



Exercise And Physical Activity During Ramadan



Those who are diabetic are advised not to exercise at all before the Maghreb prayer, because of the risk of hypoglycemia. Warning signals of low blood sugar include excessive sweating and hunger, palpitations, and anxiety. In a worst-case scenario, people could have a seizure or go into a coma. Non-diabetics could also feel dizzy because exercise is known to lower blood sugar levels. “It is safe to exercise directly before iftar, but only light-intensity training is recommended,” the personal trainer said. “High-intensity exercise such as running should be avoided before iftar, as the body does not have any fuel or hydration due to the day’s fast.

This can be extremely dangerous for the body, to put it under a lot of stress and pressure without having any fuel in the system.

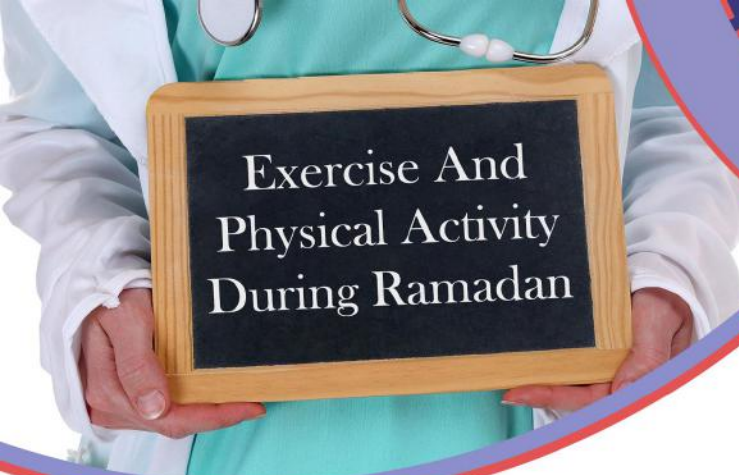
► After Iftar: ◀

It is advisable to perform physical activity three hours after you break the fast as by then the body has completed the digestion process, and preferably in an air-conditioned location.



Tips and Guidelines for Exercising during Ramadan:

- Perform physical activity for 30 minutes at least every day in an air-conditioned location.
- Avoid aggressive and high-intensity exercise during the daytime and especially in hot weather. Hot days increase body fluid loss which could lead to dehydration.
- Choose a convenient time to work out during Ramadan, either just before Iftar or two to three hours after Iftar. Avoid physical activity immediately after you break your fast as all of the body’s energy will be directed towards the digestion of food.
- Stop any physical activity immediately if you experience dizziness, nausea, difficulty breathing, or chest pain.
- Drink sufficient quantities of water between Iftar and Suhour to avoid dehydration during fasting.



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► Physical Activity During Ramadan ◀

Eating and sleeping routines change during the holy month of Ramadan, unlike any other month. Because it's a month where no drink or food can be consumed during daylight, there has been a lot of speculation regarding the abstinence of exercise and physical activity during Ramadan. There have been myths with regards to a decrease in blood levels and heart function, weakening of the immunity system, and syncope when exercising during Ramadan. Some people may create an exercise planner in advance while fasting, as some prefer to work out before Iftar, and others after. Research has shown that fasting for 30 consecutive days without performing any physical exercise or activity reduces strength and physical fitness.

Muslims have to remain active in the month of Ramadan to stay healthy.

If Ramadan falls in summer, practicing physical activity places additional stresses on electrolyte balance and also metabolism.



► Before Iftar: ◀

Precautions should be taken and proper guidelines followed when working out before Iftar. Exercising just before Iftar should be limited and for no longer than 60 minutes, preferably in an air-conditioned location. After you break the fast, drink sufficient amounts of fluids and water to replenish salts and minerals lost by the body, and have a good rest. Working out at this time of the day might cause the body to burn the muscle tissue instead of fat, which is not beneficial for the body.



When is the best time for a fasting person to work out, before or after Iftar?