineen, Khalifatul Masih II, some knowledge about physical energy and such exercises that the Khuddam brothers can carry out daily, with ease and in a short time. Mohtamim Sehat-e-Jismani confesses that it is with regret that the publication of such a booklet was delayed due to a combination of other engagements and oversight. We hope Khuddam will overlook this delay.

After this apology the author and publisher of this book, praises Allah the Beneficent as only He can grant knowledge to an illiterate person and only He is the fountainhead of all knowledge. It is only with His Grace and Blessings that this booklet, in its present form, is being presented to the readers. All Praise to Allah for this!

After this praise, it is incumbent to thank the Holy Prophet of Islam ﷺ, who so thoroughly explained every angle of physical well-being as well as spiritual health for all of us ignorant people. O Allah, bless Mohammad and the family of Mohammad, grant prosperity to Muhammad and his family; indeed, You are Praiseworthy and Exalted.

The Department of Physical Health would like to acknowledge our debt to the Royal Canadian Air Force for the use of their magazine '5B.X. Plan', from which much valuable information was extracted. Finally, we would like to thank all Khuddam brothers who assisted us in the publication of this booklet. May Allah reward them with the better reward!

1. Mohammad Shafiq Sahib Kaiser, Waqif-e-Zindgi
2. Maulvi Abdul Haleem Sahib, Inspector Waqfe Jadid
3. Zia-ur-Rehman Sahib, Accountant Waqfe Jadid

Mirza Tahir Ahmad

Mohtamim Sehat-e-Jismani

Khuddamul Ahmadiyya Markazia, Rabwah

12. 10. 1965

ISLAM COMMANDS NOT ONLY THE CLEANLINESS OF BODY, BUT ALSO CLEANLINESS OF THE ENVIRONMENT.

From Instructions of Hadhrat Khalifatul Masih II, رضي الله عنه

“I have ordered that streets should be kept wide because it is proven from the Traditions of the Holy Prophet صلى الله عليه وسلم that he said that the streets should be wide. For the moment, I have instructed that the lanes in residential areas that join on to the streets should be fifteen to twenty feet wide. These are not meant for the use of vehicles. The streets that can be used for the vehicles are thirty feet wide and main roads are kept fifty feet wide. The width of roads in Darul Anwaar is seventy-five feet. But, as far as the cleanliness is concerned, we cannot do anything. Unfortunately, these roads get potholes and some people remove the soil from the roads to plaster their homes. Because of this defect, cleaning the roads becomes an impossibility. On top of that many house owners dispose of the rubbish and even faeces on the roads. This produces flies and mosquitoes that produce fever. The faeces of sick children are then thrown on the roads and flies act as carriers to spread the diseases further.

ISLAM AND PROTECTION OF HEALTH

By Hon. Dr. Justice Chaudhry Muhammad Zafrullah Khan, Judge of the International Court of Justice

In my opinion, one of the great beauties of Islam and a proof of its truthfulness is that there is no artificiality or formality in its teachings, although there was a great possibility of this happening if this religion had been devised by any human being. One of the great proofs of the truthfulness of the Holy Prophet ﷺ is that he passed on exactly what was revealed to him by Allah Almighty. He did nothing on his own volition. If a human being had decided to design a religion, however honest his intentions, he would have tried to emphasise those matters that would be considered spiritual and may well have left the issues that concern the physical dimension of human being. **It is a commandment of the Holy Prophet ﷺ that for the spiritual progress of the soul, it is important to look after the physical health.** If a philosopher was to design a religion he may have ignored this important matter. For instance, if someone decided to invent a religion within his intellectual capacities he may emphasise devotional and spiritual aspects. We know that there are many religions that are in existence today that provide teachings which provide neither spiritual enlightenment nor physical benefit yet a large segment of the world considers it a matter of blessing to act on those teachings. Some believe that you have to suppress your desires to progress spiritually. In some religions spiritual progress depends on making some parts of the body dysfunctional. Some Hindu Sadhus deliberately allow their hand to wither thinking they are gaining spirituality. It is as if you can stock up spiritual power and become rich spiritually by hurting your body. Similarly, in some religions exertion, strain and hardship exist to such a degree as if the creator of that religion had no knowledge of the relationship between body and soul. This type of teaching does not exist in Islam. In my opinion,

it is yet the strongest proof that the Holy Prophet of Islam ﷺ gave us the teachings on Divine Command and explained them in simple language and supplemented them with his actions. One wonders at the balance that exists in those teachings for humanity and the perfection that can be achieved spiritually and physically by following those teachings.

There is a Tradition that one of the Companions of the Holy Prophet ﷺ went to visit a friend and saw his wife shabbily clothed. On asking the reason, he was told, "Your brother is all the time busy in worship and devotion and pays no attention to me. Then why should I dress up and for whom?" That night the Companion of the Holy Prophet ﷺ stayed at his friend's house and stopped him from extra worship between Isha and Fajr prayer and also restrained him from fasting that day. When the Companion came and explained the situation to the Holy Prophet ﷺ, he said, "You did well and you acted correctly. On every human being, his body has a right, his wife has her right and the guests also have a right on him." If the Holy Prophet ﷺ wanted to be pretentious, he could have said, "You did wrong", or "You stopped someone from praying". Because his True Creator gave him a balanced teaching in which looking after your physical needs is also important, he passed on the same teachings which show that one must not ignore the physical needs either. The Holy Prophet of Islam ﷺ was a human being. He ate, he married, he had children and was a loving father and he also paid attention to the rights of human beings. One particular aspect of the teachings he gave us is that the human body has been given a station in life that other religions have ignored and have considered the body a hindrance to making spiritual progress. A beautiful body is a blessing from Allah and the Holy Prophet of Islam ﷺ used to show his gratitude to Allah for giving him a beautiful and pleasing body. Whenever the Holy Prophet ﷺ saw his face in a mirror, he used to pray, "O Lord! Make my nature as pleasing as my body." It shows that in religious matters, the human body is not an inferior thing. Without the body, you cannot have a spiritual life. It is true that the body is like a container and the soul is what is placed in that container. The body is only like a husk and the soul is a kernel. If we carefully analyse, we can see that if you break any container then the contents will spill. The soul and the body are also associated in this way and any damage to the body will affect the soul. According to the commandment of Allah the Almighty, whilst it is important to take care of your soul, it is equally important to look after your body. According to Islam, if a person deliberately adopts a lifestyle which results in his death, then he is a murderer and guilty of his own murder. God gave him a precious life as a trust and he wasted it. The first thing that we must understand is that according to the teachings of Islam and nature, the body and soul are intimately related and if proper attention is not paid to one no progress can be made. From a religious point of view, it is the duty of every person to prepare his soul for its meeting with Allah Almighty in the next life. He should keep the body, in which his soul resides, clean and tidy so that his soul is not damaged. He should do this

under Allah's commandments. If he does not do this he will be committing a sin, besides suffering from illnesses that will damage his soul.

Just as a man looks after his clothes and purifies himself for prayer, similarly it is important to keep the house in which he lives clean and tidy and pay attention to his diet to provide proper nourishment to his body. I do not mean that one should pay too much attention to his body and forget one's soul. In fact, they are both interrelated and one cannot progress without the other. Just as reward is given for spiritual progress, similarly, precautions about health and hygiene are rewarded.

Some commandments in Islam concern only health. For instance, prayers to avoid epidemics, covering the utensils and not leaving foodstuff uncovered. In short, there are many instructions that concern only health and by ignoring them one is likely to suffer damage. The time has come when there is a particular need for physical health. Even political parties realise this fact. How much more important is it for the Jama'at that is supposed to take the Divine Message to the corners of the world to keep healthy and physically fit? It is vital for us to keep fit and to remain healthy. We are few compared to others and if we are physically weak as well then we will not be able to meet the challenges. Also spiritually it is very important for us.

After these teachings of principles I would like to give some general instructions. These may not be as important medically but they do influence any culture and have bearing on any society. Not only do we want to present the true teachings of Islam, but also we want to be a true illustration of those teachings in our every day actions. Few people observe good points but shortcomings become very obvious, very quickly. The excellence of the *Sharia* becomes obvious only later; first people look at the person who claims to follow those teachings. If others take dislike to us after their first look, how would they pay any attention to what we say?....

(Extracts from a speech)

ISLAMIC TEACHINGS CONCERNING HEALTH AND HYGIENE

Islam uniquely stands out among the religions of the world in one aspect. It gives matchless instructions for the cleanliness of the body and declares physical purity as a first step towards the achievement of spiritual heights. One wonders at the arrangement and completeness of these instructions. One cannot help but bow one's head in adoration of Allah, the Gracious, for giving us a complete and unmatched world in the form of the Holy Qur'an in which we see no imperfection, however far we may search. Every time this Book speaks, it fills us with untold wisdom and new subtleties.

Furthermore, Allah the Gracious gave us the Holy Prophet ﷺ who was an embodiment of the Holy Qur'an. He left the example of his life and conduct for all humanity, irrespective of colour, creed or nation, to follow in his footsteps. His is the way to progress in the difficult paths of life. Before his example, no one could even imagine achieving such goals.

The relationship that the Holy Prophet ﷺ has shown to exist between the body and the soul, has not been revealed by any prophet or saint before, and even the philosophers and wise men had no access to this knowledge. Taking a leaf from the perfect teachings of this incomparable Prophet, his erstwhile devotee, Mirza Ghulam Ahmad of Qadian, the Promised Messiah عليه السلام, explains:

"It should be understood that according to the Holy Qur'an, the natural state of man is intimately related to his moral and spiritual states. So much so that even his eating and drinking habits affect his moral and spiritual states.... That is why the Holy Qur'an emphasises the physical cleanliness, and physical moderation for prayers, inner cleanliness and devotions. After

careful consideration, one concludes that this is the true philosophy and that physical organs have great effect on the soul.

(Philosophy of the Teachings of Islam, pp. 18-19)

He states further:

“So far as our eating, drinking, sleeping and awaking are concerned, they are essential physical actions and they affect our spiritual well-being. Our physical figure is manifestly related to our humanity.... The relationship of body and soul is such that one cannot explain it easily. Careful observation shows that the body is mother to the soul.”

(Ibid., p.21)

Further, Hadhrat Promised Messiah عليه السلام says:

“Our experience shows that various diets definitely affect the faculties of mind and soul.”

Therefore, Islam does not present any fictional philosophy that may consider spiritual and physical faculties as unrelated. Islam does not present any spiritual schedule that is dissociated from the physical. This great religion starts the reformation of the soul with the reformation of the body. Like all the spiritual teachings, this teaching is also based on such fine points of wisdom that even the physical experts have never been able to visualise; and it was left to that great Prophet, fourteen hundred years ago, to teach the world what he learnt from Allah the Gracious.

As the above quotations from the Promised Messiah عليه السلام make clear diets certainly affect the faculties of mind and soul. We should start the Islamic teaching about physical hygiene by differentiating between the ‘permissible’ and ‘non-permissible’ foods. Islam forbids Muslims from eating the flesh of all such animals that can be harmful to spiritual or physical well-being, and permits all other meat of the animals that are not harmful to health, but with the proviso that they are slaughtered according to the principles of health and hygiene. Those animals that died from injuries, killed by other animals, asphyxiated or died from natural causes are not allowed to be eaten even if the animal in question is permitted for food. It is a compulsory condition that before slaughtering, the name of Allah must be pronounced. This action reminds man that all health and safety precautions are worthless unless they are aided by Divine assistance and protection. There are innumerable points of danger by the time food reaches human consumption and so limited is our power of resistance that all our precautions are futile without the Grace and Mercy of Allah. This is the reason why you are commanded to recite the name of Allah not only before slaughtering but also before eating and consuming any edibles. It is frequently mentioned in the Traditions of the Holy Prophet صلى الله عليه وسلم that

not only did he pronounce the name of Allah before eating and drinking, he also used to enjoin his Companions to do the same. The conduct and traditions of the Holy Prophet ﷺ carry very fine points of wisdom. Food not only affects the spiritual and physical state of man, it also affects his mental state. Whatever is dominant in the mind at the time of eating or drinking affects the heart and soul as well. If the mind is inclined towards Allah and becomes a nucleus of purity, the effect of the food consumed in that state will also be righteous.

The proof of this preposition is also available from medical research. Medical practitioners, when advising frail and weak patients, advise them to resist irritation and remain happy while eating their meals so that food can be digested in better manner.

Conditions of 'Purity'

Islam not only establishes the type of food but also lays down restrictions on the condition of edibility. Permissible foods that may be in a state that is injurious to health or may have adverse effects on the society are disallowed. All fruit and meat that have started to rot or the food that may give unpleasant or bad odour, is forbidden in spite of being permissible. Hadhrat Jabber narrates that the Holy Prophet ﷺ said,

"he who eats from that smelly plant (referring to onions and garlic) should not come near our mosques. The angels also feel harmed from everything that harms human beings."

(Bokhari and Muslim).

However, cooked onion is not included in this instruction because it does not cause any mouth odour that could cause discomfort to others. It is stated on Hadhrat Aisha's authority that the last meal that the Holy Prophet of Islam ﷺ ate contained onion as a part of the recipe.

Therefore this condition of permissibility is not only concerned with edibles but also it is enjoined to pay attention to the state of edibility. There are fine points of wisdom in this teaching. Before we enlarge on this however, it is important to talk about some issues concerning purity and cleanliness of the body to maintain a proper sequence.

Cleanliness is Half the Faith

No religion has put greater emphasis on the cleanliness of body than Islam. A beautifully small statement of the Holy Prophet ﷺ illustrates this point. Hadhrat Abu Malik Asha'ari narrates that the Holy Prophet ﷺ said,

“Cleanliness is half of your Religion.”

For the cleanliness of the body, Islamic teaching is described briefly in the next section.

Protection of the Body from Filth and Foulness

The Holy Prophet of Islam ﷺ has reminded us in so many ways how to protect our body from foulness and impurity that no Muslim can ignore it. On one occasion, the Holy Prophet ﷺ said,

“I was shown a man suffering the torture of hell just because he never protected his body from splashes of urine.”

Therefore, he has made it compulsory for every Muslim to:

- Wash his body with water or, if water is not available, with soil or clay after relieving himself.
- Avoid, as much as possible, touching the filth.
- Use only his left hand for this purpose.
- Clean his hands thoroughly afterwards with water or soil.

Although these may seem small matters, but as far as I know, no religion goes into such details for its believers; nor has man been able to learn these matters on his own during his evolution. In spite of all the boasts of progress and civilisation, Christian Europe is still ignorant of cleanliness with water and considers it sufficient to use dry paper. Not only this, but also there is no concept of cleansing after passing water. Because of these practices, some parts of their clothes become bundles of stench and the modern medical experts keep drawing their attention to this fact. These bad habits are the reasons for many diseases. Although it seems insignificant, their civilisation has not learnt the virtues of differentiating between the work of the left and the right hand.

Some Further Precautions

Islam not only restricts the use of left hand for purification after the call of nature, it reserves the left hand for handling of all filth and foulness. Hence, a Muslim always uses his left hand to pick up anything suspicious or to clean his nose. There is great wisdom in this practice. This way, the right hand is kept clean and is dissociated from all dirty and unclean objects; and the right hand can be used for eating or handling other pure things without any worry. These seemingly small injunctions draw a beautiful sketch of basic principles of health and hygiene. It is a well known fact that the hands serve as carriers and transfer the dirt and germs to foodstuff and eatables thus causing the spread of many illnesses. In the first instance,

Islam does not provide any opportunity for filth to come in contact with the body; in the second instance, by the continuous use of water to wash it helps to keep the body clean all the time. Having reserved one (left) hand to handle dirty things, it insists that the hands should be cleaned repeatedly. To take the precautions even further, it is forbidden to use the left hand for food and drinks, thus eliminating all possibilities of transfer of any contamination.

With all the injunctions to keep your right hand clean from all contaminations, it is still possible that the right hand may inadvertently come in contact with some unclean parts during sleep. To avoid this, the Holy Prophet of Islam ﷺ has put great emphasis on cleaning the right hand specially after waking up and has forbidden handling any utensil without washing the hands first.

To further reduce the possibility of any filth sticking to the body, the Holy Prophet ﷺ has ordered to shave all hair from the parts that may retain contamination. Trimming of nails is also based on this wisdom. Because of ignorance of this Islamic education, the Europeans become victims of various foul odours and their society has remained unable to learn these trivial matters. Sometimes out of ignorance, Europeans arrogantly claim that by insisting on these small issues which a person can learn by himself shows that Islamic teaching is only meant for uneducated Arabs. The fact is that even today's civilised man needs to learn from the Islamic teachings just as much as the uneducated desert Arab did fourteen hundred years ago.

Dental Cleanliness

Let us consider dental hygiene! In spite of the invention of many types of toothpastes and toothbrushes, human beings are still unaware of the etiquettes of cleaning the mouth without which there is no guarantee of mouth hygiene. Although civilisation has taught people that teeth should be white and has habituated many to use toothpaste in the morning; they have not been able to learn the practice of total mouth hygiene. Total mouth hygiene cannot be maintained without thoroughly rinsing the mouth after every meal as well as five times a day before the daily prayers.

How strongly the Holy Prophet ﷺ has insisted on the subject of mouth hygiene, can be judged by the following Traditions. Hadhrat Abu Huraira narrates that the Holy Prophet ﷺ said,

“If I had not thought of hardship that may be caused to my followers, I would have ordered them to say their Isha’a prayer a little late, but simultaneously I would have commanded them to brush their teeth before every prayer.”

(Bukhari and Muslim)

Hadhrat Aisha narrated that the Holy Prophet ﷺ said,

“Brushing cleans the teeth and brushing of teeth is pleasing to Allah.”

Hadhrat Abu Umama says that the Holy Prophet ﷺ said,

“Whenever Hadhrat Jibra’eel (Archangel Gabriel) came to me, he always ordered me to brush my teeth. However, I was worried in case I scratch and damage my gums in front.”

If only the Europeans had adopted this Islamic directive about mouth hygiene, millions of them would have saved their teeth that they lost at early age and also they would have avoided mouth odour. The fact is that the Western display of wealth and luxury may look very attractive and outwardly clean but they are completely ignorant of real cleanliness and purity.

Another Principle of Health and Hygiene

As mentioned before, the Holy Prophet ﷺ not only stopped all possibilities of germs and filth from getting to the food, he made sure that other possible avenues of infection and contamination are also blocked. Current scientific research has proved that there are two basic causes of spread of infection.

1. We continue to spit unchecked in the streets. Germs from the spittle of those suffering from tuberculosis dry up in the dust and, in turn, are blown into the noses and mouths of healthy people.
2. Many animals, insects and flies feed on the filth in the streets and when they attack our food they leave dirty germs behind. In other words, these insects and flies work as carriers and are responsible for the spread many fatal illnesses and epidemics.

The precautions ordered in the commandments of the Holy Prophet of Islam ﷺ are clearly meant to stop such dangerous occurrences. He has tendered copious advice on this subject. For instance, not to leave your utensils uncovered, especially at night, when there is danger of insects or other animals contaminating them. Hadhrat Jabbar has quoted that the Holy Prophet ﷺ said,

“Do not let your children out of the house when the night starts because at that time Shaitan (evil forces) spread out everywhere.”

(According to the Traditions, ‘Shaitan’ carries very wide definition that includes thieves, robbers, dogs, and dangerous animals like snakes, scorpions, insects and even bacteria).

“When the first hour of the night has gone, lock your doors reciting Bismillah (In the Name of Allah) and keep the children indoor; because ‘Shaitan’ does not open locked doors and close your water-containers reciting ‘Bismillah’ and repeating ‘Bismillah’, cover all your utensils and switch off the lights.”
(Bukhari and Muslim)

He does not restrict his advice for covering the foodstuff only at night. He gives the same instructions for the day too, because it is important to stop the spread of germs during the day as well. One Medinite Muslim, whose name was Abu Hameed, brought a container full of milk for the Holy Prophet ﷺ from Naqeeh. The Holy Prophet ﷺ asked him why he did not cover the container and if he had no cover, he could have used a piece of wood to cover it.

There are instructions from the Holy Prophet ﷺ for covering the spittle and phlegm. Spitting in the compound of a Mosque and leaving it uncovered, has been counted as a sin by the Holy Prophet ﷺ. Hadhrat Ans narrates that the Holy Prophet ﷺ said,

“Spitting in the mosque is a sin. Its expiation is to bury it.”

The Mosque may have been quoted here because that is the most used public place in a Muslim society and its cleanliness and decoration deserves special attention. Carelessness in such a place can cause the spread of diseases. If we look at it from this angle, we can see that spitting is certainly forbidden in all public places.

Eating and Drinking Etiquettes that are Directly or Indirectly Related to Physical Health

We have already mentioned about cleaning of hands and rinsing of mouth both before and after consuming food. Now some etiquette about eating and drinking, which are related to physical health, are presented in the light of the Traditions of the Holy Prophet ﷺ. The Holy Prophet of Islam ﷺ was highly against impatience and unseemly haste. Besides being bad manners, haste and impatience adversely affect the digestive system. Even doctors advise their patients suffering from digestive problems to eat slowly and chew their food properly.

To make your hands roam all around the plate and to try to choose the best morsels for yourself is also frowned upon by the Holy Prophet ﷺ. Besides being an obvious ill manner, this also shows unseemly haste. It is not possible for such a person to chew his food properly or to eat slowly and with patience. Such eating practice will certainly affect the digestive system.

Hadhrat Omar bin Abi Salma says that when he was a child and was under the care and under the oath of allegiance of the Holy Prophet ﷺ, his hand used to approach the plate hastily (as is the habit of children). One day the Holy Prophet of Islam ﷺ said to me,

“Say Bismillah (In the name of Allah), eat with your right hand and eat from what is in front of you.”

(Bukhari and Muslim)

Prohibition of Drinking Water in One Breath

To drink water suddenly and quickly also shows impatience and haste and can be harmful to health. The Holy Prophet of Islam ﷺ has forbidden this bad habit in a very sweet way. Hadhrat Ibne Abbas narrates that the Holy Prophet ﷺ said,

“Don’t drink your water all at once like a camel. Drink slowly in two or three intervals and say ‘Bismillah’. When you start drinking say ‘Bismillah’ and when you put the utensil to your mouth second time, say ‘Alhamdulillah’ (All praise belongs to Allah).”

Prohibition of Breathing into the Foodstuff

Another wisdom associated with not drinking water without stoppage was to eliminate possibility of deadly germs being introduced into the food from contaminated breath. This is vividly illustrated by the following Tradition:

Hadhrat Abu Saeed Khudri narrated that the Holy Prophet of Islam ﷺ used to forbid blowing into the water during drinking. One person said,

“I see some straw in the water.” The Holy Prophet ﷺ replied, “In that case throw some water away.” The man again said, “I do not feel satiated drinking water in one breath and I have to breathe two or three times and this way my breath is perforce introduced into the water.” Huzur ﷺ replied, “In that case remove the cup from your lips and then breathe.”

Instructions about Bathing

Although the habit of bathing has been introduced in Islam by advice and admonition, these instructions are not limited to advice or suggestions; Islam makes bathing compulsory on many occasions. It is recorded in Bukhari that regarding Friday, the Holy Prophet ﷺ commands,

“Bathing on Friday is compulsory for every Muslim.”

Without sufficient justifying reason, a Muslim cannot postpone his bath and has to have it at least once a week. Islam goes further and declares bathing compulsory on other occasions. Because of the essential relationship between Muslim husband and wife, it becomes inevitable to bath frequently. A Westernised, so-called 'civilised' person can say that it is obvious that bathing is essential and why should it be made compulsory? This hollow objection is being rejected by the conduct of the residents of each lane and street in the civilised West. It is true that many educated and rich people there have a habit of taking bath once a day, but because this habit is not included in their religion or culture, it is not considered compulsory to take bath at any occasion. Vast majority of poor and lower middle class people do not go near the bath for weeks and months during winter. However, although they present a very attractive scene of cleanliness and glamour when they come out in the evenings with stiff white collars and colourful suits, their cleanliness is artificial and only on the surface. If one could visualise beyond those clean clothes, one comes across a very unpleasant reality. A person who does not use water after the calls of nature, who does not know the difference between the use of the right and the left hand, who because of absence of ablution uses warm water only to shave and uses a wet towel to clean his face, as far as the rest of the body is concerned water has not touched it for months. Can any dress or suit in the world make a person clean and pure who never trims his nails, does not shave the hair which accumulate filth, does not rinse his mouth after the meals, who suffers from foul breath and pyorrhoea and who does not even use paper after urinating? Not even a thousand of white collars can wash away the stains of uncleanness and impurity. Even if they wear the clothes of emperors and glamorise and beautify the evenings of London and Paris, they cannot be compared in purity to a Muslim wearing rags who washes his hands and face five, six or even seven times a day to raise them in supplication to Allah.

To remain dirty and be shabbily dressed is not a virtue. The Holy Prophet of Islam ﷺ used to pay great attention to his dress besides cleanliness. He used to use oil and used to comb his hair regularly. He used to say that Allah Himself is Beautiful and He likes beauty. If a believer wants to imagine exemplary cleanliness, then he must remember the above quote. The Holy Prophet ﷺ did not like formality. His simplicity was fascinatingly blended with his exemplary cleanliness. His dress, although patched in many places, was a picture of clean purity. His diet, consisting of permissible and chaste food, never exceeded moderation. His body and his dress were clean and pure like spotless crystal and his sacred soul was always busy in the remembrance of Allah. Those were the actions that made the perspiration of the Holy Prophet ﷺ sweet scented.

Hadhrt Ans is quoted as saying that he never found Musk or Ambergris as sweet smelling as the perspiration of the Holy Prophet ﷺ.

Hadhrat Umme Salim is quoted that the perspiration of the Holy Prophet ﷺ was an excellent perfume and that they used to mix it in their scents.

Life with Hard Work

The purity and cleanliness of the Holy Prophet ﷺ never interfered with his daily routine. His actions prove that keeping clean and tidy and to do hard work are not contradictory. If a person keeps himself clean to such an extent that he refuses to work for the fear of clothes getting soiled or creased, we may call him a beau, but he does not deserve to be called a 'Balanced Person'. Look at the example of our beloved Holy Prophet ﷺ. He was unmatched in his cleanliness and refinement, yet he used to perform the daily chores with his own hands. He used to repair his own shoes, mend his own clothes and perform the household duties like an ordinary human being.

Decent laughter and pure sense of humour, which does not contain any element of falsehood, is certainly not against righteousness. It is known that the Holy Prophet ﷺ used to indulge in decent and clean humour. Furthermore, it is important that one's temperament must contain some element of humour and fun otherwise he may end up as a dry, humourless cleric.

Hadhrat Abu Huraira quotes that the Companions said to the Holy Prophet ﷺ,

"O Apostle of Allah, we joke and have fun with you." He ﷺ replied, "Yes, I only speak the truth."

It is quoted that the Holy Prophet ﷺ was in conversation with someone when an old woman came up and asked, "O Apostle of Allah, will I go to Paradise?" He ﷺ replied that no old woman would ever enter Paradise. On hearing this reply, the old lady started crying. The Holy Prophet ﷺ smiled and said,

"I meant that Allah will not allow anyone in Paradise in the same form as of their old age. The Holy Qur'an says.... We will give re-birth to the old women and we will make them virgin."

Excursions, Recreation and Exercises

Excursion, recreation and exercise are very important for good health. It is certainly no bar to old age either. It is proven that the Holy Prophet ﷺ participated in a race with Hadhrat Aisha. The Promised Messiah عليه السلام too raced against a Sikh for the honour of Islam and beat him to lower his pride. Similarly his exercising with weights is also well known. Hadhrat Musleh Mau'ood (Khalifatul Masih II) رضي الله عنه used to travel out of Qadian for hunting, and once, he participated in a race with his children and servants on the banks of River Bias. If one acts on these wise pieces of advice, one can gain both outer and inner beauty.

Hadhrat Musleh Mau'ood (Khalifatul Masih II) رضي الله عنه says,

"We inculcate the habit of physical exercise so that we can be lithe and active, so that our limbs become strong and so that we gain courage."
(Al-Fazl, 28 March 1939, p. 2)

The simple but hard life of the Holy Prophet ﷺ transmitted radiance on his face. On top of that, the Divine Light created an indescribable radiance that was totally out of this world. The Companions of the Holy Prophet ﷺ would look at the full moon and at his face and used to testify that his face was brighter than the full moon. Sometimes they would use the sun as a metaphor but always accepted that his Divine Light was better than any other beauty.

Hadhrat Abu Huraira says that he never noticed anyone better than the Holy Prophet ﷺ. His face radiated like the sun, and he had never seen anyone walk faster than him. His gait seemed as if the whole world was swiftly folding under his feet and we used to continue to try and catch up with him. His walk was effortless and without formality with just natural fluency.

The Holy Prophet ﷺ was not only the most capable of all mankind in the remembrance of Allah; he used to surpass all people in courage, strength and bravery in times of danger. Hadhrat Ans quotes that the Holy Prophet ﷺ was the best of mankind and he was most generous, brave and courageous.

One night, the people of Medina became scared of robbers and enemies and there was great commotion among them. Some people ran towards the noise and found that the Holy Prophet ﷺ was already there and was telling the people not to worry. He was riding the horse belonging to Hadhrat Abu Talha bareback without any saddle and his sword was

hanging from his neck. He said that he found the horse swift and smooth like a flowing river. (Bukhari and Muslim)

May Allah shower His choicest blessings and benedictions on this Prophet صلى الله عليه وسلم who not only gave us a continuous fountain of priceless advice for our spiritual health but also gave us such matchless instructions about our physical health. If only the people will act on these instructions, they will become an example for the world in purity and cleanliness and the other cultures will be forced to follow their example.

**O Allah bless and give prosperity to Mohammad and his people
– Thou art indeed the Praiseworthy, the Exalted.
All praise belongs to Allah, Lord of all the Worlds.**

PRINCIPLES OF HEALTH AND HYGIENE

Human structure is a combination of various elements that include organs, bones, fat and blood. Organs (which include muscles) form 45% of the body's weight.

Principles on Which Your Strength is Dependant

There are at least 639 organs in a human body and each organ has the following four characteristics:

1. Every organ is capable of moving and has energy that can be measured.
2. Every organ stores some stock of energy that does not depend on the blood-supply, i.e. some organs can still be used after the flow of blood has stopped. This is known as the capacity of energy storage of an organ.
3. Every organ has the capability to shrink. The healthier the organ, the faster will be the reflex to shrink.
4. Every organ is flexible and can be stretched. The more the flexibility, the better.

The combination of the above four characteristics provides the total energy and power to an organ. It is important to note that when the total power of the organ is being used, new and continuous energy supply replaces the depleted power. This replacement is done by the flow of blood in the body. For the blood to be healthy and sufficient for this purpose, the following four conditions apply:

1. Blood should be healthy and free of disease.
2. Arteries should be healthy and pliable.
3. Heart should be strong and healthy.
4. Lungs should be healthy, strong and spacious.

A combination of these four conditions is responsible for providing the organs with adequate and timely supply of energy. To summarise, one could say that the total strength of the human body depends on the four characteristics of the organs combined with healthy blood to provide adequate energy at right time. As far as human limitations permit, these powers can be enhanced by healthy diet, pure environment, cleanliness and reasonable exercise.

How Powerful Can You Become?

How strong can you become is an important question. Supposing you keep increasing your exercise levels every day, would you keep on increasing your strength to unlimited level? This is the same as saying that a woman who keeps on lifting a calf every day will be able to lift a bull ultimately in few years. In both cases the answer is in the negative. The fact is that Allah has given us a measured quantity of power beyond which nature would not allow us to go. Every human being can achieve only a certain level of strength depending on his structure, his genetics, the make-up of his organs and his bodily chemistry. Exercise only allows you to achieve your maximum potential. You will be surprised to learn that if you allow your natural strength to waste away by not doing exercises, you will not be able to use even 20% of your potential strength. The physical exercises awaken your capabilities and allow you to achieve the ultimate level of strength that Allah has meant for you.

It is quite possible that a person with a large structure may carry less strength than an apparently small and slim looking person who has been granted less energy. One reason for this can be that the person with the large structure has allowed his energies to go to waste by a lazy life-style and possess only a fraction of his original strength, whereas the small person has achieved his full potential and conserved his energies. Hence he is quite capable of overcoming his bigger opponent.

It is Not Difficult to Keep Your Locality Clean

It is easier to keep your locality clean if Khuddam pay a little attention and cooperate with other Khuddam in their locality. Do not ever think that work cannot be started in the localities unless all Khuddam participate. The fact remains that when the need arises, only sincere and honest Khuddam come forward and they are the only ones who take pleasure in performing the service. Those who do not wish to work with sincerity or honesty will always find a hundred excuses. (Hadhrat Musleh Mau'ood, Khalifatul Masih II رضي الله عنه)

FIVE BASIC LEVELS OF PHYSICAL EXERCISES

The five basic physical exercises that are going to be presented in the forthcoming six lessons were suggested after a great deal of research by the experts in the Royal Canadian Air Force to keep the Air Force personnel fit and healthy. Pakistan Air Force has also adopted this scheme of exercises. We hope that our readers will also benefit from these exercises. The special advantages of this programme are:

1. These physical exercises are possible for all ages, from children to the elderly.
2. There is no need for any special equipment.
3. There is no need for a playing field, a small space is sufficient.
4. There is no need to dress-up specially or to resort to massages.
5. No part of the human body will remain unaffected. All muscles will receive equal benefit from physical exercise.
6. These exercises are especially beneficial for strengthening the stomach muscles and for reducing the stomach girth. Similarly, back and chest muscles become strong and in spite of sitting erect for a long time, no fatigue is felt. In other words, these exercises are a boon for office workers.
7. These physical exercises will keep you smart, active and alert all day, will dissolve the extra fat and strengthen your heart and you will feel the gain in stamina to work harder.
8. Because the levels of difficulty of these exercises are increased slowly and gradually, you will never feel fatigued.

VARIOUS INSTRUCTIONS

From Lesson One to Lesson Six

In every lesson there are five compulsory and one supplementary exercise. On the first day you can start exercises from Lesson Number One. It will take you eleven minutes to perform five compulsory and one supplementary exercise. It is recommended that you should always spend one minute on each exercise and about six minutes on the fifth exercise. It does not matter if you complete one exercise in less time and take more time on another AS LONG AS your total time for all exercises is not more than eleven minutes.

Every lesson has been graded into twelve levels of the same exercise. The first exercise has lighter levels and it increases gradually. For instance, in the fifth exercise of the first lesson, you are asked to run only one hundred steps, in the second level it is increased to one hundred and forty-five steps and in the third level it increase to one hundred and seventy-five steps and ultimately in the eleventh level, four hundred steps are recommended. You can understand that the levels mean gradual increase that will increase your movements but the total time will always remain the same eleven minutes.

When to Take the Next Step

When to take the next step? The answer is that when you have become proficient enough to complete all exercises in the first level in eleven minutes without tiring yourself, then you should move on to the next level. The condition remains that you must complete the exercises of the next level in eleven minutes as well. If you cannot do that, then revert to the first level. On average, you should take three days on each level. That way you

can complete one lesson in six months. Always remember that instead of changing the levels quickly, it is more important not to tire yourself unnecessarily. **DO NOT TAKE THE NEXT STEP** unless and until you can move to the next level easily and effortlessly.

Once you have completed the five exercises of the first lesson to the last level, then you are entitled to move to the first level of the second lesson and increase your exercises gradually as explained before. Remember that it is the same exercise in the first level and the last level, only the number of movements increases. When you move to the next lesson, only then the nature of exercises change.

Different Physical Capabilities

People of different ages have different physical capabilities. For this reason, the following chart is given as a guide for advancing to different levels.

1. **Up to 20 years of age:** Spend at least one day on each step.
2. **20 - 39 years of age:** At least 2 days on each step.
3. **30 – 39 years of age:** At least 4 days on each step.
4. **40 – 49 years of age:** At least 7 days on each step.
5. **50 – 59 years of age:** At least 8 days on each step.
6. **Over 60 years of age:** At least 10 days on each step.

Warning:

If some one finds it difficult to move to the next step within the above proposed period, then he should continue on the same step for as long as he likes. **IT IS IMPORTANT THAT YOU DO NOT REDUCE THE DAYS GIVEN IN THE CHART.** For instance, even if a forty nine year old can take the next step in less than four days, he **MUST NOT** graduate to the next step.

A Dangerous Test

The biggest test of a person who is following this course is when he thinks he can skip a day and it may not make any difference. This thought is the biggest enemy. If you can overcome this occasional doubt with your mental strength, be assured that you are well on the way to a healthy and successful life.

BECOMING OLD BEFORE BEING YOUNG!

By Hadhrat Musleh Mau'ood, Khalifatul Masih II رضي الله عنه

One important matter to which I want to draw the attention of the Khuddam especially is to their health. They seem to be getting weaker every day. I feel hurt when I look at their health. We, who are old and supposed to be weak, are much better than these young men. The young men of today are of short stature, they are both slim and weak or too fat which is also a type of disease. Their complexions are yellow with wrinkles on their faces. It is as if they have reached old age before being young. There is an old saying that an old man slipped and fell in the street. He yelled out, 'O! But for youth.' Meaning the days of his youth had gone and he fell because of being old and frail. When he got up, he did not find anyone around him to help; at which he said, 'Curse on you! You were never a brave one in your youth either.' Our young men are also in that state. They reach old age before enjoying their youth. It will be very dangerous if the health of our youth remains like this. Therefore, it is the duty of Khuddamul Ahmadiyya to pay special attention to this matter. They should suggest such programmes that involve hard work and that involve physical exercises so that their bodies can gain energy, strength and health.

BEST RECIPE FOR CORRECT WEIGHT

Usually, fat people try to reduce their weight by dieting. This method is not only dangerous for health, but also can prove fatal. Instead, we present a leaf from the life of the Holy Prophet of Islam ﷺ that will prove to be the best practice for maintaining your weight.

1. **Do not eat to a full stomach.** Leave the food before you are fully satiated. You may think that you are eating less and may become weak. This is not correct. The commandment to leave your food before you feel fully satiated is based on great wisdom. Only recently, modern science has uncovered this very fact. According to the doctors, you remain feeling hungry until the blood-sugar ratio reaches a certain optimum level. Because this level is not reached immediately when eating, you keep feeling hungry even after eating to the full. This is a false hunger and if you try to satiate that hunger you will be over-eating. The Commandment of the Holy Prophet ﷺ will always serve as a guiding light for all.
2. **Have a Simple Diet.** The Holy Prophet ﷺ used to eat simple food and started that tradition among his companions as well. This practice is in accordance with the Qur'anic injunction... (Eat and drink but do not be wasteful). If we keep our food simple and desist from eating too much fatty and spicy food, stop the waste of food in our daily life and adopt the life-style that Tehrike Jadid has presented to us, we will be able to maintain good health.
3. **Adopt the Habit of Working with Your own Hands.** It is well known that the Holy Prophet ﷺ used to work with his own hands and this was the practice of his companions as well. This is such a clean habit that it keeps your body fit and alert and sloth and laziness cannot come anywhere near you. Even if you have no other physical exercise, this practice is good enough substitute.

4. **Adopt the Habit to Walk Fast.** It has been recorded many times about the Holy Prophet ﷺ that he used to walk often and used to walk fast. His gait was such as if he was descending from high to low level but his feet always were firmly grounded. If there is no other physical exercise, then the above habits and the habit of walking fast can prove sufficient exercises for keeping fit. The experts say, 'Walking is the best physical exercise'.
5. **To Say Your Prayers Regularly and Efficiently.** The word Salat that we often translate as Prayer is an Arabic word that also contains the meanings of exercise in it. It is a fact that if we perform all the five prayers with efficiency and full attention, then the mandatory and nafl prayers will prove sufficient as physical exercise and the human organs and muscles do not slacken. Also, the ablution before each prayer helps to keep the body clean and healthy. Further, bathing that is enjoined on us also assists the ablution in maintaining purity and cleanliness. It is as if the prayers in themselves provide us with all the ingredients to guarantee our bodily health.

Act on this five-point programme and you can forget about dieting forever

CREATE ACTIVITY IN YOUR DAILY LIFE

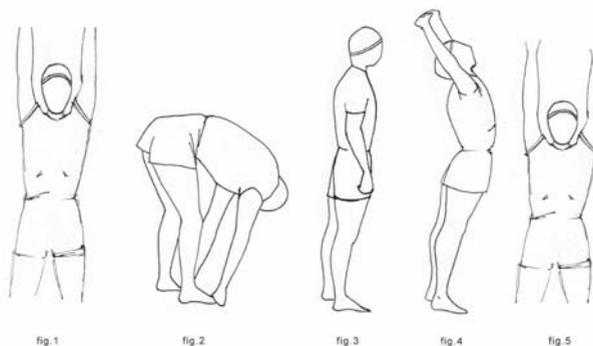
If you perform the functions in your daily life with smartness and with enthusiasm, and drop the slow movements of a sleepwalker, then every piece of work can become a physical exercise. Here are some examples:

1. When putting on your socks, try putting them on standing and balancing on one foot. Similarly adopt the same habit for ablution.
2. Rub your body thoroughly and vigorously with towel after every bath.
3. Instead of climbing stairs one by one, try taking two or three stairs in your stride.
4. If you want to move a chair from one place to another, do not drag it but lift it and move it to the required place.

LESSON NO. I

(Five Exercises of the First Lesson – To be Performed Daily)

Exercise No. I:



1. Stand up straight with feet wide apart and hands pointing straight up (figure 1)
2. Bend forward and touch the ground with your hands whilst keeping your legs straight (figure 2)
3. Straighten up to the original position without bending your knees (figure 3)
4. Lean backwards at the waist as far as you can (figure 4)
5. Return to original position.

(This completes the movement of this exercise)

Exercise No. 2:



fig. 1



fig. 2

1. Lie down on your back, feet about six inches apart, arms straight by your sides and palms touching the ground (figure. 1)
2. Lift your neck and look towards your feet (figure. 2)
3. Return to original position (figure. 3)

(This completes the movement of this exercise)

Exercise No. 3:



fig. 1

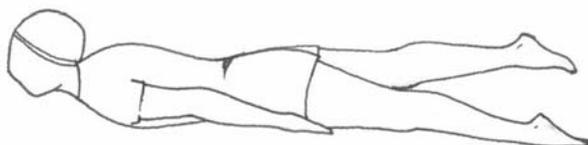


fig. 2

1. Lie flat on the floor facing down, forehead touching the ground, arms straight by your side and palms facing up (figure. 1)

2. Lift your head and simultaneously lift one leg (figure. 2) (the leg should remain straight from pelvic bone to the foot without any bend in the knee)
3. Return to original position
4. Lift your head again but this time lift the other leg.

(This completes the movement of this exercise)

Exercise No. 4:



fig.1

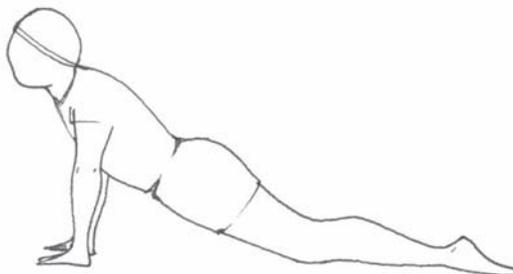


fig.2

1. Lie flat on the floor facing down, palms resting firmly on the ground level with the shoulder and elbows lifted. (fig. 1)
2. Lift your body from your head to your knees using your arms only until your arms are straight. The body should be absolutely straight from head to the knees (fig. 2)
3. Bending your arms, take your whole body to its original position.

(This completes the movement of this exercise)

Exercise No. 5:

Simulated Running: Simulate the movements of running in one place. The feet should lift approximately two to three inches above the ground. Every time the left foot touches the ground, it will be counted as one step. DO NOT count the movements of the right foot. After sixty-five such movements, perform ten movements of the following supplementary exercise.

Supplementary Exercise: Lift the left foot forward and move the right leg backward and stand so that the right arm moves forward with the left leg and the left arm comes forward with the right leg. There should be no bend in the elbows. With quick jumping motion, reverse the position and keep on interchanging the position with synchronised motions of arms and legs. Complete ten such movements for every sixty-five-movement exercise of simulated running.

Steps concerned with Lesson 1:

In every step there are five columns and each column shows the amount of exercise related to that column. As you progress from one step to another, you increase your exercise according to the amount indicated in that step.

| Level | Fifth Exercise | Fourth Exercise | Third Exercise | Second Exercise | First Exercise |
|----------|----------------|-----------------|----------------|-----------------|----------------|
| Level 12 | 400 times | 13 times | 22 times | 18 times | 20 times |
| Level 11 | 370 times | 12 times | 20 times | 17 times | 18 times |
| Level 10 | 335 times | 11 times | 18 times | 15 times | 16 times |
| Level 9 | 320 times | 9 times | 16 times | 13 times | 14 times |
| Level 8 | 305 times | 8 times | 14 times | 12 times | 12 times |
| Level 7 | 280 times | 7 times | 12 times | 11 times | 10 times |
| Level 6 | 260 times | 6 times | 10 times | 9 times | 8 times |
| Level 5 | 235 times | 5 times | 9 times | 8 times | 7 times |
| Level 4 | 205 times | 4 times | 8 times | 7 times | 6 times |
| Level 3 | 175 times | 3 times | 6 times | 5 times | 4 times |
| Level 2 | 145 times | 2 times | 5 times | 4 times | 2 times |
| Level 1 | 100 times | 2 times | 4 times | 2 times | 1 time |

Lesson 1

In every step there are five columns and each column shows the amount of exercise related to that column. As you progress from one level to another, you increase your exercise according to the amount indicated in that level.

AN EXTRA BENEFIT OF PHYSICAL EXERCISE

Do not feel content if, because you do not take any exercise, you have just enough energy to perform daily tasks by utilising your total efforts. For instance, if you have to use all your energy to lift something, to move a bed or a cupboard or even support a funeral procession. You are wrong to think that you are all right because you can just about perform those tasks. The fact is that if you feel tired by using all your energy or feel cramps in your back and legs then you are like a car that is being driven at 90mph all the time and it has maximum speed of 90mph only. It is obvious that such a car will break down in a short period of time. As it is important to keep some reserve power in a car and not use it to its full capacity, it is important that the energy of your body is not used completely and some energy is left in reserve.

The office workers, students or shopkeepers who do not take any exercise, use up 80% of their energies in their daily duties. As a result, they are left with only 20% of their energy to perform such tasks as eating and other essential chores. They get so tired that they just fall on their beds and cannot even say their prayers properly. Compared to that, a healthy person who takes exercise regularly uses only 20% of his energies for performing his daily duties and is left with 80% of his energies to utilise for the rest of his leisure activities. He feels light-hearted and even-tempered and performs his household duties with pleasure. Best of all, he can perform his prayers and supplications with ease. His body functions for him and allows him to concentrate in his converse with his Creator.

It all goes to prove that physical health is a great ally of spiritual well being and helps to keep the daily life pleasant and happy.

LESSON NO. 2

Exercise No. 1:

This exercise is similar to the first exercise of Lesson No.1 and you spend only two minutes on this exercise. The only difference is that when you bend forward, bend with a flexible jerk and pressure to touch the ground.

Exercise No. 2:



fig. 1

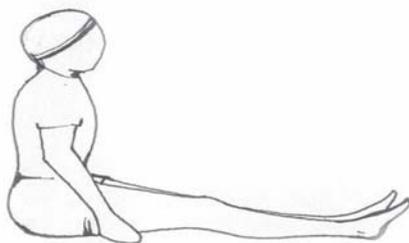


fig. 2



fig. 3

1. Lie on your back in the same position as in the second exercise of Lesson 1. (Figure. 1).
2. Raise the top half of the body to sit up straight (Figure. 2)
3. Return to your original position (Figure. 3)

(This completes this exercise)

NOTE: During this exercise, your feet MUST NOT leave contact with the ground. Either use the support of a wall or use weights on your feet.

Exercise No. 3:



fig. 1

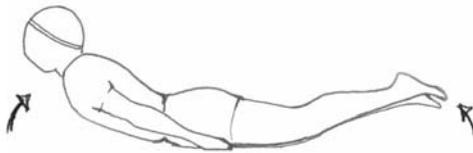


fig. 2



fig. 3

1. Lie flat on the floor facing down, forehead touching the ground, arms straight by your side and palms facing up (Figure. 1)
2. Lift slightly but simultaneously your head, chest and both legs (Figure. 2)
3. Return to your original position (Figure. 3)

(This completes this exercise)

Exercise No. 4:



fig.1

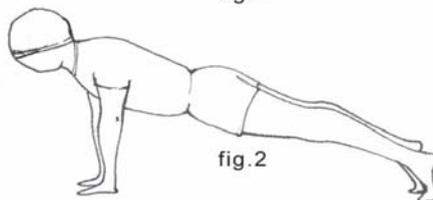


fig.2

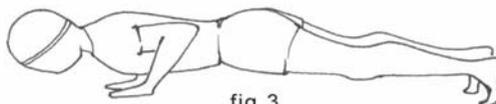


fig.3

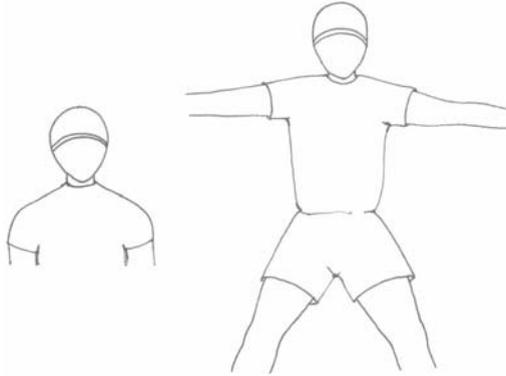
1. Lie flat on the floor facing down, palms resting firmly on the ground level with the shoulder and elbows lifted. Your toes should be touching the floor. (Figure. 1)
2. In this exercise you will do press-ups. Lift your body using arms until your arms are straight. From head to toe, your body must remain straight like a board (Figure. 2)
3. Returning to original position, your chest should touch the ground slightly (Figure. 3)

(This completes this exercise)

Exercise No. 5:

The only difference in this exercise and the fifth exercise of first lesson is that in the previous exercise you lift your feet only two to three inches above the ground, whilst in this exercise you will lift your feet four to five inches above the ground.

Supplementary Exercise



This supplementary exercise is totally different from the previous one.

1. Stand with your legs joined and arms by your side
2. Jump and spread your legs apart and lift your arms to your shoulders level.
3. Return to your original position with a jump.

(This completes one movement of this exercise)

NOTE: Just as previously, do ten movements of the above exercise after a simulated run of sixty-five steps. If you like, you can continue with previous supplementary exercise as well.

Steps concerned with Lesson 2:

In every step there are five columns and each column shows the amount of exercise related to that column. As you progress from one step to another, you increase your exercise according to the amount indicated in that step.

| | Fifth Exercise | Fourth Exercise | Third Exercise | Second Exercise | First Exercise |
|----------|----------------|-----------------|----------------|-----------------|----------------|
| Level 12 | 500 times | 20 times | 32 times | 23 times | 30 times |
| Level 11 | 485 times | 19 times | 31 times | 21 times | 29 times |
| Level 10 | 470 times | 18 times | 29 times | 20 times | 28 times |
| Level 9 | 455 times | 17 times | 27 times | 18 times | 26 times |
| Level 8 | 445 times | 16 times | 25 times | 17 times | 24 times |
| Level 7 | 435 times | 15 times | 23 times | 16 times | 22 times |
| Level 6 | 425 times | 14 times | 21 times | 15 times | 20 times |
| Level 5 | 410 times | 13 times | 19 times | 14 times | 19 times |
| Level 4 | 395 times | 12 times | 17 times | 13 times | 18 times |
| Level 3 | 380 times | 11 times | 15 times | 12 times | 16 times |
| Level 2 | 360 times | 10 times | 14 times | 11 times | 15 times |
| Level 1 | 335 times | 9 times | 13 times | 10 times | 14 times |

Lesson 2

In every step there are five columns and each column shows the amount of exercise related to that column. As you progress from one level to another, you increase your exercise according to the amount indicated in that level.

A Man Without Physical Exercise is a Permanent Danger to The National Food Supply

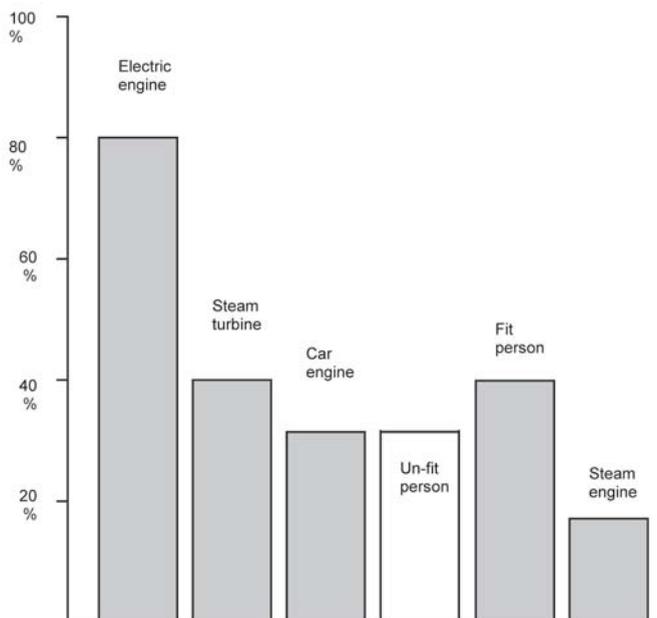
Did you know that a person who takes regular exercise and his health and energy is in good condition, can preserve most his energy from his diet and can use it when time requires? Scientific experiments have proved that a healthy exercising person is capable of using 55% of his energy while a person with the same build and age but who takes no exercise uses only 17-27% of his power while the rest is wasted. In other words, a person who takes no exercise is a permanent danger to the national food supply. If he consumes 100kg of wheat, he uses only 16-27kg of energy and the rest is wasted. In contrast, a healthy person who takes exercise uses 55kg of his energy and only 45% is wasted.

Is it Possible for a Man to Convert 100% of What He Eats Into Energy?

No, it is not possible. The human being is a machine like any other. As other machines cannot convert 100% of their fuel into energy, similarly it is not possible for a human being. A part of his food goes to waste. Take the example of an electric engine, considered to be very efficient, it uses only 80% of energy input and 20% is wasted. A steam turbine has only 40% efficiency level while the car engine is efficient up to only 30%.

Steam engines use only 10-15% of the consumed energy and the rest is wasted. Coal-fired steam engines use 10-15 tons of coal energy from every 100 tons consumption of coal and 85-90 tons of coal is wasted. If we make a comparison of these efficiency figures, we realise that a healthy, exercising person who can utilise 55% of his energy is only second to the electric machine and has superiority over other devices.

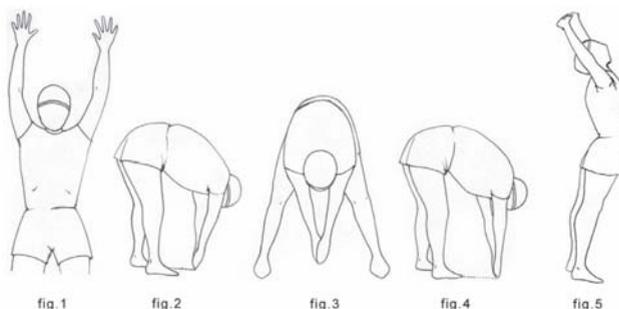
Bar Graph Showing Relationship Between Different Machines to Consumption of Fuel percentage



LESSON NO. 3

LESSON NO. 3

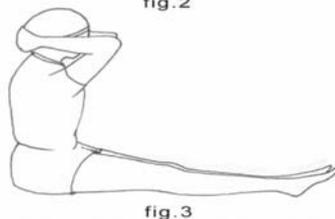
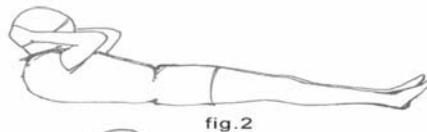
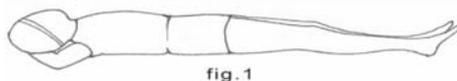
Exercise No. 1:



1. Stand up straight with feet wide apart and hands pointing straight up (Figure. 1)
2. Touch the ground six inches in front of your left foot (Figure. 2)
3. Move your hands to the centre and press hard on the floor with a jerk (Figure. 3)
4. Go towards your right foot and touch the ground six inches in front as before (Figure. 5)
5. Straighten up to the original position and bend backward as far as you can. (Figure. 6)

(This completes one movement of this exercise)

Exercise No. 2:



1. The only difference in this exercise and second exercise of the previous lesson is that instead of keeping your arms and hands by your the side, you place your hands firmly behind your head (Figure. 2)
2. Raise the top half of the body to sit up straight (Figure. 2)
3. Return to your original position (Figure. 3)

NOTE: As before, during this exercise, your feet **MUST NOT** leave contact with the ground. Either use the support of a wall or use weights on your feet.

(This completes one movement of this exercise)

Exercise No. 3:



fig. 1



fig. 2

1. This exercise is the same as exercise 3 in lesson 2. But instead of putting the palms of your hands on the ground, place your hands behind your back and firmly intertwine the fingers together. The rest of the exercise is the same.

(This completes one movement of this exercise)

Exercise No. 4:



fig. 1



fig. 2



fig. 3

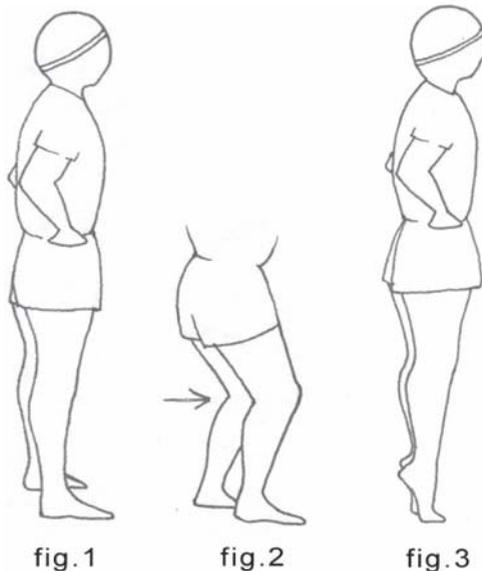
1. Get into the press-up position but with your arms straight and your body straight i.e. your body should only be supported by your hands and toes. (Figure. 1)
2. Bend and touch your chin on the ground (Figure. 2)
3. Lift your back and start sliding backward until your forehead touches the ground (Figure. 3).
4. Reverse the motion until you return to press-up position.

(This completes one movement of this exercise)

Exercise No. 5:

This exercise is the same as the fifth exercise of the previous lesson. After sixty-five movements of simulated running, perform the following supplementary exercise ten times.

Supplementary Exercise

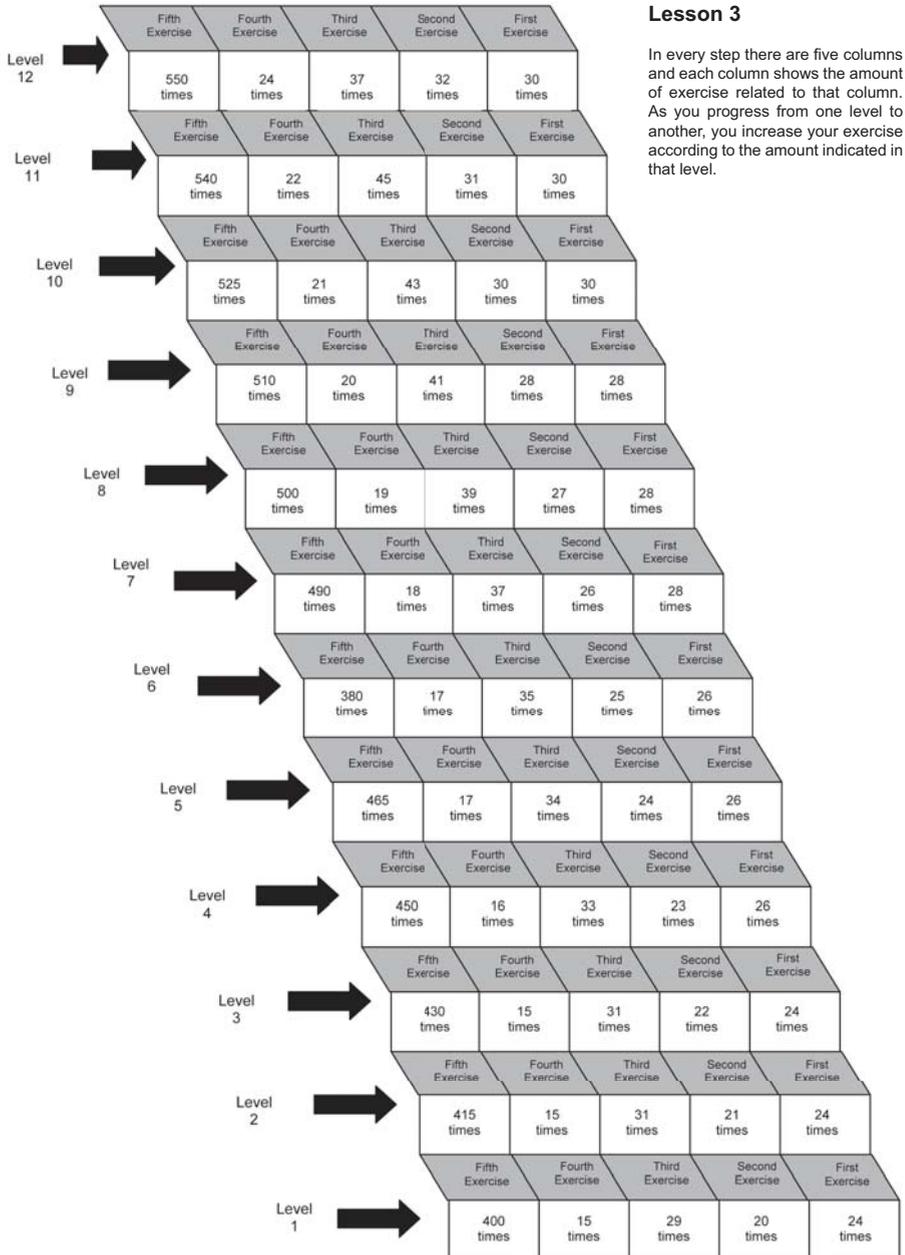


1. Stand straight with your hands firmly on your hips (Figure. 1)
2. Bend your knees, but only as much as shown on Figure 2.
3. Now stand up straight again but this time lift your heels and stand on your toes and stay in this position (Figure. 3).
4. Touch your heels back on the ground and start again.

(This completes one movement of this exercise)

Steps concerned with Lesson 3:

In every step there are five columns and each column shows the amount of exercise related to that column. As you progress from one step to another, you increase your exercise according to the amount indicated in that step.



Lesson 3

In every step there are five columns and each column shows the amount of exercise related to that column. As you progress from one level to another, you increase your exercise according to the amount indicated in that level.

GERMS

Dark and dirty conditions produce microscopic beings that cannot be seen by the naked eye. These are called germs and bacteria. They are directly responsible for the spread of many diseases. They are so minute that their population concentration can be as much as ten billion in one drop of water and they are so light that even two hundred billion of them will weigh less than a grain of a poppy seed. They can only be seen through microscopes that can magnify them many thousand times. In spite of being so tiny, they are so dangerous and fatal that they can eliminate nations from the face of this earth in days or weeks. These bacteria are concentrated in the faeces of sick patients, dirt from the eyes, infections from wounds, runny noses or phlegm from the chest. The strongest defence against these dangerous creatures are cleanliness, fresh air and sunshine.

A Dangerous and Hidden Enemy of Mankind

Everyone knows about the scale of destruction caused by wars and human strife yet often people ignore their most dangerous enemies within. These opponents continue to wage an unending war against humanity. One such dangerous adversary is the common household fly. This innocent looking flying insect apparently causes us no discomfort except annoying us with its fast flapping wings. The same innocent looking, apparently harmless, insect has caused such devastations in human history that even weapons of mass destruction and wars cannot match it. Cholera, diarrhoea, dysentery, chickenpox, smallpox, typhoid are few of the epidemics that have been caused by this insect. The flies land on our food and on sensitive parts of our skin like dive-bombers and leave behind bacteria and germs to multiply and spread various diseases.

You may be surprised to know that in India alone, more people die every year due to the epidemics spread by these flies than died in the wars with Pakistan. It is best to write to the Department of Health and get details for the prevention of these illnesses and epidemics.

TAKE PITY ON YOUR HEART

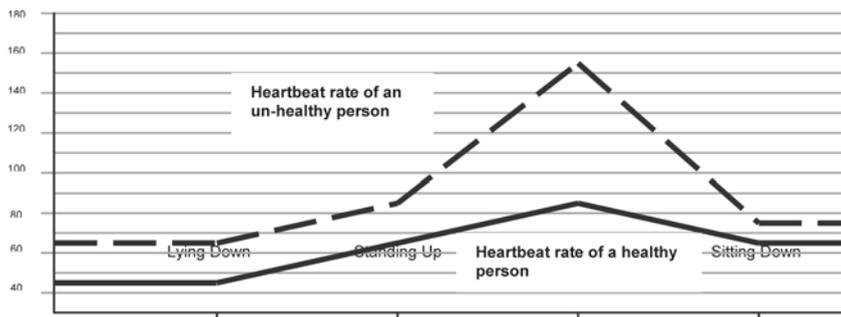
Do you know that the heartbeat of a person who does not take any exercise is much faster than of a person who takes exercise regularly? In all daily practices, lying down, getting up, sitting down or walking, makes the heart of a non-exercising person work harder so that it gets worn down and perishes earlier.

In the first instance, the poor are generally weak and have to work harder than others. On top of that if they have to support a body full of fat, one can only take pity on the condition of their hearts.

How Much Does the Heart Work?

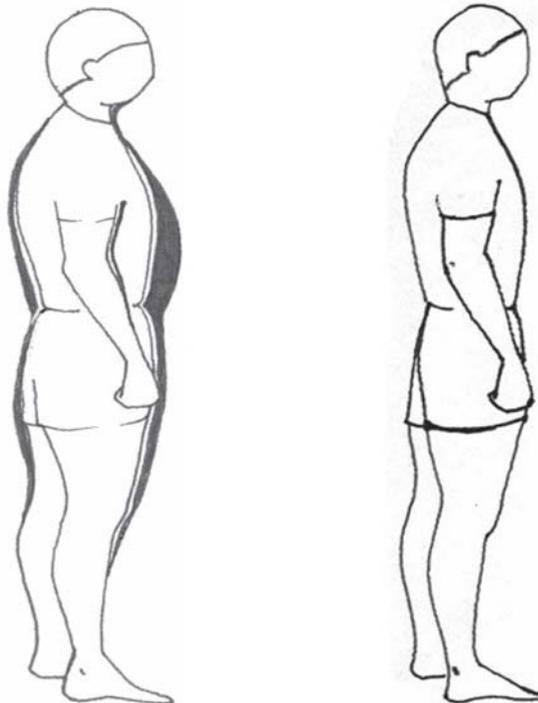
| | Heartbeat rate for a person who takes exercise | Heartbeat rate for one who takes NO exercise |
|------------------|--|--|
| Lying down: | 48 times per minute | 68 times per minute |
| Sitting Down: | 63 times | 76 times |
| Standing up: | 67 times | 89 times |
| Climbing stairs: | 88 times | 158 times |

Line Graph Comparing Heartbeat Rate of a Healthy Person to that of an Unhealthy Person



IT IS YOUR CHOICE

You can see below left an image of a fat man. His body area outside the white area is pure fat and instead of increasing his energy, this fat is a source of burden and inconvenience for him. It is not only an unnecessary weight that he has to carry; it also reduces his muscular power and energy. You may be surprised to know that every pound of excess fat carries nearly half a mile of arteries. In other words, the heart has to pump the blood for an extra half a mile for every pound of extra fat. You can imagine what happens to the hearts of those people who carry 40kg of extra fat on their body.

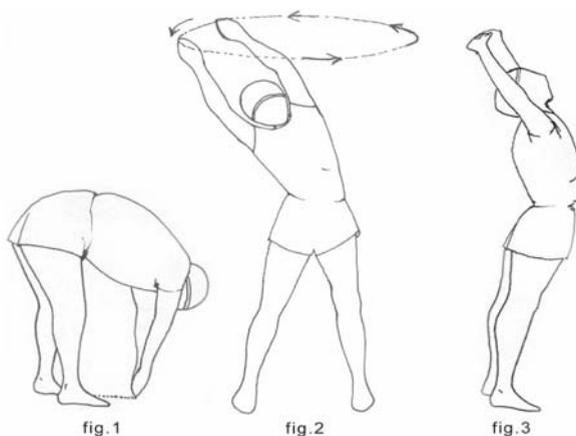


In contrast, if you look at the right hand sketch, you notice the body of a physically fit person who takes exercise regularly. If the man in the sketch above takes exercise regularly and loses his excess fat, his body will become supple, muscular and smart looking like the sketch opposite. On the one hand, he will gain energy and on the other, he will lose weight.

What would you like to be? The choice is yours!

LESSON NO. 4

Exercise No. 1:



1. Stand up straight with feet wide apart and hands pointing straight up.
2. As with the exercise one in lesson three touch the ground with both hands together near your left foot (Figure 1).
3. With both hands together, touch the ground near your left foot and repeat the movement to touch the ground in front of you and then touch the ground near your right foot. The movements should be crisp and you should put pressure downward when you bend to touch the ground.
4. Straighten up and do a gyration movement with your upper body keeping your lower body still. When your body is in the centre of your movement, bend it back as far as you can (Figure 2 & 3).

(This completes one movement of this exercise)

Exercise No. 2



fig.1



fig.2

1. Lie down on your back with your arms pointing straight ahead of you.
2. Lift your arms and the upper part of your body and try to touch the toes.
3. Return to original position.

(This completes one movement of this exercise)

Exercise No. 3

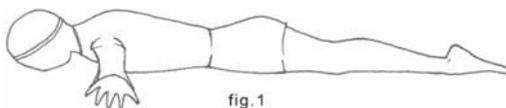


fig.1

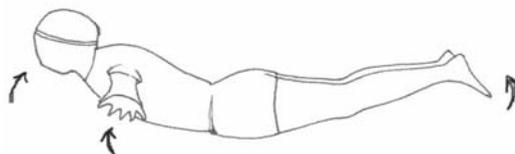


fig.2

1. Lie face down with arms stretched to either side of your body.
2. Try to lift your legs and chest off the ground without bending your knees.
3. Return to the original position

(This completes one movement of this exercise)

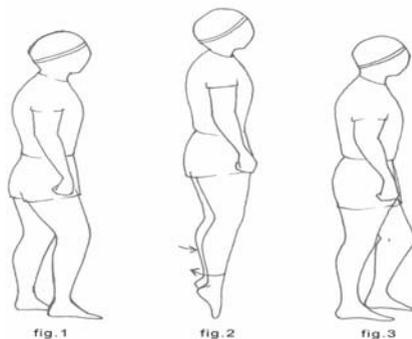
Exercise No. 4

1. Lie down in the press-up position and firmly place the palms of your hand at a distance of about one foot on each side.
2. Straighten up your arms and lift your body upward. (There should be no bend in your body from head to toes.)
3. Touch your chest to the ground slightly on every movement.

Exercise No. 5

This is the simulated running as usual. In this exercise lift your knees so that they come parallel to your hips. After 65 movements of simulated running, perform the following supplementary exercise 10 times.

Supplementary Exercise



1. Stand as in the illustration with your left foot forward and the right slightly back with a gentle bend in your knees.
2. The palms of your hands should be on your thighs with your arms and back straight.
3. With a jumping movement, straighten your body and before your feet touch the ground, reverse the position of your feet and then back again to your original position.

(This completes one movement of this exercise)

Steps concerned with Lesson 4:

In every step there are five columns and each column shows the amount of exercise related to that column. As you progress from one step to another, you increase your exercise according to the amount indicated in that step.

| | Fifth Exercise | Fourth Exercise | Third Exercise | Second Exercise | First Exercise |
|----------|----------------|-----------------|----------------|-----------------|----------------|
| Level 12 | 400 times | 42 times | 50 times | 22 times | 30 times |
| Level 11 | 395 times | 40 times | 49 times | 22 times | 30 times |
| Level 10 | 390 times | 37 times | 49 times | 22 times | 30 times |
| Level 9 | 380 times | 34 times | 47 times | 21 times | 28 times |
| Level 8 | 375 times | 32 times | 46 times | 21 times | 28 times |
| Level 7 | 365 times | 30 times | 46 times | 20 times | 28 times |
| Level 6 | 355 times | 28 times | 44 times | 19 times | 26 times |
| Level 5 | 345 times | 26 times | 43 times | 19 times | 26 times |
| Level 4 | 335 times | 24 times | 43 times | 19 times | 26 times |
| Level 3 | 325 times | 21 times | 41 times | 18 times | 24 times |
| Level 2 | 315 times | 19 times | 40 times | 18 times | 24 times |
| Level 1 | 300 times | 17 times | 40 times | 18 times | 24 times |

Lesson 4

In every step there are five columns and each column shows the amount of exercise related to that column. As you progress from one level to another, you increase your exercise according to the amount indicated in that level.

LESSON NO. 5

Exercise No.1

There is no difference in this exercise and the first exercise of Lesson No. 4. Only, join your hands when doing the gyratory movement.

Exercise No. 2

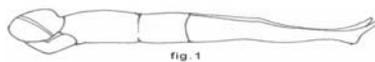


fig. 1



fig. 2

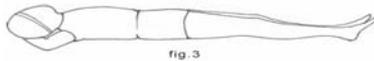


fig. 3



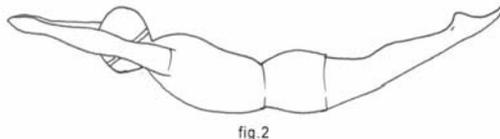
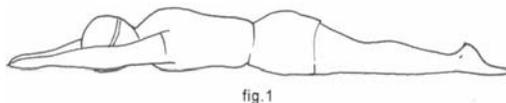
fig. 4

1. Lie down on your back and put your hands under your head and intertwine the fingers. (Figure.1)
2. Lift your body and legs with a bend in your knees, and simultaneously lift your feet off the ground. Twist your body so that the left elbow touches the right knee. (Figure. 2)
3. Lie back once again into the original position. (Figure. 3)

- Repeat the lifting movement but this time twist the body to touch your right elbow with your left knee. (Figure. 4)

(This completes one movement of this exercise)

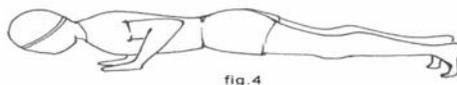
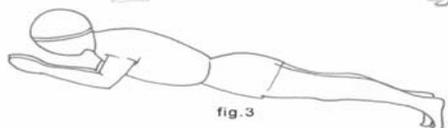
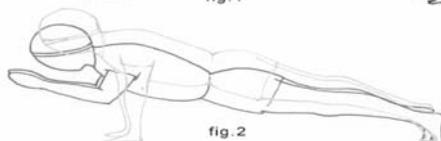
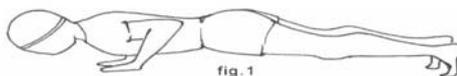
Exercise No. 3



- Lie flat on the floor face down with your arms pointing straight ahead of you.
- Lift up, as far as you can, your arms, head, chest and legs.
- Go back into the original position with arms straight ahead.

(This completes one movement of this exercise)

Exercise No. 4



- Lie down in press-up position but with your hands near your armpits. (Figure. 1)
- Every time you lift your body, leap high enough that you can clap your hands before touching the ground. Only your toes should touch the ground in this movement (Figure. 2,3,4)

(This completes one movement of this exercise)

Exercise No. 5

As usual, carry on with the simulated running of 65 steps. Every time the right foot touches the ground it counts as one step.

Supplementary Exercise



fig.1

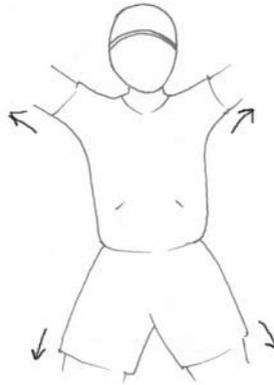


fig.2

1. Stand with your feet together with a slight bend in your knees. Your hands should be on your thighs with arms straight.
2. Do a 'star' jump and spread your arms slightly above your head. The arms should be straight.
3. Bring your body to the original position with jumping motion.

(This completes one movement of this exercise)

Steps concerned with Lesson 5:

In every step there are five columns and each column shows the amount of exercise related to that column. As you progress from one step to another, you increase your exercise according to the amount indicated in that step.

| | Fifth Exercise | Fourth Exercise | Third Exercise | Second Exercise | First Exercise |
|----------|----------------|-----------------|----------------|-----------------|----------------|
| Level 12 | 500 times | 44 times | 50 times | 40 times | 30 times |
| Level 11 | 485 times | 43 times | 49 times | 39 times | 30 times |
| Level 10 | 475 times | 42 times | 48 times | 38 times | 30 times |
| Level 9 | 465 times | 40 times | 47 times | 36 times | 28 times |
| Level 8 | 455 times | 39 times | 46 times | 35 times | 28 times |
| Level 7 | 445 times | 38 times | 45 times | 34 times | 28 times |
| Level 6 | 435 times | 36 times | 44 times | 32 times | 26 times |
| Level 5 | 420 times | 35 times | 43 times | 31 times | 26 Times |
| Level 4 | 410 times | 34 times | 42 times | 30 times | 26 times |
| Level 3 | 400 times | 32 times | 41 times | 28 times | 24 times |
| Level 2 | 385 times | 31 times | 40 times | 27 times | 24 times |
| Level 1 | 375 times | 30 times | 39 times | 26 times | 24 times |

Lesson 5

In every step there are five columns and each column shows the amount of exercise related to that column. As you progress from one level to another, you increase your exercise according to the amount indicated in that level.

LESSON NO. 6

Exercise No.1

This exercise is the same as the first exercise of Lesson No. 5. Only turn your hands so that the backs of your hands touch before intertwining the fingers.

Exercise No.2



fig. 1



fig. 2



fig. 3

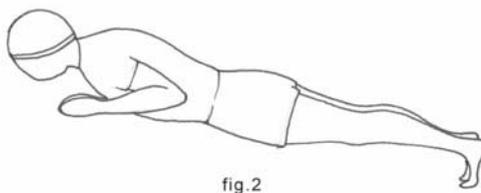
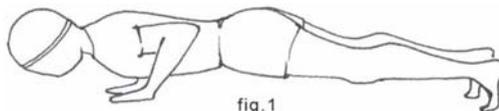
1. Lie on your back with your arms straight ahead of you. (Figure.1)
2. While getting up, lift your back, legs and feet simultaneously and touch the toes with your hands. Your legs should be straight throughout this exercise. (Figure. 2)
3. Return to original position. (Figure. 3)

(This completes one movement of this exercise)

Exercise No. 3

This exercise is the same as the third exercise of Lesson No.5. To increase the degree of difficulty try lifting your body and legs further than previously.

Exercise No. 4



1. Get into press-up position as before.
2. Every time, before returning to ground level, rise high enough to touch your chest and clap with your hands.

(This completes one movement of this exercise)

Exercise No. 5

This is the same simulated running as before.

Supplementary Exercise



fig. 1



fig. 2

1. Sit on your toes with your knees bent in front of you and your hands touching the ground. (Figure. 2)
2. Jump and stretch out your arms and legs. Your jump should be high enough so that your feet reach the level of your back (when in a standing position). Try to touch your toes with you hands when in mid air.
3. When returning to the ground your feet and hands should be back in their original position.

(This completes one movement of this exercise)

Note: This exercise can usually be done by star-players only.
If you can reach the top ladder of this exercise, then you have reached the standard of a world-class player – Congratulations!

Ladders concerned with Lesson 6:

In every step there are five columns and each column shows the amount of exercise related to that column. As you progress from one step to another, you increase your exercise according to the amount indicated in that step

| | Fifth Exercise | Fourth Exercise | Third Exercise | Second Exercise | First Exercise |
|----------|----------------|-----------------|----------------|-----------------|----------------|
| Level 12 | 400 times | 42 times | 50 times | 22 times | 30 times |
| Level 11 | 395 times | 40 times | 49 times | 22 times | 30 times |
| Level 10 | 390 times | 37 times | 49 times | 22 times | 30 times |
| Level 9 | 380 times | 34 times | 47 times | 21 times | 28 times |
| Level 8 | 375 times | 31 times | 46 times | 21 times | 28 times |
| Level 7 | 365 times | 30 times | 46 times | 21 times | 28 times |
| Level 6 | 355 times | 28 times | 44 times | 19 times | 26 times |
| Level 5 | 345 times | 26 times | 43 times | 19 times | 26 times |
| Level 4 | 335 times | 24 times | 42 times | 19 times | 26 times |
| Level 3 | 325 times | 21 times | 41 times | 18 times | 24 times |
| Level 2 | 315 times | 19 times | 40 times | 18 times | 24 times |
| Level 1 | 300 times | 17 times | 40 times | 18 times | 24 times |

Lesson 6

In every step there are five columns and each column shows the amount of exercise related to that column. As you progress from one level to another, you increase your exercise according to the amount indicated in that level.

GOOD HEALTH WEIGHT GUIDE

| Height | Age 20 yrs | Age 25 yrs | Age 30 yrs | Bone Structure |
|--------------------|----------------------------------|----------------------------------|----------------------------------|---|
| 5ft. 0 inches | 103 lbs. 114 lbs. 128 lbs. | 104 lbs. 116 lbs. 131 lbs. | 107 lbs. 119 lbs. 134 lbs. | Small Bones Medium Bones Large Bones |
| 5 ft. 2 inches | 108 lbs. 125 lbs. 135 lbs. | 111 lbs. 123 lbs. 138 lbs. | 113 lbs. 125 lbs. 141 lbs. | Small Medium Large |
| 5 ft. 4 inches | 113 lbs. 126 lbs. 142 lbs. | 116 lbs. 129 lbs. 145 lbs. | 119 lbs. 135 lbs. 146 lbs. | Small Medium Large |
| 5 ft. 6 inches | 121 lbs. 134 lbs. 151 lbs. | 123 lbs. 137 lbs. 154 lbs. | 126 lbs. 140 lbs. 158 lbs. | Small Medium Large |
| 5 ft. 8 inches | 127 lbs. 141 lbs. 159 lbs. | 131 lbs. 145 lbs. 163 lbs. | 133 lbs. 148 lbs. 167 lbs. | Small Medium Large |
| 5 ft. 10 inches | 134 lbs. 149 lbs. 168 lbs. | 136 lbs. 152 lbs. 171 lbs. | 140 lbs. 150 lbs. 174 lbs. | Small Medium Large |

IMPROVE YOUR GENERAL KNOWLEDGE

DIET OF AN AVERAGE WESTERN WOMAN:

According to research carried out by scientists, a western woman in her average life, consumes six thousand loaves of bread, six calves, one thousand fish, nine thousand pounds of potatoes, twelve thousand pounds of other vegetables, one thousand pounds of salt, five hundred eggs, eight hundred pounds of sugar and two thousand pounds of butter. To get all this food down, she drinks ten thousand quarts of water and twelve thousand quarts of tea or coffee. In other words, she drinks nearly six thousand quarts of milk.

HEART:

In a twenty-four hour duration, your heart beats one hundred thousand times and pumps five thousand gallons of blood through your body. The energy that is expended in this work is enough to pull a medium size train at 60 mph for one mile.

BODY:

If your weight is 144 pounds, then your body has:

- Enough fat to make seven bars of soap.
- Enough phosphorous to make two thousand five hundred match sticks.
- Enough water to fill ten barrels.
- Enough magnesium to prepare one doze of laxative medicine.
- Enough iron to make an average size nail.
- Enough calcium to whitewash a chicken coop.

BLOOD:

Blood is nearly 1/13th to 1/20th part of the body. The size of the red cells is 300th of an inch in diameter. If they are placed together, twelve thousand cells will cover one square inch.

SWEAT AND BREATH:

Your body possesses twenty million sweat glands and your brain has nine hundred million cells. To provide oxygen to your blood, your lungs contain forty million sacks and weigh two pounds. The lungs pump oxygen one thousand times in twenty-four hours in these sacks.

- Your windpipe contains 300 million cells that are 1/100th of an inch in diameter.
- The eye-lid holds 5 million cells and each cell has a nerve.
- Your ears contain ten thousand cells.

MILK:

If one pound of milk is left uncovered for 24 hours, it will develop 2 billion bacteria. People often use milk left in that state. When your body is so full of germs and bacteria how can you remain healthy? One germ of tuberculosis is only 200th of an inch in diameter and one thousand germs can be collected on a pinhead. One germ can reproduce two hundred thousand germs in three days.

HAIR:

The hairs on the chin of a young man grow about six inches in a year. If some of these hairs did not fall off naturally, then one could grow a beard 30 feet long in seventy years.

APPENDIX

Publishers note: The section is not part of the original book but has been added with the author's permission.

(It was updated again in 2005 with the latest BMI Data)

Body Mass Index

This is the ratio of fat in your body to the rest of your body's weight. Calculating body mass index, or BMI, is the clearest way to find out how much of your body is fatty tissue and how much is muscle, bone, and other healthy tissue.

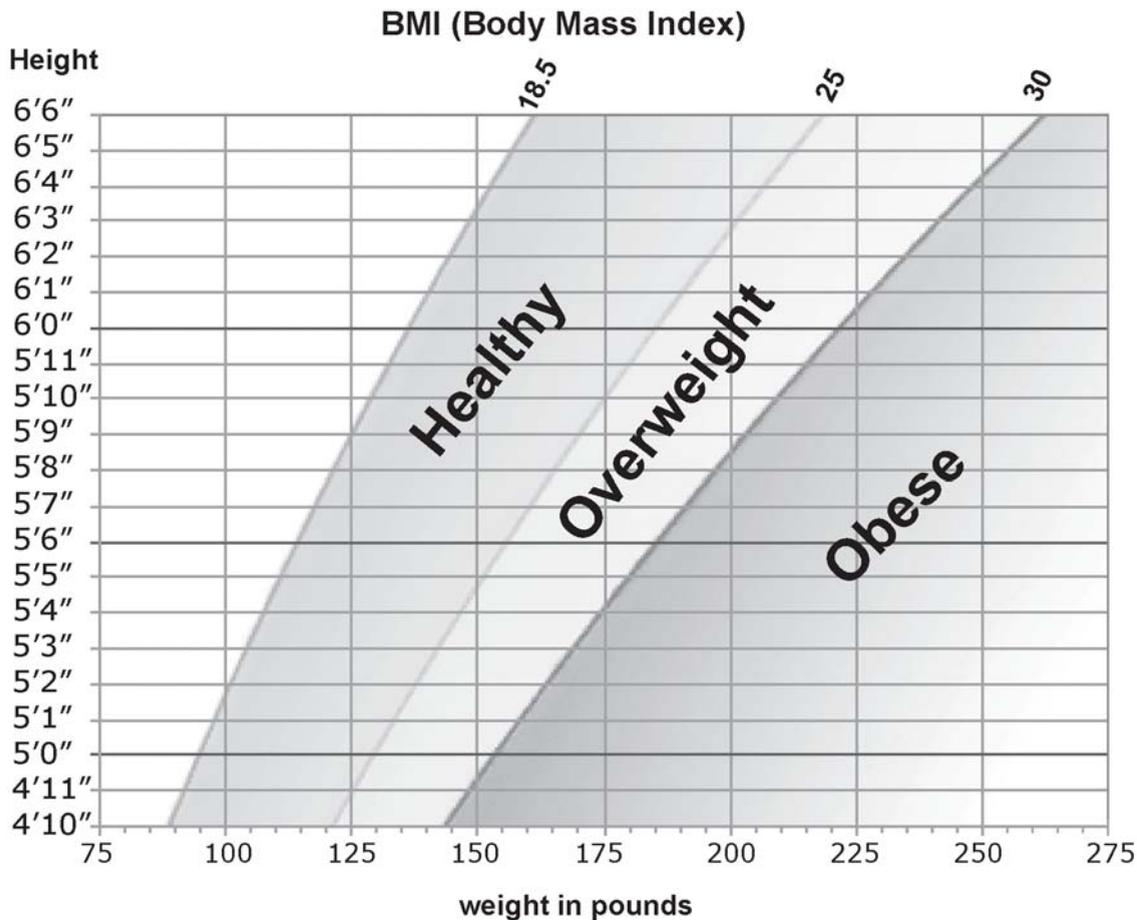
Recent government studies have shown that a BMI of over 25 contains too much fat. A BMI of 30 or more is considered obese. This can be very unhealthy for the body but how do you know if you have a healthy BMI? Simple, just do the following calculation to find out your body mass index number:

$$\text{Body mass index} = \frac{\text{weight (kg)}}{\text{height (m)}^2}$$

(Note: multiply weight in pounds by 0.45 to convert to kilograms, multiply height in inches by 0.0254 to convert to meters)

| BMI | Category |
|-------------|------------------------|
| Below 18.5 | Low (underweight) |
| 18.5 - 24.9 | Medium (normal weight) |
| 25 - 29.9 | High (overweight) |
| Above 30 | Very High (obese) |

An Ideal body weight is based on body mass index



If the BMI-test shows that you are overweight (a BMI number exceeding 25) you should consider doing something about it for the sake of your health.

Please note: This test is meant as a guide only, and should not replace a visit to your doctor to discuss weight problems. The BMI test should not be used by body-builders as the weight of the extra muscles could interfere with the calculation

SUPPLEMENTAL CHARTS

The following chart can also be used as supplemental data on page 70. and 74

Body Mass Index Table

| BMI | Normal | | | | | Overweight | | | | Obese | | | | | Extreme Obesity | | | | | | | | | | | | | | | | | | | | | | |
|-----------------|----------------------|-----|-----|-----|-----|------------|-----|-----|-----|-------|-----|-----|-----|-----|-----------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | |
| Height (inches) | Body Weight (pounds) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 58 | 91 | 96 | 100 | 105 | 110 | 115 | 119 | 124 | 129 | 134 | 138 | 143 | 148 | 153 | 158 | 162 | 167 | 172 | 177 | 181 | 186 | 191 | 196 | 201 | 205 | 210 | 215 | 220 | 224 | 229 | 234 | 239 | 244 | 248 | 253 | 258 | |
| 59 | 94 | 99 | 104 | 109 | 114 | 119 | 124 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 173 | 178 | 183 | 188 | 193 | 198 | 203 | 208 | 212 | 217 | 222 | 227 | 232 | 237 | 242 | 247 | 252 | 257 | 262 | 267 | |
| 60 | 97 | 102 | 107 | 112 | 118 | 123 | 128 | 133 | 138 | 143 | 148 | 153 | 158 | 163 | 168 | 174 | 179 | 184 | 189 | 194 | 199 | 204 | 209 | 215 | 220 | 225 | 230 | 235 | 240 | 245 | 250 | 255 | 261 | 266 | 271 | 276 | |
| 61 | 100 | 106 | 111 | 116 | 122 | 127 | 132 | 137 | 143 | 148 | 153 | 158 | 164 | 169 | 174 | 180 | 185 | 190 | 195 | 201 | 206 | 211 | 217 | 222 | 227 | 232 | 238 | 243 | 248 | 254 | 259 | 264 | 269 | 275 | 280 | 285 | |
| 62 | 104 | 109 | 115 | 120 | 126 | 131 | 136 | 142 | 147 | 153 | 158 | 164 | 169 | 175 | 180 | 186 | 191 | 196 | 202 | 207 | 213 | 218 | 224 | 229 | 235 | 240 | 246 | 251 | 256 | 262 | 267 | 273 | 278 | 284 | 289 | 295 | |
| 63 | 107 | 113 | 118 | 124 | 130 | 135 | 141 | 146 | 152 | 158 | 163 | 169 | 175 | 180 | 186 | 191 | 197 | 203 | 208 | 214 | 220 | 225 | 231 | 237 | 242 | 248 | 254 | 259 | 265 | 270 | 278 | 282 | 287 | 293 | 299 | 304 | |
| 64 | 110 | 116 | 122 | 128 | 134 | 140 | 145 | 151 | 157 | 163 | 169 | 174 | 180 | 186 | 192 | 197 | 204 | 209 | 215 | 221 | 227 | 232 | 238 | 244 | 250 | 256 | 262 | 267 | 273 | 279 | 285 | 291 | 296 | 302 | 308 | 314 | |
| 65 | 114 | 120 | 126 | 132 | 138 | 144 | 150 | 156 | 162 | 168 | 174 | 180 | 186 | 192 | 198 | 204 | 210 | 216 | 222 | 228 | 234 | 240 | 246 | 252 | 258 | 264 | 270 | 276 | 282 | 288 | 294 | 300 | 306 | 312 | 318 | 324 | |
| 66 | 118 | 124 | 130 | 136 | 142 | 148 | 155 | 161 | 167 | 173 | 179 | 186 | 192 | 198 | 204 | 210 | 216 | 223 | 229 | 235 | 241 | 247 | 253 | 260 | 266 | 272 | 278 | 284 | 291 | 297 | 303 | 309 | 315 | 322 | 328 | 334 | |
| 67 | 121 | 127 | 134 | 140 | 146 | 153 | 159 | 166 | 172 | 178 | 185 | 191 | 198 | 204 | 211 | 217 | 223 | 230 | 236 | 242 | 249 | 255 | 261 | 268 | 274 | 280 | 287 | 293 | 299 | 306 | 312 | 319 | 325 | 331 | 338 | 344 | |
| 68 | 125 | 131 | 138 | 144 | 151 | 158 | 164 | 171 | 177 | 184 | 190 | 197 | 203 | 210 | 216 | 223 | 230 | 236 | 243 | 249 | 256 | 262 | 269 | 276 | 282 | 289 | 295 | 302 | 308 | 315 | 322 | 328 | 335 | 341 | 348 | 354 | |
| 69 | 128 | 135 | 142 | 149 | 155 | 162 | 169 | 176 | 182 | 189 | 196 | 203 | 209 | 216 | 223 | 230 | 236 | 243 | 250 | 257 | 263 | 270 | 277 | 284 | 291 | 297 | 304 | 311 | 318 | 324 | 331 | 338 | 345 | 351 | 358 | 365 | |
| 70 | 132 | 139 | 146 | 153 | 160 | 167 | 174 | 181 | 188 | 195 | 202 | 209 | 216 | 222 | 229 | 236 | 243 | 250 | 257 | 264 | 271 | 278 | 285 | 292 | 299 | 306 | 313 | 320 | 327 | 334 | 341 | 348 | 355 | 362 | 369 | 376 | |
| 71 | 136 | 143 | 150 | 157 | 165 | 172 | 179 | 186 | 193 | 200 | 208 | 215 | 222 | 229 | 236 | 243 | 250 | 257 | 265 | 272 | 279 | 287 | 294 | 302 | 309 | 316 | 324 | 331 | 338 | 346 | 353 | 361 | 368 | 375 | 383 | 390 | 397 |
| 72 | 140 | 147 | 154 | 162 | 169 | 177 | 184 | 191 | 199 | 206 | 213 | 221 | 228 | 235 | 242 | 250 | 258 | 265 | 272 | 279 | 287 | 294 | 302 | 310 | 318 | 325 | 333 | 340 | 348 | 355 | 363 | 371 | 378 | 386 | 393 | 401 | 408 |
| 73 | 144 | 151 | 159 | 166 | 174 | 182 | 189 | 197 | 204 | 212 | 219 | 227 | 235 | 242 | 250 | 257 | 265 | 272 | 280 | 288 | 295 | 302 | 310 | 318 | 325 | 333 | 340 | 348 | 355 | 363 | 371 | 378 | 386 | 393 | 401 | 408 | |
| 74 | 148 | 155 | 163 | 171 | 179 | 186 | 194 | 202 | 210 | 218 | 225 | 233 | 241 | 249 | 256 | 264 | 272 | 280 | 287 | 295 | 303 | 311 | 319 | 326 | 334 | 342 | 350 | 358 | 365 | 373 | 381 | 389 | 396 | 404 | 412 | 420 | |
| 75 | 152 | 160 | 168 | 176 | 184 | 192 | 200 | 208 | 216 | 224 | 232 | 240 | 248 | 256 | 264 | 272 | 279 | 287 | 295 | 303 | 311 | 319 | 327 | 335 | 343 | 351 | 359 | 367 | 375 | 383 | 391 | 399 | 407 | 415 | 423 | 431 | |
| 76 | 156 | 164 | 172 | 180 | 189 | 197 | 205 | 213 | 221 | 230 | 238 | 246 | 254 | 263 | 271 | 279 | 287 | 295 | 304 | 312 | 320 | 328 | 336 | 344 | 353 | 361 | 369 | 377 | 385 | 394 | 402 | 410 | 418 | 426 | 435 | 443 | |

Source: Adapted from Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report.



Hadhrat Mirza Tahir Ahmad رحمه الله تعالى

Hadhrat Mirza Tahir Ahmad رحمه الله تعالى was born in Qadian, India, in 1928 to Hadhrat Mirza Bashiruddin Mahmud Ahmad رحمه الله تعالى and Hadhrat Maryam Begum. He obtained his early schooling at Qadian and joined Government College Lahore in 1944. After graduating from the Ahmadiyya Missionary College Rabwah, with distinction, he obtained his honours degree in Arabic from the University of the Punjab. In 1955, he visited England for the first time with his father who advised him to remain behind to improve his knowledge of the English language and Western customs. He secured admission at SOAS, university of London, where he remained for two and a half years. By the end of 1957 he had not only visited most of England, Ireland, Scotland, and Wales but also most of Western Europe.

After completing his education, he dedicated his life to the service of faith. In October 1958, he was given charge of "Waqf-e-Jadid", the department for propagation of the highest grades of virtue and for fostering the welfare of Ahmadis. In 1965 he served as Mohtamim Sehat-e-Jismani, Majlis Khuddamul Ahmadiyya Markazia, Rabwah which is when he wrote this book in Urdu. From 1960 to 1969 he was appointed Vice-President and then Sadr Majlis Khuddamul Ahmadiyya Central (Markazia). In 1979 He was elected as Sadr Majlis Ansarullah Central (Markazia). He was elected as the head of the Ahmadiyya Community in 1982.

The anti-Ahmadiyya ordinance, promulgated on 26 April 1984, compelled him to leave Pakistan and settle in the UK. Within a few years he trained and organised thousands of men, women and children as voluntary workers to help him discharge his global responsibilities. One of his achievements, MTA, (Muslim Television Ahmadiyya) televises twenty-four hours a day, and reaches all the continents in most major languages of the world.

He was also a renowned homeopathic physician, a prolific writer, a highly gifted poet and a keen sportsman. He passed away in April 2003 aged 74.