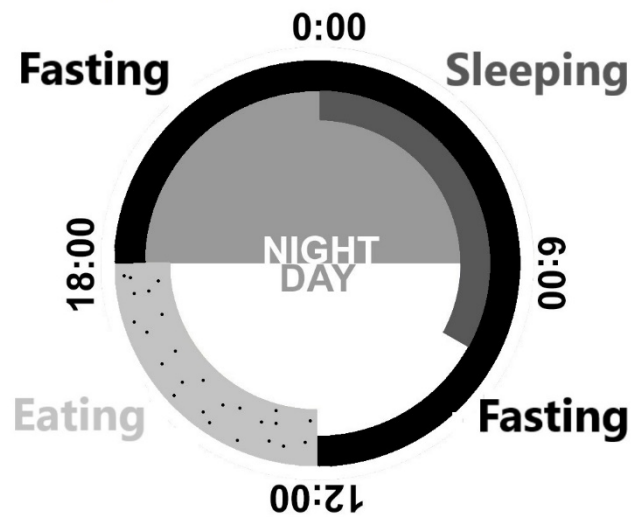


18:6 Intermittent Fasting

- Pictured to the right is an example of an 18:6 schedule. Every day (24 hours), all of your meals are eaten in a 6 hour window.
- This is easier than it sounds! The 18 hour fast is partially taken up by the time you spend sleeping.
- Instead of counting calories, focus on having nutritious meals within your 6 hour window.



- The timing of your eating window is flexible. If you prefer to eat earlier in the morning, then you just need to start your fast earlier in the evening.
- During your fasting hours, make sure you drink plenty of water! Non-caloric beverages like black coffee or tea are allowed as well (no milk, cream, sugar or other sweeteners – e.g. honey, artificial sweeteners).
- There is nothing wrong with feeling hungry and you will find fasting gets easier and easier with time. If at any time you are feeling nausea or dizziness, it is always okay to end the fast.
- Make sure you keep up with your physical activity! Start with lighter physical activity when you are getting used to fasting, then build back up to higher intensities.

Intermittent Fasting Myths

- **I have to eat all the time to keep my metabolism up.**
False. Fasting actually can increase metabolic rate in the short term. Although some studies suggest a long term reduction in metabolic rate, this is the same reduction found in traditional weight loss by caloric restriction due to reduced weight and fat mass.
- **My body will go into starvation mode if I don't eat.**
False. Fasting causes the body to rely on fat stores as a source of energy and to release hormones which help prevent muscle protein breakdown.