

# STAYING HEART HEALTHY DURING RAMADAN



Eating and sleeping routines may change during the holy month of Ramadan. It is important to create an exercise plan to maintain your health and strength during this holy month.

## General Exercise Guidelines

- Choose a convenient time for you to exercise during Ramadan, either before or after Iftar. Avoid exercising in the middle of the day.
  - **If you are exercising before Iftar, consider these tips:**
    - Engage in only light to moderate exercise and limit your exercise to no longer than 60 minutes.
    - After you break your fast, ensure you drink sufficient fluids to replenish your body's fluids. If you are living with heart failure, always ensure you follow fluid intake guidelines.
  - **If you are exercising after Iftar:**
    - If possible, try to wait 1-2 hours after you break your fast before completing moderate exercise.
- During Ramadan, aim to maintain your exercise routine. This is not the time to progress your exercise prescription.
- Continue to aim for 150-300 minutes of cardio-based exercise per week, in bouts of 10 minutes or more, and resistance training 2 days per week.
- Do not exercise if you are experiencing any symptoms such as dizziness, nausea, difficulty breathing or chest pain. Always follow up with your healthcare provider if you experience symptoms with exercise.



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## General Healthy Eating Guidelines

- Ensure your meals are balanced. Include whole grains (such as whole wheat, barley, bulgur, buckwheat, millet, oatmeal, brown rice), fruits and vegetables, and a sufficient amount of protein. A balanced meal will keep you full for a longer period of time.
- Avoid overeating when you break your fast.
- Ensure you drink adequate fluids. If you are living with heart failure always ensure you follow fluid intake guidelines.

## Diabetes Guidelines

- Speak to your healthcare provider if it is safe to fast during Ramadan. If you are living with diabetes, speak to your healthcare provider on how to monitor your blood sugars during Ramadan.

## Medication Guidelines

- Speak to your pharmacist or healthcare provider prior to Ramadan to discuss when and how to take your medications during this holy month.

## Sleep Guidelines

- Plan when you are going to sleep. Consider naps and schedule rests, as your body may be more fatigued during this time.



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