

# Accelerate Your Results with Fasting

While not a requirement, the clear liquid fasts below will accelerate your results. Give one or all a try during your program.

## 3 Ways to Fast:

### 1. 24 or 48 Hour Fast Before You Begin

*This fast is done for 1-2 days before starting your program. It's an effective way to detox from sugars and jump-start fat loss.*

### 2. Intermittent 24 Hour Fasts

*A 24-hour fast can be done once a week or every few weeks during your program. This type of fast is a powerful plateau-buster.*

### 3. Overnight Fasts

*The goal is to fast for 12 to 14 hours from dinner in the evening to breakfast the next morning. It's the easiest thing you can do to improve your results.*

## What are the Clear Liquid Beverages I Can Have While Fasting?

You can have any hot or cold clear, non-caloric beverage. Caffeine is okay, as are non-caloric sweeteners. Here are some examples:

- Water
- Sparkling water
- Sugar-free flavored waters
- Coffee
- Tea
- Herbal teas
- Diet sodas
- Broth
- Zero-calorie drinks

## Should I do 24 or 48 Hours at the Start of My Program?

If you are unsure about fasting, try the 24 hour fast. If you are serious about burning fat, do 48 hours. You might start with 24 hours and realize you want to extend your fast to 48. Go for it!

## Is It Safe?

For normal, healthy people, fasting is safe and natural; something your body has evolved to do.

## Will I be Hungry?

You might be a little hungry, especially if this is your first fast. If you feel hungry, drink 8-oz or more of your clear liquids; a mug of warm broth can be especially helpful at meal times.

## Will I Have Enough Energy?

Most people can do their work and daily routines without feeling tired. In fact, many are amazed at how alert and energetic they feel.

### Fasting Tips:

1. No matter which fast you choose, stay well hydrated by sipping on water and your beverages throughout the day.
2. Begin your 24 or 48 hour fast with a breakfast of Personal Trainer Food, or of foods listed under Promotes Weight Loss in the Weight Loss Guidelines.
3. Our Weight Loss Coaches can help with any questions. Call them at 1.800.273.1686 x4

