Early to Rise Customer Support

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