

Making healthy lifestyle choices



The Qur'an says:
"Eat and drink but exceed not the bounds; surely, He does not love those who exceed the bounds." (Surah al-Araf, Ch.7: V.32)



Some risk factors for developing CVD or having a stroke or heart attack can be reduced by leading a healthier lifestyle.



The key risks are: being overweight; physical inactivity; sitting for prolonged periods of time; unhealthy diet; tobacco use; excessive use of alcohol.

The importance of leading an active lifestyle

The Prophet also personally engaged in and encouraged others to take part in sports such as wrestling, running, horse racing, camel racing, swimming and archery. He rode horse and camel regularly and kept himself active.



Being overweight or obese increases the risk of a developing diabetes or having a stroke or heart attack.



A healthy weight for someone's height is having a Body Mass Index (BMI) of under 23 if of ethnic origin.



Regular exercise and a healthy diet can help lose weight and also maintain a healthy weight.

Physical activity



Adults are advised to undertake at least 150 minutes of exercise a week at a moderate intensity, although to move to an active from a sedentary lifestyle is essential.



Start exercising by doing as much as you can initially, perhaps 3 x 20 minute walks per week.

Diet

The Prophet (peace and blessings be upon him) said: *"A few morsels that keep his back upright are sufficient for him. If he must, then he should keep one-third for food, one-third for drink and one-third for his breathing"*
Imam Ahmad and At-Tirmidhi and authenticated by Al-Albani



A healthy and balanced diet keeps the heart healthy and can help weight loss or to maintain a healthy weight.



Changes can be made to reduce the amount of saturated fat, salt and sugar in people's diets and increase the amount of fibre from fruit and vegetables.



It is easy to remove or substitute unhealthy foods for healthier alternatives.

Smoking



The Qur'an, does not specifically prohibit or denounce smoking, but gives behavioural guidance: *"Don't throw yourself into danger by your own hands..."* (Al Baqarah 2:195)



Smoking can cause heart attacks and stroke as well as causing cancer.



Quitting is the best course of action to reduce the risks.



Smoking shisha (even tobacco free) carries the same risk as smoking cigarettes.

Alcohol



Excessive alcohol consumption can lead to CVD that increases the risk of a heart attack or stroke.



Drinking within recommended levels of 14 units a week, including alcohol free days, can reduce the risk.

Sources of support

Further Information

The importance of leading an active lifestyle

www.nhs.uk/conditions/obesity/

www.nhs.uk/better-health/lose-weight/

www.nhs.uk/live-well/exercise/

www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/exercise/resources

www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating

www.nutrition.org.uk/putting-it-into-practice/food-labelling/looking-at-labels/

www.diabetes.org.uk/guide-to-diabetes/enjoy-food/eating-with-diabetes/whats-your-healthy-weight/lose-weight

Physical Activity

www.gmactive.co.uk/

www.gmmoving.co.uk/data-and-learning/greater-manchester-sporting-equals-research

Diet

www.nhs.uk/live-well/eat-well/

www.nutrition.org.uk/healthy-sustainable-diets/

Smoking

www.nhs.uk/conditions/stop-smoking-treatments/

www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/

www.nhs.uk/better-health/quit-smoking/

[www.bhf.org.uk/informationsupport/risk-factors/smoking/shisha#:~:text=In%20a%20shisha%20session%20\(which,cancers\)](http://www.bhf.org.uk/informationsupport/risk-factors/smoking/shisha#:~:text=In%20a%20shisha%20session%20(which,cancers))

Alcohol

www.nhs.uk/live-well/alcohol-support/

Stroke Association

- **Stroke Helpline:** 0303 3033100 and helpline@stroke.org.uk is available for anyone who would like to talk to someone who understands the effects of stroke.
- **Stroke Association website:**
<https://www.stroke.org.uk/our-publications/information-other-languages>
For a wealth of information and fact sheets that cover many stroke related topics including information documents available in Bengali, Urdu, Punjabi.
- **Here For You** - is a volunteer telephone support service, set up in 2020. It is free and available to all stroke survivors and their carers, regardless of location. It is a matching service to ensure people receive the right support with a weekly call up to 30 minutes, for eight weeks. We also have volunteers who can support in the following languages: English, Punjabi, Bengali, Urdu, Hindi, Shona, Somali, and others.
- **My Stroke Guide** is an online tool. It includes helpful videos that can support you to understand stroke, manage its effects and has tips on how to improve health and mental wellbeing.

The Stroke Association continue to offer, everywhere except South Manchester and Bury, Stroke Recovery services that aim to provide practical advice, emotional support and high-quality information following a stroke. Whether a stroke survivor, carer or family member, they will work to identify and address needs through a personalised plan, and support people to rebuild their life after stroke. The local teams can be contacted via the Helpline on **0303 3033100** or via <https://www.stroke.org.uk/finding-support/support-services>.

Carers UK telephone Helpline is available on **0808 808 7777** from Monday to Friday, 9am-6pm or you can contact by email advice@carersuk.org. You can find details of local carers' organisation on the website at www.carersuk.org/local-support.

Diabetes UK

- **Worried about the risk of type 2 diabetes?**
www.diabetes.org.uk/preventing-type-2-diabetes
- **Living with diabetes?**
www.diabetes.org.uk/guide-to-diabetes
- **Diabetes UK Support Forum** Log on 24/7 to find help, tips and a friendly welcome from other people living with diabetes.
www.diabetes.org.uk/forum
- **Diabetes UK helpline** Call or email our specially trained counsellors to get help or support Monday to Friday 9am to 6pm. We can provide a translator service too.
0345 123 2399
or email helpline@diabetes.org.uk
- **Learning Zone** Join our free online Learning Zone and get to grips with your diabetes when it suits you. www.diabetes.org.uk/learningzone
- **Diabetes UK** – Your friends in the North Facebook group
www.facebook.com/groups/193410685443622