

## Useful Resources: Fasting and Physical Activity for Dancers and Athletes

- **BBC:** How to fuel exercise while fasting  
[https://www.bbc.co.uk/food/articles/ramadan\\_exercise\\_fasting#:~:text=Concentrate%20on%20strength%20and%20stability&text=Regardless%20of%20what%20time%20of,core%20strength%20and%20building%20stability](https://www.bbc.co.uk/food/articles/ramadan_exercise_fasting#:~:text=Concentrate%20on%20strength%20and%20stability&text=Regardless%20of%20what%20time%20of,core%20strength%20and%20building%20stability)
- **Dr Shames Maskeen - Leeds Trinity University:** Fasting, Faith and Flexibility: Supporting Muslim students and staff during Ramadan in higher education  
[https://www.researchgate.net/profile/Shames-Maskeen/publication/389349156\\_Fasting\\_Faith\\_and\\_Flexibility\\_Supporting\\_Muslim\\_students\\_and\\_staff\\_during\\_Ramadan\\_in\\_higher\\_education/links/67bf0fe9461fb56424ea12df/Fasting-Faith-and-Flexibility-Supporting-Muslim-students-and-staff-during-Ramadan-in-higher-education.pdf?\\_tp=eyJjb250ZXh0Ijp7ImZpcnN0UGFnZSI6InB1YmxpY2F0aW9uliwicGFnZSI6InB1YmxpY2F0aW9uln19](https://www.researchgate.net/profile/Shames-Maskeen/publication/389349156_Fasting_Faith_and_Flexibility_Supporting_Muslim_students_and_staff_during_Ramadan_in_higher_education/links/67bf0fe9461fb56424ea12df/Fasting-Faith-and-Flexibility-Supporting-Muslim-students-and-staff-during-Ramadan-in-higher-education.pdf?_tp=eyJjb250ZXh0Ijp7ImZpcnN0UGFnZSI6InB1YmxpY2F0aW9uliwicGFnZSI6InB1YmxpY2F0aW9uln19)
- **Youth Sport Trust / afPE** – Ramadan Guidance for PE and Physical Activity  
<https://www.youthsporttrust.org/media/yxxomlcx/afpe-ramadan-guidance-for-pe-and-pa-2024.pdf>
- **Association of Colleges** – Ramadan Guidance for College Sport and Physical Activity  
<https://www.aoc.co.uk/sport/support-influence/ramadan-guidance>
- **British Dietetic Association** – Sport and Exercise During Ramadan  
<https://www.bda.uk.com/resource/sport-and-exercise-during-ramadan.html>
- **Science in Sport** – Fuelling During Ramadan  
<https://www.scienceinsport.com/sports-nutrition/fuelling-during-ramadan/>
- **Aspetar** – Clinical Guideline for Ramadan Fasting (PDF)  
[https://www.aspetar.com/AspetarFILEUPLOAD/UploadCenter/637556398121737163\\_Aspetar%20clinical%20guideline%20for%20Ramadan.pdf](https://www.aspetar.com/AspetarFILEUPLOAD/UploadCenter/637556398121737163_Aspetar%20clinical%20guideline%20for%20Ramadan.pdf)
- **Inclusive Employers** – Ramadan Myths and Physical Activity  
<https://www.inclusiveemployers.co.uk/blog/ramadan-myths-busted-how-fasting-doesnt-rule-out-participation-in-sports-and-physical-activity/>