



# STAYING HEALTHY DURING RAYA

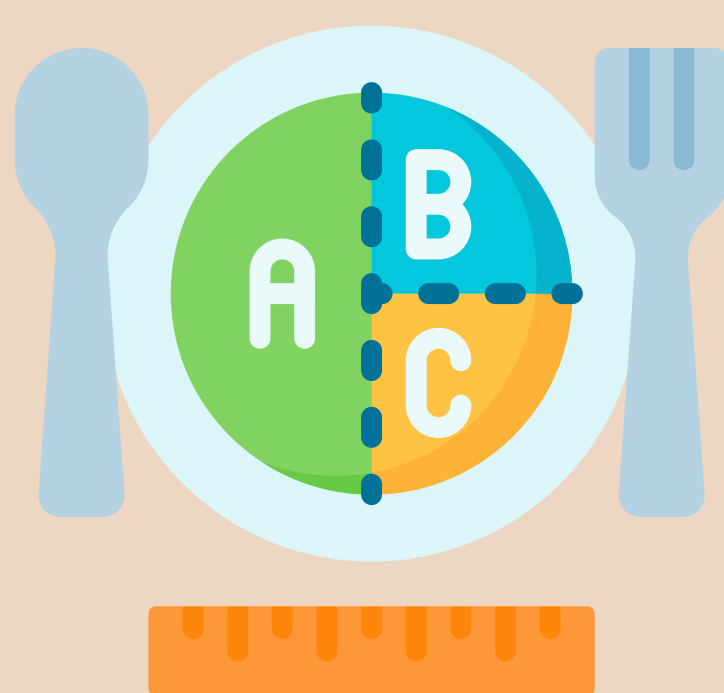
## Engage in Light Exercise

- Great way to improve heart health, strengthen muscles, and burn calories
- Example: A simple brisk walk around your apartment block or doing a few sets of ab crunches at home



## Use the Plate Trick

- Trick is to eat smaller portions and not go for seconds
- Example: portion control by using a smaller plate, and eating small pieces



## Think of water as your helpful kaki

- Water keeps you hydrated and fills your stomach so you are less likely to overeat
- Example: drink one to two cups of water before eating or go for unsweetened tea or coffee



Assalamu  
'Alaihi  
& Rahlm  
'Alaihi  
& Rahlm  
IDUL FITRI 1444H