

**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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