


10 Tips for I.F.

INTERMITTENT FASTING GUIDE FOR BEGINNERS

What is I.F?
How to Get Started
What's Happening In Your Body?

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INTERMITTENT FASTING GUIDE FOR BEGINNERS

Ready to unlock the secrets of I.F? We got you covered!

Intermittent Fasting (I.F) is all about sticking to a specific eating pattern that involves regular periods of fasting and eating. It's like giving your tummy a little break, which can lead to amazing health benefits like weight loss, improved insulin sensitivity, and even a longer life expectancy!

But, please! Before you dive into this exciting journey, it's crucial to know what's happening in your body during those fasting periods. Your body will be burning stored fat for fuel, and this can help reduce inflammation, improve blood sugar levels, and boost heart health.

Just remember, I.F isn't for everyone, especially if you have a history of eating disorders or certain medical conditions. So, always consult with a healthcare professional if you have any doubts. With the right guidance, I.F can be a fun and effective way to improve your overall health and wellbeing. Let's get started!



HOW TO BEGIN

#01

WHAT IS INTERMITTENT FASTING?
is an eating pattern that cycles between periods of fasting and eating.

#02

DECIDE YOUR EATING WINDOW

You are not intermittent fasting if you fast for less than 12-16 hours.
Examples: 11am -7pm, 12pm-8pm
10am-6pm

#03

SLEEP

When you choose your window, make sure most of your hours you are fasting are when you are sleeping.

#04

CAN I EXERCISE WHILE FASTING?

YES, exercise during a fast is a turbo boost of fat loss.

#05

DRINK

Water, Black coffee, or Black/Green tea during your fasted period is acceptable, but no liquid calories! Avoid all calories during fasting.

#06

CALORIES

Eat healthy sized meals that leave you full, and track your progress. How many calories does your body need per day. Don't over eat with junk food. Stay in Calorie Range.

Tips for I.F.



#07

HUNGER PAINS

Give your body time to adjust!
You might not really be hungry,
Drink Water Instead.

#08

MAKE A PLAN

Plan your foods during eating window.
Lower your carbs to suggested 50-
150g per day. (Divide that per meal)

#09

ACCOUNTABILITY

Who will be holding you
accountable during your
journey? Identify Who: Friend,
Co-Worker, Family, Coach?

#10

BENEFITS OF FASTING

Regenerates the Body, Weight Loss,
Insulin Resistances, Reduce
Inflammation, Reduce Cholesterol,
Prevent Cancer, Assist in growth of
new nerve cells.

BONUS

PAY ATTENTION

Notice your body during your
fasting and eating window.
Drink lots of water.
Pace yourself.
Enjoy the process.

*Happy
Fasting*

Hour by Hour

WHAT'S HAPPENING IN YOUR BODY?

4-8 HOURS

WHAT HAPPENS

Blood Sugar Falls
All food has left the Stomach
Insuline is no longer produce.

12 HOURS

WHAT HAPPENS

Food consumed has been burned
Digestive System goes to sleep
Body Begins Healing Process
Human Growth Hormone
begins to increases
Glucagon is relaxed to balance blood
sugars

14 HOURS

WHAT HAPPENS

Body has converted to using stored
fat as energy
Human Growth Hormone starts to
increase dramatically

16 HOURS

WHAT HAPPENS

Body starts to Burn FAT

18 HOURS

WHAT HAPPENS

Human Growth Hormones Skyrocket

24 HOURS

WHAT HAPPENS

Autophagy Begins
Drains all glycogen stores
Ketones are released into the blood
stream

36 HOURS

WHAT HAPPENS

Autophagy 300% Increase

48 HOURS

WHAT HAPPENS

Autophagy increases 30% more
Immune System Reset and
Regeneration
Increase Reduction in Inflammation
Response

72 HOURS

WHAT HAPPENS

Autophagy Maxes Out

TERMS

AUTOPHAGY

Detox Process when your body
cleans out damaged cells and
regenerates new ones.

HUMAN GROWTH HORMONES

Hormone that Stimulates growth, cell
reproduction, and regeneration.
This hormone also helps maintain
tissues and organs throughout life.