

## Fit on Fasting

It's nearly a week after the first day of fasting, a practice observed by majority of Indonesians and all Muslims globally. And while this Ramadan month feels a bit different, some things remain the same. The enthusiasm, and the hope for this pandemic to end soon.

During this month, Muslims around the world fast for a full lunar month. It begins at the Fajr prayer just before dawn and is broken at sunset. Last year, according to *Aljazeera.com*, the minimum duration of the fast was 11 hours but went up to 20 hours, depending on the location. Those in Jakarta should consider themselves lucky with an average of 13-hour fast, compared to Greenland, Norway, and Finland where the average was 20 hours.

For many, fasting is not just about an obligation to a belief. It's also about getting fitter and being healthier. Understandably there are concerns whether fasting would lower a person's immune system, especially in times like this.

But worry not, we've gathered some useful info from *popmama.com* for you to keep fit during your fast:

### 1. Watch what you eat

Honestly, this should really be on a daily basis. Make sure you consume nutritious food and drink plenty of water, eat more veggies and fruits, cut down on sugar, etc, you know the drill. Yes, there can be a cheat day every now and then, but know your limit.

### 2. Stay home!

Staying home helps to break the chain of spread, which is a silver lining of this lockdown situation - we get to spend more time with our loved ones. Normally, during a fasting month, majority of people would break their fast on the road due to work. But this time, we don't have to worry about the traffic to get home in time, so make the most of it.

### 3. Exercise indoors

There are a lot of types of exercises that can be done at home without you realising it or not. Try cooking an hour before breaking the fast (get crazy and wear a sauna suit if you like!) . All those sweats from chopping and stirring, you might as well lose a few pounds. Or you can also do your laundry, clean up the house, scrub the toilet, rearrange your wardrobe. They all count as exercise.

### 4. Take multivitamins

Apart from healthy, nutritious food, you can also opt to add multivitamins to your diet. Vitamins C, B complex, E, calcium and iron are all beneficial to boost your immune system and maximise antioxidant level.

### 5. Do what you love

Spend time doing what everyone at your household loves for a closer bond. Take turns. Watch TV together, play a puzzle, turn your living room into a karaoke. Keep the positive energy going.

Oh well, it's almost sunset by the time I'm done writing this. And now I'm craving for *bukaan* (snacks to break the fast). My favourite is *kolak* (sweet compote made of starchy fruits such as cassava, bananas, etc. stewed in coconut milk and sugar. What's yours? Share them to [stara.pedro@jakland.co.id](mailto:stara.pedro@jakland.co.id) and as always, stay safe!



Yours trully,  
the community editor