

Walking and Prophet Mohammed (Sallallahu ^Alayhi Wa Salam) gait from Sunnah as an approach to achieve regular active walking.

Mostafa Ahmed Zaki Mohamed Abdel-Ilah

Department of Kinesiology, Faculty of Physical Education, Minia University

Introduction and study important:

In Islam, sunnah, also spelled sunna (Arabic: سنة), are the traditions and practices of the Islamic prophet Muhammad that constitute a model for Muslims to follow. The sunnah is what all the Muslims of Muhammad's time evidently saw and followed and passed on to the next generations (29: 65). According to classical Islamic theories (3 : 7) . the sunnah are documented by hadith (the verbally transmitted record of the teachings, deeds and sayings, silent permissions or disapprovals of prophet Muhammad), and along with the Quran that make up the primary sources of Islamic law and belief/theology . Prophet Muhammad was the best exemplar for Muslims and several verses in the Quran declare his conduct exemplary, and enjoin his followers to obey him.(1)(15)

Allah said in Quran :

" من يطع الرسول فقد أطاع الله ومن تولى فما أرسلناك عليهم حفیظا " (النساء ٨٠)

"Whoever obeys the Messenger has obey God and whoever turns away , we have not sent you as a guardian over them [An-Nisa: 80] .

And Allah said in another verse :

" ومن يعص الله ورسوله فقد ضلّ ضلّالاً مبیناً " (الاحزاب : ٣٦)

"And whoever disobeys God and his Messenger has strayed into a clear error"[Al-Ahzab:36]

Sunnah provides a basis not only for major laws and rituals in Islam like how to pray salat, but for "even the most mundane activities" Each Hadith is composed of two important components: the actual narrative text, known as Matn(المتن) , and the chronological list of people (رواة) who were the transmitters of the Matn, traditionally known as Isnad (اسناد) (33: 273).

Walking is one of Allah almighty blessing to mankind, and Allah mentioned the walking word by its conjugation 23 at Holly Quran . Allah almighty cited at Sorat Elnor (verse: 45)

وَاللّٰهُ خَلَقَهُمْ مِنْ مَّاءٍ مَّيِّتٍ ثُمَّ يَنْزِلُهُمْ عَلَىٰ بُطْنِهِمْ وَ مِنْهُمْ مَنْ يَمْشِي عَلَىٰ رِجْلَيْنِ وَ مِنْهُمْ مَنْ يَمْشِي عَلَىٰ أَرْبَعٍ يَخْلُقُ
اللهُ مَا يَشَاءُ اِنَّ اللهَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ
[النور ٤٥]

"And Allah created every creature from a sort of water: of them some one crawls upon its belly: another walks on two legs and still another on four; Allah creates whatever He wills for He has power over everything". (El-Nour 45)

In this verse Allah classified the gait style for every creatures walk on earth , and the human which Allah blessed him by ability of walking on two legs, and the science has approved the human gait called "bipedal gait" and it's the most gait suitable for human musculoskeletal and nervous system and this gait characterize by energy conservation (25 :2) .

Walking is the body's natural means of moving from one location to another (30 : 1) . It is one of the human most important locomotion actions, many daily tasks require performing walking .To the casual observer, the movements involved in walking appears to be relatively simple, yet kinesiological analysis shows them to be exceedingly complex. The dovetailing of muscular action and the synchronization of joint movements beautifully illustrate the teamwork present in all bodily movements. Not even the most complex piece of machinery designed by the most skillful engineers exceeds the movements of the human machine in perfection of detail or in potential smoothness of function on a wide variety of terrain and in all conditions(19 :1)

During walking the body stabilize first on one of the two legs then the other one, and during walking and while body transmit upon stance leg the other leg be at its swing and preparing to its own stance , and During walking one foot must be always on the ground (25 :12) . The periodic alternation of the pivotal role of each leg and the presence of a transitional period in which both feet are on the ground are among the basic features of the transitional movement known as walk (16 : 2) . And It may be described as a translatory progression of the body as a whole, produced by coordinated, rotatory movements of body segments (4:16). Gait is the manner or style of walking (58) . Normal gait cycle consists of two phases: stance phase; swing phase (59). The stance phase is further divided into (initial contact , loading respond , mid stance , terminal stance and pre-swing) and the swing phase is further divided into (initial swing , mid swing and terminal swing) . The pre-swing phase of one leg overlaps the initial contact and loading respond phases of the other leg, thus producing a period of double support when both feet are on the ground. This double support phase is characteristic of the walk and serves to differentiate it from the run. (19 :1) .

The kinematics of the walking gait are often described in terms of strides and steps. A stride is one full lower-extremity cycle. In walking and running, a stride is defined as being from heel strike on one leg to the next heel strike with the same leg. Stride length, then, is the distance covered during a single stride. A step starts with the heel strike on one leg and ends with the heel strike of the contralateral, or opposite, leg (19 :2) .

Health survey demonstrate that 5.3 million people each year experienced premature death due to physical inactivity (Lee et al., 2012) this is occurred because physical inactivity increase the risk of non-communicable disease (NCDs) , particular among individuals who are unable to reach the minimum standard recommended for good health (11 : 130) . A recent report from WHO identified physical inactivity and obesity as among the factors associated with NCDs as leading global risk factors for death (46 : 1) . The " Nurses Health Study " reported that 82% of coronary events in cohort were attribute to four unhealthy behaviors and physical inactivity is one of these unhealthy behavior (38:16-22) .

Over the next 20 years, NCDs will cost more than US \$30 trillion, representing 48% of global gross domestic production (GDP) in 2012 and pushing millions of people below the poverty line with dramatic impact on productivity and quality of life(45 : 5). NCDs and related risk factors impose a significant burden on both the poor, across countries or within countries; and those of working age. Approximately 80% of all disability adjusted life years (DALYs) are lost due to NCDs before age 60 in low- and middle-income countries (46 :9) .

Hence to minimize this problem ; currently , health practitioners are trying to encourage people to be more physical active , specially by promoting several type of exercise , including walking (21: 410-415) . As it is easily accessible and related to less physical injury compared to other form of exercise walking is become one of the most favorite physical activity in the world at this time (9 : 536) . Besides , as broadly know, walking is also free and suitable for people of all ages ; even they are not actively engaged in physical activity (14 :149) . these facts are verified statistical data from studies conducted in UK and USA which reveal that walking has the highest prevalence of all physical activity (37 : 100) . Furthermore , in several research findings, walking has been identified to be associated with the death reduction from 19% to 30%, where the most significant reduction was shown by walking 20 km per week (44:121) .

Regular walking is one of the essential predictors for long-term physical and mental health benefit (8 :35) . Some recent studies mention that there are a lots of advantage if adult are able to maintain their regular walking, such as reduce the risk of having cardiovascular disease or some cancers (14 : 150) improve the mood and emotional stability (24 :299) and increase the chance of living longer (26 :1-7) . Gives the important prevention influence for some major NCDs, including type 2 diabetes and back pain (31 :4-12) . In several meta-analysis and systematic reviews its review improve blood pressure , body mass index, and blood cholesterol level (8 : 37) . Cancer survivors need to maintain their physical activity progressively as the same as recommended for general population , and

regular walking seems suitable for them as vigorous-intensity activity may worse symptoms (fatigue and nausea) (6 : 3) . A recent study on the effect of regular morning walking on 30 Bengali men, The subjects of experimental group were motivated and all the subjects were participated spontaneously in the morning work for a period of 32 weeks. Data were collected in Pre intervention and Post intervention of the morning walk program both for the experimental as well as control group by using standard tools & techniques. The Results significant improvement was observed in BMI, WHR, BP (35 :136,137) .

The numbers of walking steps are translated as :

- 1- 'sedentary lifestyle index' (<5,000 steps/day)
- 2- 'low active'(5,000-7,499 steps/day);
- 3- 'somewhat active'(7,500-9,999 steps/day)
- 4- 'active' ($\geq 10,000$ steps/day);
- 5- 'highly active' (>12,500 steps/day) (41 : 8)

Expert suggest that 10000 are the ideal number of steps that need to be achived by adults every day (40 :17) . . Recent study which analysis 49 studies about the benefits of walking 10000 steps daily concluded that There are significant benefits of 10,000steps/day regular walking on body compositions, blood pressure , serum lipid levels and bone health . 10,000 steps/day walking is considered as an alternative recommendation on physical activity for public health (2 :241) . at a study for "Tim Althoff et.all " which calculate the walking steps of 111 countries inhabitants , the people of Sodia Arabia and Egypt where among the least walking people . the average dally steps for Saudi Arabia people where less than 3500 steps per day , and Egyptian where less than 4000 steps per day . despite people like Chinese were the average steps more than 6000 step per day . (20 : 337) . Many studies attribute factors to contribute to barrier to walk . perceived lack of time and lack of an attractive or safe place to walk are two common issues for an extrinsic reasons (7 :62-70) . A study of " Saud Al-Obaidi " which compare the " spatiotemporal gait parameters" of health young adult Kuwaiti subject from both gender and with their Sweden counterpart and The results indicate several significant differences between Kuwaiti and Swedish subjects in their manner of walking at step length and walking speed for the favor of Sweden (34 : 363) .

"C3 Collaborating For Health " had mentioned multi case studies and interventions experiments develop countries like " UK , USA , France , Germany and News land" had applied and paid a huge expenditure to reach to an approached to encourage people to practice regular active walking , because of the huge benefits of physical activity at all aspects (18 :11-17).

Hence this study important emerges, As the honorable Sonnah of prophet Mohammed (saas) is comprehensive and concerned for all aspects of life (55). If we clarify the Hadiths relevant with practicing regular walking – walk accompany with going to do regular obligation like pray - and Hadithes described prophet Mohammad gait, first we will know how Sonnah concerned about physical activity aspect of Muslim . Second it could be an approach to achieve regular active walking if Muslim follow these Hadiths.

The Aim of this research :

This research aim to know :

- 1- the Hadiths prophet Mohammed (Sallallahu ^Alayhi Wa Salam) said which relevant with practice regular active walking .
- 2- the prophet Mohammed (Sallallahu ^Alayhi Wa Salam) gait manner .

the research question :

- 1- What are the Hadiths enticement practicing regular active walking ?
- 2- What is Prophet Mohammed (Sallallahu ^Alayhi Wa Salam) gait ?

Methods and subjective:

The research used the descriptive analysis method by searching the online databases " sunna.com" , "ahadith.co.uk" which contain 16 authentic Hadith books and Hadith commentary books translated to English language and the books are: " *Sahih Muslim*" , " *Sahih al-Bukhari*" , " *Sunan an-Nasai*" , " *Sunan Abi Dawud*" , " *Jami` at-Tirmidhi*" , " *Sunan Ibn Maga*" , " *Muwatta Malik*" , " *Muwatta Ahmed*" , " *Masnad Ahmed*" , " *An-Nawawi`s 40 Hadith*" , " *Collection of 40*" , " *Ash-Shama'il Al-Muhammadiyah*" , " *The Meadows of the Righteous*" , " *Mishkat al-masabih*" , " *aladab Al-Mufrad*" , " *Bulugh al-maram*" , " *Hisn al-Muslim*" . The keywords comprise "walk , Walks , Walking , walked" , "foot prints" , and " gait" . Approxmatly (636) Hadiths include word " walk , Walks , Walking or walked " , (6) Hadiths include word " gait " and (1) hadith include "foot prints" were found on the online databases . Authentic and good Hadiths relevant to achieve regular active walking - Hadiths context contain an indicator to walk regularly, walk long distance and walk actively - selected . (623) Hadiths were excluded based on irrelevantly to the research topic or the Hadiths is Da`if " weak " or Madow "fabricated" . A totally(20) Hadiths where assessed. figure(1)

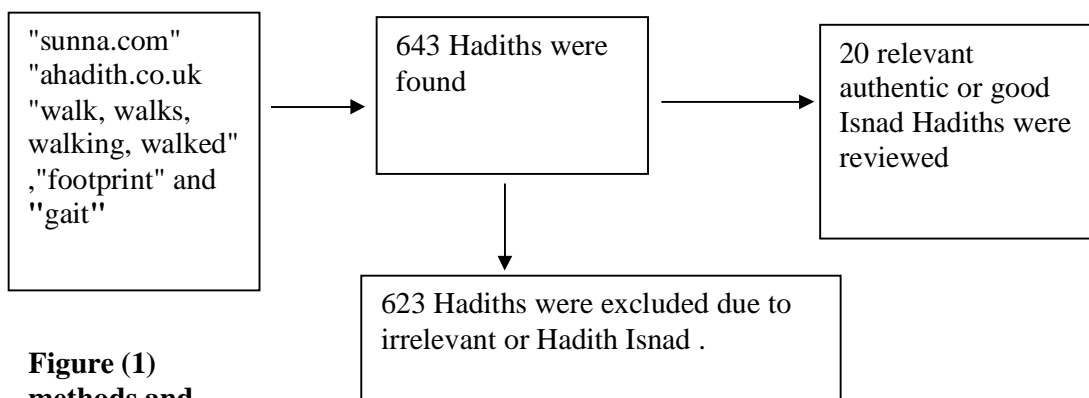


Figure (1)
methods and
subjective

Results and discussion

	Hadith translated to English	الحديث الشريف
1	Abu Hurairah (May Allah be pleased with him) reported: The Prophet (PBUH) said, "He who purifies (performs Wudu') himself in his house and then walks to one of the houses of Allah (mosque) for performing an obligatory Salat, one step of his will wipe out his sins and another step will elevate his rank (in Jannah)." [Muslim]. (60) (54)	قال : من تطهر عن ابو هريرة عنه أن النبي صلى الله عليه وسلم في بيته، ثم مضى إلى بيت من بيوت الله، ليقيضي فريضة من فرائض الله كانت خطواته، إحداها تحط خطيئة، والأخرى ترفع درجة (رواه مسلم) (54) (60) (٥٠)
2	Ubay bin Ka'b (May Allah be pleased with him) reported: There was a man of the Ansar whose house was the farthest from the mosque. As far as I know, he never missed Salat (in congregation). It was said to him: "If you buy a donkey, you may ride upon it in the dark nights and in the hot days." He said: "I do not like that my house should be situated close to the mosque. I desire that my walking towards the mosque and returning home be recorded to my credit." Upon this the Messenger of Allah (PBUH) said, "Allah has gathered all (rewards) for you." [Muslim]. (60) (54)	عن أبي بن كعب رضي الله عنه قال: كان رجل من الأنصار لا أعلم أحدًا أبعد من المسجد منه، وكانت لا تخطئه صلاة! فقيل له: لو اشتريت حمارًا تركبه في الظلماء وفي الرمضاء قال: ما يسرنى أن منزلي إلى جنب المسجد إني أريد أن يكتب لي ممشي إلى المسجد، ورجوعي إذا رجعت إلى أهلي، فقال رسول الله صلى الله عليه وسلم: "قد جمع الله لك ذلك كله" (رواه مسلم) (54) (60) (٥٠)
3	Jabir (May Allah be pleased with him) reported: There were some plots of land lying vacant around the mosque. The people of Banu Salamah decided to move to this land and come nearer to the mosque. The Messenger of Allah (PBUH) heard about it and said to them, "I have heard that you intend to move near the mosque." They said: "Yes, O Messenger of Allah! We have decided to do that." Thereupon the Messenger of Allah (PBUH) said, "O Banu Salamah! Stay in your houses, because your footprints (when you come to the mosque) will be recorded." He said this twice. They said: "We would not have liked it, had we moved near the mosque." [Muslim] (60) (54)	عن جابر رضي الله عنه قال: خلت البقاع حول المسجد فأراد بنو سلمة أن ينتقلوا قرب المسجد، فبلغ ذلك النبي صلى الله عليه وسلم فقال لهم: "بلغني أنكم تريدون أن تنتقلوا قرب المسجد؟ قالوا: نعم يا رسول الله قد أردنا ذلك، فقال: " بني سلمة دياركم تكتب آثاركم، دياركم تكتب آثاركم" فقالوا: ما يسرنا أنا كنا تحولنا" ((رواه مسلم، وروى البخاري معناه من رواية أنس)) (٦٠) (٥٤)
4	Abu Musa (May Allah be pleased with him) reported: The Messenger of Allah (PBUH) said, "The person who will receive the highest reward for Salat (prayer) is the one who comes to perform it in the mosque from the farthest distance. And he who waits for Salat to perform it with the Imam (in congregation) will have a greater reward than the one who observes it alone and then goes to sleep." [Al-Bukhari and Muslim]. (60) (54)	. عن أبي موسى الأشعري رضي الله عنه قال: قال رسول الله صلى الله عليه وسلم: "إن أعظم الناس أجرًا في الصلاة أبعدهم إليها ممشي، فأبعدهم، والذي ينتظر الصلاة حتى يصلبها مع الإمام أعظم أجرًا من الذي يصلبها ثم ينام" ((متفق عليه)). (54) (60)
5	Buraidah (May Allah be pleased with him) reported: The Messenger of Allah (PBUH) said, "Convey glad tidings to those who walk to the mosque in the darkness. For they will be given full light on the Day of Resurrection." [At-Tirmidhi and Abu Dawud]. (60) (54)	عن بريدة رضي الله عنه عن النبي صلى الله عليه وسلم قال : بشروا المشائين في الظلم إلى المساجد بالنور التام يوم القيامة (رواه الترمذي وأبو داود) (54) (60) (٥٠)
6	Abu Hurairah (May Allah be pleased with him)	عن أبي هريرة رضي الله عنه أن رسول الله صلى الله عليه وسلم

	reported: The Messenger of Allah (PBUH) said, "Shall I not tell you something by which Allah effaces the sins and elevates the ranks (in Jannah)." The Companions said: "Yes (please tell us), O Messenger of Allah." He said, "Performing the Wudu' properly in spite of difficult circumstances, <u>walking with more steps to the mosque</u> , and waiting for the next Salat (prayer) after a observing Salat; and that is Ar-Ribat, and that is Ar-Ribat." [Muslim]. (60) (54)	قال: "ألا أدلكم على ما يمحو الله به الخطايا، ويرفع به الدرجات؟" قالوا بلى يا رسول الله. قال: "إسباغ الوضوء على المكاره، وكثرة الخطا إلى المساجد، وانتظار الصلاة بعد الصلاة، فذلكم الرباط، فذلكم الرباط" ((رواه مسلم)). (54) (60)
7	Abu Horira said : "The Messenger of (saas) said: 'When you come to pray, do not come rushing; come walking in a dignified manner, and whatever you catch up with, pray, and whatever you miss, make it up[Sunan an-Nasa'i 861]	هُرَيْرَةُ، قَالَ قَالَ رَسُولُ اللَّهِ (ص) "قِيَمَتِ الصَّلَاةُ فَلَا وَهًا وَأَنْتُمْ تُسْعَوْنَ وَلَكِنْ اذْثَوْهَا وَأَنْتُمْ تُمْشُونَ وَعَلَيْكُمْ السَّكِينَةُ فَمَا أَذْرَكْتُمْ فَصَلُّوا وَمَا فَاتَكُمْ فَعَيَّمُوا (سنن النسائي ٦٨١)
8	'Uthman bin 'Affan said: "I heard the Messenger of Allah (saas) say: 'Whoever does wudu' properly, then walks to (attend) the prescribed prayer, and prays with the people or with the congregation or in the Masjid, Allah will forgive him his sins.'" [Sunan an-Nasa'i 856] (60) (54)	عُثْمَانُ، قَالَ سَمِعْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مَنْ يَقُولُ لِلصَّلَاةِ فَأَسْبِغِ الْوُضُوءَ ثُمَّ مَشَى إِلَى الصَّلَاةِ هَالِمًا مَعَ الْجُمُعَةِ أَوْ فِي الْمَسْجِدِ غُفِرَ اللَّهُ لَهُ ذُنُوبُهُ " (٥١) (60) (54) (٨٥٦) حديث رقم
9	Abu Al-Ash'ath narrated that: He heard Aws bin Aws, the Companion of the Messenger of Allah (saas) say: "The Messenger of Allah (saas) said: 'Whoever performs Ghusl on Friday and washes (Ghassala), and comes early to the Masjid, walking not riding, and sits close to the Imam and listens attentively and does not engage in idle speech, for every step he takes he will have (the reward of) a year's worth of good deeds.'" [Sunan an-Nasa'i 1384] (60) (54)	ثُمَّ أَتَاهُ، سَمِعَ أَوْسَ بْنَ أَوْسٍ، صَاحِبَ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَقُولُ قَالَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ مَنْ اغْتَسَلَ يَوْمَ الْجُمُعَةِ وَغَسَلَ وَغَدَا وَابْتَكَرَ وَمَشَى وَلَمْ يَرْكَبْ وَكَامَنَ الْإِمَامَ وَأَنْصَتَ وَلَمْ يَلْغُ كَانَ لَهُ يَكُلُّ خُطْوَةٍ عَمَلُ سَنَةٍ " (٥١) : (60) (54) (١٣٨٤) حديث رقم
10	Jabir bin 'Abdullah said: The Messenger of Allah (saas) came walking to visit me (when I was sick), as did Abu Bakr, when I was with Banu Salimah.[Sunan Ibn Majah 1436] (60) (54)	عَبْدُ اللَّهِ، يَقُولُ عَادَنِي رَسُولُ اللَّهِ - صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ - مَاشِيًا وَأَبُو بَكْرٍ وَأَنَا فِي بَنِي سَلَمَةَ (٤٧) : (60) (54) (١٤٣٦) حديث رقم
11	A'isha said, "Fatima walked in the same manner that the Prophet, may Allah bless him and grant him peace, walked. He used to say to her, 'Welcome, my daughter!' Then he would have her sit down on his right or his left. [Al-Adab Al-Mufrad 1030] (60)	ثُمَّ رَضِيَ اللَّهُ عَنْهَا لَتْ: اطَّيْمَةُ ثَمَّ شَبِي كَأَنَّ مَرَشِدَيْهَا مَشَى النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ وَقَالَ يَا ابْنَتِي، ثُمَّ أَجْلَسَهَا عَنْ يَمِينِهِ، أَوْ عَنْ شِمَالِهِ. (٥٢) : (60) (54) (١٠٣٠) حديث رقم
12	Abu Huraira said:"I have not seen anything more beautiful than Allah's Messenger (Allah bless him and give him peace). The sun seemed to shine in his face. <u>Nor have I seen anyone more rapid in his gait than Allah's Messenger (Allah bless him and give him peace).</u> The earth seemed to be folded up for him. We must strenuously exert ourselves, while he is not subject to any stress." (Ash-Shama'il Al-Muhammadiyah 122) Sahih (Zubair `Aliza'i) (60)	أَبِي هُرَيْرَةَ، قَالَ: بَشَيْتُ أَحْسَنَ مِنْ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ فِي شَيْءٍ فِي وَجْهِهِ، وَمَا رَأَيْتُ أَحَدًا أَسْرَعَ فِي مَرَشِدَيْهِ مِنْ رَسُولِ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ كَأَمَّا الْأَرْضُ ضُطُّوِي لَهُ إِذَا لُجِّهْدَ أَنْفُسُنَا وَإِنَّهُ لَغَيْرُ مُكْثَرٍ. صحيح "زبير على زائى" (٤٨) : (60) (54) (١٢٢) حديث رقم
13	Ali ibn Abi Talib said (may Allah ennoble his countenance): "When the Prophet (saas) walked,	أَبِي بَكْرٍ، قَالَ: قَالَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا مَشَى تَكَفَّوْا، كَأَمَّا يَنْحَطُّ مِنْ صَدَبٍ.

	he inclined forward as if he were descending a declivity.” (Ash-Shama'il Al-Muhammadiyah 124) Hasan (Zubair `Aliza'i) (60) (54)	حسن (زبير على زائي) (٤٨ : حديث رقم ١٢٤) (٦٠)
14	Anas ibn Malik said: ‘Allah’s Messenger (Allah bless him and give him peace). When he walked, he inclined ’ (Ash-Shama'il Al-Muhammadiyah 2) Sahih (Zubair `Aliza'i) (60)	نَسَّ بِرَمَالِكٍ، قَالَ: رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ رَبْعَةً، لَيْسَ بِالطَّوِيلِ وَلَا بِالْقَصِيرِ، حَسَنَ الْجِسْمِ، وَكَانَ شَعْرُهُ لَيْسَ بِجَعْدٍ، وَلَا سَدِيطَ أَسْمَرِ اللَّوْنِ، إِذَا مَشَى تَكَفَّأَ. " الشماثل المحمدية" صحيح زبير على زائي (٤٨ : حديث رقم ٢)
15	Ibn Abbas said : " when the prophet walked , he walked together "energetically" with no sign of laziness in (his manner of walking)" (Masnad Ahmed Hadith number 3033) Sahih p80 Masnad Imam Ahmed Bin Hambal Hadithn no2823 to 4376 translated by Naslrudin Al-Khattab Darussalam pub (60)	عن ابن عباس: أن النبي صلى الله عليه وسلم " كان إذا مشى، مشى مجتمعاً، ليس فيه كسل " مسند أحمد مسند ابن هشام حديث رقم ٣٠٣٣ حديث صحيح . (٦٠)
16	Anas ibn Malik said: ‘Allah’s Messenger (Allah bless him and give him peace). When he walked, he inclined ’ (Ash-Shama'il Al-Muhammadiyah 2) Sahih (Zubair `Aliza'i) (60)	، قَالَ كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا مَشَى تَكَفَّأَ . صحيح : زبير على زائي (٤٨ : ٢) (٦٠)
17	Abu al-Tufail as saying : when he walked, it looked as if he was descending to a low ground "Sunan Abi Dawud 4864" Sahih (Al-Albani) (60)	الطَّفِيلُ، قَالَ رَأَيْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ .تُتَ يَتَكَفَّأُ كَمَا كَانَ يَمْشِي إِذَا مَشَى كَأَنَّمَا يَهْوِي فِي صَدْيُوبٍ . سنن ابو داود صحيح الالباني (٦٠)
18	Anas said : when the Prophet(saas) walked, it looked as if he bent forwards.[Sunan Abi Dawud 4863] (60)	نَسَّ ، قَالَ كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ إِذَا مَشَى كَأَنَّهُ يَتَوَكَّأُ . سنن ابو داود صحيح الالباني (٦٠)
19	Muhammad ibn al-Hanafiyya said, "The Prophet, may Allah bless him and grant him peace, had a large head and large eyes. When he walked, he bent forward as if he was walking up a hill. When he turned around, he turned completely." [Al-Adab Al-Mufrad] (60)	بْنُ عَلِيٍّ ابْنُ الْحَنْفِيَّةِ، عَنْ أَبِيهِ قَالَ كَانَ النَّبِيُّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ ضَخْمَ الرَّأْسِ ، عَظِيمَ الْعَيْنَيْنِ هَئِذَا تَكَفَّأَ، كَأَنَّمَا يَمْشِي فِي صَعَدٍ، إِذَا انْفَلَتَ انْفَلَتَ جَمِيعًا. (٦٠)
20	Safiyyah bint Shaimah that a woman said: I saw the Messenger of Allah hastening at the bottom of the valley and he said: "The river bed should not be crossed except with vigor."[Sunan an-Nasa'i 2980] (60)	سَافِيَّةُ، عَنْ امْرَأَةٍ، قَالَتْ: رَأَيْتُ رَسُولَ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ يَسْعَى فِي بَطْنِ الْمَسِيلِ وَيَقُولُ يُطْعَمُ الْوَادِي إِلَّا شَدًّا . (٦٠)

Table (1).

The Hadiths " number (1) : number (9)" in table (1), are about the Virtues of walking to mosque , and Hadith number (10) walking to visiting sick people as prophet (saas) did . These Hadiths could be an enticement to practice regular active walking . Because in these hadiths Prophet Muhammed (saas) accompanied walking with pray at the mosques five time daily , and every Jomaa "Friday pray " . And also accompanied walking to visiting sick people as prophet Mohamed (saas) did as a model to follow. Many studies suggest that active walking is equal or more than "10000 step daily" . (41:1-8) , (40: 80-98). Ten thousand steps equates to about eight kilometers, or an hour and 40 minutes walking, depending on your stride length and walking speed. But that doesn't mean you have to do it all in one walk. You will naturally accumulate steps through your day-to-

day activities, but to reach the 10,000-step goal (57),(5:1-14). Also many studies attribute failing to comply with this recommendation – walking 10000 steps daily - to many factors, and they suggest that the main factors are " lack of attraction , lack of time " (24 :299-307) , (7 :62-70) , (10 : 1-8) . So the Hadiths in table (1) could be an approach to achieve regular active walking because it overcomes the main walking barrier "lack of attractive and time" and " lack of motivation" . If Muslim follow these Hadiths .

Hadiths number (11) in table (1) mention that Prophet Mohammed (saas) had a distinguishable gait , and his daughter " Elside Fatima Elzhraa " gait was very similar to her father gait . From Hadith number (12) : Hadith number (19) in table (1) , had described prophet Mohammed gait manner , as he was walking energetically without laziness as if he inclined a ramp "downhill walking" ,while leaned slightly forward . One hadith – hadith number (12) - mentioned that his gait was very energy preserving, and he cut long distance without strenuous himself. Hadith number (20) mention that prophet Mohammed walked with vigor at a bottom of rain stream .

Many studies mentioned that inclined ramp "downhill walking" show different kinematic and kinetic gait pattern than level walking. Hasuk Bae et al. conducted a study on 10 healthy young adult , to investigate the characteristic of ramp walk , and the sagittal kinematic and tempospatial of ramp and level walking were obtained by a motion analyzer , the result showed that Gait cadence was 103.6 ± 6.2 (steps/min) at level walking, but at 10° downhill walk the cadence increased to be 106.4 ± 6.6 (steps/min) and at 20° downhill walk the cadence was 106.3 ± 5.7 (steps/min). Also the speed of walking increased at 10° downhill walk, and it was 1.15 ± 0.10 (m/sec) though the speed was 1.13 ± 0.10 (m/sec) at level walking .The step length decrease at downhill walking than the level walking and it was at 10° downhill 62.7 ± 4.7 (cm) and at 20° downhill 62.5 ± 6.3 (cm) though at level walking it was 64.1 ± 4.2 (cm) . single limb support was 37.5 ± 2.8 (%) at 10° downhill and 38.4 ± 2.5 (%) at 20° downhill , and it was 37.7 ± 2.1 (%) at level walking . The double limb support was 26.8 ± 2.8 (%) at 10° downhill and 25.0 ± 3.9 (%) at 20° downhill , though at level walking it was 26.3 ± 3.9 (%) . Also this study mention that There was a significant different between level walking and 20° downhill walking at " the peak dorsiflexion angle of the ankle during swing phase (PDA-A-S), peak flexion angle of knee during swing phase(PFA-K-S) , peak extension angle of knee during terminal stance phase (PEA-K-TS) and sagittal range of motion of hip during gait cycle(ROM-H)" as showed at diagram (1) (13 :952-957) .

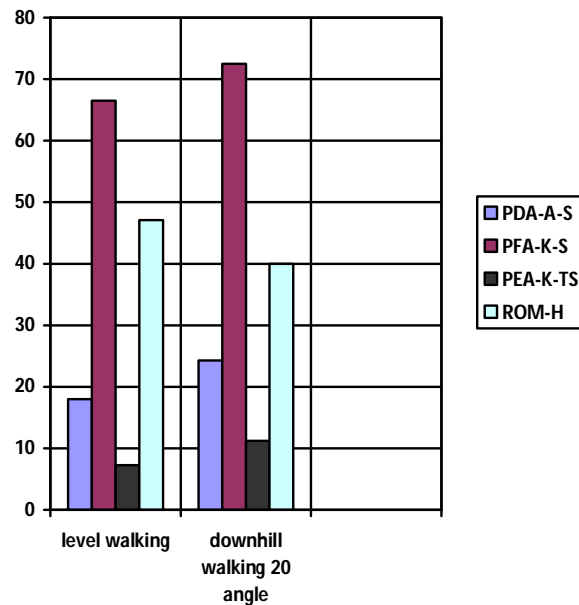


Figure (2) down-hill and level walking difference

" Mark S. Redfern & James Dipasquale " in a study investigated the biomechanics of human gait while descending ramps. Fifteen young, healthy subjects (20–30 years) walked self-paced down an instrumented ramp while ground reaction forces (GRF) and sagittal plane body movements were recorded. Ramp angles were set at 0, 5, 10, 15, and 20 degrees. Joint angles for the ankle, knee and hip were found to be most affected by ramp angle during the second half of stance. The primary change in kinematics occurred at the knee while lowering the body to the next step down the ramp. And that associated with the " Hasuk Bae. et al. " study which mentioned that there are a significant change at Peak extension angle of knee during terminal stance . (22 :119)

Many studies suggesting that When walking downhill human only burn 6.6 percent fewer calories per mile than walking on flat ground (53) . that's mean walking downhill has lower energy demands and more energy conserving (17 : 5) . Wendy Bumgardner argued that when walking downhill leaning torso slightly forward for stability (53) . From previous studies it's obvious that downhill walking has a different kinematics and tempospatial properties than level walking and its less energy demands and fast cadence than level walking pulse it has special walking strategies like leaning the torso slightly forward , and that assure that prophet Mohammed (saas) had a very special gait manner and its may be similar to downhill walking even he walked level walking , and as Hadiths mentioned , it very energetic brisk gait not an lazy way of walking and at the same time energy conserving gait . And that may be a second approach to achieve active walking if Muslims try walk as prophet Mohammed (saas) gait manner brisk active gait. Specially that World Health Organization (WHO) divides

the physical activity into two forms based on its intensity, namely moderate-intensity and vigorous-intensity physical activity . Moderate involves a medium quantity of effort that can quick the heart rate, while vigorous demands a high level of effort which may accelerate breathing (8:37) . Regarding walking, public health recommendations suggest that each person needs to complete 30 minutes moderate-intensity activity (such brisk walking) on daily basis (27 : 402).

Conclusion

- 1- The honorable Sonna concerned about all aspects at Muslim live and that contain practicing physical activity for its huge healthy benefit.
- 2- There are (10) Hadiths mentioned the virtue of walking to mosque to do the pray and go walking to visit ill people as prophet did . And this considers an indirect invitation to practicing regular active walking.
- 3- There are (10) Hadiths about the prophet Muhammad (saas) gait , and it was an distinguished gait very energetic not lazy gait resembling walking down-hell . and if Muslim follow prophet Muhammad (saas) manner of walking could achieve regular active walking .

recommendation:

- 1- Doing more studies about the effect of walking regularly to mosque , and if there an significant effect between walking regular to mosque on health aspect .
- 2- Doing more studies about other Hadiths mention specific gait.
- 3- Highlighting the virtue of walking to the mosques and the health benefits besides its spiritual benefits and teaching this in schools, universities and the media to create a generation that loves physical activity and the practice of walking

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ملخص البحث

المشى ومشية النبی محمد (صلى الله عليه وسلم) من السنة كطريقة لتحقيق المشى المنتظم النشاط.

إن السنة النبوية المشرفة عند المحدثين هي "كل ما أثر عن النبي صلى الله عليه وسلم من قول أو فعل أو تقرير أو سيرة أو صفة سواء ذلك قبل البعث أو بعده" وقد امرنا الله سبحانه وتعالى في الكثير من الآيات في القرآن الكريم بطاعة الرسول واتباع سنته الشريفة، والمشي يعتبر من أهم الحركات الانتقالية الأساسية لدى الإنسان وقد ذكرت كلمة المشى بتصرفاتها المختلفة ٢٣ مرة في القرآن الكريم. وقد اكدت العديد من الدراسات العلمية أن المشى المنتظم النشاط ≥ 10000 /اليوم "له الكثير من الفوائد الصحية لدى الإنسان ويقلل من حدوث كثير من الأمراض ويقلل نسب الوفاة. وكذلك أوضحت كثير من الأبحاث أن هناك عزوف عن مشى النشاط المنتظم لعوامل متعددة من أهمها عدم توافر التشجيع، الدافع و وقت فراغ لهذا برزت أهمية البحث في محاولة للتعرف على الأحاديث النبوية الشريفة التي ذكر فيها المشى بحيث يكون متعلق بالمشى المنتظم كالأحاديث التي قورن المشى بها باداء الصلاة في المسجد بانتظام وكذلك الأحاديث التي تكلمت على المشى لزيارة المريض قدوة عن الرسول صلى الله عليه وسلم. وكذلك التعرف على الأحاديث التي تناولت مشية النبي صلى الله عليه وسلم ودراستها من منظور التحليل الحركي. وقد استخدم الباحث المنهج الوصفي التحليلي عن طريق البحث في قواعد البيانات لأهميات كتب السيرة النبوية المترجمة بالانجليزية على شبكة المعلومات الدولية وقد استخلص الباحث ٢٠ حديث صحيح وحسن ١٠ أحاديث منهم يمكن ان يكونوا متعلقين بالمشى المنتظم النشاط و ١٠ منهم متعلقين بمشية النبي صلى الله عليه وسلم. وقد استخلص الباحث ان السنة النبوية الشريفة اهتمت بالنشاط البدني لما له من أهمية بالغة لصحة الإنسان والدليل على هذا اقران المشى مع اداء فريضة الصلاة والترغيب بها وكذلك مشية الرسول التي كانت تتميز بالنشاط وعدم التكاثر. وكذلك استخلص الباحث ان باتباع المسلم لهذه الأحاديث يمكن ان يحقق المشى المنتظم النشاط الموصى به في كثير من الأبحاث العلمية وأوصي الباحث بأبزار فضل المشى للمساجد والفوائد البدنية والروحانية له وتعليم هذا في المدارس والجامعات لإنشاء جيل يحب النشاط الحركي وممارسة المشى. وكذلك أوصي الباحث بأجراء دراسات أكثر عن تأثير المشى للمساجد بانتظام على الصحة العامة وهل هناك دلالات إحصائية لهذا التأثير و إجراء دراسات عن الأحاديث التي ذكرت مشيات أخرى.

**Walking and Prophet Mouhammed (Sallallahu ^Alayhi Wa Salam)
gait from Sunnah as an approach to achieve regular active walking.**

The honorable Sunnah according to the hadith scholars is " everything that has been reported from the Prophet, may God's prayers and peace be upon him , whether he said, did, report, biography or description of him, whether that was before or after resurrection " Walking is considered one of the most important human basic transitional movements . The word with its conjugation was mentioned 23 times in the Holy Qur'an .Many scientific studies have confirmed that regular active walking " ≤ 10000 steps/day " has many benefits for humans and reduces the occurrence of many diseases and mortality ratio , Likewise lot of studies have shown that there is a reluctance from regular active walking due to various factors, the most important is lack of attractive , motivation and free time. Therefore , the importance of research emerged in an attempt to identify the noble prophetic hadiths in which walking was mentioned and related to regularity obligation , such as the hadiths in which walking is accompanied with performing pray at mosque regularly . as well as the hadiths that spoke about walking to visit the sick as an example of the Messenger may God's prayers and peace be upon him , as well as getting to know the hadiths that dealt with the gait of the prophet may God's prayers and peace be upon him , and studying it from the perspective of kinematic analysis . The research use the analytical descriptive approach by searching the databases of fundamental authentic hadiths books translated to English on the internet , the researcher extracted 20 authentic and good hadiths , 10 of them could be related to active regular walking , and 10 of them related to the prophet may God's prayers and peace be upon him gait , the researcher concluded that the honorable prophetic Sunnah paid attention to physical activity because its great importance, and the evidence for this the association of walking with the performance of the obligatory prayer , as well as the prophet's gait , which was characteristic with activity .the recommendation is : doing more studies about the effect of walking regularly to mosque , and if there an significant effect between walking regular to mosque on health aspect , Highlighting the virtue of walking to the mosques and the health benefits besides its spiritual benefits and teaching this in schools, universities and the media to create a generation that loves physical activity and the practice of walking.