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book is to address the deteriorating state of health of Muslims in Singapore particularly the Malays The content focuses on improving physical health through lifestyle interventions in exercise diet and rest To support the narrative verses from the Quran and the Hadith are used because the authors believe that religion is a strong motivator Many perceive Hajj and Umrah as the pinnacle of Islamic worship yet many are unaware of the grueling tasks involved in them Readers will learn how to achieve peak physical health so as to be able to complete the Tawaf and Sai with greater ease InshaAllah Not only that they can also expect an improvement in the quality of life as a person and as a Muslim when adopting the right practices and beliefs Included is how the Quran and Hadith place much emphasis on physical health and how science debunks many health myths on weight loss exercise and rest And because the wait time for Hajj in Singapore can take up to twenty years physical preparation should start as soon as possible Readers will discover why adopting the right motivation and changing mind sets can increase the chances of success There is a special section on healthy practices during Ramadhan and Syawal two celebratory months in the Islamic calendar where diet and exercise take a back seat due to the focus on ibadah Two special Muslims take center stage in this chapter one talks about his positive experience with intermittent fasting during and after Ramadhan and the other who exercises and trains every day while fasting The authors of this book speak from experience as they themselves exercise regularly and observe healthy diets Readers who are interested to know about Umrah the DIY way will also benefit as one of the authors give a detailed account of his recent trip

Lonely Planet Southwest USA Lonely Planet, Hugh McNaughtan, Carolyn McCarthy, Christopher Pitts, Benedict Walker, 2018-03-01 Lonely Planet The world's leading travel guide publisher Lonely Planet Southwest USA is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Nourish your soul as you soak up the sheer immensity of the Grand Canyon chase the neon lights in Las Vegas or be lured by the ski slopes hiking trails and white water rapids of Taos all with your trusted travel companion Get to the heart of Southwest USA and begin your journey now Inside Lonely Planet's Southwest USA Travel Guide Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation phone numbers websites transit tips prices Honest reviews for all budgets eating sleeping sight seeing going out shopping hidden gems that most guidebooks miss Cultural insights give you a richer more rewarding travel experience history politics lifestyle Native Americans culture art literature cinema music architecture landscapes wildlife environmental issues cuisine beer wine customs etiquette Covers Las Vegas Nevada Arizona Greater Phoenix Grand Canyon Region Navajo Reservation Taos Las Vegas New Mexico Albuquerque Santa Fe Southwestern Colorado Utah and more eBook Features Best viewed on tablet devices and smartphones Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a

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they're needed Fiber and Water Importance Find out how fiber and water help keep you healthy and why you need them in your diet Assessing Nutrient Intake Learn how to check if you're getting enough nutrients to stay healthy Building a Balanced Diet Know why you need different types of foods and how to put them together for a healthy diet Portion Control Discover ways to control how much you eat to stay healthy Plant Based Diet Benefits Understand how eating more plants can make you healthier and give you more energy Mindful Eating Habits Learn how to pay more attention to what you eat and make better food choices Handling Emotional Eating Find out how to deal with eating when you're not hungry and make sure you eat well Meal Planning Skills Learn how to plan and prepare meals that are good for you Eating Healthy on a Busy Schedule Figure out how to eat well even if you're busy all the time Knowing Real Nutritional Value Understand what's really in the food you eat not just what the labels say Cultural and Social Impact on Eating See how the culture around you affects what you eat and how to make good choices for your health Get ready for a healthier happier you with these steps to mindful eating

Lonely Planet South America on a shoestring Lonely Planet, Regis St Louis, Sandra Bao, Celeste Brash, Gregor Clark, Alex Egerton, Brian Kluepfel, Tom Masters, Carolyn McCarthy, Kevin Raub, 2016-09-01 1 best selling guide to South America Lonely Planet South America on a Shoestring is your passport to the most relevant up to date advice on what to skip what hidden discoveries await you and how to optimize your budget for an extended continental trip Drift between river towns in the Amazon shake it in Rio de Janeiro or hustle for traditional crafts in Ecuador all with your trusted travel companion Get to the heart of South America and begin your journey now Inside Lonely Planet's South America on a Shoestring Travel Guide Color maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation phone numbers websites transit tips prices Budget oriented recommendations with honest reviews eating sleeping sight seeing going out shopping hidden gems that most guidebooks miss Cultural insights give you a richer more rewarding travel experience history lifestyle arts religion outdoor activities cuisine sports environment politics Over 170 maps Covers Argentina Bolivia Brazil Chile Colombia Ecuador French Guiana Guyana Paraguay Peru Suriname Uruguay Venezuela and more eBook Features Best viewed on tablet devices and smartphones Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations websites Zoom in maps and images Inbuilt dictionary for quick referencing The Perfect Choice Lonely Planet South America on a Shoestring is perfect for both exploring top sights and taking roads less traveled Looking for just a few of the destinations included in this guide Check out Lonely Planet Argentina Brazil or Chile Easter Island our most comprehensive guides that cover South America's top sights and offbeat experiences Authors Written and researched by Lonely Planet Regis St Louis Sandra Bao Celeste Brash Gregor

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Lonely Planet China Stuart Butler, 2022-05

Lonely Planet's China is your passport to the most relevant up-to-date advice on what to see and skip and what hidden discoveries await you. Explore Beijing's Forbidden City, climb the Great Wall and discover sacred Lhasa, all with your trusted travel companion. Get to the heart of China and begin your journey now.

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- Highlights and itineraries: help you tailor your trip to your personal needs and interests.
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