

Health and Fitness Is No Excuse to Disobey Allāh

Golden Advice of Shaykh al-‘Allāmah Abd al-Muḥsin al-‘Abbād

“It is obligatory upon every Muslim, male and female, to fear Allāh, be conscious of Him and beware of falling into those things that result in His wrath and punishment. And it is upon these young women who are hastening towards indecency to fear Allāh...”

The Noble Shaykh al-‘Allāmah Abd al-Muḥsin al-‘Abbād said:

“And as for obesity, which is repeatedly used as an excuse to open fitness centers and clubs to play football [soccer] and other [sports], then one should strive to protect oneself from it before it happens and likewise try to rid oneself from it afterwards through consultation from medical professionals in how to regulate one’s eating and how to avoid going overboard in eating foods that lead to this.

Similarly, by walking and exercising inside the house and bringing different equipment into the house that doesn't involve anything that is legislatively prohibited, so that they can use them to accomplish one’s goals and objectives.

In doing this the overwhelming benefit (for the woman) is achieved and likewise (her) abiding by the command and prohibition in the statement of Allah, the Mighty and Majestic:

﴿ وَقَرْنَ فِي بُيُوتِكُنَّ وَلَا تَبَرَّجْنَ تَبَرُّجَ الْجَاهِلِيَّةِ الْأُولَىٰ ﴾

‘And remain in your homes, and do not display yourselves like the pre Islamic times of ignorance.’ [Al-Ahzāb: 33]¹

Translated by Anwar Wright

¹ In an article entitled ‘The Danger of Fitness Centers on Young Women’.