



# Living Smart Girl

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## 7 WAYS INTERMITTENT FASTING HELPS MEN OVER 40

November 12, 2020 / by [Rochelle Stivers](#) / [7 Comments](#)

You tried the latest diet plan. It just didn't work.

You wanted to exercise. You never found the time.

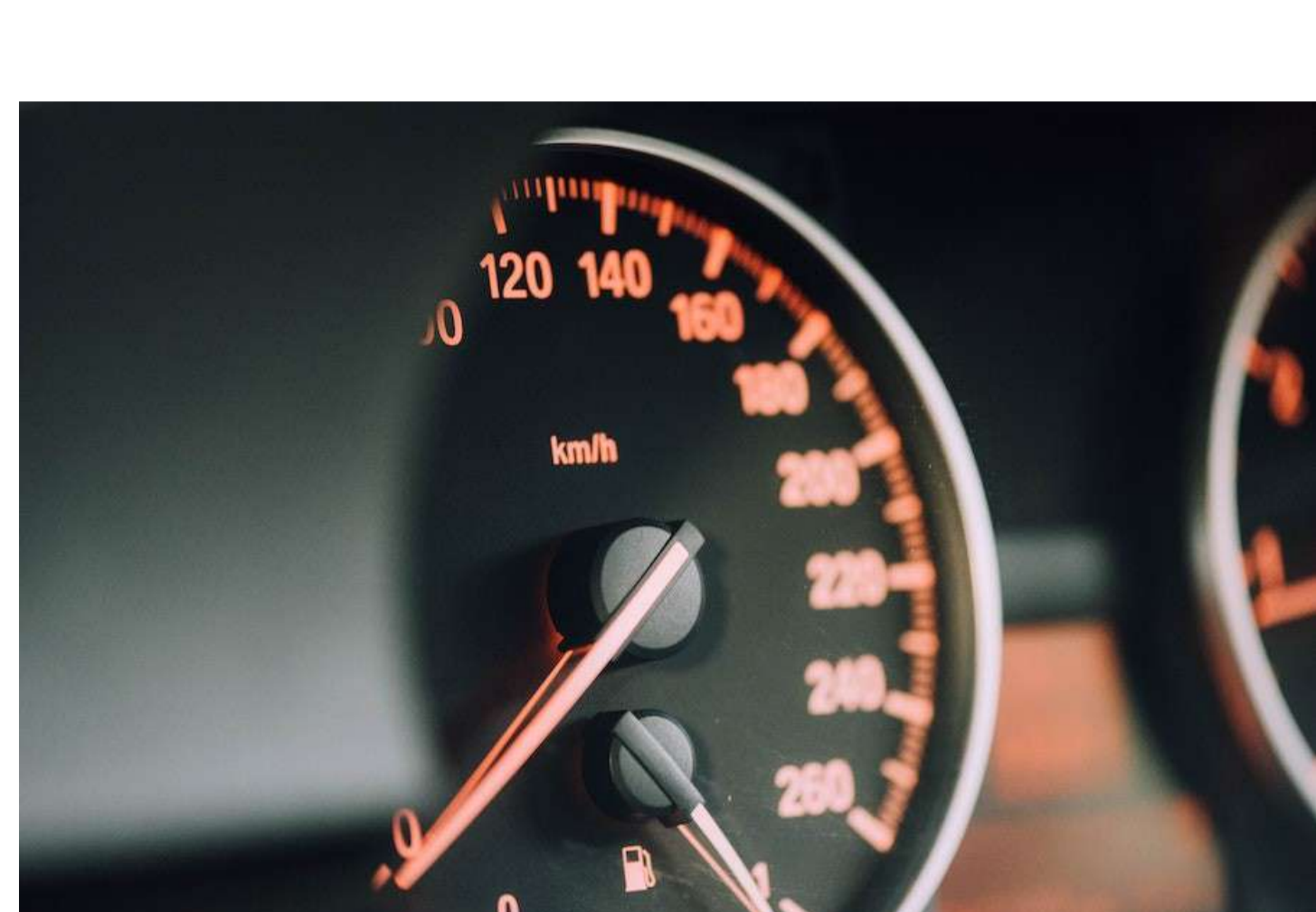
You feel like giving up. You start to believe it will never happen. Losing weight is never easy. Especially if you are over 40.

Work, life, and everything else always seems to come in the way. Yet, we see Instagram photos of some 40 year-olds who have lost that weight. Done the impossible!

Succeeded where we tried and failed many times over. How did they do it?



**Simple. Intermittent fasting.** Unlike other "magic" diets, intermittent fasting is pretty straightforward. There are no pre-packaged shakes, counting of calories, or measured food intake. It is a way of life where you simply do not eat during certain hours. No snacks, no power drinks, and no energy bars. You fast. Many will argue intermittent fasting is just another failure waiting to happen. But it is the perfect fit for you and here's why.



### IS YOUR METABOLISM WORKING AGAINST YOU?

Metabolism is to you what the engine is to a car. You put fuel in and the engine burns it to move the car. The food you eat is turned into the energy you need through the process of metabolism.

Your metabolism slows steadily after 40. By fasting for short periods you can increase your metabolism rate. This increase is due to the rise in the hormone **norepinephrine**, which promotes fat burning.

Additionally, metabolism initially burns carbs (sugar) for a quick source of energy rather than the stored fats. But by depriving your body of this sugar over time it automatically switches to burning the stored fat.

And this is what we want!

### HARNESS THE POWER OF GROWTH HORMONES

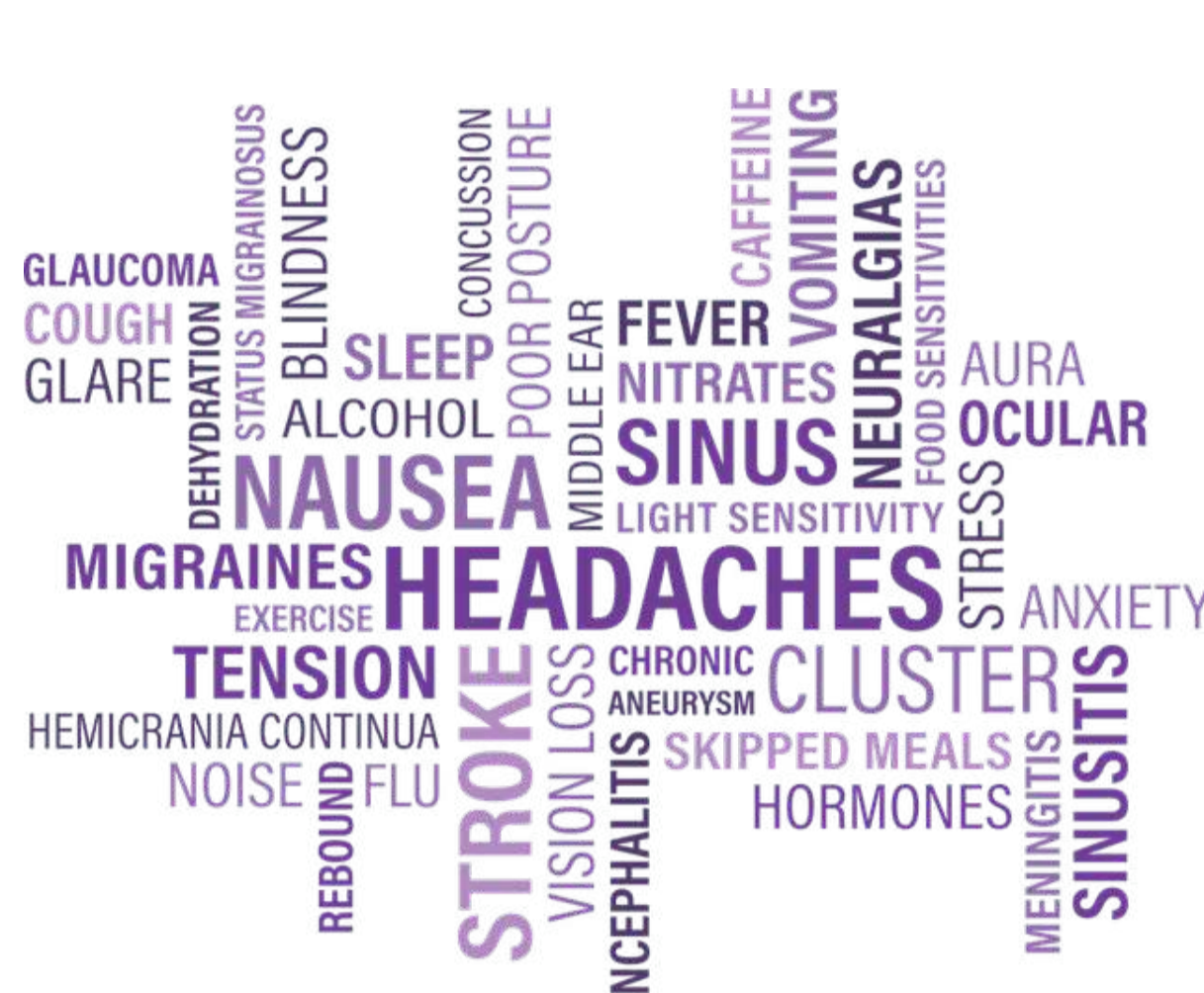
Hormones are chemicals that act as messengers and travel throughout your body, coordinating complicated functions like growth and metabolism. When you fast, your insulin levels drop, and the **human growth hormone** increases. Not only do they promote fat burning but they also help preserve muscle mass. This is because they have a strong influence on your appetite, the number of calories you eat, and how much fat you store or burn.

### SAVE YOUR FUTURE-SELF FROM A LIFE OF PAIN

Being overweight can lead to many serious chronic medical conditions like diabetes, high blood pressure, and mental illnesses.

Intermittent fasting has been linked to a lower risk of chronic diseases. This is because fasting reduces inflammation. And, reducing inflammation helps our bodies battle these chronic inflammatory diseases.

Remember prevention is always better than a cure. It is better to stop something bad from happening than it is to fix it after it has happened.

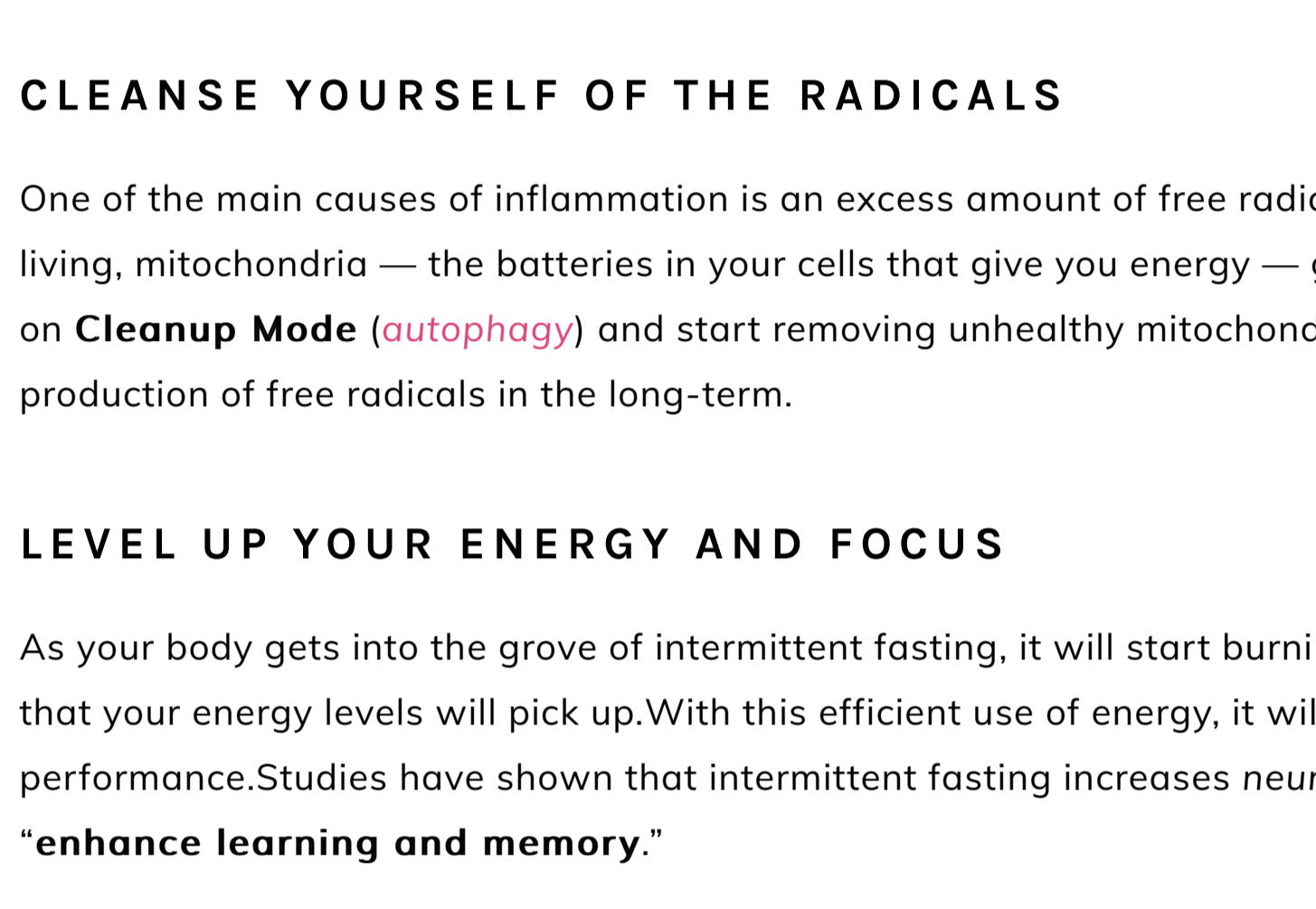


### CLEANSE YOURSELF OF THE RADICALS

One of the main causes of inflammation is an excess amount of free radicals within the body, which causes cellular damage. Throughout your daily living, mitochondria — the batteries in your cells that give you energy — get damaged and release these free radicals. When we fast, our cells turn on **Cleanup Mode (autophagy)** and start removing unhealthy mitochondria and replacing them with healthy ones over time. Thus reducing the production of free radicals in the long-term.

### LEVEL UP YOUR ENERGY AND FOCUS

As your body gets into the groove of intermittent fasting, it will start burning stored body fat for energy rather than glucose. And it will get good at it that your energy levels will pick up. With this efficient use of energy, it will result in improved moods, mental ability, and long-term performance. Studies have shown that intermittent fasting increases neuroplasticity (brain flexibility) and the production of new neurons, which **enhance learning and memory.**



### THE EASIEST WAY TO FIGHT THE PANG

Ever sat in front of the TV after a big meal and thought "Man, I want to eat something"? The easiest way to fill your stomach is to drink water or green tea. Substituting food with liquids is a great way to trick your stomach into thinking it's full. Another excellent way to avoid hunger pangs is with a nutritionally balanced diet that includes foods that keep you feeling full longer.

### IT'S FLEXIBLE LIKE MR. FANTASTIC

Like Mr. Fantastic's ability to stretch his body into any shape he desires, the intermittent fasting schedule can be adjusted around your daily routine. There are many programs you can choose to follow. The most popular ones are [The 16:8 Method](#), [The 5:2 Diet](#), [Alternate Day Fasting](#), and [Eat Stop Eat](#). By selecting a plan that best fits into your

busy family, social, and work commitments make it easier to maintain.

### THIS IS YOUR FUTURE

Imagine fitting into your favorite pair of jeans and not having to suck your gut in to button them. Imagine playing beach volleyball shirtless and getting admiring glances from onlookers. Imagine living a longer and healthier life. You did it! You achieved what you set out to do. You lost weight!

Sure, there were bumps on the way. The change was not easy but you overcame it. And, intermittent fasting helped you get there. It transformed not just your belly fat into a washboard but the way you live your life.

It is a healthy evolution of **YOU**.

So, what time does your fast start today?

### AUTHOR DESCRIPTION:

A self-described travel enthusiast and founder of [Travel Clans](#), Tarun is a freelance content writer and blogger who is committed to broadening people's views of other cultures and exploring new places. He has spent the last three years writing helpful and inspiring travel posts and is currently most passionate about the work he is doing to help families with young children plan for their travels. Tweet him [@TarunDenniz](#) if you enjoyed his post.



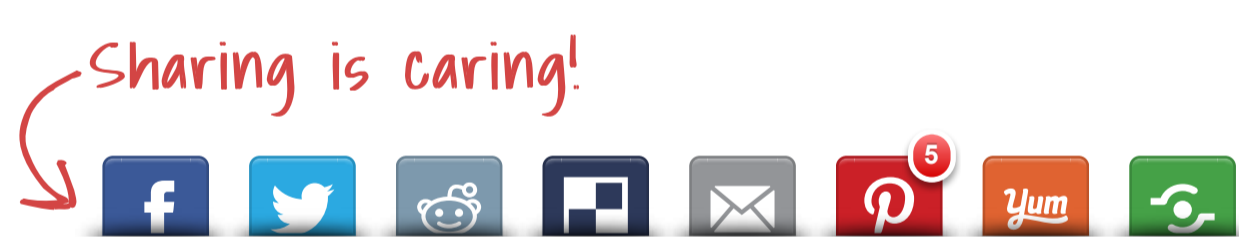
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### COMMENTS

Shala Marengo  
December 25, 2020 at 6:32 am

Very good article! We will be linking to this great post on our site. Keep up the great writing.

REPLY

Rochelle Stivers  
December 31, 2020 at 4:17 am

Thank you!

REPLY

IIMt Studies  
March 2, 2021 at 5:40 am

Thanks very interesting blog!

REPLY

Hoc tieng Duc  
March 23, 2021 at 10:53 am

Do you mind if I quote a couple of your articles as long as I provide credit and sources back to your weblog? My blog site is in the very same niche as yours and my users would truly benefit from a lot of the information you provide here. Please let me know if this okay with you.

Appreciate it!

REPLY

Rochelle Stivers  
April 11, 2021 at 9:23 am

Of course!

REPLY

Top Best Review  
April 28, 2021 at 7:05 am

Excellent website. Lots of helpful information here.

I'm sending it to a few friends and also sharing in delicious. And obviously, thank you on your sweat!

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