

IMPLEMENTING EFFECTIVE EXERCISE DURING RAMADAN

IN ISLAM, OUR BODIES ARE AN AMANAH (TRUST), AND CARING FOR THEM MATTERS - STAYING ACTIVE DURING RAMADAN SUPPORTS HEART HEALTH, METABOLISM, STRENGTH, AND WELLBEING.

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✓ Free community physical activity sessions available across the borough

♂♀ Walking, yoga, and Tai Chi are ideal during Ramadan

♥ These activities support heart health

🌙 Well suited to fasting routines



♂♀ Gentle, low-impact exercise suitable during Ramadan

♥🩸 Supports heart health, blood sugar control, and mental wellbeing

📍 Simple walking route around Barking Park

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📍 Outdoor gym equipment at Greatfields Park

♂♀ Moderate exercise to maintain muscle strength and heart health

♂♀ Best while fasting: cross trainer, recumbent bike, squat machine

🌙 After iftar: active rig and spinning bike



♀ Gentle yoga during Ramadan supports flexibility, stress reduction, and mental wellbeing

🕌 Women-only sessions at Al Madina Mosque

♀ A supportive space for sisters to stay active, connect, and unwind

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IT IS SAFE TO EXERCISE WHILE FASTING, ESPECIALLY BEFORE SUHOOR OR AFTER BREAKING THE FAST. AIM FOR 150 MINUTES OF ACTIVITY PER WEEK, AND START SMALL BY WALKING TO TARAWEEH, EXERCISING WITH FRIENDS, AND KEEPING ACTIVE.

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