

My Fitness Program



Eat Responsibly (You know what this means).

Berries, mangos, bananas, pears - keep your fruit intake high.

A 24 hour fast every 5 days, nothing longer, and not more often.

Don't [stress over protein](#), 1 shake in the evening, aim for between 70-100 grams per day

This is all you need - Eat responsibly, lots of fruit, get your protein and [occasionally fast](#).

Creatine is your main supplement, a couple times per day, even when fasting.

Weight training - Simplify. Challenge yourself. [Progress, then Rest](#).

Get Active, Stay Active. - Walk, Stretch and Move.

That's it. That's all you need to Maintain and Build Muscle.

Don't overthink it and don't forget to rest.

Sauna, Walk, Nap, Read.

Be kind to yourself.

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The Art of Rest

24th February 2022

How to Get a Hot Body

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