

INTERMITTENT FASTING BY THE HOUR

HOUR
12

GETTING THERE

A 12 hours fast is standard for most people, and at this point your body is still consuming glucose and hasn't yet converted to fat.

HOUR
16

FAT BURNING BEGINS

As glucose depletes, your body begins burning fat for fuel. A workout around the 16-18 hour mark will boost fat burning even more.

HOUR
18

FASTING "SWEETSPOT"

Many people break their fast around the 18 hour mark, but with benefits just kicking off it is best to stick with it a few more hours!

HOUR
20

PEAK FAT BURN ZONE

Your body is a fat burning machine. By now, fat is being burned and ketosis begins. especially in those following low carb diets.

HOUR
24

KETOSIS KICKSOFF

Once you make it to hours 24 and beyond, the health benefits of fasting continue to grow as autophagy begins.

Centre open

Mon to Sat : 7AM to 9PM | Sunday : 7AM to 3PM

SPARSH DIAGNOSTIC CENTRE

 9830117733/8335049501

Intermittent Fasting Near Me Promo

Shamina Bhandari, Mahesh Kumar



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Bulletin of the Daniel Guggenheim Fund for the Promotion of Aeronautics, Inc ,1926 **Health Promotion** Shamina Bhandari,Mahesh Kumar,2024-08-01 Buy Latest Health Promotion e Book for ANM 1st Year As per Indian Nursing Council Syllabus By Thakur Publication **Poultry Tribune** ,1957 **Transactions** National association for the promotion of social science,1872 **Quiver** ,1895 V 12 contains The Archer Christmas 1877 **AV Guide** ,1957 Ohio Practical Farmer ,1893 **Scientific American** ,1888 Monthly magazine devoted to topics of general scientific interest

Railway Review ,1883 **Educational Screen and Audiovisual Guide** ,1957 A System of Medicine Sir John Russell Reynolds,1880 **Parliamentary Debates (Hansard)**. Great Britain. Parliament. House of Commons,2012

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