



BEGINNERS GUIDE TO INTERMITTENT FASTING

Have you heard of Intermittent Fasting but are clueless how to do it ? Tried it before but couldn't stick with it? If this is you... then you need my FREE Beginners Guide to Intermittent Fasting! I will share my tips and tricks to make your body a fat burning machine!

**Grab your FREE guide and let's
get started today!**

- Are you tired of the fads, gimmicks and quick fixes?
- Are you tired of the frustration and disappointment that go along with them?
- Are you ready for something that actually works... that's FREE?



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I'm here to help!

There's good news! There's a health trend that's creating quite the buzz right now and it's called Intermittent Fasting! Don't worry...there's nothing to be scared of!

What is Intermittent Fasting?

Intermittent Fasting is not a diet, it's simply an eating schedule.

Your body is always in one of two states: fed or fasted. When your body is in the fed state (which is anytime you are digesting food), your body's insulin levels make burning fat a challenge. In the fasted state (8-12 hours after your body finishes digesting), your insulin levels are lower, and your body is better able to reach into its fat stores for energy. People rarely go into a fasted state throughout the day. Were you taught to eat several small meals throughout the day to lose weight and burn fat? I was, too! But unfortunately, when you eat many small meals throughout the day, it's not going to give you great results. Eating several small meals a day keeps your body from ever reaching the fasted state! Not only that, eating several small meals a day regularly spikes your insulin levels, which in turn hinders fat loss.

BENEFITS OF INTERMITTENT FASTING

Here are some of the amazing benefits of Intermittent Fasting!

- increased life expectancy
- maintenance of skeletal muscle mass
- decreased blood glucose levels
- decreased insulin levels and
- increased insulin sensitivity
- slowing of brain aging biomarkers

Intermittent Fasting encourages the body to burn fat while maintaining lean muscle mass. Unlike restricting calories, Intermittent Fasting doesn't lower the body's basal metabolic rate long-term; in fact, it increases it!

How do I get started?

I recommend a 16/8 IF protocol, which means you'll fast for 16 hours of the day and consume all of your calories within an 8-hour window. Fasting periods do not negatively affect metabolism if you are consuming the normal amount of calories your body needs. Your body will never reach starvation mode because you simply aren't starving yourself!





Join me for 6 weeks of nutrition and fitness training that will transform your life-and your lifestyle!

It can be hard to implement an Intermittent Fasting Lifestyle! There's so much information (and misinformation) out there that it's hard to know what to do. Luckily there's a simple solution! The **FASTER Way To Fat Loss®** will teach you how to practice Intermittent Fasting and rev up your metabolism. As you allow your body the time it needs to rest and repair itself—and build lean, calorie-building muscle through effective workouts—you'll start seeing changes to your overall body composition. Bottom line: you will gain more lean muscle and lose more fat!

Kelly's 5 Tips for making IF Easier!

1. **Stay hydrated! Drink tons of water.** Signs of hunger can often mean you need water!
2. **Stay busy!** If you start fasting at 8 p.m. you will be sleeping through most of the fast! Get up in the morning...drink black coffee, herbal tea, or water. Skip breakfast and eat lunch around 12 p.m.
3. **Ride out the hunger waves.** They will usually pass.
4. **Listen to your body!** If you need to break your fast early...do it!
5. **Give yourself grace! You got this!**

