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HOW I DID IT

Fast · Workout · Eat

By: William G. Bush Schley
aka Bad Boy Billy Sly

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aka Bad Boy Billy Sly

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Disclaimer

This book is not a medical manual. I am not a doctor, fitness instructor, or dietitian. I'm just a regular guy who took what I learned from boxing, martial arts, U.S. Army training, and some of the biggest names in fitness—and built my own plan to fight back against poor health.

What you'll read here is my story. This is how I did it. It's not a program I'm prescribing to you, and it's not medical advice. If you choose to try what I've done, that's your decision—and I strongly recommend you consult with a healthcare professional first.

Think of it this way: if life were a minefield, I'm the guy who walked ahead, checking each step to see if it was safe. You may decide to follow in my footprints—but those steps are still yours to take.

This book is meant to inspire, not instruct. My story is about becoming “Suitably Fit”—fit enough to live life with strength, energy, and joy. If that encourages you to make positive changes, then I'm glad. But always remember: your health is your responsibility.

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Introduction

My journey to fitness wasn't about looking good in the mirror. It was about survival. I was tired, frustrated, and out of shape. Simple tasks left me drained. I felt like life was slipping away from me.

That's when I made the decision to change. I built my own plan—not from a textbook, but from my own experiences in boxing, martial arts, Army training, and lessons I picked up from some of the greats in fitness. I wasn't chasing perfection. I was chasing health, energy, and the ability to live life fully.

This book is about how I did it:

- How I learned to fast safely and effectively.
- How I designed workouts that worked for me and my family.
- How I built eating habits that fueled my body instead of breaking it down.

The goal was never to become a superstar athlete. The goal was to feel strong, capable, and alive again. I call this being Suitably Fit. Not perfect, not extreme—just fit enough to fight off the things that were trying to hold me down.

If you're reading this, maybe you're at the same crossroads I was. Maybe you're ready for change. My hope is that my story shows you that change is possible, no matter where you start.

Let's get into it.

Chapter 1: The Way I Fast

Before I began fasting, I had to prepare my body. My preparation started with sleep. For two weeks, I committed to getting a full eight hours of rest every night. Sleep became the foundation of my plan, because without proper rest, my muscles and cells wouldn't recover the way they needed to. That discipline gave me the strength to move forward.

The reason I chose to fast was simple: I wanted to reset my body. I knew that fasting would allow me to flush out harmful elements I had built up over years of poor eating habits. By stopping the constant cycle of fueling my body with unhealthy foods, I gave my system a chance to heal. In other words, fasting became my way of cleaning house—letting the bad go, so the good could return.

I'll be honest—fasting used to scare me. I pictured being hungry, weak, or even getting sick from depriving myself of food. And yes, I've heard the horror stories—people getting sick or worse from dangerous fasting techniques.

That's why I created my own approach: one that was both safe and rewarding. I didn't starve myself. I nourished myself while fasting.

What I consumed during fasting (each meal):

- 8 ounces of water
- 6 ounces of decaffeinated tea (zero calories, zero sugar)
- 6 ounces of chicken broth (for sodium and warmth)
- One protein drink (8–10 ounces, like Ensure), approved by my doctor

This simple combination kept me hydrated, provided nutrients, and gave my body what it needed to function without weighing me down.

The results came quickly. I lost fat because I had stopped putting excess fat into my body. That's the real secret—digestion starts with what you put in your hands. If you don't put the wrong food in your mouth, it never enters your body. Once I stopped feeding myself excess fat, my

body naturally began to shed it. Along with fat loss, my blood sugar levels dropped, which was another win in my fight against poor health.

But fasting wasn't just about food. I paired it with a fasting workout designed to attack triglycerides and cholesterol—the silent killers. With no new fat coming in, my body could focus on burning what was already stored.

My fasting-day workout:

- 25 squats
- 180 calf raises
- 25 push-ups
- 3-minute plank

At first, I started small, gradually building up to those numbers. Every rep was progress. Over time, my energy returned, my breathing improved, and my workouts became more powerful.

The transformation was incredible. During my initial fasting period, I lost about six pounds per week—32 pounds in just one month. I felt like a new man. Today, I use fasting as a tool. Whenever I notice I've gained weight, I fast for a single day—three liquid meals only—always on a day off from work and never more than 48 hours after noticing the weight gain.

On workout days, I add a protein shake to support muscle recovery. And for every meal, whether fasting or not, I keep my portions small and balanced with water, tea, and broth.

This is my 360-degree approach to fighting the bad elements that once held me down. Today, I have the energy to get out of bed without hesitation, pick things up around the house without fatigue, and live my life without feeling trapped in a body that was slowing me down.

I don't claim to be a superstar athlete. But I do claim this: I feel strong, I feel alive, and I'm ready to train like one.

Chapter 2: The Way I Workout

It's 5:00 a.m., and I'm heading downstairs to begin my workout. At 57 years old, I've learned the importance of going to bed early—around 10:00 p.m.—so I can wake up rested and ready to move. At my age, six to seven hours of sleep is usually enough. But fitness in my household isn't just about me—it's a family affair.

My 12-year-old daughter is right behind me on the stairs. She went to bed at 8:00 p.m., giving her the nine to twelve hours of rest that kids her age need. My 15-year-old daughter joins us too. Teenagers should get eight to ten hours, so I encourage her to keep a healthy sleep schedule. My wife, my partner for life, also joins in after her seven hours of sleep. Together, we've made exercise part of our family bond. I truly believe that a family who works out together grows stronger—both in body and in heart.

Starting Small, Building Strong

Our Monday morning routine begins with:

- 25 free-standing squats
- 180 calf raises
- 25 push-ups
- 3 minutes of planks

That was the plan—but reality quickly humbled me. I wasn't Superman anymore, and neither was anyone else in my family. Instead of being discouraged, I made an announcement: "We'll try every day until we reach our numbers."

We started with modified versions of push-ups and planks using the staircase. On the fourth step, the angle made the exercises easier. Once we could hold a three-minute plank or hit 25 push-ups at that level, we moved down a step. Each step down brought us closer to the floor—and closer to our ultimate goal.

This process gave us something to strive for. We didn't need to be perfect right away; we needed progress. Within three weeks, we were stronger, more consistent, and ready for the next challenge.

From there, we created a progression plan. Each weekend, we added weight: 20 pounds on Saturday, 40 pounds on Sunday, then 50, 60, and beyond. Our goal was to gradually increase until we reached 100 pounds or our personal maximums.

Once we reached those numbers, we shifted to building endurance: 2 sets of 4 reps, then 6, 8, and 10. Eventually, we built up to 3 sets, then 10 sets of 10 reps. After mastering that, we increased the weight again, pushing ourselves to new limits.

This system wasn't about rushing. It was about consistent, safe progression. By strengthening our lean muscles, we built the foundation our major muscle groups needed to perform well and stay injury-free.

Everyday Strength

The results weren't just about looking fit—they were about living fit. I noticed changes in my daily life. I could answer the door quickly when a package arrived, instead of hesitating. My wife felt more energized to pick things up around the house that she once felt too tired to handle. My kids grew stronger and more confident as they worked toward their goals.

Together, we were transforming from our old, noodle-like selves into people who felt solid, strong, and capable. This journey hasn't just been about fitness—it's been about creating a lifestyle that makes us all more resilient.

We're not chasing perfection. We're chasing progress. And every rep, every step, and every workout brings us closer to being Suitably Fit.

Chapter 3: How I Eat

The key to my weight loss, better blood sugar numbers, and improved lab results wasn't luck—it was strategy. My success came from mastering three things: how I fast, how I work out, and how I eat.

Food has always been central to my journey. Every move my body made was connected to what I put into it. But instead of letting food control me, I learned to control

food. That meant planning my meals, disciplining my habits, and feeding my body in a way that supported my goals.

The Sleep Plan and Eating Habits

When I began my two-week sleep plan, I knew food would play a big role. On days 1 and 2, I didn't restrict myself too much. I ate the way I wanted—cereal in the morning, pizza for lunch, and a classic dinner of starch, vegetables, and meat.

Why? Because I needed to wake up my brain. I had to train my mind to start thinking differently about food. By making eating a conscious activity, I built the foundation for discipline. Over time, the portions got smaller, and I gradually shifted toward healthier meals.

Before this change, my shopping cart was a disaster: frozen waffles, sugary cereals, bagels, processed pastries, donuts, toaster strudels, fake seafood, fried chicken, Philly cheesesteaks, frozen dinners, pizza, subs loaded with bread, and piles of processed junk. Add to that the worst habit of all—eating after 8:00 p.m.—and I was setting myself up for failure.

Eating late kept my body in “awake mode” when it should have been resting. Instead of allowing my cells and muscles to repair, I forced my system to burn through food when it should have been recharging. No wonder I felt sick and exhausted.

Switching back to the old-school model of meat, green vegetables, and starch gave me structure. Every two days during my sleep plan, I reduced my portions in each category. By the end of the two weeks, my body was prepared for fasting—and for real change.

Eating for Recovery and Energy

After my sleep plan, I began fasting with nutrition, not deprivation. That reset my digestive system, lowered my weight, and improved my lab numbers. But fasting was only part of the solution. Once I had momentum, I needed a long-term eating model to keep the progress going.

That’s where my PSFS model came in: Protein, Starch, Fiber, and Starch.

This formula guided every meal, fueling me for my workouts and keeping my energy steady throughout the day. Here’s how it looked in action:

Breakfast (6:00 a.m.)

- 2 eggs cooked with spinach, cheese, onion, and a little ketchup (in olive oil)
- An avocado on the side
- Liquids: 8 oz water, 6 oz decaf tea, 6 oz chicken broth, and a 10 oz protein drink

Other options:

- A modest bowl of cereal with half a banana and blueberries, served with whole milk and a handful of nuts
- 2 boiled eggs with one toasted English muffin and a light spread of margarine

Weekend Protein Shake (9:45 a.m.)

After my 6:00 a.m. breakfast and before my 10:00 a.m. gym session:

- 20 oz soy milk
- 2 scoops of plant-based protein powder
- 1 banana

Lunch (12:00 noon)

- Tuna mixed with light mayo, served with 4 crackers and celery sticks
 - Or peanut butter on 8 crackers with no-sugar-added jam, plus celery
- Always paired with water, tea, broth, and protein.

Dinner

- Protein: chicken, steak, pork, or fish
- Starch: pasta, bread, potato, or sweet potato
- Fiber: beans, bran, and green vegetables
- Extra starch: rice, corn, or another grain

Portions were always small, balanced, and paired with the same liquids as earlier meals.

The Results

By following this structured approach, I stopped fighting against my body and started working with it. My weight dropped, my blood sugar stabilized, and even my pancreas—damaged years ago in a car accident—started performing better. I felt younger, stronger, and full of energy.

Eating this way was not about punishment—it was about freedom. Freedom from exhaustion, freedom from cravings, and freedom from the cycle of eating food that made me sick.

Today, I don't just eat to survive. I eat to fuel my life, my workouts, and my future. And with fasting, workouts, and eating all working together, I found the balance I needed to be Suitably Fit.

