

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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The Vertical Diet Stan Efferding, Damon McCune, 2021-08-10 With so many diets and programs to choose from finding the right nutritional path can be challenging. Many modern diets are rooted in misrepresented science, rely heavily on supplements, or are just simply not sustainable in the long term. World's Strongest IFBB Pro Bodybuilder Stan Efferding and Dr. Damon McCune have partnered to bring you a program that sets the confusion aside and puts you on the path to weight loss, better performance, and overall better health today. The Vertical Diet provides practical nutrition and lifestyle solutions that are simple, sensible, and sustainable. Stan and Damon provide a specific plan and comprehensive tools that will help you develop a greater understanding of which foods are nutrient dense and digested easily and efficiently for maximal health benefits. With example menus and easy-to-follow recipes, The Vertical Diet takes all the guesswork out of what to eat and when. You will also learn how to build a daily checklist of healthy behaviors to follow to support your long-term success on the program. The Vertical Diet is complete with a selective, not restrictive dietary plan that is rich in easy-to-digest carbs and proteins. Recommendations for lifestyle changes that address everything from ways to boost metabolism to better sleep hygiene. Personal testimonials from Vertical Diet clients, data from scientific sources, references to experts in the field, and actionable tools such as calorie calculators, shopping lists, and recipes to help explain these concepts. Stan and Damon's Compliance Is the Science method to help you establish the motivation and mindset for lifelong success. What you learn in these pages will allow you to make informed decisions about your diet and will enable you to approach the dieting process from a total body perspective. Whether you are a performance athlete, a weekend warrior, or simply looking to take a step toward better health, look no further than The Vertical Diet.

The Engineer, 1872 **A New English Dictionary on Historical Principles: part 1. A (1888)** James Augustus Henry Murray, 1888 *Railway Review*, 1882 *National Stockman and Farmer*, 1894 **Mark Lane Express**, 1890 *Scientific American*, 1880 *Saints Herald*, 1888 **The Lutheran Pioneer**, 1879 **English Mechanic and Mirror of Science and Art**, 1875 **English Mechanic and World of Science**, 1875 *Scientific American*, 1905 *The Encyclopaedia Britannica*, 1911 *Digest; Review of Reviews Incorporating Literary Digest*, 1927 **Adobe InDesign**, 2000 For any course that includes graphic arts software and computer design software as part of the curriculum. Courses can be found in Office Information Systems, Computer Science, and Fine Arts Departments, as well as Continuing Education, Journalism and Printing, and Lithography. Texts are built with the same pedagogical structure designed to be used separately or in sets. Already popular in corporate training environments, NEW Student Gallery Included on Student CD ROM for some courses. Allows students to view images of completed projects created by other students. NEW Demonstration Software Included on Student CD ROM for some applications. Offers students the opportunity to try out demo versions of new graphic arts software applications before purchasing. Menu of titles to mix and match. Many courses include instruction in more than one software application. Allows

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