



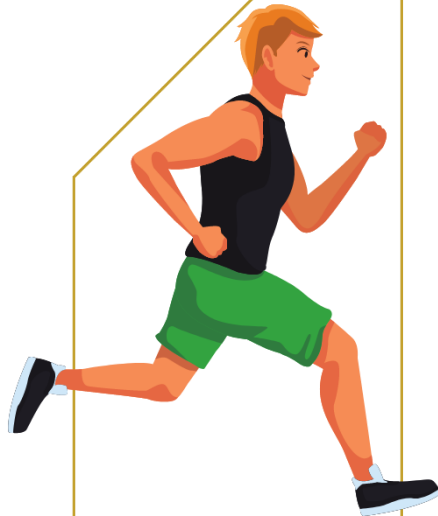
جامعة الإمام عبد الرحمن بن فيصل

IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي

King Fahad Hospital The University

Exercise Safely during Ramadan



Can I exercise while fasting during Ramadan?

Most people think that should not exercise while fasting, while there are many safe methods to exercise.

Exercising during Ramadan, as it is a unique opportunity to maintain Physical and mental health.



What are the safe times to exercise?

Hour to hour and a half before breakfast:

Performing exercises during this period has the advantage of energizing the body and effective for those who want

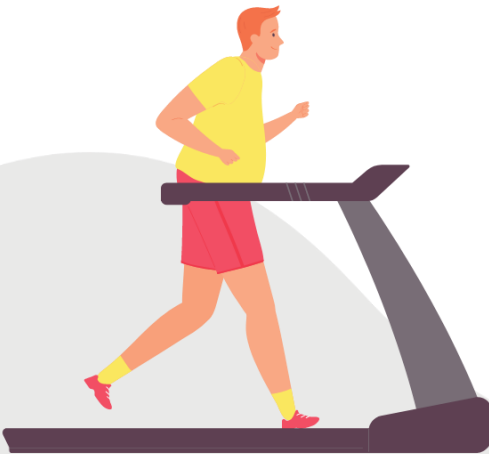
- ❖ If you have a health condition or are elderly, it is not recommended to exercise during this period.
- ❖ Exercise in moderate climates, away from sunlight and heat.
- ❖ The duration of the exercise should not exceed more than an hour to avoid fatigue.
- ❖ Do light exercises and exercises such as (walking, yoga, light jogging).

What are the safe times to exercise?

Two to three hours after breakfast:

Performing exercises during this period has the advantage of energizing the body and effective for

- ❖ If you have a health condition or are elderly, we advise you to practice light-intensity exercise under the supervision of a specialist.
- ❖ Do moderate to high-intensity exercise correctly to prevent injuries.
- ❖ Gradually engage in high-intensity exercise to avoid exhaustion and fatigue.



What are the safe times to exercise?

If you have health problems, please speak with a specialist doctor before starting to exercise.

The appropriate time is chosen based on:

- ❖ The age.
- ❖ Health status.
- ❖ The goal of exercising.

To benefit from sports in a safe way and to practice your worship during Ramadan with comfort and reverence while performing it

What changes occur during the month of Ramadan?

In the holy month of Ramadan, a change occurs in the daily lifestyle in general on several levels:

- ❖ Sleep.
- ❖ Nutrition.
- ❖ Sports performance.



Balancing these elements during your day makes you more active and energetic to exercise and gain muscle strength, so you should focus on:

- ❖ A balanced diet rich in important element.
- ❖ In addition to drinking sufficient amounts of fluids.
- ❖ Maintaining sleep quality.

What are the general tips for exercising in Ramadan?

- ❖ Make sure to exercise at least 3 days during the week.
- ❖ Do aerobic and resistance exercises in all forms that help you maintain your muscle strength and improve cardiopulmonary fitness.
- ❖ If you have diabetes, it is preferable to exercise after breakfast and measure your sugar level before and after breakfast to maintain your blood sugar level and avoid drops.



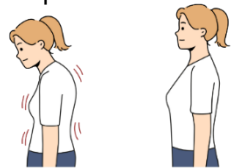
What advice can be given to women during the month of Ramadan?

- ❖ Change position between sitting and standing every half hour.



- ❖ Try avoid prolong standing in the kitchen for long hours.

- ❖ Wearing a back belt in cases of severe back pain if prescribed by a Physical therapist.



- ❖ Segmentation the housework throughout the day, reduce effort during the fasting period.
- ❖ Ask for help from family members and the housemaid worker.

What advice can be given to men during the month of Ramadan?

- ❖ Change position between sitting and standing every half hour.
- ❖ Walking and movement after the obligatory prayer.
- ❖ Use a Quarn stand for reading to reduce back bending.



What advice can be given to athletes during the month of Ramadan?

- ❖ Maintain balanced portions of protein in your diet because it helps your muscles recover.
- ❖ Keep your warm-up and cool-down exercises gradual.
- ❖ Do warm-up exercises for the shoulder muscles if you're playing tennis or volleyball.



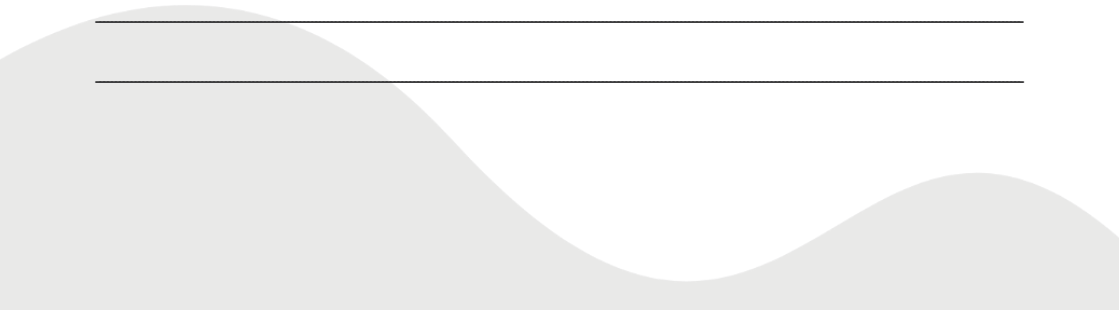
Healthy walking in Ramadan:

(For warm-up exercises scan the QR code)





Notes:



المصادر والمراجع:

- Rahman, S. (2022). Ramadan Fasting and its Health Benefits: What's New?. Open Access Macedonian Journal of Medical Sciences, 10(E), 1329–1342.
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