

MODULE 3: THE INTERMITTENT FASTING
LIFESTYLE

NEWBIE FITNESS ACADEMY

INTERMITTENT FASTING LIFESTYLE

- ▶ Execution!
- ▶ Intermittent Fasting defined - it works
- ▶ Debunked common myths
- ▶ Unreal health benefits
- ▶ How do you turn it in to a lifestyle??
- ▶ We asked for a CLEAN slate

GAMEPLAN

- ▶ The Intermittent Fasting lifestyle
- ▶ How to fast for 24 hours without going a full day without eating
- ▶ What to consume during your fast
- ▶ Sensible eating guidelines

THE INTERMITTENT FASTING LIFESTYLE

- ▶ An eating pattern that cycles between periods of fasting and eating
- ▶ Two states: Fed or fasted
- ▶ It's not a diet, it's a lifestyle
- ▶ There's a difference between having just a couple of bites and eating the whole tub
- ▶ Intermittent Fasting keeps your life simple
- ▶ There's only one moving part - when you eat

THE INTERMITTENT FASTING LIFESTYLE

- ▶ Intermittent Fasting comes with unreal health benefits
- ▶ HOW DO YOU DO THIS STUFF??

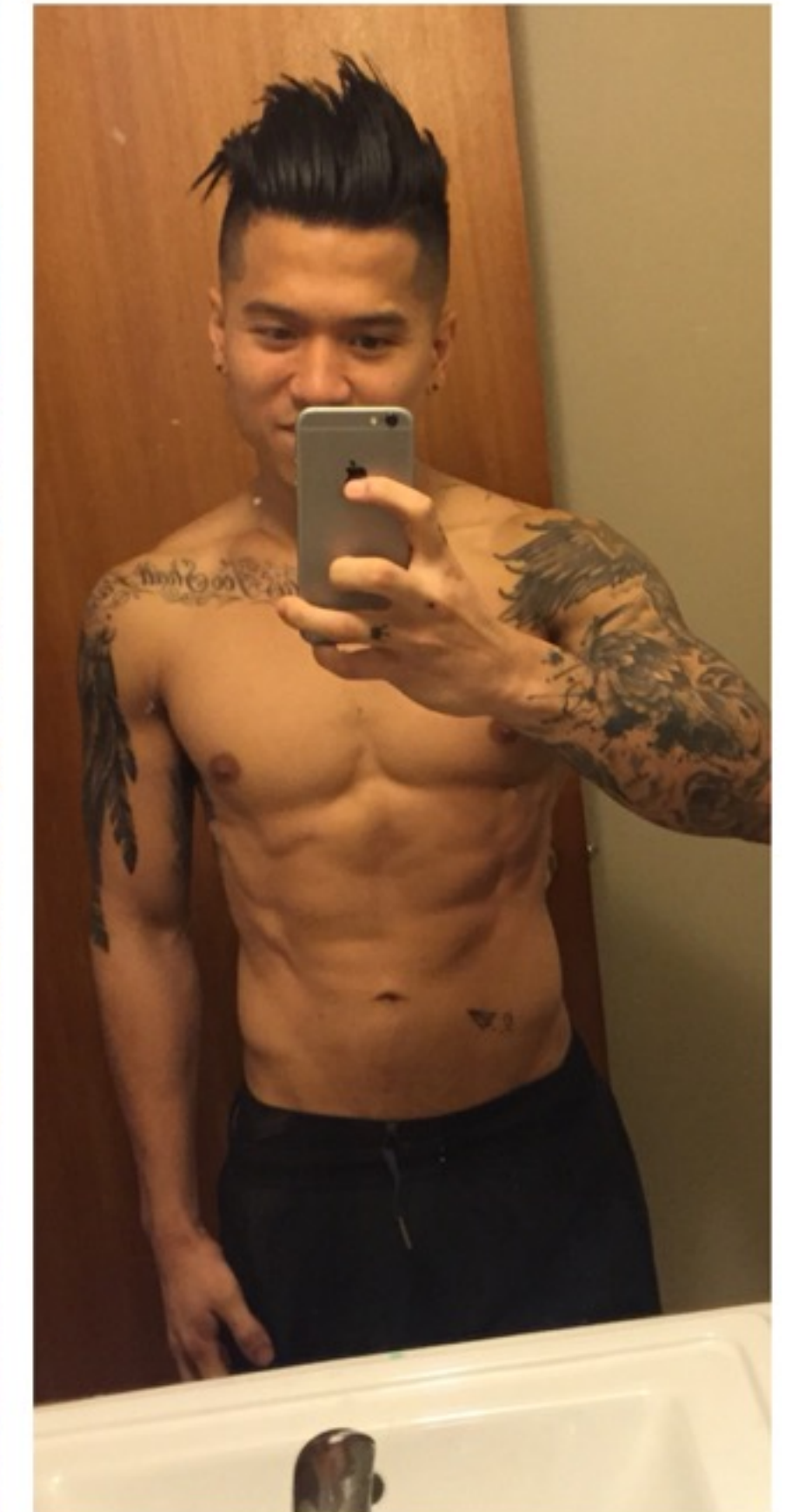
HOW TO FAST FOR 24 HOURS WITHOUT GOING A FULL DAY OF NOT EATING

- ▶ Eat dinner
 - ▶ Go to bed
 - ▶ Skip breakfast and lunch, eat dinner again
 - ▶ 24 hour fast accomplished!
- ▶ Dinner-to-dinner fast
- ▶ Be productive! Do things you normally wouldn't be able to do

HOW TO FAST FOR 24 HOURS WITHOUT GOING A FULL DAY OF NOT EATING

- ▶ It's flexible
 - ▶ If you can't fast twice a week, no big deal!
- ▶ Give yourself 48 hours in between fasts
- ▶ Balance is key

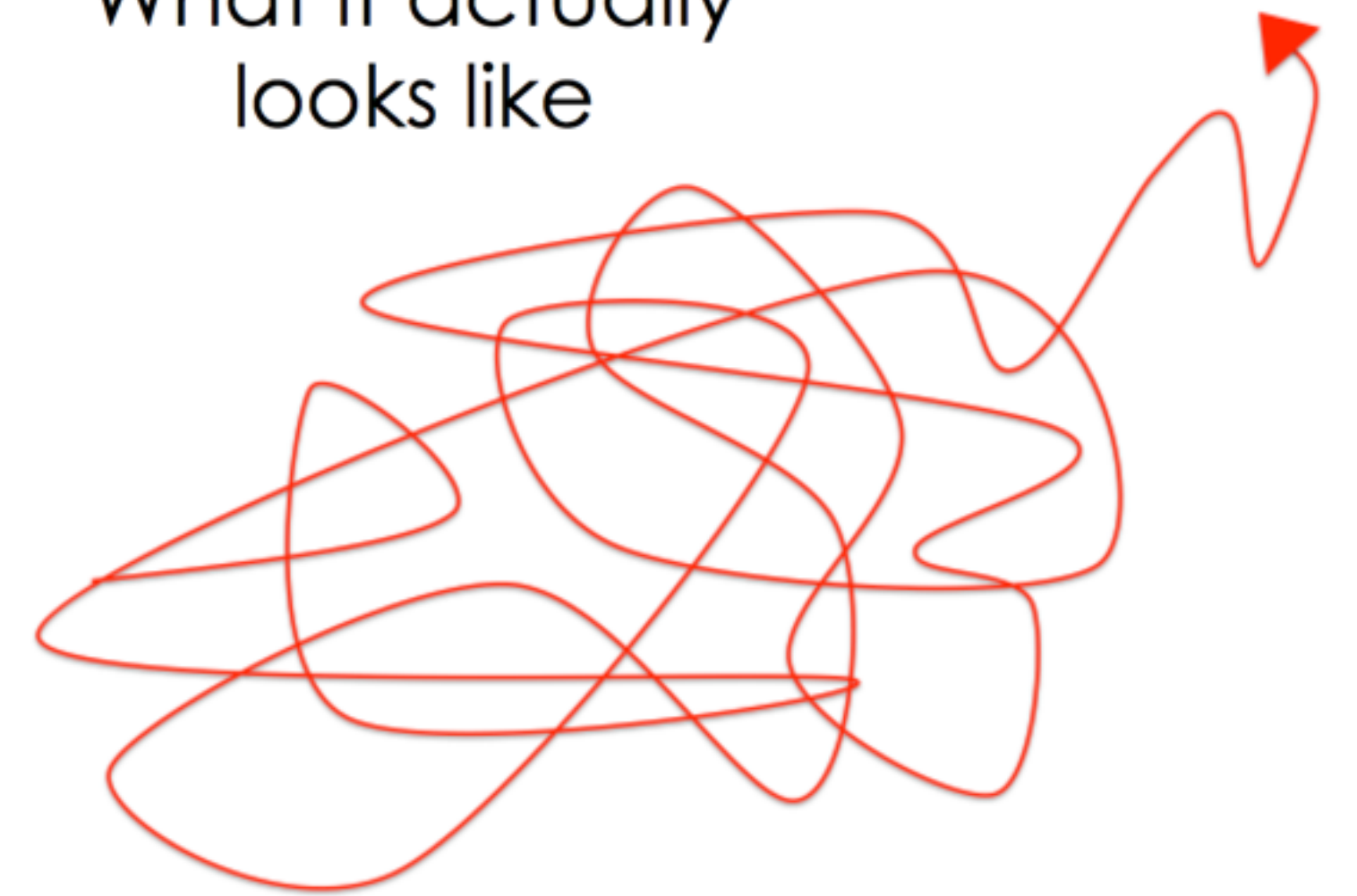
8 WEEKS AFTER DOING INTERMITTENT FASTING



THE INTERMITTENT FASTING LIFESTYLE

- ▶ The process isn't linear
- ▶ Get those small wins under your belt
- ▶ Do this consistently
- ▶ This is NOT a magic pill
- ▶ It's become a way of life

What it actually
looks like



PRO TIP

- ▶ Start slow
 - ▶ Take baby steps
- ▶ Start by skipping breakfast
 - ▶ Extend your fast by skipping lunch once you're used to it
- ▶ Sometimes you have to break your fast early - it's okay
- ▶ You don't have to schedule your life around fasting

ANOTHER TIP

- ▶ Be nice to yourself
- ▶ There's no such thing as overnight success
- ▶ It's okay to mess up sometimes
- ▶ Do this because you love your body, not because you hate it
- ▶ Find out a time that works best for you
 - ▶ Maybe a lunch to lunch fast works better
- ▶ Keeping things simple and flexible is the key to long-term sustained weight loss

IN THE NEXT VIDEO

- ▶ What are you allowed to consume on your 24 hour fast?

MODULE 3: WHAT ARE YOU ALLOWED TO
CONSUME ON YOUR 24 HOUR FAST?

NEWBIE FITNESS ACADEMY

WHAT ARE YOU ALLOWED TO CONSUME ON YOUR 24 HOUR FAST?

- ▶ Must contain ABSOLUTELY ZERO calories:
- ▶ Water
- ▶ Black coffee
- ▶ Tea
- ▶ Zero calorie sweeteners
- ▶ Soda water
- ▶ Calorie free gum
- ▶ ~~Diet soda~~⁽¹⁾



WHAT ARE YOU ALLOWED TO CONSUME ON YOUR 24 HOUR FAST?

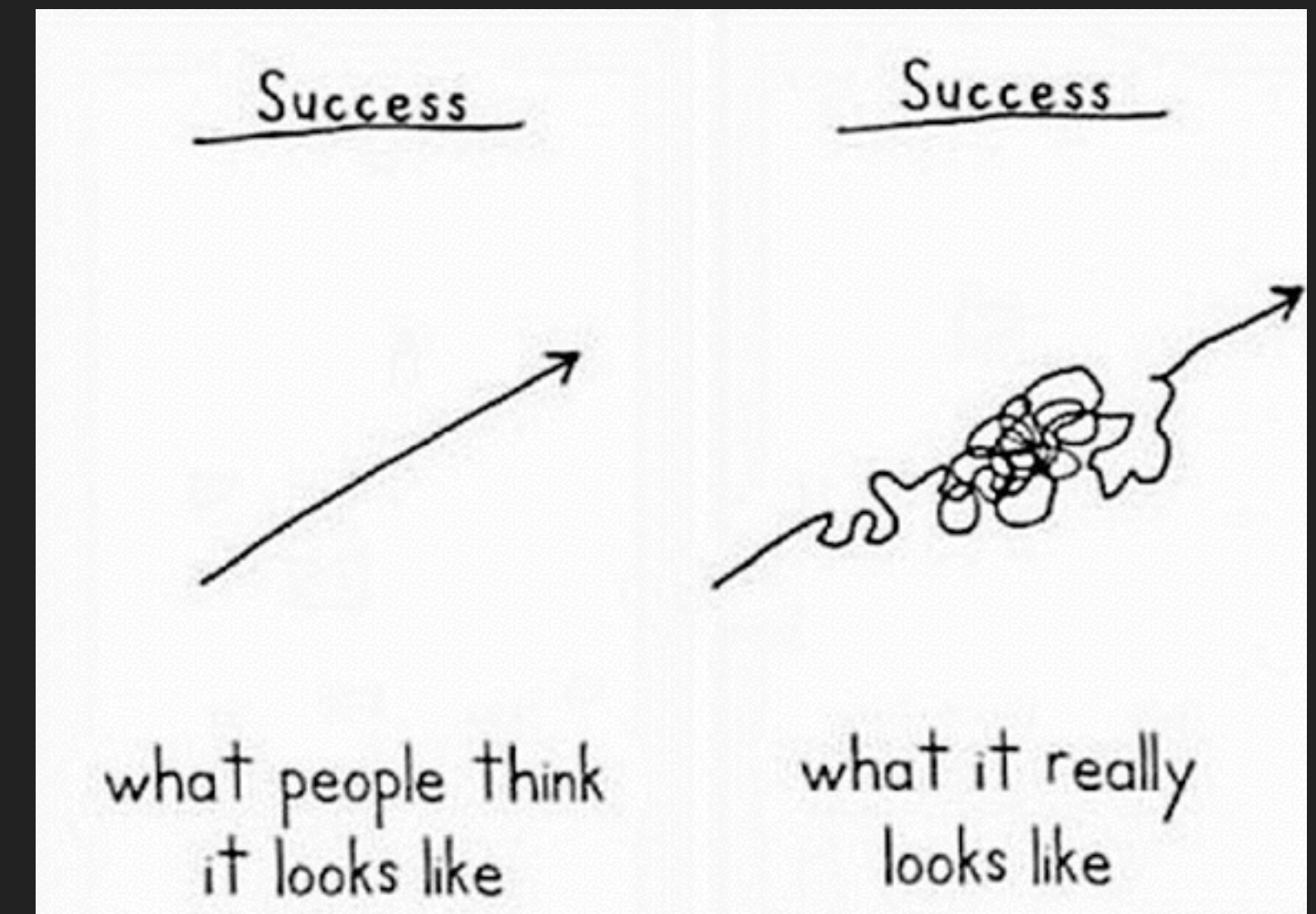
- ▶ ~~Diet soda~~⁽¹⁾
- ▶ Pop is usually cheaper than water and usually comes with free refills
- ▶ Pop is NOT good for you
- ▶ Pop belly = visceral fat

WHY NOT LONGER FASTS?

- ▶ IT SUCKS
- ▶ You get all of the health benefits of Intermittent Fasting during the entire 24 hour span
- ▶ Wait 48 hours or two days in between fasts
 - ▶ This gives the desired balance between being in the fed and fasted state
- ▶ You need a mental break from fasting
- ▶ If you miss a day, no big deal
- ▶ NEVER go on a diet on top of Intermittent Fasting

PRO TIP

- ▶ Expect to lose 1 to 2 lbs every week
 - ▶ Kenneth lost 70 lbs in 11 months
 - ▶ Just over 6 lbs per month
 - ▶ About 1.5 lbs per week
- ▶ Don't step on the scale every day
- ▶ Once a week is enough



IN THE NEXT VIDEO

- ▶ What to consume on your non fasting days
- ▶ Sensible eating is KEY

MODULE 3: WHAT TO EAT ON YOUR NON
FASTING DAYS

NEWBIE FITNESS ACADEMY

WHAT TO EAT ON YOUR NON FASTING DAYS

- ▶ One of the best features of IF is that you don't have to diet on your non fasting days
- ▶ There's no one size fits all meal plan
- ▶ Eat in a way that is sensible and sustainable
- ▶ Start viewing food as a source of fuel
- ▶ Eat to maintain your body weight.

MODULE 3: GUIDELINES FOR SENSIBLE
EATING

NEWBIE FITNESS ACADEMY

1. NO FAST FOOD

- ▶ It's cheap, fast, and convenient
- ▶ It even tastes good. Sometimes
- ▶ It's not real food
- ▶ Whoever snuck in the letter "s" in fast food is a genius
- ▶ Say no to the dollar menu and invest your money on real food

2. MINIMIZE EATING OUT

- ▶ Restaurant portion sizes are HUGE
- ▶ Stop being such an emotional eater
- ▶ You don't always have to finish what's in front of you
- ▶ Learn to pack up your food

3. NO POP/SODA

- ▶ This is something that you shouldn't be putting in your body
- ▶ No to free pop refills
- ▶ You wouldn't eat 22 sugar packets, right?

4. KEEP IT SIMPLE

- ▶ Every meal doesn't have to be a pleasurable experience
- ▶ Keep things simple - Build your meals around protein, fat, and carbs
- ▶ Use smaller plates
- ▶ Check the Bonus Section for easy recipes!
- ▶ Customize it and make it work for you
- ▶ Pick something that you're gonna enjoy eating

5. SLEEP 8 HOURS EVERY NIGHT

- ▶ Adequate sleep is part of a healthy lifestyle
- ▶ Lack of sleep could affect your behaviour
- ▶ When you don't get enough sleep, your leptin levels drop [\(1\)](#)
- ▶ If your sleep is wrecked, none of this is gonna work

6. DON'T STOCK BAD FOOD AT HOME

- ▶ You're gonna eat whatever food is available at home
 - ▶ If you have healthy food, then you're gonna eat healthy food
 - ▶ If you have junk food, then you're gonna eat junk
- ▶ Try to be good 90% of the time so you can treat yourself to the other 10%

7. LOOK FOR ALTERNATIVES

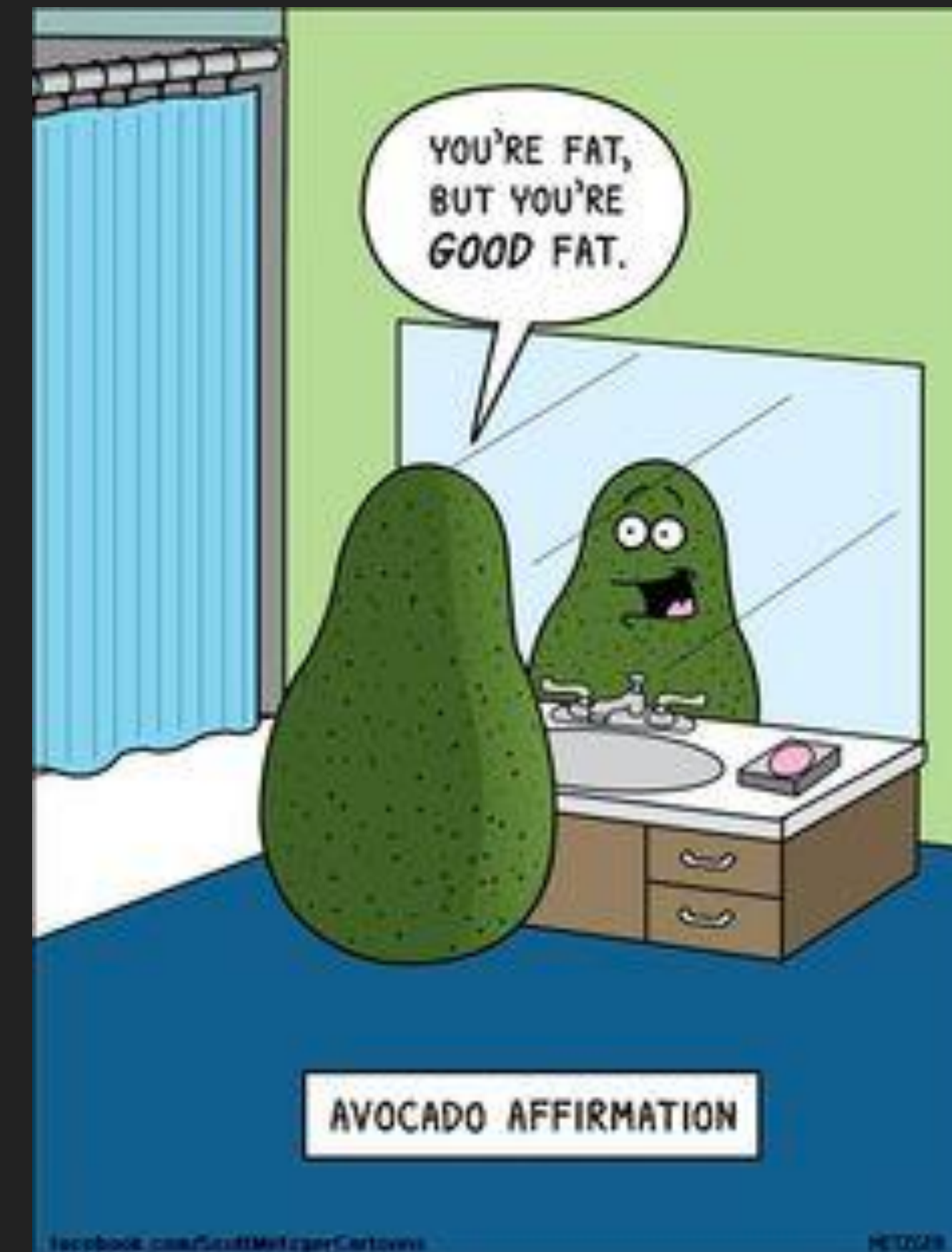
- ▶ Try greek yogurt if you have a sweet tooth
 - ▶ It has double the protein, half the carbs, and half the sodium
- ▶ Try substituting sweet potatoes for regular potatoes
 - ▶ They are unbelievably good for you!
- ▶ Trying different alternatives won't break the bank but they'll definitely make a difference

8. EAT EGGS – LOTS OF IT

- ▶ They are among the most nutritious food on the planet
 - ▶ A single large boiled egg contains Vitamin A, Folate, Vitamins B5, B12, B2, Phosphorus, Selenium and decent amounts of Vitamins D, E, K, and B6, Calcium, and Zinc
 - ▶ 77 calories, 6 grams of protein and 5 grams of healthy fat
- ▶ They're super cheap!

SUPERFOODS

1. Brussel sprouts
2. Acai juice
3. Blackberries
4. Asparagus
5. Black beans
6. Avocados



COMMON MISTAKE

- ▶ Superfoods are good but don't obsess over them
- ▶ For example, a standard 200 calorie serving of cashews is about 22 individual pieces
 - ▶ Chances are that your "handful" contains more than that
- ▶ Find food that you like. No need to eat out/eat fast food if you enjoy what you eat at home

9. DRINK LOTS OF WATER

- ▶ Water is the 2nd most popular beverage in the US
- ▶ The human body is made up of approximately 60% water
 - ▶ Your muscle is about 80% water
- ▶ It flushes out toxins, improves your skin, boosts your immune system, etc...
- ▶ It's a key tool to help you get through your fasting days

WHAT DO YOU DO DURING YOUR FAST?

- ▶ Try to go about your day as you normally would
- ▶ It's easier to fast when you're busy
- ▶ Learn to stop using food as a distraction
- ▶ Try to stay productive
- ▶ Just do stuff!
- ▶ There are way more interesting and fun things to do in life than eating

WHAT HAPPENS AFTER YOU'RE DONE YOUR 24 HOUR FAST?

- ▶ Give yourself the biggest high five!!
- ▶ Act like the fast never happened
- ▶ This is where sensible eating and discipline comes in
- ▶ The purpose of the fast is to add small breaks to your *normal eating routine* while reaping all the awesome benefits that come with fasting

WHO IS THIS NOT FOR?

- ▶ You shouldn't do Intermittent Fasting if you:
 - ▶ Have Diabetes
 - ▶ Have problems with blood sugar regulation
 - ▶ Have low blood pressure
 - ▶ Take medications
 - ▶ Are underweight
 - ▶ Have a history of eating disorders
 - ▶ Are trying to get pregnant
 - ▶ Are pregnant or breastfeeding
 - ▶ Are a female with a history of amenorrhea
 - ▶ Are a kid

TODAY'S HOMEWORK

- ▶ Do your first fast!
 - ▶ Don't go from 0 to 100
- ▶ Start by skipping breakfast
 - ▶ Wait 48 hours in between fasts
 - ▶ Extend the fast until you reach 24 hours

TO WRAP IT UP

- ▶ Two 24 hour fasts = 4 skipped meals = 20% reduction in calories
- ▶ For a person eating 2400 calories/day, it's the equivalent of reducing your calorie intake to less than 2000 calories
- ▶ Even if you're only able to fast once a week, you're still creating a small yet sustainable 10% reduction in calories
- ▶ Always keep things flexible and make it work for you
- ▶ IT'S OKAY

TO WRAP IT UP

- ▶ To sum it up in a short awesome formula:

Intermittent Fasting + Sensible Eating + Working Out = Results!

- ▶ Intermittent Fasting is a more passive and natural way to lose weight
- ▶ You lose weight by doing nothing

IN THE NEXT MODULE

- ▶ Start with 'Why'
- ▶ Sleep
- ▶ The awesome world of Intermittent Fasting
- ▶ Intermittent Fasting + Sensible Eating + Working Out = Results!
- ▶ The best workout is the one that works for you!