



ENGINEERS IN ACTION

CLEAN WATER SHOULDN'T BE A LUXURY

2016 CLEAN WATER FAST

Water is Life!

Advice for Fasters

A 36-hour Fast from all food and caffeinated drinks can be a great challenge. Here are some helpful suggestions:

- Choose your time wisely! It is much easier to Fast beginning around 7 pm one day, through the entire 24 hours of the next day, and break your fast at 7 am the following day. This way you are sleeping twice during those 36 hours, including the final tough hours. Going from 7 am through 7 pm the following day is much harder!
- Drink a lot of water. Water is Life! If you don't drink anything, you could become dehydrated, experience dizziness, unclear thinking, headaches and many other problems.
- Avoid doing strenuous, athletic activities. You will be surprised how little energy you may have.
- Don't overeat after your fast is over. Your body will need time to readjust to food in your stomach and you may have trouble keeping it down. We recommend eating a modest meal with friends to celebrate. Then go home and eat more later on if you want to. Many folks find that less spicy the food is easier to hold down.
- Spending some time in reflection is especially good during meal times. Instead of grumbling about not eating, spend that time reflecting on those who go without safe food or safe water every day, not just for 36 hours.
- Send out social media announcements about how you are doing. People are interested and may want to support you by making contributions in recognition of your sacrifice.

Have fun and learn from your time of identifying with the poor.