



WHY IS RAMADAN IMPORTANT?

Ramadan is a holistic journey that nurtures **spiritual, physical, and mental well-being**. It is a time for:

- **Self-discipline** – Strengthening inner resolve and resisting temptations.
- **Compassion** – Understanding the struggles of those less fortunate.
- **Reflection** – Deepening one's connection with faith and personal values.
- **Community & Unity** – Fostering a sense of togetherness, whether at home or in the workplace.



RAMADAN MUBARAK FROM RIGRUN

As the holy month begins, we reflect on the values that contribute to our well-being - **community, compassion, gratitude, self-discipline, and good intention**. Ramadan is a time to **nurture spiritual growth** and focus on **physical, mental, and social well-being**, strengthening bonds within our communities.

To all our colleagues, partners, and remote worksite crews observing this sacred month, we wish you **peace, unity, and well-being**.

[#RamadanMubarak](#)

[#HealthAndWellbeing](#)

[#Unity](#)

[#Peace](#)

[#Gratitude](#)

[#Contentment](#)

[#Compassion](#)

RAMADAN MUBARAK FROM RIGRUN

As the holy month begins, we recognise the deep significance of **Ramadan** for many of our remote worksite crews around the world. This sacred month is a time of **spiritual reflection, renewal, and connection—a period of fasting, gratitude, patience, and devotion.**

For those observing while working in **remote environments, away from family and community**, we understand the unique challenges this can bring. At RigRun, we remain committed to **supporting remote workforce well-being in a way that honours and aligns with this special time.**

Supporting Your Well-Being During Ramadan:

- **A space for inner focus & spiritual awareness** – Use RigRun’s mindfulness feature to log time spent reflecting on awareness, intention, self-discipline, and personal growth.
- **Cultivating gratitude and self-awareness** – Use RigRun’s Pilates or Yoga feature for gentle stretching and mindful movement, fostering gratitude for the body and all it does to sustain us. By turning attention inward, these moments help strengthen the connection between mind, body, and faith.
- **Maintaining a sense of community** – Use RigRun’s team and intra-company activity boards to sustain the communal experience of Ramadan, bringing your crew together in shared participation, even across different locations.

Whether through prayer, community, or quiet moments of self-reflection, we hope this Ramadan brings you peace and a renewed sense of gratitude and purpose. To all our RigRun participants, colleagues, and partners observing this sacred month—Ramadan Mubarak.



REFLECTION & GRATITUDE: A CORE PART OF WELL-BEING

Ramadan is a time for **self-reflection, self-discipline, and gratitude** – practices that are just as important to well-being as physical activity.

How Inner Focus and Reflection Support Health & Well-Being:

- **Inner Focus** – Deep reflection helps align our intentions and actions with our values, strengthening self-discipline and enhancing clarity of thought.
- **Gratitude** – Practising gratitude helps balance the mind, regulate emotions, and foster inner peace and contentment.
- **Spiritual awareness strengthens mental clarity** – Time spent in reflection, Dhikr, or Qur'an recitation promotes inner calm and mindfulness.

During Ramadan, logging time for **self-reflection, gratitude, and spiritual awareness under 'Mindfulness Activity'** in the RigRun app allows you to **unite as a crew while honouring the purpose of this sacred month.**

#SpiritualHealth #RamadanReflections #Gratitude #RigRun2026

MOVEMENT & WELL-BEING DURING RAMADAN

During Ramadan, **listening to your body is essential**, especially for those working in **demanding remote site environments**. Participating in RigRun during Ramadan should focus on **gentle movement, flexibility, and mindfulness**.

How to Maintain Well-Being While Fasting:

- **Stretch & body awareness** – Use RigRun’s Pilates feature for light stretching and breathwork that encourages inner focus without overexertion.
- **Self-awareness & reflection** – Track moments of stillness, deep breathing, or prayer as mindfulness in the RigRun app.
- **Prioritise rest & hydration** – After Iftar, focus on rehydration and sufficient sleep.

Ramadan is about inner focus, reflection, and balance. Staying active doesn’t mean pushing your limits—it means honouring your body while maintaining inner peace and well-being.

#RamadanFitness #MindfulMovement #CrewWellbeing #RigRun2026



COMMUNITY BONDS DURING RAMADAN

Working in a **remote environment** during Ramadan means being away **from family, friends, and loved ones.**

That's why **staying connected** with your crew is more important than ever. **Sharing an Iftar meal** together and fostering a sense of togetherness through the **RigRun team activity boards** helps create a sense of community.

Ways to Stay Connected During Ramadan:

- **Team Activity Boards** – Maintain a sense of unity and encouragement in the Mindfulness and Gentle Movement Activity Boards.
- **Support one another** – Share reflections, goals, and encouragement throughout fasting hours.
- **Break fast as a team when possible** – Strengthen bonds and build a sense of belonging by sharing Iftar together when circumstances allow.

Ramadan is a time for **community, generosity, and togetherness.** Even in the most **remote locations, we can still support each other and stay connected.**



MOVING WITH INTENTION DURING RAMADAN

Maintaining **physical and mental well-being** during Ramadan is about **balance, gratitude, and self-awareness**. Mindful movement can help you feel **more connected, refreshed, and in tune with your body**.

When to Move During Ramadan:

- **After Suhoor (pre-dawn meal)** – Energy is highest, but hydration will be limited until Iftar.
- **Before Iftar (pre-sunset meal)** – Energy levels may be lower, but you'll soon break your fast.
- **After Iftar (post-sunset meal)** – Best for those who want to refuel and hydrate before movement.

How RigRun Supports You During Ramadan:

- **Earn points for reflection & self-discipline** – Log time in the mindfulness feature for moments of inward focus and self-reflection.
- **Maintain a sense of community** – Use RigRun's team and intra-company activity boards, keeping the communal spirit of Ramadan alive, even in remote locations.
- **Prioritise what feels right for you** – Every mindful movement and moment of reflection counts.

This Ramadan, **focus on movement that nourishes your body and mind, rather than pushing limits.**

