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Health New Year Resolution

Syed Tanvir Ahmad, Qa'id Health

2020 is fast approaching. Let’s resolve to make some healthy choices for the new year. Here are a few suggestions:

**Exercise Regularly:** Start an exercise program and make it your habit—walk, ride a bicycle, swim or actually go the gym you have been paying for years.

**Eat Healthy:** We all know what a healthy diet is—vegetables, fruits, whole grains, milk, fish, honey. We should consume these regularly but avoid excess of anything.

**Say No to Tobacco:** Avoid tobacco in all forms and if you do not smoke, help a friend or family member quit.

**Get Your Family Involved:** Exercise together or start a healthy activity together—gardening, walking, bicycle riding.

**Reduce Your Family’s Screen Time:** Try to reduce screen time and get active. Lead by example.

**Health Checkup:** Get your annual checkup and follow your health professional’s recommendations.

**Protect Yourself:** Get your flu or other vaccinations. Flu vaccines are offered in many doctor’s offices, clinics, pharmacies and health departments.

**Reduce your stress:**

“It is in the remembrance of Allah that hearts can find comfort” (13:29)

Be regular in offering Salat in congregation and recitation of the Holy Qur’an with translation and commentary.
Ta'lim Test II

Please [take Ta'lim Test II online](#)

The deadline to take the test is Tue, Dec 31, 2019.

Login Password

First three letters of your Majlis name plus 2019

Examples:
dal2019 for Dallas Ansar
det2019 for Detroit Ansar

National Ijtima Survey Results

Here are some of the National Ijtima survey results. More results will be shared in the upcoming issues of this newsletter.

Protecting our children from drugs [Saturday]
180 responses

![Pie chart](#)

Five daily prayers in congregation: Is it practical? [Saturday]
183 responses

![Pie chart](#)
Send us your stories of brotherhood, Ijtima memories, or any other inspiring experience that we can share with Ansar brothers via this e-newsletter.

Department of Publications
Majlis Ansarullah USA
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