



2019 NSCA PERSONAL TRAINERS VIRTUAL CONFERENCE

OCTOBER 7 – 11

#NSCAPT19

Intermittent Fasting: Pros and Cons

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CONFLICT OF INTEREST STATEMENT

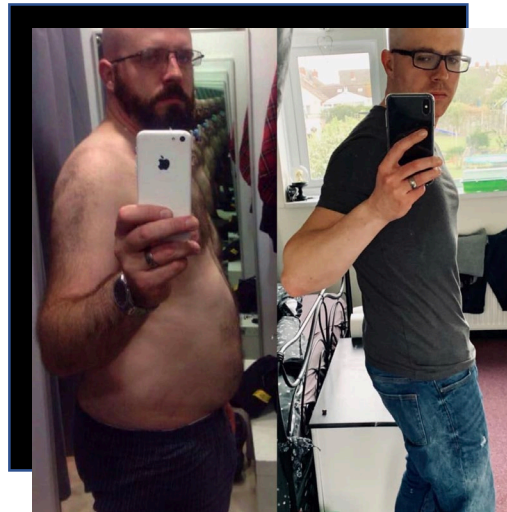
I have no actual or potential conflict of interest in relation to this presentation.

Intermittent Fasting: Pros and Cons

How does this more flexible eating plan improve fat loss while allowing you to eat more cheat foods than a traditional diet, how does it work, what are the benefits and what are the drawbacks?

Intermittent Fasting: Variations

- Weekly done by days - 5:2
- Daily done by hours - 16:8

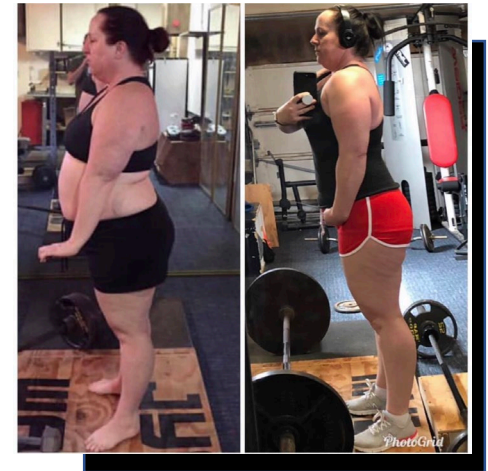


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Pros

Ability to stay lean while being somewhat loose with your diet.



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Pros

Simplistic and pretty convenient – in your fasting period, you simply do NOT eat. Not much to think about.

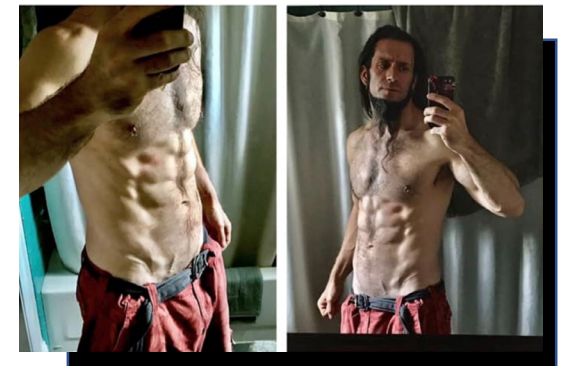


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Pros

At the cellular level, good for both fat-burning and longevity/health.



Klempel, M. C., Kroeger, C. M., & Varady, K. A. (2013). Alternate day fasting (ADF) with a high-fat diet produces similar weight loss and cardio-protection as ADF with a low-fat diet. *Metabolism*, 62(1), 137-143.

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Pros

While fasted, energy is high, as is mental focus and sharpness.



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Pros

Greater fat burning and accelerated fat loss, even when total daily calorie intake remains the same.



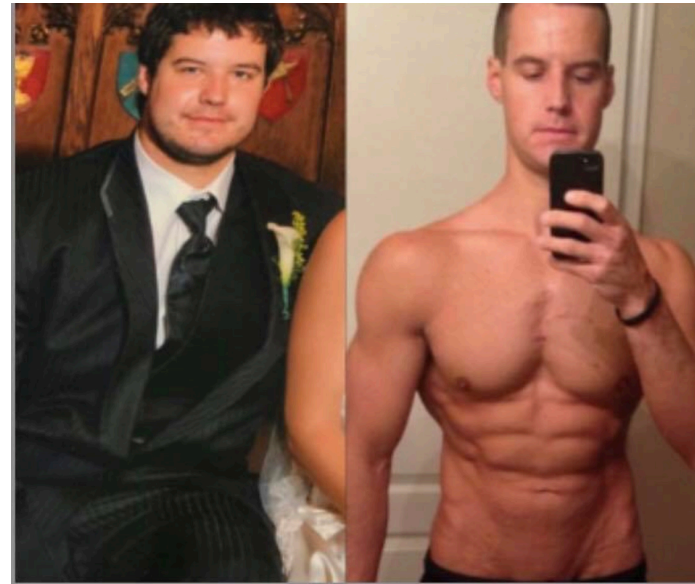
Stote, K. S., Baer, D. J., Spears, K., Paul, D. R., Harris, G. K., Rumpler, W. V., ... & Longo, D. L. (2007). A controlled trial of reduced meal frequency without caloric restriction in healthy, normal-weight, middle-aged adults. *The American Journal of Clinical Nutrition*, 85(4), 981-988.

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How does this more flexible eating plan improve fat loss while allowing you to eat more cheat foods than a traditional diet, how does it work, what are the benefits and what are the drawbacks?

Cons

Not optimal if mass-gaining is the primary goal.



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Cons

Tricky to do if you train first thing in the morning.



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Cons

Training in a fasted state isn't ideal for optimizing performance.



Intermittent Fasting: Pros and Cons

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FAQs

What hours should I select for my feeding and fasting windows?



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FAQs

What's the best IF method?

- 16:8, 18:6, or 24 hours fasts?



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FAQs

What can I drink during my fast?

- Water
- Black coffee
- Green or Black Tea

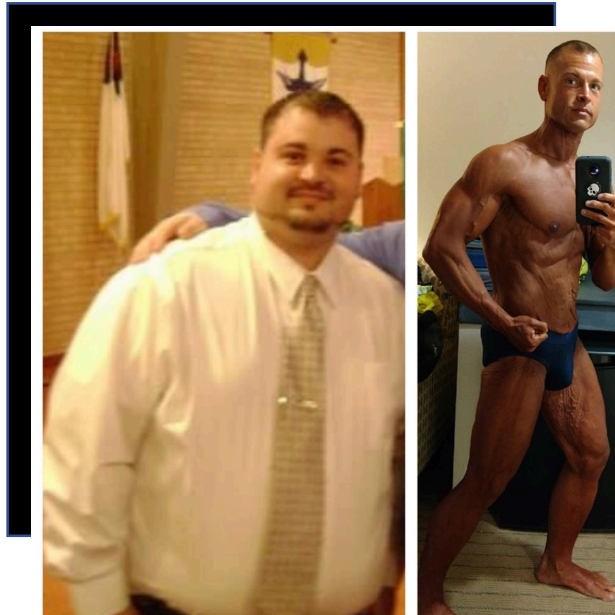


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FAQs

What supplements can I use during my fast?



2009 – 423 pounds

2019 – 159 pounds

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FAQs

How should I break my fast?

- Low-carb meal
- High-carb meal



Pilegaard, H., Saltin, B., & Neufer, P. D. (2003). Effect of short-term fasting and refeeding on transcriptional regulation of metabolic genes in human skeletal muscle. *Diabetes*, 52(3), 657-662.

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