

Keeping the Body Fit While Fasting

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Doing fasting for Muslims does not mean reducing physical activities such as exercising. Exercising will instead increase fitness. The right time to exercise is two hours before or after breaking the fast. This was said by Physiological Medicine expert from Faculty of Medicine, Health, and Nursing UGM, Dr. Dr. Zaenal Muttaqien Sofri, in a talkshow themed *Maintaining Optimum Health during and after Fasting*, on Thursday (31/5) in the Faculty's Library.

Zaenal gave advice to do physical activities while fasting, because the body would mobilise all food reserves in the body to generate energy. "The body mobilises all food reserves by burning the fats," he said.

He added fat burning required enough water so he suggested to have more water to prevent dehydration. If fats lack of water as sources of oxygen, this will absorb the oxygen flowing to the brain so it makes the person tired and weak, even cause bad breath.

"Bad breath is because burning the fat needs enough water, lacking of water making the breath smell bad," he said.



The types of exercise to do while fasting are cycling, gymnastics, or swimming. “Because the movement is rhythmic and continuous,” he said. It is better to do it three times or four times a week for a duration of 30 minutes.

UGM nutritionist, Dian Caturini Sulistyoningrum, B.Sc., M.Sc., said good menu for breaking the fast is yoghurt and fruit, bread and eggs, or vegetable stir-fry. He suggested people not to take high sugar level food. “High sugar level needs to be avoided because it will make us feel hungry sooner,” she said.

To prevent dehydration while fasting, she suggested people to consume a minimum of four glasses of water a day. “Two glasses when breaking the fast, and one glass before or after night prayer, and one glass while having the pre-dawn meal,” he said.

Vice-Dean for Research and Development, dr. Yodi Mahendradhata, MSc., Ph.D., said some diseases that are often experienced by people who are fasting include gastritis, diarrhea and hypertension. These are caused by careless diet.

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