

## Our Top 10 Fasting Tips!

1



### ALWAYS BE SAFE

Our number one rule is to always be safe while fasting. If you are not feeling well, or not feeling sure of something, then stop fasting and get some help. There will always be another day to fast. Don't push yourself and get into trouble.

2



### DRINK WATER

Start each morning with a full 8 oz (250 mL) glass of water.

3



### STAY BUSY

Choose to fast on a busy day at work. It keeps your mind off food, and gives you extra time to get your work done. A win-win situation!

4



### DRINK COFFEE OR GREEN TEA

Both green tea and coffee are mild appetite suppressants and contain caffeine which helps keep metabolic rate up. Black, oolong or herbal teas are also acceptable.

5



### RIDE THE WAVES

Remember that hunger comes in waves – it's not continuous. Hunger does not keep going up and up if you don't eat. It peaks and then comes down. When you're hungry think to yourself, "I'm not hungry. I'm thirsty." Drink a glass of water or a cup of coffee or tea. It will help you move on.

6



### SHH! DON'T TELL ANYBODY YOU ARE FASTING

Some people will be discouraging, not understand the benefits of fasting. So, keep it to yourself unless you know you're going to get the support you deserve.

7



### GIVE YOUR BODY A MONTH TO ADJUST

Your body needs time to get used to fasting. The first few times may be difficult, so be prepared. Don't get discouraged because it will get easier.

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### INTERMITTENT FASTING IS NOT AN EXCUSE TO EAT WHATEVER YOU LIKE

During non-fasting days, results will be best if you stick to a nutritious diet low in sugars and refined carbohydrates.

9



### WHEN YOU ARE FINISHED A FAST, ACT AS IF IT NEVER HAPPENED

Fasting is not an excuse to binge. It can slow down your progress and discourage you.

10



### FIT IT INTO YOUR LIFE SCHEDULE

Don't limit yourself socially because you're fasting. Arrange your fasting schedule to fit into your lifestyle. Life's schedule changes month to month and year to year. Adjust your fasting schedule to what makes sense for you.