

INTERMITTENT FASTING FOR WOMEN OVER 50

CHEAT SHEET



WELCOME



If you've been contemplating Intermittent Fasting but don't know where to start, especially now that your metabolism has changed since turning 50, you're in the right place.

You might have spent a long time prioritizing the needs of others, but now, it's your turn to shine.

My name is Heike Yates, and with 35 years of experience in the fitness industry, I've gained a deep understanding of how effective nutrition and regular exercise synergize to deliver lasting results.

These strategies have proven successful in my professional career as a fitness and nutrition coach and in my pursuits, including preparing for bodybuilding competitions, marathons, and triathlons.

I advocate exercise, healthy eating, and Intermittent Fasting. Consider this cheat sheet your foundational guide to losing body fat, enhancing gut health, simplifying your eating strategies, and having more energy.

It's time for you to focus on your health and well-being.

Let's do this - Heike

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1. What Is Intermittent Fasting

Intermittent fasting is a type of eating pattern where you cycle between periods of eating and fasting. Basically, sometimes you eat, and sometimes you don't. It's a simple and effective way to manage weight and improve gut health.

Intermittent fasting has gained popularity for several reasons, including its potential benefits for weight loss, metabolic health, brain function, and cellular repair. During fasting, insulin levels drop, and the body starts to burn stored fat for energy.

Not everyone may find intermittent fasting suitable or sustainable; individual experiences vary. Additionally, maintaining a balanced diet with nutritious foods during the eating periods is crucial for overall health and well-being while practicing intermittent fasting.



In this guide, we'll share two examples of Intermittent Fasting, also known as "time-restricted eating," that are **ideal for beginners that have never experienced Intermittent Fasting before** but are curious and want to try it. More on that a little later.

But, some people should not fast. If you're pregnant or nursing (this group is not in that category, but we want to point it out), people with disordered eating, children and adolescents, people with medical conditions requiring certain medications, people underweight, people with chronic stress and adrenal issues.

If you have any health concerns or doubts about whether intermittent fasting is right for you, it's always best to seek guidance from a qualified healthcare professional.

2. Benefits Of Intermittent Fasting

Here's how intermittent fasting can particularly benefit women over 50.

- **Weight Loss:** Your metabolism slows down as you age, and losing weight can get more challenging. Intermittent Fasting can help your body burn fat more effectively, leading to weight loss.
- **Boosted Energy:** By adjusting when you eat, your body can become more efficient at using the food you eat for energy. Intermittent Fasting can help you feel more energetic throughout the day.
- **Good for the Heart:** It can help lower blood pressure, manage cholesterol, and reduce inflammation, which is good for heart health.
- **Cell Repair:** When you fast, your body gets a chance to clean up old cells and repair itself.



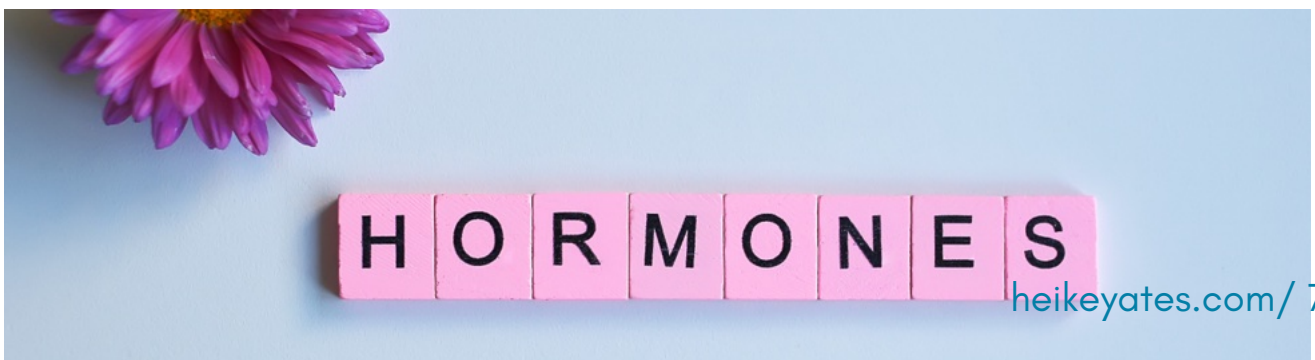


- **Clearer Thinking:** Intermittent fasting can help your brain work better, leading to clearer thinking and improved focus. It's like giving your brain a tune-up!
- **Better Hormone Balance:** Hormonal changes are common in women over 50. Intermittent fasting can help balance key hormones, improving your mood, sleep, and overall well-being.
- **Improved Gut Health:** Intermittent fasting restates your digestive system, which can help improve gut health. A healthier gut can boost your immunity, reduce inflammation and bloating.

3. Benefits of Intermittent Fasting in Menopause and Beyond

Menopause is a significant period in a woman's life that comes with various changes, including hormonal shifts and often weight gain. An intermittent fasting (IF) regimen can help manage some of these changes.

- **Weight Management:** The hormonal shifts during menopause can often lead to weight gain, particularly around the abdomen. IF has been shown to assist in weight management, as it can help create a calorie deficit necessary for weight loss. Moreover, some studies suggest that IF may help shift weight loss away from muscle mass and toward fat stores.
- **Metabolic Health:** Menopause can increase the risk of developing metabolic syndromes like diabetes. IF can improve insulin sensitivity and other aspects of metabolic health, which can be beneficial during and after menopause.
- **Hormonal Balance:** While more research is needed, some studies suggest that IF could help balance hormones in flux during menopause. For example, IF may help increase human growth hormone levels, which can decrease with age.
- **Mental Health:** Some women experience mood swings or depression during menopause. While IF isn't a cure for these conditions, it may help improve mood and mental clarity due to its potential effects on brain health.



4. Some Intermittent Fasting Strategies Explained

Let's dive into the details of these popular Intermittent Fasting (IF) methods.

- **16/8 Method:** This is one of the most common forms of IF. In the 16/8 method, you fast for 16 hours each day and limit your eating to an 8-hour window. This often involves not eating anything after dinner and skipping breakfast. For instance, your eating window might be 12 pm to 8 pm.
- **5:2 Method:** In the 5:2 method, you eat normally for five days of the week, and for two non-consecutive days, you restrict your calorie intake to about 500-600 calories. It doesn't specify which foods to eat but when to eat them. This method can be more challenging for some, as it requires significantly reducing food intake on fasting days.
- **Eat-Stop-Eat:** This method involves a 24-hour fast once or twice a week. The fast can start at any time of the day, and you resume your regular eating habits after 24 hours. It can be challenging, especially initially, and might not be suitable for those new to fasting or with certain health conditions.
- **14/10 Method:** Similar to the 16/8 method, the 14/10 method involves fasting for 14 hours a day and eating over a 10-hour window. This method might be an excellent starting point for beginners or those who find a 16-hour fast too challenging. It's slightly easier to manage, as the fasting window includes the time you sleep.

5. How To Get Started

Two strategies are ideal for a beginner faster. Pick one of the strategies below and stick with it for two weeks to experience the benefits of Intermittent Fasting.

The Simple Fast

Starting with a 12-hour fast can be the simplest approach for a beginner, as it blends naturally into your day. Here, you would start your fast after your evening meal, say at 7 pm, and then not eat until breakfast at 7 am the following day.

In essence, you're fasting during your sleep and not making significant changes to your eating habits. So, you've fasted for 12 hours without much disruption to your routine.



The 14:10 Fast

The 14:10 method of Intermittent Fasting (IF) involves fasting for 14 hours and then consuming your food within a 10-hour window. It's seen as a milder or more beginner-friendly version of IF, especially for those who might find the 16/8 method a bit challenging.

Your fasting window includes the time you're sleeping, which makes it much easier to manage. For example, if you finish your last meal by 8 PM, you would then begin eating again at 10 AM the next day.

During the fasting window, it's important to avoid calorie intake. You can have water, unsweetened tea, or black coffee (without cream or sweeteners).

6. First Steps Towards Success

Choosing the right fasting method is essential, and committing to that approach for a minimum of one week to ten days is advisable. This period allows your body time to adjust and lets you assess how well you adapt to the new routine.

Remember, it's about progress, not perfection, so starting small and building up over time is a successful strategy.

Start by choosing an intermittent fasting method that seamlessly fits into your daily routine. It's important to give yourself time to adapt and stick with your chosen approach for at least **ten days to two weeks**.

This process allows you to see how your body responds and makes necessary adjustments. Keep in mind that the goal is to make steady, sustainable progress - there's no need to rush. You can always increase the length of your fast later, but taking small steps at the beginning is critical.

Below are some examples of your intermittent fasting schedule if you opt for a basic fasting plan. The most effective fast is the one that aligns with your lifestyle.



FASTING SCHEDULE WORKSHEET

Decide on what fast you might want to start with, and stick with that strategy for at **least one week to ten days** to see how you adapt and how your body adjusts. You can use the same worksheet for the 14:10 fast.



Examples: For the Simple Fast

Workout at 5 am
Breakfast at 6 am
Lunch at 12 noon
Dinner at 6 pm

Breakfast at 7 am
Workout at 12 noon
Lunch at 1 pm
Dinner at 7 pm

Breakfast at 7 am
Lunch at 1 pm
Workout at 6 pm
Dinner at 7 pm

Create Your Own Fasting Window Below

Empty box for creating a fasting window.

Empty box for creating a fasting window.

Empty box for creating a fasting window.

7. How To Get The Most Out Of Your Fast

Here are some tips to make Intermittent Fasting effective and sustainable. Plus, some of the strategies below will help curb your hunger during your fasting time as well.

- **Stay Hydrated:** During your fasting window, drink plenty of water. It helps you stay hydrated and can also assist in managing hunger pangs. You can also drink other zero-calorie beverages like black coffee or unsweetened tea, but water is the best choice for hydration. Drink about 10 - 15 glasses.
- **Focus on Nutrient-Rich Foods:** When you're eating, include a variety of nutrient-rich foods in your diet. This includes lean proteins, whole grains, fruits, vegetables, and healthy fats. This strategy ensures you get the nutrients you need and can help you feel fuller longer. Include protein with every meal.
- **Incorporate Physical Activity:** Exercise can complement your IF routine by aiding in weight loss and promoting overall health. However, timing your workouts can be critical. Working out before your first meal enhances the fat-burning process.





- **Stay Busy:** Keeping your mind and body occupied can help distract you from hunger pangs. Try to coincide your busiest periods of the day with your fasting window.
- **Listen to Your Body:** If you're feeling extremely hungry or unwell, listen to your body. It may be that you need to shorten your fasting window or that IF may not be suitable for you.
- **Consistent Sleep Patterns:** Adequate sleep is critical for overall health and can assist with weight management. Try to maintain consistent sleep patterns to ensure your body is well-rested and able to function optimally. Aim for 7 - 9 hours daily.

8. What You Might Experience

Here are some common symptoms that some individuals may experience when starting intermittent fasting, particularly if they fast for longer durations than the ones recommended in our guide:

- **Hunger:** You might feel hungry at first. This should get better as your body adjusts.
- **Energy:** Your energy levels might go up and down initially, but they'll balance out over time.
- **Headaches:** Some people get headaches when they start fasting. Drinking plenty of water can help.
- **Better Focus:** You can concentrate better after a while.
- **Weight Loss:** You could lose some weight, but it will happen slowly.
- **Sleep Changes:** Your sleep might be different, like having vivid dreams or trouble sleeping. This usually gets better as your body adjusts.

A word of caution. Some people should not fast. If you're pregnant or nursing (this group is not in that category, but we want to point it out), people with disordered eating, children and adolescents, people with medical conditions requiring certain medications, people underweight, people with chronic stress and adrenal issues.

If you have any health concerns or doubts about whether intermittent fasting is right for you, it's always best to seek guidance from a qualified healthcare professional.

9. WHAT TO EAT WHEN FASTING?

Meal Strategies

- Eat lean proteins (chicken, fish, steak or plant-based protein beans, tofu)
- Carbohydrates (mostly vegetables, grains, yogurt, fruit, and beans)
- Healthy fats (olive oil, Avocado, nuts, seeds)

You can eat whatever you want. But to achieve the benefits of Intermittent Fasting, I would recommend minimizing processed, artificially sweetened, and fried foods.



DAILY GOAL WORKSHEET

What fasting strategy will you stick with for the next 7 - 10 days?

Did I eat balanced and healthy meals each day?

Mark an "X" below for the food groups you ate!

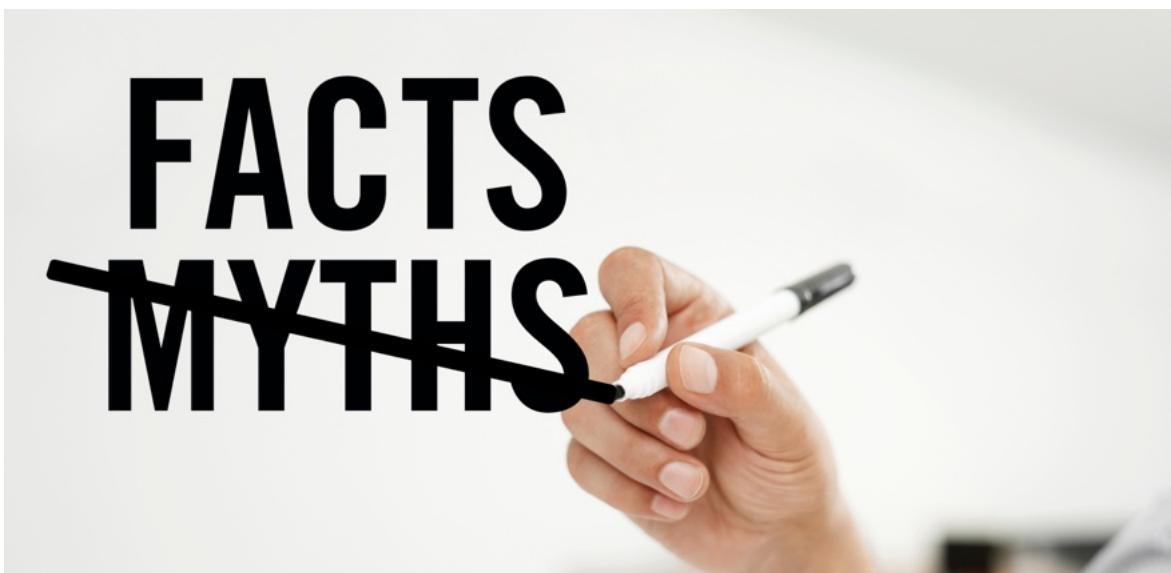
Carbohydrates	Lean Protein	Healthy Fats
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Pick the Intermittent Fasting strategy that's right for your lifestyle and then create complete meals.

10. Myths About Intermittent Fasting

Misconceptions about intermittent fasting have caused some women, especially those over 50, to be hesitant about trying this eating pattern. Let's address these misconceptions and debunk them to provide a clearer understanding of intermittent fasting and its relevance

- **Myth: Fasting will make me tired.** *Truth: Most people feel more alert and energetic when they fast.
- **Myth: I'll always be hungry.** *Truth: It's normal to feel a bit hungry at the start, but that feeling usually goes away as your body adjusts.
- **Myth: Fasting is the same as dieting.** *Truth: Fasting isn't a diet; it's more about making a lasting lifestyle that is easily incorporated into life.
- **Myth: Fasting means I won't get enough nutrients.** *Truth: If you eat balanced meals during your eating time, you should still get all the nutrients you need.
- **Myth: Women over 50 shouldn't fast because it can mess with their hormones.** *Truth: Each person is different, but some studies show fasting can actually help with things like weight loss and inflammation, which can be good for hormone health.



THE BEST THING I LEARNED...

I learned about Intermittent Fasting from you and that I could run in a "fasted" state. Gosh, that was a game-changer!" **Linda**

You truly understand how we're feeling, and it's incredible how you encourage us to believe that we can do this. **Kaye**

Such an incredible start to a well-thought-out motivational and well-being program. **Marielle**

NEXT STEPS

Great job on finishing this Intermittent Fasting Cheat Sheet! You've now learned about various fasting strategies and how to balance nutrition and eat for your health which is especially crucial for women over 50. This knowledge sets the foundation for your health journey.

This guide has provided you with the tools you need to embark on your intermittent fasting journey.

BUT THERE IS MORE

Ready to feel energetic and healthy without constantly starting over when life gets in the way?

If so, join THE RADIANT RENEWAL COURSE, a program that's helped hundreds of women over 50 experience more energy and strength, controlled cravings, less body fat, and body confidence.

This course is the perfect fit if sustainable health and wellness; looking and feeling your best are your goals.

Secure your spot today and begin your journey to a more vibrant, healthier you.

Apply now!

For more details, visit heikeyates.com