



Ansar Connection

A biweekly e-newsletter of Majlis Ansarullah, USA

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We are the Helpers of Allah.

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Majlis Ansarullah Cycling Challenge June 2021

By Irfan Chaudhry (Naib Qaid Health, Majlis Ansarullah USA)

Time and again our beloved Khalifa (aba) has stressed the importance of maintaining a healthy lifestyle. He has especially talked about cycling regularly. Keeping this in mind, we launched a "Bike and Personal" health challenge in June to encourage members to be more active.

We had [54 brothers participate](#) in the bike challenge, and 29 cycled 80 miles or more. Three brothers excelled above all others and achieved first, second and third ranking:

- Zia Ullah Sahib (Baltimore) – 984.81 miles biked in 30 days
- Mohammad Rizwan Akbar Sahib (Central Jersey) – 867.23 miles biked in 30 days
- Imran Afzal Malik Sahib (Indiana) – 850.46 miles biked in 30 days

These brothers were awarded special prizes for their outstanding achievement. The other participants who cycled 80 miles or more received a water bottle. Overall, 54 members participated in the Cycling challenge and biked over 8,000 miles. That's the equivalent of cycling from Boston to Orlando to Los Angeles to Seattle and back to Boston!

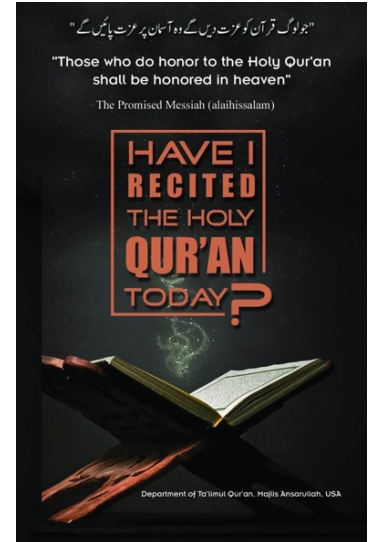
Additionally, some brothers set personal exercise goals for themselves. Mashallah, we had 21 brothers who set a target goal of exercising 300, 600 or 900 minutes in the month and either met or exceeded that goal. These brothers also received prizes.

Jazakallah to all who took advantage of this campaign to increase their physical health. We pray this is just a start to a more regular physical activity regimen.

Cycling thru Rural Indiana

By Imran Malik (Zaim Indiana Majlis)

Alhamdulillah As part of our recent Majlis Ansarullah cycling challenge in June 2021, I was able to cycle more than 800 miles, most of it on rural streets of Central Indiana. Cycling is a great way to observe the scenery. I saw amazing scenes and at times I was able to take pictures at just the right



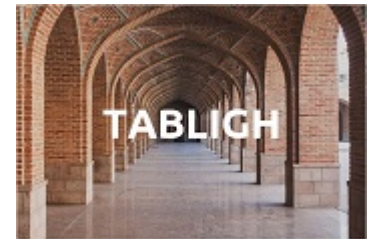


time. Here's an online [album](#) of some of the best pictures.



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
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