

### 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.

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# Intermittent Fasting Near Me

**Ilyse Schapiro, Hallie Rich**



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