

Muslim Personal Trainer to Host the Only International Fitness Summit for Muslim Women

By Fit Muslimah

Dated: Jun 16, 2008

The Fit Muslimah Health and Fitness Summit to be held July 26 and 27, 2008 in New Haven, CT. the event is the only one of its kind in the world and is expected to attract and international representation of Muslim women.

When people look at a Muslim woman, “fitness diva” is not a term that comes to mind. But all that may change if Mubarakah Ibrahim has her way. This 32 year old Muslim Fitness Trainer has put together the Second Annual Fit Muslimah Health and Fitness Summit, a 2 day health and fitness summit for Muslim women to be held July 26 and 27, 2008 in New Haven, CT.

“Muslim women in North America have a fitness predicament, because of their loose clothes and Islamic values of modesty they do not have to worry about fitting into a holiday black dress or summer bikini, as a result many Muslim women don’t exercise as often as they should” says Ibrahim who was born and raised Muslim. “And for stricter practicing Muslims that don’t intermingle with men, co-ed gyms pose a greater challenge to being physically fit.” I want to help Muslim women and girls to discover that fitness and Islam are a natural fit.”

The event, being held in New Haven, CT, will have an all female environment where participants will have a choice from various fitness classes and health workshops. Yoga, Kickboxing, Water Aerobics and Core Conditioning fitness classes will go along side of workshops on weight loss, hypnosis, nutrition, cancer prevention, diabetes and motivational speakers.

The 2 day event has brought together Muslim women professionals from all across the North America in effort to “to encourage Muslim women and girls to live a healthy lifestyle by staying physically fit and taking a proactive stance on their health. Co-sponsored by Aziza Magazine, a quarterly publication for Modern American Muslim Women, Tri-State Media, a newspaper for and by Muslims in the tri-state area, Ctribat, and Fat Loss 10, the event is the first and only one of its kind in the world and is expected to attract Muslim women from as far away as Montreal, Canada.

Press packets are available upon request.

###

About Fit Muslimah Summit

The Second Annual Health and Fitness Summit Women to be held July 26-27 2008 in New Haven CT. Two days of sporting events, exercise classes, and health and fitness workshops geared towards women. We will discuss not only common health concerns for women like heart diseases and cancer, but also special considerations for women like exercising outdoors. the event is the only one of its kind in the world and is expected to attract women from all over the world.

| | |
|----------|---|
| Category | Religion, Women |
| Tags | muslim, women, Islam, Fitness, mubarakah, exercise, nutrition, sports, kickboxing, yoga, quran, Weight Loss, cancer |
| Email | Click to contact author |
| Phone | (203) 624-9999 |
| Fax | (203) 624-9999 |

Address 363 Whalley Ave
City/Town New Haven
State/Province Connecticut
Zip 06511
Country United States
Link <http://prlog.org/10080822>



Scan this QR Code with your SmartPhone to-
* Read this news online
* Contact author
* Bookmark or share online