

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

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Intermittent Fasting Near Me Open Now

Peipei Pang



Intermittent Fasting Near Me Open Now:

Whispering the Techniques of Language: An Psychological Journey through **Intermittent Fasting Near Me Open Now**

In a digitally-driven world where monitors reign great and instant communication drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within words frequently go unheard. Yet, located within the pages of **Intermittent Fasting Near Me Open Now** a charming literary value sporting with natural emotions, lies an exceptional quest waiting to be undertaken. Composed by a skilled wordsmith, this enchanting opus encourages viewers on an introspective journey, delicately unraveling the veiled truths and profound affect resonating within the material of each and every word. Within the psychological depths of the moving review, we can embark upon a honest exploration of the book is key styles, dissect their captivating writing design, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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