

STAYING HEALTHY DURING THE HOLY MONTH



Even the most health conscious of us find it difficult to incorporate any extra physical activity during Ramadan because of how exhausting it can be. We're here to tell you that it can be done with a little bit of determination and planning. eniGma talked to Aly Mazhar, founder of BeFit Egypt, about the benefits of exercising and staying fit in Ramadan.

A lot of people are worried about exercising in Ramadan, can it be done?
Of course it can be done, but people have to choose the right timing and the type of exercise that best suits them. The requirements of a body builder are different from those of someone who needs to lose weight.

When is the best time during the day to exercise in Ramadan?

Some simple workouts such as yoga, pilates, swimming, or light cardio can be done during the day. However, for those looking to do tough, intense workouts, these have to be done post *iftar* when their body is energised and they have the energy needed to fuel the workouts.

What kind of meal plan is best for maintaining or losing weight during the month?

Eating a small snack during *iftar* followed by a workout at the gym or at home and a proper meal post-workout is best. Have another snack before *sohour* and a big meal late at night to fuel the next day.

If someone can't go to the gym, what kind of exercises can be done at home?

A lot of exercises can be done at home, especially body weight exercises including squats, lunges, pushups, planks, situps, back extensions, and burpees.

What are some of the biggest myths surrounding exercising in Ramadan?

That exercising before *iftar* can help you shed fat, it will actually make you lose your muscle mass.

What is the top piece of advice for people trying to stay healthy during the month?

You should definitely regulate your meals and avoid fatty foods and overeating. Remember to drink lots of water to rehydrate your body; this is particularly important this year since Ramadan is during summer. Finally, don't forget to consume the right amount of protein in order to maintain your muscle mass. ■

