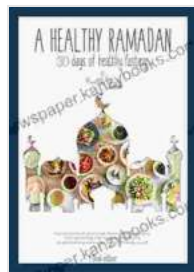


Healthy Ramadan: A Complete Guide to Eating and Exercising During the Holy Month

Ramadan is a time for spiritual reflection and growth. It is also a time when many people make changes to their diet and exercise routine. If you are planning to fast during Ramadan, it is important to do so in a healthy way.



A healthy Ramadan by Kate Hamilton

★★★★★ 5 out of 5

Language : English

File size : 14314 KB

Screen Reader : Supported

Print length : 37 pages



Healthy Ramadan is a comprehensive guide to help you maintain your health and well-being during the holy month. Written by a registered dietitian, this book provides practical advice on how to eat, exercise, and stay hydrated while fasting.

What's Inside Healthy Ramadan?

Healthy Ramadan covers a wide range of topics, including:

- The benefits of fasting
- How to prepare for Ramadan
- What to eat during Ramadan

- How to exercise during Ramadan
- How to stay hydrated during Ramadan
- Tips for managing common challenges, such as hunger and fatigue

Healthy Ramadan is a valuable resource for anyone who wants to fast during Ramadan in a healthy way. This book will help you make informed choices about your diet and exercise routine, so that you can get the most out of this special time.

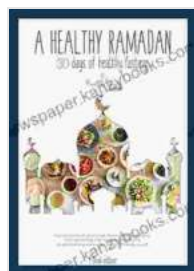
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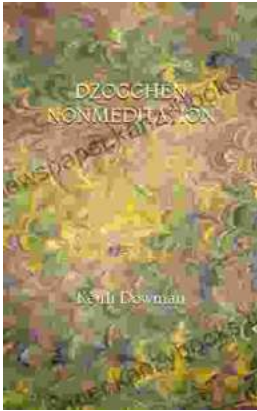
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