

Tips for the Muslim community to

Stay healthy while fasting

If you are planning to be fasting for a prolonged period of time, here is some advice to take part in the traditions while protecting your health and safety.



CONSULT WITH A HEALTHCARE PROFESSIONAL

If you are a person with diabetes and/or other underlying medical conditions, you should consult your doctor before fasting during Ramadan. You may need to modify your fasting plan, adjust your medication, or receive additional medical care to stay healthy and safe during the month-long fast.



STAY HYDRATED

Make sure you drink plenty of water during non-fasting hours to prevent dehydration. You should aim to drink at least 8 glasses of water between sunset and sunrise, or more if you are physically active. If your doctor normally limits your fluids, check with them how much you should drink to prevent dehydration whilst fasting.



EAT A BALANCED DIET

During non-fasting hours, you should try eating a balanced diet that includes fruits, vegetables, whole grains, and lean protein. It is essential to avoid high-fat and high-sugar foods that can cause weight gain, fatigue, and other health issues. It's best to avoid overeating and having small, frequent meals throughout the evening to avoid digestive discomfort.



GET ENOUGH SLEEP

Make sure to get enough rest and sleep, particularly during Ramadan, to help reduce fatigue and weakness during the day.



LIGHT EXERCISING WHILST FASTING

Try engaging in light exercise while fasting to stay active, if you're able to. However, you should avoid strenuous physical activity and opt for lighter activities like walking, stretches or yoga.



SPEND TIME WITH LOVED ONES

Fasting can often be physically and mentally taxing, and sometimes the best way to help with this is to take time to relax and spend quality time with family, friends and loved ones.