

# Early to Rise Customer Support

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## 5 Tips for Starting Your First Fast

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Tips for starting your first fast:

- 1) Drink plenty of water. Staying well hydrated will make the fasting periods much easier to get through.
- 2) Fast overnight. Throw yourself a bone and aim to fast through the night, so that you're (hopefully) sleeping during at least eight of those hours.
- 3) Rewire your thought process. "Think of fasting as taking a break from eating,"
- 4) Over commit. It may seem counter-intuitive, but the best plan is often to start when you're busy -- not on a day when you'll be sitting on the couch wanting to snack.
- 5) Stick to your workout plan. Pairing intermittent fasting with consistent exercise will help you get better results. "It doesn't have to be hardcore or crazy; it can be something as simple as a full-body strength