

The Fasting Method #155 - Hot Topic: Fasting and Exercise

Megan [00:00:06] Before we get started with today's episode, I would like to quickly read you our podcast disclaimer.

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[00:01:13] All right. And now we'll get started with today's episode.

Nadia [00:01:19] Hi everyone, and welcome back to another episode of The Fasting Method podcast. I am Coach Nadia and I am joined today by one of our TFM coaches that you guys have met before. And so, today, we've got Bethany here. Hi, Bethany.

Bethany [00:01:38] Hi, Nadia.

Nadia [00:01:39] How are you doing?

Bethany [00:01:40] Good. How are you?

Nadia [00:01:41] Good. I'm super excited about this because it's always great to have-- just like when I speak with Terri about, like, her expertise, it's awesome for me to ask questions and to learn more. And I think those listening in really appreciate the fact that I am just as interested in this topic as everybody else.

[00:01:57] So, without further ado, we are going to be talking about exercise. And so I don't know who came up with this idea, but somebody told me, "Hey, you should talk to Bethany." And so here we are to talk with Bethany about exercise. Actually, that's how you and I met, right Bethany? Now that I think back, you know that I didn't realize that that was you when you first joined TFM?

Bethany [00:02:17] Oh, no, I didn't. Yeah, we connected on Instagram.

Nadia [00:02:21] Can you believe that? And that was quite a while ago, right?

Bethany [00:02:24] Yeah. Over a year ago.

Nadia [00:02:25] I wanted to hire you to be my exercise coach or personal trainer. And then I think you, like everybody else, realized that I'm terrible with consistency and with exercise. [laughter] And then you joined us as a coach, which I thought was awesome. I think I clued in that that was you when Terri, I think, suggested that we talk about this. Can you believe that?

Bethany [00:02:45] That's so funny.

Nadia [00:02:46] That is hilarious. [laughter]

Bethany [00:02:49] Small world.

Nadia [00:02:50] Small world. Anyway, so I think this is a great fit because I'm in need of information and motivation, and so are many people listening in. So can you tell us a little bit more about-- I think people have heard about your background a little bit and how you became a Fasting Method coach, but I'd really like to know, myself, a little bit more about how you became this amazing expert on exercise and how you are helping so many of us already.

Bethany [00:03:18] Sure thing. So I grew up doing just about every sport there was. I considered myself an athlete. I mostly focused on ice hockey and rowing. I went on to be a rower in college, and after college I joined the corporate world, and during my 20s and early 30s, my health and fitness absolutely unraveled. I was diagnosed with chronic fatigue syndrome, chronic reactivated Epstein-Barr virus, lupus. I was experiencing profound fatigue, profound systemic pain, and I was no longer able to move in the way that I used to be able to. I also, as a result of lifestyle and medication, had put on about 50 pounds (five zero) in less than two years. And so, you know, my life became really going to visit a new doctor every week in New York City. And I can remember, at times, being on the subway just absolutely weeping because-- for those with the chronic illness, you understand there are often either no answers or the answers are very slow to come. Or, in my case, when you get answers and even get put on medication, sometimes the side effects of those medications are unlivable.

[00:04:48] And so I came to The Fasting Method because I felt like I had tried everything else, every other holistic way of healing, every other diet, every other workout program. Like, I thought, "This has got to be the thing because this is the one thing that I feel like I haven't tried." So for one of my birthdays, one year, I bought myself a coaching package with Coach Terri. I had heard her on, not only, The Obesity Code podcast and The Fasting Method podcast, but also the Keto Woman podcast. And I just-- I really thought, "Okay, I think this person can help me." And from that birthday until the next birthday, with Coach Terri's help, I was able to do a lot of therapeutic fasts, and I lost 60 pounds, and my chronic fatigue went away, my joint pain went away, skin issues went away, digestive issues went away.

[00:05:43] And so I had such a profound experience with The Fasting Method that it spurred me to change careers. And instead of continuing on in the tech industry, which was my, you know, initial trajectory, I became a health coach and a certified personal trainer. So fast forward to nearly two years after that decision and I'm here at The Fasting Method helping others.

Nadia [00:06:12] All right. So much there. First of all, it doesn't surprise me to hear this story, a little bit more of your story. And, as Coach Larry would say, another wounded healer, right? Because I think that it makes you probably such a more amazing coach that you've gone through this experience yourself the way that you have. And I think it's so much easier to empathize and relate to people when you've gone through it yourself. So that doesn't surprise me, but what an amazing story. And I was going to make a little bit of a joke until you started getting serious and it started to sound really amazing. I was going to say, "Oh my gosh, your childhood sounded exactly like me. I was such a great athlete

too. Not!" [laughter] No, I was not. There was no athletic bone in my body. And so that makes it that much harder for me and maybe some people.

[00:06:57] But I'll tell you what surprises me. I think it surprises us as a society. It surprises us how people who are really fit and have had a very fit, you know, have grown up very fit, how they can also get themselves into these situations, right, with weight concerns. I work a lot with-- and probably you do too. And even last week I recorded a podcast for somebody else's podcast where they were saying to me how shocked they were of how many athletes they were treating for diabetes and prediabetes, right? I think we have this idea that if somebody is very fit or if somebody exercises a lot, they never gain weight and they never become diabetic. Yet you look at a lot of former athletes and a lot of them struggle with weight. And so I think fasting has really become known with this group of people. Would you agree? Do you think that a lot of athletes and a lot of former athletes are interested in becoming more interested in fasting for therapeutic reasons?

Bethany [00:07:51] It does seem to be the case. And I think, similarly to fasting, you know, you can get to your goal with fasting, but, if you never learn how to eat, you're going to have a really hard time when you hit your goal, or hit maintenance, maintaining those results. And the same is true of exercise. You know, whether you were an athlete or were at one time very fit, if you never learn how to eat in a supportive way, you're going to have a really hard time with blood sugar and weight maintenance.

Nadia [00:08:22] Yeah, that's what I'm seeing. I'm seeing that. And we're seeing that in younger people too, right?

Bethany [00:08:26] Yes.

Nadia [00:08:27] Because what I'm seeing-- listen, my kids are little but they're very active and they have-- I've shared this very openly. They have some serious concerns, which I believe comes from the fact that I had severe PCOS when I was pregnant with both of them. But anyway, so they already have, unfortunately severe metabolic concerns, which maybe I'll talk a little bit more about in another podcast. But what I'm seeing is that, because they're so active in sports-- and nowadays, this generation, I'm sure that-- I mean, from what I recall, that wasn't the case in our generation. That's what we hear statistics say. But there's a lot of kids that are very, very active nowadays who are struggling already with metabolic syndrome. For example, yesterday at my kids gymnastics club-- she goes to this big gymnastics club. It's the national gymnastics club of where we live here. They have this amazing volleyball team, girls volleyball team, and these girls are awesome. What I was shocked-- you know, and again, this is all visual, right? I mean you want your volleyball players to be strong, right? Nice and strong, muscular. But there's a lot of weight concerns that I don't recall. You know, for example, the girls that I grew up with playing volleyball, I don't recall girls-- I think I'm saying something that people can probably, you know, as much as we wouldn't want it to be so, there's so much more childhood obesity is what I'm saying, nowadays than before, even in kids that are extremely active. Would you agree?

Bethany [00:09:45] Yes.

Nadia [00:09:46] And adults as well, of course, extremely active adults that..

Bethany [00:09:49] Across the board, for sure.

Nadia [00:09:51] Yeah. Okay. So let's talk a little bit more about that. I think-- I know that you wanted to talk about a couple of things. One, you've gotten quite a few questions from our community that you'd like to address here, which is awesome. And, two, I think that I have to ask this question, I know you want to talk about it, which is-- okay, let's talk about exercise and weight loss, and let's talk about exercise and fasting. First, I think-- well, whatever, whichever one you want to talk about first, but I'll tell you what my husband said to me this week, because he fasts a lot, right? He likes to do extended fasts. And sometimes when he exercises during fasts he feels great and sometimes he doesn't. And that's-- I think that shocked him a little bit because he's always been a very big fasting, fasting, fasting and exercise, exercise, exercise. So let's talk a little bit about that.

[00:10:37] What are your recommendations, in general? I know there's no one size fits all, but what are your recommendations, in general, for people who are already fasting or want to fast, or people who exercise and want to start fasting? And then, the big question and the good old question of, you know, exercise and weight loss. I know that-- I think Dr. Fung is the one that said this; weight loss is 80% diet and 20% exercise, or something like that. Or I might just be making that up, but I want to hear your thoughts. And I think Dr. Fung also-- actually, Dr. Fung, what he actually said was that diet is Batman and exercise is Robin. So I want to hear your thoughts.

Bethany [00:11:14] Yeah. So before I say anything, I want to preface this with anything I talk about in this podcast, I am going to say in the context of those who are fasting, whether it be for fat loss, reversing type two diabetes, nonalcoholic fatty liver disease, etc.. So this does not pertain to, necessarily, a metabolically healthy person who just wants to kind of get toned. Nor does it pertain to competitive athletes. And I just say that because movement and exercise is so broad and there are so many permutations of all of the different variables that you can put into exercise, that I want to just limit it to who really I think our audience is, and that is, those who are fasting for those reasons. And then what I'm about to talk about also doesn't take into account, you know, people with disabilities or those suffering from acute or chronic injuries. I'd love to be able to talk about all of those populations but it would be an extremely long podcast.

[00:12:23] So, with that, I'm going to take your first question, Nadia. And that is, basically, "Can I work out fasted? Is it safe to work out in a fasted state?" And the answer is, yes, you can absolutely work out fasted, but the normal precautions apply. So if you begin to feel nauseous, dizzy, lightheaded, muscle aches, fatigue, brain fog, you should really consider breaking your fast. Especially in the case of nausea, don't even consider it. Break your fast immediately. That can be a sign of severe and dangerous dehydration.

[00:13:01] Now, I would recommend changing one thing at a time when it comes to exercise and fasting. So if, for example, you've been doing three 24-hour fasts a week and you have not been exercising, I would not jump into your first ever 72-hour fast and begin your workout program at the same time. So that's just one example, but the point is that I would recommend increasing the duration of your fast and the intensity or duration of your workout, in any given week, one at a time, then hold whichever variable you change and increase the other one. So I wouldn't jump up into an extended fast if you haven't done that before and start training for a marathon. Extreme examples, but at the same time.

[00:13:49] You also-- and I want to stress this, especially because, at the time of this recording, we're coming into the summer months. You will need to monitor your electrolytes and hydration even more if you're going to begin exercising, and, even more

than that, if you're going to be doing it in some hotter, warmer weather. So just a caution there.

Nadia [00:14:10] Wait, wait. Before we get to the second question, I want to comment on that because I think that that's huge. And you can see me over here on my side, because I've got my video on for you, Bethany. You can see me fanning away. And the reason why I'm fanning away while you're speaking and while I'm speaking is because I don't want to interfere with our audio, but I also don't want to turn on my aircon because that also makes noise. And I don't want to interfere-- you know, I want you guys to hear us as well as possible. I also don't want to annoy our editor.

[00:14:36] But this is exactly what happened with my husband (so I'm so glad that you're bringing this up) because he's been fasting for ten years, okay? So he's definitely somebody who feels very comfortable with fasting. And although he did grow up, like you, being an athlete, pretty much, he's only really started exercising consistently and seriously over the past few months. So it hasn't even been a year yet. And what's happening is that the weather here in Portugal, as you said, at the time of this recording, it's starting to warm up and it is very warm by now. And so I think this was probably his first extended fast while exercising as intensely as he is. And what I realized right away is that he dehydrated because he combined the two. And then I'll tell you something else, on top of it all, which is worse, you know, because he's a white-knuckler. I've always shared this with you guys because I know there's a lot of white-knucklers out there, you know, people who just want to push through, sometimes even push past safety. And what he did after he exercised in the morning on day two or three of his extended fast is he went for a bike ride, a motorcycle ride. Pfft! In the heat. So you can see it was a triple whammy of dehydration. And this is super dangerous, so I'm glad that you mentioned this.

Bethany [00:15:46] Yeah. You know what you just said, Nadia, reminded me that I would even recommend people who have been fasting who are getting into a regular workout routine to keep something on hand in their car or in their gym locker in the event that they need to break their fast.

Nadia [00:16:05] But it's also a reminder to some of you guys listening in, because a lot of our listeners, again, are, quote unquote, 'expert fasters' or have been fasting forever, is that you need to really get to a point where it's not just that you have this on hand, but that you actually know that you should break your fast. Or at least... [laughs] I don't even know what the right word is. Because, you know, as a coach, Bethany, how do you deal with the white-knucklers, right? The people that just want to push through because they feel like, "I should be able to and I am able to," but really, it's this reminder, again, safety comes first. And if you're feeling any of the things that Bethany mentioned, you must break your fast. Fast again another day. How many times have you heard Megan and Dr. Fung say this?

Bethany [00:16:49] Yes. And, you know, what you just said reminded me. I think that that white-knuckling comes from a-- it comes from a number of places, but, among them, a very short-sighted approach. And when we zoom out, it really doesn't matter if you ended a fast early, especially if, for safety reasons, that was the right thing to do. It doesn't matter if you do three fasts every week, you know, it really is trivial. But the other thing is that, when it comes to exercise, I want people to have almost the opposite mindset as what you discussed in one of probably my favorite Fasting Method podcasts of all time. You and Coach Terri discussed therapeutic fasting and not having therapeutic fasting go on forever or for years on end. I have recommended that to my coaching clients that they listen, if they haven't, to that episode in particular, because the approach to that I just find really

brilliant, that you're using fasting as a therapy, and that therapy should really last-- I mean, depending on what you're fasting for, I can't imagine it going on for more than a year, if you really do it consistently.

[00:18:11] I want people to think of exercise the opposite way. I want there to be no ceiling and no ending. The reason for that is that the purpose of exercise, to me, is to prevent really something like a fall and a hip break later in life. I'm going to tell a story now. It's short. One of my friends was a firefighter and, as part of his job, he would get a lot of-- the firefighters would get a lot of emergency medical service calls. He once got a call from a woman who had been stuck on her toilet for three days because she was not strong enough to get up. She eventually crawled to the telephone. Luckily, she had not broken anything, but she had to be hospitalized overnight because she was so dehydrated. And if you look at the scientific literature, something like a fall, and specifically a hip break, is correlated very closely with morbidity. So I want people to move for the rest of their lives. And so there really is no need, when you think of all of the workouts that you have an opportunity to do for the rest of your life, if you want to be a functional centenarian, there is absolutely no need to white-knuckle anything because you can get back in the gym tomorrow.

Nadia [00:19:41] Oh my God, can we bottle that up? Because that was beautiful. That image. This is exactly it. And that's what people like me (again, all joking aside) who did not grow up very active, who just are-- I'm an white-knuckler when it comes to exercise. That's what gets me to do any of the exercise that I do. And we're going to talk a little bit more about that because I got some questions for you. But this is it. It's exactly for that reason. It's because (I've heard this and I really believe that to be true) muscle is the longevity organ. I need that muscle if I want to be an active grandmother, which hopefully I will be one day. And by active I don't mean like an athlete or, you know, I don't want to look a certain way as a grandmother. I just want to be a grandmother. I want to be present. So this is it, right? And the hip thing. It hits home for me because my great grandmother, that's how she passed, was after a hip fracture. And again, all of us have this story, right?

Bethany [00:20:42] Yeah. It's important. Yes, absolutely. Just to give some numbers around that. Muscle mass, as you age, the rate of loss is 0.5% to 1% per year. The loss of muscle strength (and, yes, they are different and I will talk about that) is double to triple that. And the loss of power is triple that. So we want to get everyone to a point where they are able to train for power, and it takes a long time to get there.

[00:21:18] So I want to circle back to your initial question about what to do when you're exercising for fat loss. Now, I get a kind of adjacent question a lot in our community, "I want to build muscle and lose fat at the same time. What can I do?" First of all, a lot of people come in with the mindset that they want to, quote unquote, 'get in shape'. And, as we were just discussing, I don't want you to get in shape. I want movement to be a part of your life for the rest of your life. I know that anyone with dedication can build a, quote unquote, 'beach body', even though I don't like that phrase. You know, anyone can get shredded, but I don't care if you're shredded for three months in 2024. I care about what your body is able to do in 2040. So, in terms of building muscle and losing fat at the same time, this is really hard to do. There's a reason that bodybuilders have separate bulk and cut cycles, and that's because making significant progress on fat loss and muscle hypertrophy at the same time is really challenging. Now, muscle hypertrophy is growth of muscle size. That's different than muscle strength. You can absolutely get stronger without building muscle size, and, similarly, you can build muscle mass without optimizing for strength.

[00:22:48] So, along with that, what I would recommend people do during the fat-loss phase is two things. I would focus first on Zone 2 cardio. If you're a member of The Fasting Method Community, you've probably heard me talk about this a lot, and I will continue to beat the Zone 2 drum because it's so important. So what is Zone 2 training? Zone 2 training is 60 to 70% of your maximal heart rate. Now, most of us don't know exactly what our maximum heart rate is unless we've done a stress test. There are many kind of fitness devices that will estimate your maximum heart rate, but I have a really low tech way for testing whether or not you're in Zone 2. And that is, can you hold a conversation the entire time without sacrificing any words? Now, a lot of us, especially if we're doing Zone 2 alone, are not going to talk to ourselves the whole time, but it's something that you can check in on. And if you actually say a few sentences out loud and you find that you need to break between words to take a deep breath, or you find that you're trying to express yourself in a more speedy way just so you can be done with talking so that you can breathe, you're probably out of Zone 2. So that's called the talk test. Zone 2 is important because it uses fat and oxygen for its fuel. If you're more interested in that, what you can do is type into a search engine 'three energy systems used for the body', but, once we get out or above Zone 2, we actually begin to burn carbohydrates, and that's going to be not impossible for the fasted body or for the body that's fueled by a ketogenic diet, but it is going to be more expensive, and it could be more exhausting and make you hungrier and start to threaten your fasts. And if you are in the fat-loss phase and you are fasting, continue to use fasting as your main hammer. Any movement you do should be for longevity and as kind of an adjunct to fasting for fat loss. Another benefit of Zone 2 is it increases the number of mitochondria you have and how efficiently they can work. So, for those fasting for autophagy reasons or because they have some kind of chronic illness, that is another benefit.

[00:25:20] In terms of programing, normally, as personal trainers, certainly what I would do, is start with hypertrophy for a client without major fat-loss goals or for a, you know, quote unquote, you know, 'metabolically healthy' client. But if you are fasting, I would focus on strength. And the reason for that is that therapeutic fasting, fasting that's done for over 24 hours, several times a week, or extended fasts, like, you know, 72 hours, that is a catabolic process, and it is going to be really hard to therapeutically fast and start to build the size of your muscle or get involved in anabolic processes. So what I would do-- this is going to be very general, but, if you have not been exercising at all, you are in luck because the minimum, effective dose for you is going to be really low. So two to three days per week, 30 minutes per session, I want you to do 1 to 3 working sets with 3 to 5 reps if you're using load, or 5 to 12 reps if you're using body weight alone. Just focus on these four exercises. Some kind of squat (it can be a bodyweight squat, it could be a squat with a physio ball between your back and the wall to make it easier, it could be a split squat. There are many different kinds of squats.), some kind of hip hinge (which usually is some kind of deadlift), some kind of press (which is-- it could be a push up against a wall,) and some kind of pull, like a row. Just start with those four. People will ask about-- you know, "What about core strength?" "What about Pilates?" and things like that. Yes, core strength is absolutely necessary, but, when we go back to the longevity conversation and functionality, it is not sufficient. Core strength will be improved by all of the things that I just mentioned if done correctly. And, you know, three hours of Pilates a week is not going to be sufficient for most people.

[00:27:34] The only other question I want to ask is people will often say, like, "What about stretching?" What I really want to focus on with folks is mobility versus flexibility. So we want to be able to move through a full range of motion, and even move load through that range of motion, much more than we, you know, want to care about statically holding a

stretch, really at any degree for any amount of time. Even though the splits look cool on Instagram, the utility of that is just not borne out in literature.

Nadia [00:28:08] This is super. I love this stuff. This is-- I feel like I'm doing a podcast with Coach Terri here. You know, instead of learning all of the behavioral things that I learn from her, I'm learning all these things that I need about exercise from you because, you know, this is important for people like me, okay? I don't want to waste my time with exercise. I don't want to spend more time or do anything that is not useful. So I love this. I love this, like, to-the-point recommendation. Okay, so what I'm hearing from you kind of supports what I've been hearing about things like HIIT. I don't know if that's one of the things that you wanted to mention. I don't know if that's one of the questions that you have from our community, but some of these exercises that I've been looking up-- and I'm definitely at-- I'm almost 47. My focus here is on resistance training. I learned something from you today, which is it's not just-- I have to differentiate and learn a little bit more of the difference between muscle building and muscle strength. I would think, based on what you're saying, that really it's strength that I'm doing already and looking for.

Bethany [00:29:11] Yeah. And they are related. As I mentioned, usually I would start with increasing the size of muscle for most populations. But for someone who's therapeutically fasting, that's not really necessary, nor is it going to be the most productive if your goal is fat loss. What I mean by 'they are related' is that, once you get closer to maintenance, or once you're at maintenance, you do want to be working out in kind of an undulating way, meaning you, at times, want to focus on hypertrophy, or increasing muscle size, and, at other times, you want to focus on strength. The reason is that, if you can make a bigger muscle stronger, that's awesome. So you do want to focus on muscle size. You just want to be doing that once you're closer to or at maintenance.

Nadia [00:30:03] Okay. And that's definitely me. I'm not doing therapeutic fasting, although I do, of course, work with a lot of people that are, so that's good to know the difference. Although I'm not an expert, I can refer them here because that makes a lot of sense to me.

Bethany [00:30:14] Yeah. And then the other thing you brought up about HIIT, Nadia, is a really good question. So, as I mentioned, we do want to get to the point where we're able to train for power because that is really what we're going to be losing the most as we age, but we want to set a foundation for ourselves. So we literally want to build a pyramid here. And the base of that pyramid is our strong cardiovascular system, which is going to be built upon Zone 2 cardio. So before you hop into any high intensity-- I'm not going to mention brands or franchises, but any kind of high intensity, you know, hour-long workout program that's circuit based, I would rather have you, for a number of months, literally, do 2 or 2.5 hours a week of Zone 2 cardio and build a really strong base for that pyramid.

[00:31:14] The other issue with something like HIIT training, which, for those who don't know, is high intensity interval training. It's a broad umbrella. But what people will often say to me is, "I've been doing this program," whether it's at home or, you know, going to a group exercise class, "and I feel like I'm not really building muscle or getting stronger." There could be a number of things going on here, but what I would say is lifting weights is a broad term. It really is just, you know, movement of any external load repetitively that's not cardiovascular. So something like walking with a weighted vest is not weightlifting. Then you have powerlifting and Olympic weightlifting which are their own sport. The point I'm trying to make is that just because you are moving weights does not necessarily mean that you're gaining muscle or strength, but that does not necessarily mean that weight training does not work for you. A key principle in training is what we call progressive

overload, and that can be accomplished with a number of different things. It could be heavier weight, less rest, more reps, more sets, using accessories like BFR bands. So if you're not building muscle or strength, you might just need to change one of those variables, and the simplest variable to change, when it comes to weight lifting, if you have access to a weight room, is load, is just how much you're lifting. So I would recommend increasing the load, even if you're fasting, and maybe decreasing the reps, and seeing if that's more effective for you.

Nadia [00:32:53] Awesome! I love the practicality of this. When I coach, of course, I talk about different topics, but I like these sort of very practical things that you can do, right, like these tips and hacks. So thank you for that. All right, Bethany, before we run out of time and I feel like we could technically go on forever here and probably we'll have to have you back because I feel like, after listening to this, people will have more questions. And so we'll probably have a part two, which I love when I feel that way at the end of a podcast. But I know you have some questions. How many questions are you going to try to get to for us today?

Bethany [00:33:28] I would really like to cover two questions here that come up all the time. So, first, "Do I need to eat protein within a certain time after or before working out?" The answer is a resounding no. The scientific literature on this points to there being really no, quote unquote, 'magic window' in which protein is hyper absorbed or most efficiently utilized by the body. What matters is getting enough protein overall for your needs. Now that begs the question what is enough protein for my needs? There is a ton of discussion about protein happening in our community right now. So if you're part of the Community, I would absolutely hop into this month's group challenge, which is how to optimize your eating days, because Megan is talking, specifically, about-- like, actually getting down to the gram level and calculating how much protein you need.

Nadia [00:34:25] Okay. And if people are listening to this and that specific group challenge is done, where can they get some resources or information about this?

Bethany [00:34:33] Yeah. So if you come into the Community, you will have access to all of our past group challenges, which is amazing. We also have a forum where people are always asking, you know, how much protein should I be eating? Megan also just did a maintenance masterclass, which you can get access to, as a Community member, with a discount, actually, even though it's already happened. So it won't be happening live, but she gets very nitty gritty about protein in that masterclass as well.

Nadia [00:35:02] That's awesome. Thanks for that.

Bethany [00:35:04] You bet. The last question I want to get to is, "I get hungrier after I work out and it makes it harder to fast. Should I shorten my fasts so I can work out?" I get this question all the time. I would say, if you are in the fat-loss phase of your journey, and I mentioned this before, but if you are using fasting as your hammer, keep fasting as your main hammer. It's your main tool for fat loss. What I would do instead is decrease the intensity and/or duration of your workouts if this is happening, and check in with your electrolyte and water intake, and start to ramp exercise back up slowly, but do not let exercise threaten the length or the consistency of your fasting if you're in the fat-loss phase.

Nadia [00:35:53] This is awesome advice, so on-topic, so on-spot. Thank you so much and just thank you, Bethany, this was amazing. It really was. I know we could go on

forever here and I bet you have more questions. And I don't mean to cut you off, but this was beautiful and I really want people to just-- before they get overwhelmed, I really want them to let this information soak in. As I said, I am certain that we're going to have to have you back for part two of this particular topic because I still have questions, and so we'll save those for next time. So thank you again, Bethany. This was amazing. That's it for today. This was jam-packed information. I hope you guys enjoyed this one as much as I did. Thank you again, Bethany. Have a great week, everyone, and happy fasting.