

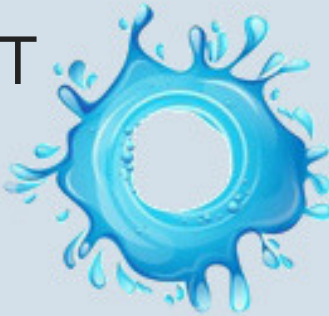
THE WEEKENDER

6 TIPS TO SURVIVE RAMADAN

tipn'tag



TRACK YOUR H2O WITH GO SPORT



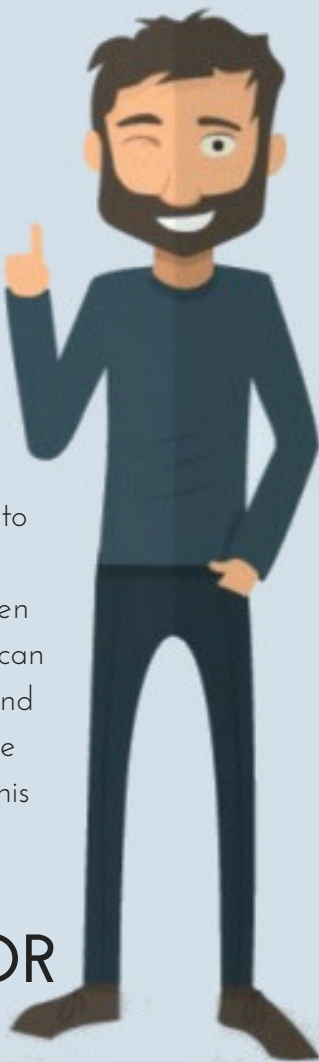
It's important to stay hydrated during Ramadan, and what better way to track your water intake than getting a quality water bottle to help you do so? Make sure you drink at least 8 glasses a day, and do so in intervals. It goes without saying to avoid salty foods!

COUNT YOUR SHEEP WITH THERAPEDIC

THERAPEDIC



We know, sleeping isn't going to be the issue here. Many people try to get in as much sleep as they can during Ramadan. But quality of sleep is much more important logging hours. Get the proper sleep technology and hand crafted products made with the finest material that will provide you with superior support, comfort and quality sleep!



LOAD UP ON DATES FROM BATEEL



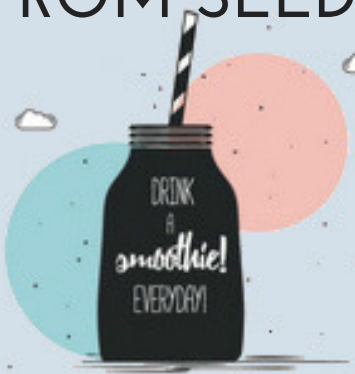
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Bateel

The Prophet (PBUH) broke his fast with dates. Dates are awesome because they are an excellent source of fiber, sugar, magnesium, potassium, and have carbohydrates which will aid the body in maintaining health.

GET YOUR NUTRIENTS FROM SEED



Smoothies are a great way to pack in the nutrients and vitamins you need. And when fasting, take all the help you can get! Energize yourself, feel and look healthy, and make sure your body is taken care of this Ramadan!



EAT PROTEIN FOR SUHOOR FROM BUTCHER'S PRIDE



Relying on processed foods, carbs, fried foods, caffeine and too many sweets might be delicious, but is bad for your health and will make you fast harder. Don't skip Suhoor, and instead load up with protein from The Butcher's Pride. They pride themselves on their refined and no-compromise approach when it comes to quality meat- something you and your stomach will be really happy about this month!

MEDITATE & YOGA WITH THE PINK ELEPHANT SPACE



Yoga is a great way to get some indoor exercise and increase your flexibility and strength- physically and mentally. It is calming and relaxing and the perfect segway to meditation. This is the month to reflect, appreciate and know yourself better. Why not do that on multiple levels?