

Tips For Boosting A Movement Mindset

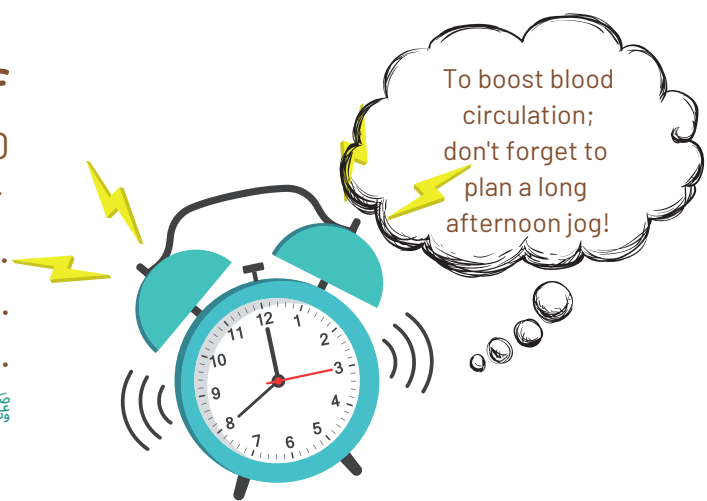


VARY YOUR POSITIONS

Following an ergonomically correct sitting position may improve concentration and productivity. Each reading position—sitting, standing, or lying down—has its perks. Read about, and note down important tips to avoid prolonged sitting problems. Listen to your body, move when necessary, and be from “Those who remember Allah standing, sitting and on their sides.” Quran, 3:191

ALARM YOURSELF

Set your alarm to remind you to **move** every 40 minutes. Go for a short walk, and refresh your brain with a cup of water. Breathe, reflect, and focus on long-term objectives.. Reconnect, revise and renew your NIYAH. “Actions are judged by intentions.” - The Prophet ﷺ



DISCONNECT TO CONNECT

Set at least 15 minutes, 3 times a week, to **connect** with your body. Contemplate, in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interruption or judgment. Locate your **emotions**, tension, and pain, asking Him: “O Allah! let us enjoy our hearing, our sight and our power as long as You keep us alive.”



SECLUDE TO
CONNECT YOUR
MIND, BODY,
AND SOUL

BREATH AND STRETCH

Did you know that inactivity while sitting leads your joints to lose their normal range of motion?

Relax & boost your joints' movability by including 10 minutes of stretching in your daily routine. Remember, new habits require **patience** and *Isti'aanah* - requesting assistance and support!



STANDOUT!

Sitting is said to be as risky as smoking! Switch to a **standing desk** without worrying about productivity. Use a bookshelf, or a window bar, or create your own comfortable space to stay on your feet!



DIVERSIFY YOUR STYLE

Reduce strain on your lower spine by alternating between soft and hard seats. Boost brain activity with balancing actions, like sitting on a Swiss ball for ‘short periods’. Stay **mindful** of your posture, while asking Him: “O Allah the Supporter of all: rectify for me all of my affairs and do not leave me to myself, even for the blink of an eye.”

