



Discover Fasting Success: 5 Day 16/8 Fasting Challenge

wearefitattitude.com

Disclaimer: In this guide, we are suggesting a 5-day challenge as entirely optional. The information provided in this guide is for educational and informational purposes only. Although intermittent fasting can be safe and effective for many people, individual results and experiences may vary.

As you participate in this challenge, remember to listen to your body and adjust as needed to ensure you follow a healthy and sustainable approach.

Please contact me for guidance and support if you have any concerns or experience adverse effects during the challenge. If you choose to participate in this challenge it is at your own risk and We Are Fit Attitude cannot be responsible for any negative side effects.

Anna

5 Day 16/8 Fasting Challenge

Intermittent fasting has become increasingly popular to improve health, promote weight loss, and increase longevity. We have just done this very successfully in our 21 Day Reset Programme so we know it works.

While several different intermittent fasting methods exist, the 16/8 fasting method is generally considered the safest and most beginner-friendly.

The 16/8 fasting method involves limiting your eating to an 8-hour window each day and fasting for the remaining 16 hours.

This approach is considered safe for beginners for several reasons —

5 Day 16/8 Fasting Challenge

First, the 16/8 fasting method is flexible and can be adapted to different schedules and lifestyles. For example, you could have your first meal at noon, your last meal by 8 PM or breakfast at 9 AM, and dinner by 5 PM.

Second, the 16/8 fasting method is easy to maintain since it only requires you to skip breakfast and delay your first meal until later in the morning or early afternoon. This can make it easier to stick to your fasting schedule and avoid overeating during your eating window.

Third, the 16/8 fasting method is less likely to cause harmful side effects such as low blood sugar or dizziness, which can occur with long periods of fasting.



Establish Your Eating Window

Today, choose an 8-hour window during the day when you will eat all of your meals.

For example, if you have breakfast at 10 AM, you will eat your last meal by 6 PM.

Stick to your window as closely as possible, and ensure you get all the nutrients your body needs during your eating periods.





Hydrate, Hydrate, Hydrate

During your fasting periods, it's essential to stay hydrated.

Today, focus on drinking plenty of water throughout the day. You can also have black coffee or herbal tea, but avoid adding sugar or milk/cream that could break your fast.

You should exceed your 1.5 litres of water as it will keep you hydrated and stop hunger pangs.

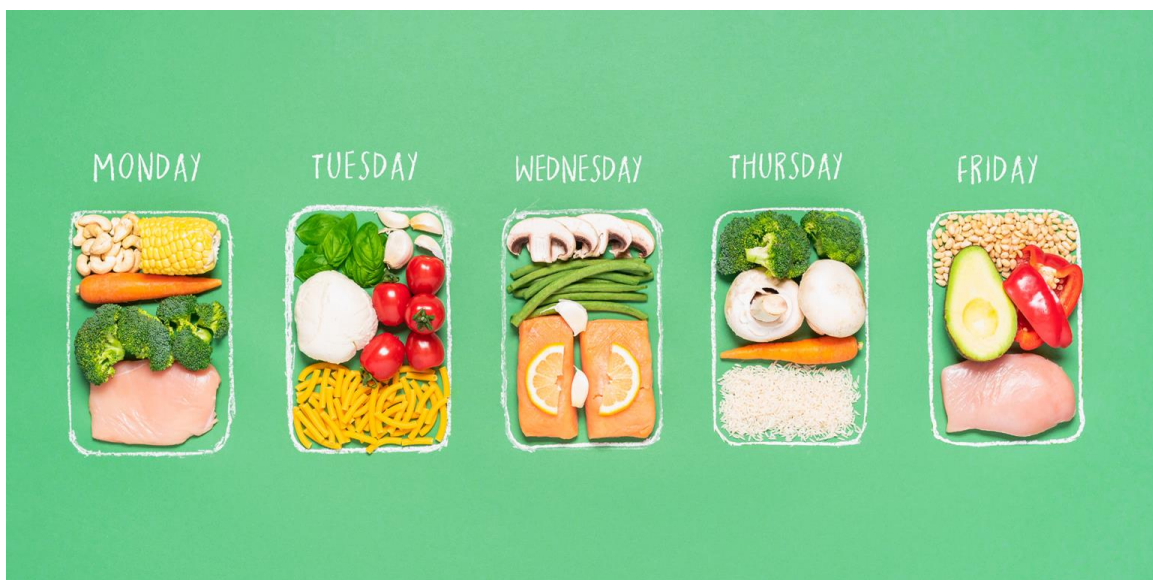


Plan Your Meals

Planning your meals can help you stick to your 16/8 fasting schedule. Today, spend some time planning your meals for the week. Aim for balanced protein, healthy fats, and complex carbohydrates in each meal.

If you can, avoid the booze and the snack crack ie – ultra processed foods as these may mess up your blood sugar levels increasing food cravings and hunger.

During the 21 day reset programme, most WAFAs couldn't eat 3 meals in the 8 hour window so they stuck to 2 main meals which kept them full.





Are You Really Hungry?

Tune into those moments when you feel hungry and become aware of the feeling. Very often if you've eaten well, the desire for food is usually from a craving rather than necessity. The problem today is that all we have to do is 'fridge hang' and chomp away.

In the next 5 days when you feel hunger, drink a glass of water and lean into the hunger pang, noticing how quickly it passes so you can resume your fast. It's an eye opener.





Avoid Late-Night Snacking

Late-night snacking can be a tough habit to break, but it's essential if you're following a 16/8 fasting schedule.

Today, avoid late-night snacking and ensure you've eaten your last meal of the day within your designated window.





Reflect & Reassess

Each day reflect on how you've felt. It's likely you will notice that as the 5 days progress that hunger pangs lessen as well as food cravings.

Answer these questions...

Do you feel better?

Have you noticed any changes in your energy levels or mood?

Are you finding it easier to stick to your eating schedule?

Use this information to reassess and make necessary adjustments to your 16/8 fasting plan.

Remember, with 16/8 fasting, start slowly, stay hydrated, plan your meals, avoid late-night snacking, and listen to your body.

Good luck with your 5-day challenge!