

Fasting and Exercise

Can I exercise while fasting? Absolutely! Your body will access its stores of energy (glycogen and body fat) to get what is needed to complete the exercise. For various reasons, exercising while fasting can be considered optimal.

BENEFITS OF EXERCISING WHILE FASTING

- Increased energy from higher noradrenaline
- Improved mental clarity
- Helps manage stress and anxiety
- Improves body composition
- Raises testosterone levels
- Exercise can increase your blood sugar levels which can sometimes be low during fasting
- Boosts growth hormone production

RULE #1: LISTEN TO YOUR BODY

- If you need to break your fast, do it! Listen to your body.

RULE #2: HYDRATE! HYDRATE! HYDRATE!

- During a fast, you are not getting any hydration (both salt and water) from foods so it is important to properly hydrate before and after a workout.
- If needed, drink one of the following fluids before and/or after working out:



A glass of water with a pinch of natural salt



1/4 cup of pickle juice, either by itself or diluted in water



One cup of broth and salt to taste

THE MOST IMPORTANT RULE OF ALL IS TO STOP FASTING IF YOU FEEL UNWELL FOR ANY REASON!