



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."



"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"

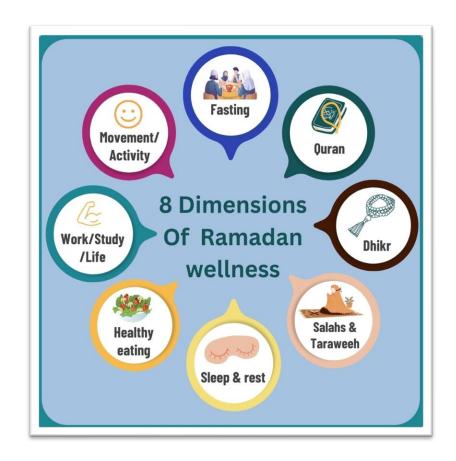
[Quran 2:183]

[Quran 2:185]

Why Ramadan Recharge (RR)







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

Social before Physical

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

Awareness is KEY

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

At PE level

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

Extra-curricular sports

Change timings?
Volunteer instead of participate in PE/sports

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



Adult physical activity guidelines



















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

















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

