

# **Safety tips for working out while intermittent fasting.**



**Consume  
electrolyte drinks**



**Do low-intensity  
or short-duration  
workouts**



**Stay hydrated**



**Exercise at the  
beginning or toward  
the end of your fast**



**Listen to your  
body's signals**

# Intermittent Fasting Sat Practice Tips

**David Perlmutter**



## **Intermittent Fasting Sat Practice Tips:**

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