



RAMADAN FASTING TIPS FOR THE INDUSTRIAL ATHLETE

Observing Fasting Holidays

Observing religious holidays can be challenging in a fast-paced, dynamic work setting especially when your regular routine changes. However, being mindful of hazards that come with fatigue and practicing good debrief and recuperate routines will allow you to work safely and observe religious holidays.

During Work

Be sure to talk to supervisor/HR if you need any additional accommodations for rest throughout the day.

What to prioritize

- ✓ Protein
- ✓ Hydration
- ✓ Whole grains
- ✓ Electrolytes
- ✓ Limit sugar
- ✓ Rest



Energy Prioritization

Try to avoid high sugar, high fat foods as these won't give you the energy you need.



Meal Breakdown

Increase carb and protein intake to help decrease muscle fatigue or breakdown during the morning meal.



Morning Meal Tips

In the morning—try to eat as close to sunrise as possible to maximize the energy you have available through the day.



Meal Priorities

When in doubt, energy-dense foods are your best bet! (fruits, vegetables, whole grains, lean proteins).



Health Considerations

Avoid saunas and steam rooms as these can increase risk of dehydration.



Energy Preservation

Nap after work, before Iftar, to help with fatigue. Reach for water instead of caffeine to avoid disruption to sleep



Hydration Tips

Increase hydration and electrolyte intake.