

Pornarun Includet. (2021. February), Apps recommended by experts For those who want to be skinny: cheevachit. 23 (536) : 72-75

Limited-time eating Also known as IF (Intermittent Fasting) weight loss can seem difficult Nowadays, there are many applications that can aid in weight loss according to the above format. But there are not less Who spoke with one voice that Planning to eat at any given time is not easy. But today there is an app to help them get through difficult times, experts advise beginners to set weight loss goals that are functionally as they are. You want to actually use it. What applications are there specifically for doing IF.

1. BodyFast is an app that offers up to 50 dieting methods aimed at helping you heal Healthy behaviors, such as exercise, meditation.
2. Fastient is like a daily recording application that affects health, such as mood and sleep Including calculating calories used during fasting.
3. Zero The app offers a wide selection of videos and articles. You can also send questions through the application. Let a professional help you resolve questions or seek advice.
4. Fastic this application contains many healthy recipes from around the world. Which is very useful if you Must eat food that helps to stay pregnant Long full during the time of fasting.
5. InFasting is an application that includes a diet, sleep and activity tracker.
6. Simple is an IF application that looks like a personal assistant to follow Easy stuff, there are some motivating tips. Diet and Water Reminders Provide nutritional information.



Kwandaw Mayou. (2020, January – April), Yuan Xiao Festival (Lantern): Academic Journal for the Humanities and Social Sciences Dhonburi Rajabhat University. 3 (1) : 68-81