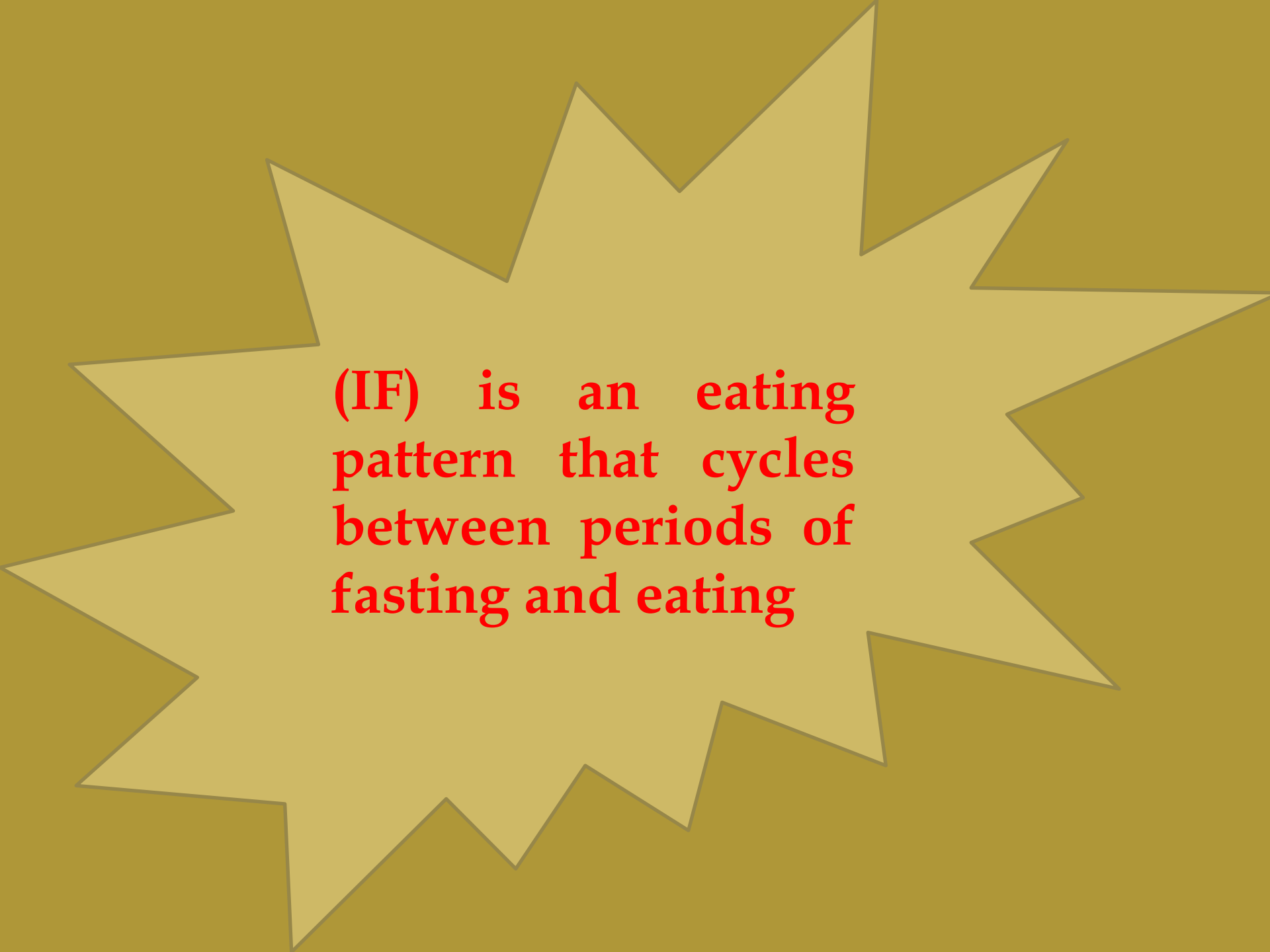




Intermittent Fasting

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**(IF) is an eating
pattern that cycles
between periods of
fasting and eating**

***It doesn't specify which foods you should eat but rather when you should eat them.**

*** It's currently very popular in the health and fitness community**

***It is an effective way to lose weight and stay healthy and fit**

1. The 16/8 Method: Fast for 16 hours each day.

*It is very important to eat mostly healthy foods during your eating window

*You can drink water, coffee and other non-caloric beverages during the fast, and this can help reduce hunger levels.

*you can fit in 2-3 or more meals.

2. The 5:2 Diet: Fast for 2 days per week.

*involves eating normally 5 days of the week, while restricting calories to 500-600 on two days of the week.

3. Eat-Stop-Eat: Do a 24-hour fast, once or twice a week

*involves a 24-hour fast, either once or twice per week.

4. Alternate-Day Fasting: Fast every other day.

*It literally means fasting every other day. Some who tried this consumed 500 calories during fasting days. However, this method is not advisable for beginners.

5. The warrior diet: fast during the day and eat a huge meal at night

eating small amounts of raw fruits and veggies during the day. At night, a person should eat a huge meal.

▣ **6. Skipping Meals**

- ▣ *This method is simply skipping meals from time to time like if a person is not hungry or is too busy to cook and eat.

the benefits of intermittent fasting

- ▣ weight loss
- ▣ A lower risk of type 2 diabetes
- ▣ improved markers of health
- ▣ a reduced risk of chronic health conditions
- ▣ improved brain health