

RECHARGE

RAMADAN



through

EVERYDAY

ACTIVITY



**Talking Space -
supporting people to
be active in
Ramadan; in
schools, workplaces
and the community**

Ramadan - at a glance



Lunar Calendar -
moonsighting

Ramadan may start
& end on two days

Charity, Discipline,
Self-improvement

Muslim fasting =
Mindfulness

Quran & Sunnah

Active Sunnah –
Prophet's practice,
Muslim prayer (salah)

“The month of Ramadan in which was revealed the Quran, a guidance for the people and clear proofs of guidance and criterion.”

[Quran 2:185]



“O you who believe! Fasting has been prescribed to you as it was prescribed to those before you so that you may be mindful of God”

[Quran 2:183]



Why Ramadan Recharge (RR)



Recharging your Ramadan with everyday activity

Living a recharged and active Ramadan may seem tricky but many of our daily activities can be slightly changed to make us a bit more active. Here are some of our suggestions; have you tried any of them?

Catch up with family by spending time outdoors



De-stress by spending a few mindful moments, while doing dhikr & walking



Walk to a nearby nature spot and catch up on Quran reading there



Share responsibilities to free up time for activity

Walk to the mosque for salah (prayers)



Ask family members to join you at home or in the back garden for some light stretching



Can you think of some more?



Muslim
Mindful
Movement

Resources
Activities
Social Media

Community
Active Partnerships
Schools &

Schools and the outdoors



Senior Leadership - Planning, awareness & communication

Whole school Level- Celebrate Ramadan, involve pupils - 'easy win' EDI

Physical Education (PE) - Support, empathy & flexibility: respect choice



Multi-level approach

Pupils are individuals

Fasting/not fasting
Praying/not praying
Religious/individual/family

Awareness is KEY

Active Sunnah
Meals, Water, Sleep....?
Certain sports: swimming

Extra-curricular sports

Change timings?
Volunteer instead of
participate in PE/sports

Social before Physical

Prayer space
Quiet/rest space
'Iftaar' (fast breaking) event

At PE level

Alternatives: less intense,
time out breaks, encourage
alt. movement e.g. walk to
school/mosque

Outdoors

DofE while fasting?
Day trips - exhaustion
Weather considerations

Workplaces



Supporting
Employees
during Ramadan!

Awareness and
Education about
Ramadan

Flexible working
Hours

Flexible Leave
Request

Providing space
for prayers

Be mindful of
meeting and
Events Schedules

Encourage
Empathy and
Flexibility

Benefits of light
Exercise at work.

Community



My role is to support Muslim women to reach the recommended level of physical activity in two key areas of Leicester City.

What have I learnt from the participants during the month of Ramadan

- They still want to keep active and engaged
- Activities that are mainly in community venues, accessible and already familiar.
- Activities that are strength based to counteract the loss of muscle mass.
- How to maximise nutritional requirements
- Morning session based on stretch and flexibility with resistance element to it



ActiveWomen

Adult physical activity guidelines



Everyday activities can count towards the recommendations (e.g. people do not have to go to the gym or play a sport for it to make a difference.)

Questions



Thank you to:

Samin Mughal – founder of Aminah Active and Ramadan Recharge

Asia Asghar- Nottingham Muslim Women's Network

Aura Chacón – Health & Wellbeing coach at Leicester City in the Community; Active Women



Resources

Ramadan Recharge

Follow us on Instagram and Facebook

<https://www.instagram.com/ramadanrecharge/>

Visit the website <https://www.ramadanrecharge.org.uk/>

Get in touch info@ramadanrecharge.org.uk

Resources

<https://www.ramadanrecharge.org.uk/resources>

<https://mcb.org.uk/wp-content/uploads/2024/02/MCB-Ramadan-2024-Guide.pdf>

<https://www.youthsporttrust.org/media/yxxomlcx/afpe-ramadan-guidance-for-pe-and-pa-2024.pdf>

<https://www.sportengland.org/blogs/active-sunnah-inspiring-muslim-community-be-active>

