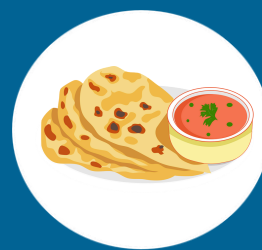


What is intermittent fasting?



Intermittent fasting (IF) is an eating pattern that alternates between periods of eating and fasting. Unlike typical diets that focus on what to eat, intermittent fasting is all about when you eat.

Types of intermittent fasting

16/8 method: Eat for an 8-hour window and fast for the remaining 16 hours.

5:2 diet: Eat normally for five days a week and limit calorie intake to about 500-600 calories on the other two days.

Eat-stop-eat: Involves fasting for 24 hours once or twice a week.

Alternate day fasting: Alternating between normal eating days and fasting days.

Warrior diet: Eating small amounts of raw fruits and vegetables during the day and having one large meal at night.

Myth

Leads to muscle loss.

Is for everyone.

It means to starve yourself.

Reality

Primarily uses fat for energy.
You can gain muscle
with enough protein intake
while working out.

Kids, pregnant/nursing women
& underweight people should
chat with a healthcare
professional before they fast.

It is more about when you
eat, not what you eat.
Think of it as giving your body
a little break, not starvation.

Myth

It saps your energy.

You can eat anything
during eating windows.

Ruins your metabolism.

Reality

It can boost energy levels
as the body taps into
fat reserves for fuel.

Maintaining a balanced diet
and caloric control is key to
reaping the benefits of fasting.
Eating junk food won't cut it.

Quite the opposite! It can
enhance your metabolism by
improving insulin sensitivity and
boosting your metabolic rate.

Myth

**You can't drink anything
while fasting.**

Intermittent fasting is just a fad.

It makes you hungry all the time.

Reality

**Water, black coffee, green tea
and other calorie-free
beverages keep you hydrated.**

**It is backed by science and
has roots in various cultural
and religious practices
that span centuries.**

**Fasting regularly helps
your body adapt to it and
reduces hunger over time.**

Myth

Makes you lose focus.

It is only for weight loss.

Causes low blood sugar.

Reality

Regular intermittent fasting can balance your hunger hormones and sharpen your focus.

It also improves metabolic health, reduces inflammation and boosts longevity .

Your body adapts to using fat for fuel, which can stabilize blood sugar levels. Diabetics should consult a doctor before starting.

When hunger takes a break, your wellbeing takes a leap. Jump into a healthy lifestyle with WoW.



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