

# INTERMITTENT FASTING

## ACCORDING TO AGE

### 20s

- Window: 14:10 or 16:8
- Focus: Hormone balance and muscle growth
- Start with 14:10 and add protein after workouts. Women: adjust if cycle shifts.

### 30s

- Window: 14:10 to 18:6
- Focus: Lower cortisol and balance blood sugar
- Try shorter fasts when life gets hectic. Hydrate well and train smart.

### 40s

- Window: 12:12 to 16:8
- Focus: Support shifting hormones
- Prioritize protein, sleep, and recovery. Go easy during high-stress weeks.

### 50s

- Window: 12:12 or gentler
- Focus: Ease insulin resistance
- Pair fasting with strength training. Watch energy levels and fuel accordingly.

### 65+

- Window: 12:12 or with guidance
- Focus: Maintain muscle and support nutrient uptake
- Prioritize nutrient-dense meals.

**IMPORTANT:** Talk to a healthcare professional first before doing longer fasts.



# Intermittent Fasting Act Practice Today

**M Woodhall**



**Intermittent Fasting Act Practice Today:**

## Reviewing **Intermittent Fasting Act Practice Today**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Intermittent Fasting Act Practice Today**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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