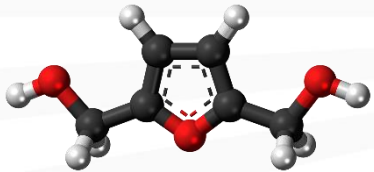




THE FASTING PODCAST WOW: EPISODE 148 Cyclic Fasting for Significant Weight Loss

FASTING IN CYCLES

- When a person has a significant amount of pounds to eliminate, it is easy to get discouraged and quit each program they decide to do
- It can be easy to feel deprived and like a failure, affecting self esteem
- Here is an approach that may result in more success and positivity
- Use your fasting techniques in cycles
- Set a smaller more achievable goal such as getting from the high 180's to the 170's
- Select a plan for quick encouraging success such as a 6-hour eating window (e.g. noon – 6pm to cover ability to eat lunch or dinner with someone else and adopt an all natural low carb eating plan
- In this example, after getting into the 170's at least 2-3 pounds under 180, loosen up fasting approach with the goal of maintaining the loss
- Enjoy some freedom while the new weight is kept for at least 10 days
- Set the new goal (e.g. getting into 160's or even low 170's), tighten up the fasting plan and even consider a 24-hour or 48-72 hour weekday fast

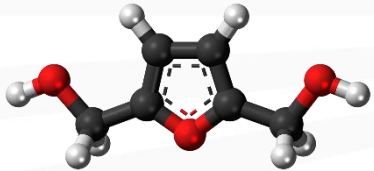




THE FASTING PODCAST **WOW**: EPISODE 148 Cyclic Fasting for Significant Weight Loss

SHORTER GOALS

- Upon reaching that next milestone, celebrate, enjoy pride in success, and set a different plan for your next cycle
- Have each cycle use different timings, eating times and window length, and different forms of exercise/activity
- Variety can help the feeling about each cycle as a new beginning
- Be sure to use a body composition scale to make sure numbers moving in correct directions (e.g. body and visceral fat down, muscle % up...)
- Allow the body composition numbers to influence the next cycle plan (e.g. more protein for securing/adding muscle mass)
- If your weight loss goal is not major, consider cycles that target only 5 lbs
- Keep a log on your phone notes to monitor progress and success
- Consider getting a buddy to support and encourage you in your journey





Possible Next Steps



For questions and feedback with me at Julie@JPWOWPrograms.com

Check out our website: www.JPWOWPrograms.com

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