Sadly, I have a sedentary lifestyle. I just bought a house and 2 aces so, as the weather permits which has been very little lately, I have been in my yard pruning trees and bushes. That is more exercise than I usually get and it isn't cardiovascular.

I have a spare bedroom now and, intending to focus on health, it is officially the gym, complete with rebounder, a few light weights, resistance bands, and a yoga mat. Yesterday, in between unpacking and organizing moved items, I would jump on my rebounder. I am very out of shape and would have strained breathing after only 1.5 minutes, but I did this about 12 times yesterday and 3 times this morning before going to work.

My last meal was the remaining cup of Asian Slaw I had yesterday morning at 7 am, so I am only now about 1.5 days into my fast. At this point, my keto stick will only read a trace. I was pleasantly surprised to see it was already up to a very dark moderate. It has been way more than 10 days since my last fast so my body isn't primed to go into ketosis quickly. It has to be the exercise.

I highly recommend that those fasting invest in some keto sticks and the generic brands are inexpensive. First I discovered how a little sweetener in my herbal tea was slowing down my fat consumption and now this. It is really nice to see the proof in front of your eyes so you can understand exactly what you are doing.