

Ramadan Guide

FIT BODY **MILTON KEYNES**

Ramadan

When not Fasting aim to have 2-3 large servings of protein (Meat, Tofu, Mock meats, protein shakes) 2-3 medium size portions of carbs and 1-2 servings of healthy fats. Aim to have slower digesting carbs such as brown rice, sweet potatoes and filling fats such as peanut butter. Drink lots of water throughout the eating window to ensure staying hydrated throughout the day when you are not able to consume water.

Drink lots of water just before starting your fast. This is extremely important as it will hydrate you for the rest of day and avoid headaches.

I would also recommend taking a good time release multivitamin to make sure you get in important micronutrients.

When breaking your fast try having a small Protein based meal and water to avoid bloating. Follow this up by having a larger meal 1-2 hours later (main meal)

Avoid all junk food as it is important to use the short eating window to get good quality nutrition into your body to fuel the fasted period.

If possible try to exercise at boot camp in the evening before breaking your fast. Therefore giving only a short waiting period before your post workout nutrition!

During Ramadan training needs to be altered slightly by bringing the intensity down slightly obviously you won't be consuming water but if you have had enough before the fast you will 100% be ok!

In fact it is entirely possible that during Ramadan you will **INCREASE** your fat loss during training in a dry fasted state (there is a lot of research behind this) and also you will probably be in a larger caloric deficit too!

All will be ok! Please let the trainers know you are fasting and use common sense over all.

Don't stop training keep going and reach out to me if you have any questions.

