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Achieving Resilient and Inspiring Families

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WELCOME TO THE ARIF TIMES!

As we embrace the New Year, let's take a moment to reflect on the past year's achievements, challenges, and the lessons we've learned. The turning of the calendar invites us to reach out to fresh beginnings and sets our sights on new aspirations, and what better way to start than by prioritizing our health and fitness as a family?

In our pursuit of a healthier and happier life, let us actively work towards a future filled with vitality and energy. This year, we shall adopt a SMART approach to our goals. By doing so, we can create a roadmap that empowers us to make sustainable changes and achieve lasting results.

Let us identify clear objectives that resonate with our individual and collective desires for a healthier lifestyle. Whether it's committing to regular exercise routines, making mindful dietary choices, or prioritizing mental well-being, let our resolutions be specific and purposeful.

Let this new year be a testament to our shared commitment to health and wellness as a family. Wishing everybody a Happy New Year!

Fitness and Nutrition in Health

by Muhammad Fairuz Abdul Rahman

New year, a new set of resolutions.

For 2024, the Forbes Health/OnePoll Survey found some resolutions to be more common than others, with the most popular goal being “Improved fitness” chosen by 48% of respondents (www.forbes.com/health).

Is being healthy and being fit the same thing?

Most people may think so, but in truth, they are not truly the same. One can be really fit but not very healthy, and one can also be very healthy but not very fit. In trying to get a balance out of both health and fitness, that is where the best benefits can be found.

So what is health, and what is fitness?
Let's define them.



The World Health Organisation (WHO) defines health as a state of complete physical, mental, and social wellbeing, not just the absence of disease or infirmity. It means ageing well, longevity with good quality of life, freedom from pain, mobile and happy at heart.

Fitness is defined as a set of attributes that people have or acquire that relate to the ability to perform physical activity. There are many components that make up fitness and the following needs to be considered when discussing fitness levels:

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1. **Endurance** (Cardiovascular/Cardiorespiratory)
The ability to use and deliver oxygen to your body.
2. **Stamina** (Muscle endurance)
The ability to store, process and use energy.
3. **Strength**
The ability of your muscles or muscular unit to apply force.
4. **Flexibility**
The ability to maximise the range of motion of a joint.
5. **Power**
The ability of your muscles to maximise their force in a minimum amount of time.
6. **Speed**
The ability to minimise the amount of time it takes to accomplish a task/movement.

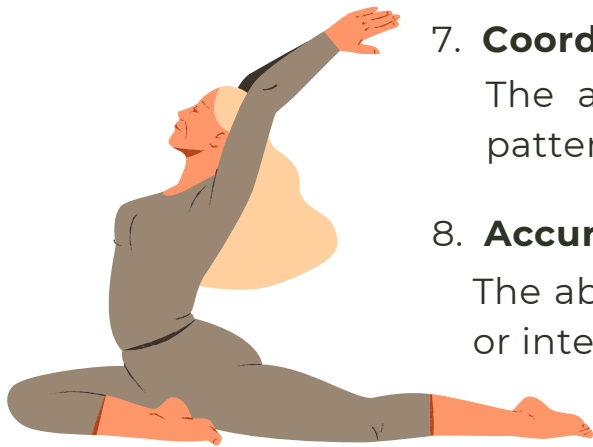


7. **Coordination**

The ability to combine several different movement patterns in a single distinct movement.

8. **Accuracy**

The ability to control a movement in a given direction or intensity.



9. **Agility**

The ability to minimise the time going from one movement to another.

10. **Balance**

The ability to control the centre of gravity of your body in relation to your support base.

Fitness involves activity of some sort that stimulates various systems of the body and, in so doing, maintains a certain condition within the body.

Health involves every system of the body, and is only achieved through a lifestyle that supports health.

If a person is not eating properly, ignores the ingredients and eats mostly junk and processed food, all the exercise in the world is not going to correct the damage done by such a lifestyle.

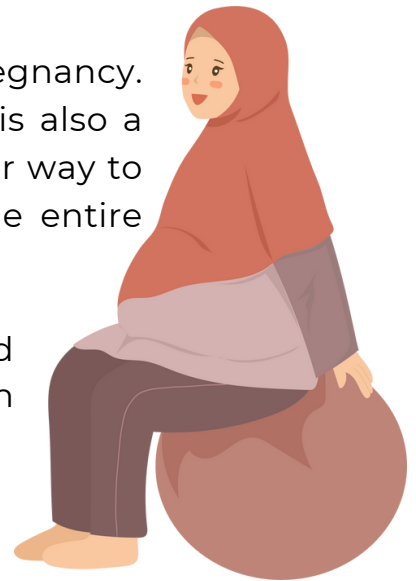


Exercise alone will not remove the damage from chemicals or improve the damage and weakness to the immune system from depleted foods. But good nutrition can support good health. Fitness can also support health and improve health; it is ingrained as a way of life. Our health is an end product of thousands of daily nutritional decisions.

It is important to have a healthy and balanced lifestyle. This includes being careful and selective with what we eat and how we eat. It also means having a regular sleeping pattern and catering enough time for rest. There are many different exercises one can choose from, and there are a multitude of avenues for being physically active in Singapore - from the swankiest of gym studios to the neighbourhood parks and stadiums, and even from the comfort of our own homes.

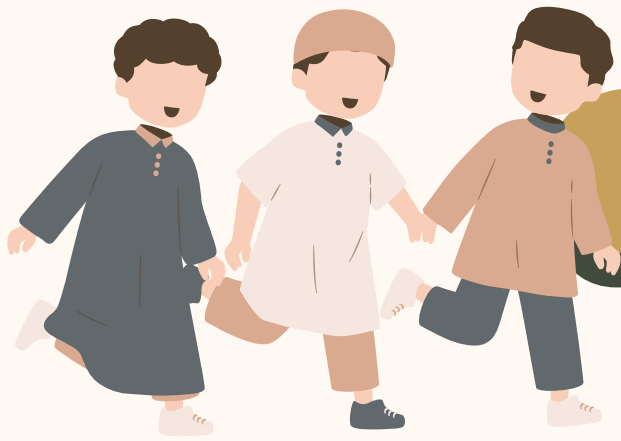
A pregnant woman can exercise safely throughout pregnancy. Cultivating a habit is best when started from young. There is also a guideline for physical activity for our young ones. What better way to inculcate this positive behaviour change than to involve the entire family!

The following links will take you to the various exercise and physical activity guidelines for these specific groups in Singapore:



For pregnant women:
<https://perinatal.sg/exercise.pdf>

For infants, toddlers and preschoolers (0-6 years old)
<https://www.cfps.org.sg/assets/1-Circular-for-GPs/7-CPCHS-Singapore-Integrated-24-Hr-Activity-Guidelines-for-Early-Childhood-2021-Main.pdf>



Fitness in Islam

by Ustaz Ahmad Khushairi bin Abidin

Islam strongly promotes a healthy lifestyle. The faith teaches us that the act of healthy eating and living are not the goals in itself, but they are means to something much greater.

Ultimately as Muslims, our presence in this world is to strive and improve our connection with our Creator by performing our roles dutifully. This has been exemplified by our Prophet Muhammad PBUH.



Rasulullah PBUH advised his followers to engage in four specific forms of physical activity (although we are not limited to only these options in today's context), namely horseback riding, archery, swimming and wrestling.

Considering the essence of these activities, this prophetic recommendation is about encouraging Muslims to be physically moving about and exercising in the best manner that keeps us fit, strong and healthy.

Rasulullah PBUH also said:

“The strong believer is better and more beloved to Allah than the weak believer, while there is good in both.” (Muslim)



The hadith is essentially describing the strength of faith and character; however, health and fitness are as important. This means that Muslims are obliged to take good care of their spiritual, physical as well as emotional health. Surround yourself with positive people. Protect your emotions by setting boundaries in social relationships as well as social media activities.



As we welcome a new Gregorian year, we are also welcoming the month of Rejab, the seventh month of the Islamic calendar. This month is also regarded for its virtue and status as a sacred month. The coming of Rejab also signifies the beginning of a 2-month countdown to the fasting month, Ramadhan. Many Muslims commence their preparations: house cleaning, shopping, fasting, performing more good deeds and being reflective by looking inward to seek repentance. All these activities require holistic energy; physically, emotionally and spiritually.

Begin this new year with a new resolution to stay active and healthy because it is loved and encouraged. Allow yourself permission to be in the company of like-minded individuals who are also striving to be healthier and be a positive influence on one another. Importantly, increase gratitude and appreciation for the blessings of life you're experiencing at the moment.

Finally, a friendly reminder to us all,
Allah rewards your efforts regardless of its results.

***“Indeed, this is for you a reward and your effort
has been appreciated.” (76:22)***





Setting SMART goals as a family

by A'bidah binte Yahya

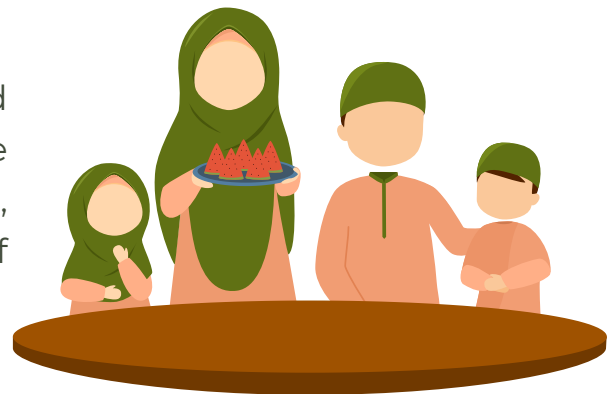
Building a life together can be a wonderful, exciting and thrilling adventure, especially when you and your family share the same goals and intentions. This process requires trust, commitment, communication and openness as it involves the hopes and dreams of your loved ones.

WHAT ARE SMART GOALS?

SMART stands for “Specific”, “Measurable”, “Achievable”, “Relevant” and “Time-bound”. Having these aspects in place will guide you set a clear timeline, track progress, measure success and make adjustment. It is essential to review and evaluate goals regularly as the family’s needs tend to evolve over time.

1. Specific

For a goal to be effective, narrow down and scope what you want to focus on. If quality time is part of your family members’ love language, spending quality time over dinner can be part of the goals that you intend to achieve.



2. Measurable

Successful outcomes can be measured when you quantify your goals. For instance, a measurable goal could be going for a vacation as a family once in a year.



3. Achievable

Ensure that your goals are realistic and attainable within reasonable timeframe. For example, learning something new together as a family. It could be a new skill or hobby that everyone in the family enjoys learning.

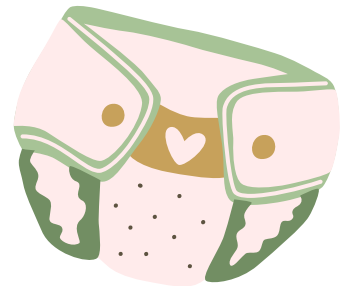


4. Relevant

The goals should be relevant to the specific needs and values following long-term aspirations of the family. It shall address the area that requires improvement to the well-being of the family. For instance, adopting a healthy lifestyle to improve one's health.

5. Time-Bound

Creating a timeline helps you to stay focused and track progress over time. For instance, potty train your child within three months to allow space for your child to be fully toilet-trained.



Setting SMART goals is immensely beneficial as it helps to create lasting bonds and memories while strengthening your ties with your family. Once you set and accomplish your first round of goals, your family will be more likely to continue with the habit and collectively create more goals together.

