



جامعة الفيصل
Alfaisal University

Fasting is Wellness Newsletter

Ramadan/March 2024 Edition

Ramadan Reflections: Nourishing Body and Soul



Warm greetings from the Alfaisal University Wellness and Health Office (AU-WHO) as we welcome the arrival of Ramadan, a month of reflection, community, and personal growth. In this special edition, we aim to support you in embracing the physical and spiritual renewal that this time offers. Our focus extends beyond fasting; we are here to guide you in nurturing every aspect of your well-being, ensuring a balanced, healthy, and fulfilling Ramadan journey. Join us in this holistic approach to embrace the transformative potential of this blessed month.

Wellness During Ramadan



Ramadan offers a unique opportunity for spiritual reflection and physical rejuvenation. Embracing wellness during this month involves a holistic approach, focusing on hydration, sleep, nutrition, and physical activity, all of which are crucial for maintaining balance and health.



Hydration is Key: With long fasting hours, it's essential to prioritize water intake during non-fasting hours to prevent dehydration. Aim for at least 8 glasses between Iftar and Suhoor, avoiding sugary drinks, as dehydration can lead to fatigue and concentration difficulties (**Farooq et al., 2015**).



Sleep Routine Matters: Adjust your schedule to ensure adequate rest. Try to sleep shortly after Isha prayers and take a nap before or after Dhuhr (if possible) to compensate for early morning Suhoor wake-ups. A regular sleep schedule is also vital, despite changes in eating and prayer times, to preserve cognitive and physical health (**Qasrawi et al., 2017**).



Caffeine Consumption: Limit caffeine to avoid dehydration and sleep disturbances. Opt for caffeine-free herbal teas or water. It's advisable to reduce caffeine intake to prevent dehydration and ensure quality sleep, considering caffeine's diuretic effect (**Clark & Landolt, 2017**).



Nutritional Guidance: Suhoor should be nutrient-dense, including proteins, whole grains, and healthy fats to sustain energy. Iftar should begin with light foods like dates and water, followed by a balanced meal. For Suhoor, opting for high-protein meals can help regulate appetite and maintain energy balance, aiding in longer satiety (**Paddon-Jones et al., 2008**).



Exercise and Fitness: Light to moderate exercise, such as walking or yoga, is best done right before or after Iftar. For those accustomed to more intense workouts, schedule them when you feel most energized, ensuring hydration and proper nutrition. Engaging in light to moderate exercise after Iftar or before Suhoor is recommended to enhance overall health and well-being during fasting (**Trabelsi et al., 2012**).



Quitting Bad Habits and Starting Good Ones: Ramadan presents a prime opportunity to break free from detrimental habits and cultivate positive ones. The 21-day rule suggests that it takes approximately three weeks to form a new habit, making Ramadan the perfect time to instill beneficial changes in our lives (**Lally et al., 2010**).

The AU-WHO recommends incorporating these practices as they can enhance your physical well-being and spiritual connection during Ramadan, making it a truly enriching experience.

Cultural Corner

Share Your Favorite Recipes!

We extend a warm invitation to the Alfaisal community to share their favorite Ramadan recipes. This initiative aims to celebrate the rich cultural diversity within our university and promote nutritious eating during this holy month. Selected recipes will be featured on the AU-WHO website, serving as a culinary inspiration to others. Whether it's a traditional dish passed down through generations or a new creation, we encourage submissions that reflect the spirit of Ramadan and contribute to a healthy fasting experience.



RAMADAN KAREEM





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Community Engagement



- **WeRun Community Runs:** We're excited to announce the continuation of the WeRun Community Runs after Iftar during Ramadan. These runs not only promote physical activity but also nurture community spirit and camaraderie among participants. It's a wonderful way to stay active and connect with fellow community members in the spirit of the holy month.



Health and Wellness Resources

- **In-Body Scale:** We're considering introducing an in-body scale at the campus clinic to help monitor health metrics more accurately. We encourage everyone to express their interest via a survey, which will help us gauge the demand.



Alfaisal On-Campus Clinic:

- As we observe Ramadan, it's important to remember that health and wellness remain our top priority. The Alfaisal On-Campus Clinic will continue to serve our community, ensuring you have access to healthcare when needed. Please note the clinic's operating hours during Ramadan will be adjusted to accommodate fasting schedules, ensuring everyone has access to medical care without disrupting their Ramadan observance. Stay tuned for the detailed schedule, which will be announced shortly.



Alfaisal On-Campus Clinic Sticker Collection and Survey Participation

- Collect the clinic contact number stickers from various designated distribution sites across campus. Additionally, your feedback is crucial for us to enhance health and wellness services on campus. Please take a moment to complete the Alfaisal On-Campus Clinic Satisfaction Survey. Your voice matters, and together, we can create a healthier, more supportive Alfaisal community.

Ramadan Timings

9:00 – 16:00
20:00 – 1:00



Sustainability Tip for Ramadan



During Ramadan, the convenience of plastic products is often highlighted, making them a popular choice for our Iftar gatherings. However, this Ramadan, let's gently remind ourselves of the broader impact of our choices and embrace sustainability as an integral part of our spiritual journey. By reducing our use of single-use plastics and opting for reusable plates, cups, and cutlery, we honor our commitment to our faith and our planet. Such mindful actions, though small, are significant steps toward a healthier environment. **Together, let's make our Ramadan celebrations reflect our care for the Earth, contributing to a more sustainable and environmentally friendly Ramadan!**



As we conclude this edition of the newsletter, we extend our warmest wishes for a Ramadan filled with health, fulfillment, and spiritual growth!

Your participation in our initiatives and your contributions are highly valued, and we eagerly anticipate your feedback. For any inquiries, submissions, or support during Ramadan, please reach out to us at hpp@alfaisal.edu, till then we wish you a very happy Ramadan!



In case of on-campus medical emergency reach out to the AU Clinic

Females
2nd floor opposite female theatre
EXT 7995

Males
beside Mosque Gate 2
EXT 7997

EMERGENCY CONTACTS!!!
0540602600
0503011309



REFERENCES