

INTERMITTENT FASTING ACCORDING TO THE AGE

Age: 18-25

14:10

Ideal for beginners

Intermittent fasting 14:10 requires you to fast for 14 hours and eat whatever you want within 10 hours

Age: 25-35

18:6

Intermittent fasting 18:6 requires you to fast for 18 hours and eat whatever you want within 6 hours

Age: 35-45

EAT STOP EAT

The Eat Stop Eat intermittent fasting plan consists of eating normally on day 1, then abstaining from food until dinner on day 2

Age: 45-55

20:4

Intermittent fasting 20:4 requires you to fast for 20 hours and eat whatever you want within 4 hours

Age: 55+

16:8

Skipping breakfast

16:8 intermittent fasting involves daily eating only during an 8-hour window and fasting for the remaining 16 hours.

GET 30-DAY PLAN



Switch Oled Intermittent Fasting Ideas

G Orfield



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