

Intermittent Fasting for Weight Loss



Intermittent fasting is all the rage these days. For a few years now, people have been touting intermittent fasting as a “diet” to lose weight! So, let’s talk about what it is and what it’s good for...and dispel any misconceptions.

Intermittent fasting, or IF as it’s commonly called, is not so much a diet as it is a way to time your meals. Intermittent fasting just means that you are choosing a “feeding window” – a start and end time for your daily meals. Generally, when starting out, many people begin with a 16/8 window, meaning their fasting window is 16 hours, and their feeding window is 8 hours.

The times are totally arbitrary and up to your preference.
There’s no right or wrong way to set up your windows!

So why has IF gained so much momentum as a “diet”? The use of IF as a strategy for weight loss has gained popularity because, for so many people, setting up a strict feeding window allows for more control with their calorie intake. If you are allotted 1500 calories in a day, creating a 500ish calorie deficit, and you’re eating in an 8-hour window, you’re likely going to eat every 2 hours or so. This allows you to eat all of those calories in a shorter time frame, making it less likely that you’ll experience any type of hunger. When it comes to dieting, not being hungry is a major coup!

The truth is, each of us fasts every day. Some of us for longer periods, depending when we eat our first meal...BREAKFAST. Split the word apart and it literally says “break fast” – that’s what you’re doing....breaking your fast after you’ve slept.

One thing I notice about people who do IF is that they want to do it “right” but the simple fact is, there are no hard and fast rules about how to “do” IF. Is drinking coffee breaking your fast? Is drinking coffee with creamer breaking your fast? How about drinking water? Do you have to do the same window everyday? If you’re doing IF but you go out to dinner and eat after 7pm, did you screw up? These are all personal questions for you to answer.

It sounds silly when you think about it, but the simple fact is this: if you choose to use intermittent fasting as a means to lose weight, you get to decide how you do it. You make your own rules. Are you going to stick to the same window? Will you allow yourself your morning cup of black coffee BEFORE your feeding window? Will you drink water?

I’d love to hear your thoughts about IF. Have you done it? Do you currently do it? What is your window? What do you love about it? What do you hate about it? What are you confused about? Post in the Elite Warrior Tribe FB Group and let us know!