



How can you strengthen your fasting muscle?

Well, some of us are naturally stronger than others, and this is the same with fasting. Fasting is like a muscle. Some of us have more developed fasting muscles than others, and if you want to build your fasting muscle, then you're going to have to practice consistently.

Imagine you only went to the gym three times over the course of an entire year. Would you expect to be any stronger by the end of the year? Probably not. The same is true with fasting. If you just do it here and there, then you're not going to strengthen your fasting muscle.

Each week, come up with a fasting plan that fits into your lifestyle. Some weeks you may be able to fast more and others less, which is perfectly okay. It's great to change things up, but if you really want to fast longer, then you need to practice, just like everything else in life. You'll find over time it becomes easier and you're able to challenge yourself even more.