



The Action Points

1. Avoid late night dinners and after dinner snacks.

Eating late at night can contribute to weight gain. The same foods taken later in the day have more of an insulin effect. Eating too late at night makes it difficult to increase the number of hours of fasting as well. Throw out snack foods around the house so you won't be tempted to eat them at night.

2. Start Time Restricted Feeding or a 16/8 protocol

Drop either breakfast or dinner so that you fast for 16 hours and restrict your eating period to 8 hours of the day. Do this at least 3 times a week but aim to make it a regular habit.

3. Join a Group Fast

Group fasts vary from week to week. Join anytime and go at your own pace. Some people may be doing longer fasts, but if you are only up to 16 hours, just do 16 hours. Everybody is welcome.

4. Say Hello to your community

The community section is all about interacting with experts and other members to help each other on our shared journey.