



2019 NSCA PERSONAL TRAINERS VIRTUAL CONFERENCE

OCTOBER 7 – 11

#NSCAPT19

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CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict of interest in relation to this presentation.

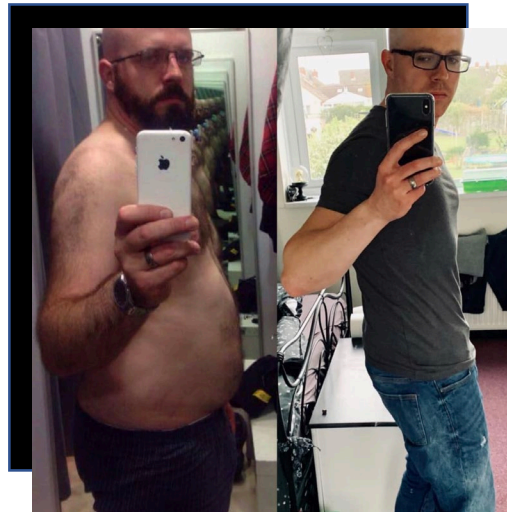
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Intermittent Fasting: Pros and Cons

How does this more flexible eating plan improve fat loss while allowing you to eat more cheat foods than a traditional diet, how does it work, what are the benefits and what are the drawbacks?

Intermittent Fasting: Variations

- Weekly done by days - 5:2
- Daily done by hours - 16:8



Jim Stoppani, Ph.D.
Intermittent Fasting: Pros and Cons

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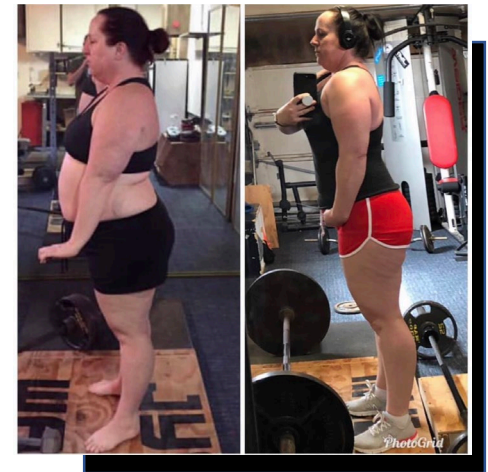
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How does this more flexible eating plan improve fat loss while allowing you to eat more cheat foods than a traditional diet, how does it work, what are the benefits and what are the drawbacks?

Pros

Ability to stay lean while being somewhat loose with your diet.



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Intermittent Fasting: Pros and Cons

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How does this more flexible eating plan improve fat loss while allowing you to eat more cheat foods than a traditional diet, how does it work, what are the benefits and what are the drawbacks?

Pros

Simplistic and pretty convenient – in your fasting period, you simply do NOT eat. Not much to think about.



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How does this more flexible eating plan improve fat loss while allowing you to eat more cheat foods than a traditional diet, how does it work, what are the benefits and what are the drawbacks?

Pros

At the cellular level, good for both fat-burning and longevity/health.



Klempel, M. C., Kroeger, C. M., & Varady, K. A. (2013). Alternate day fasting (ADF) with a high-fat diet produces similar weight loss and cardio-protection as ADF with a low-fat diet. *Metabolism*, 62(1), 137-143.

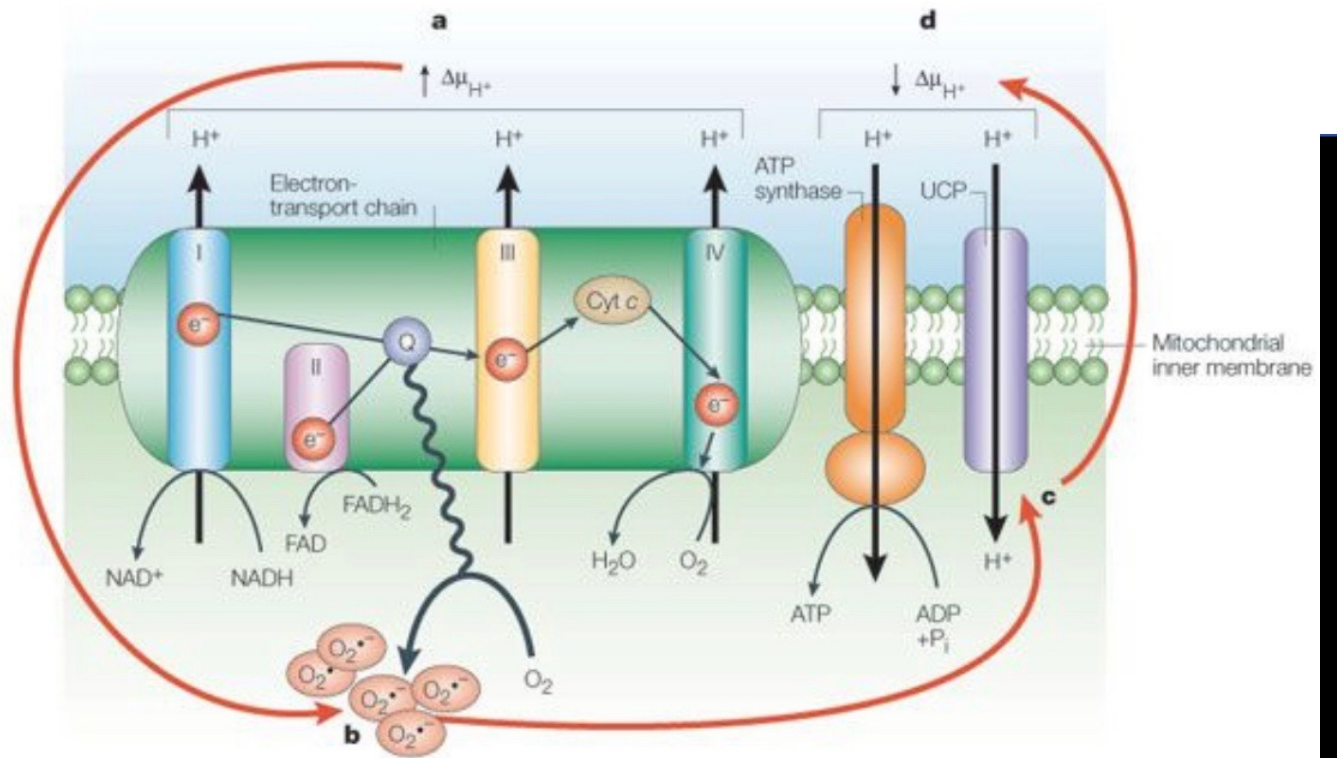
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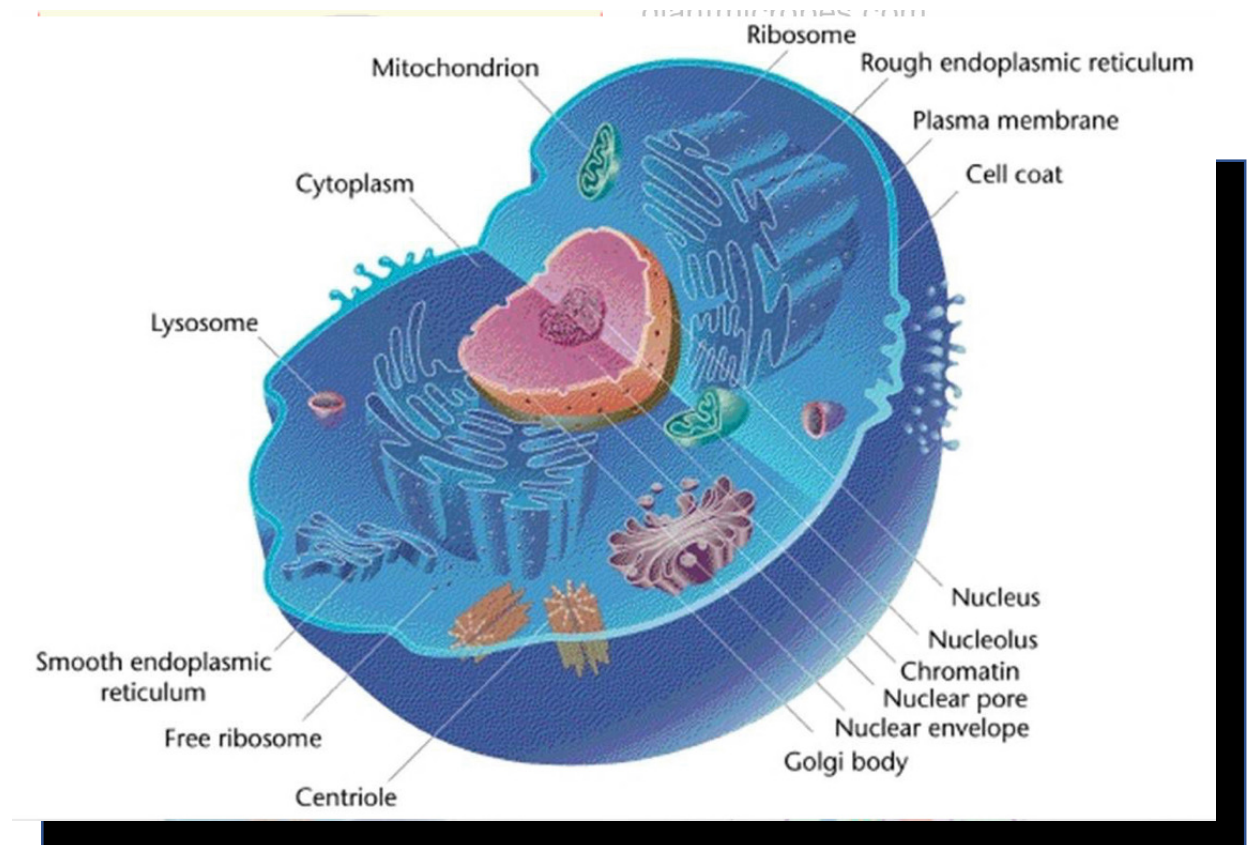
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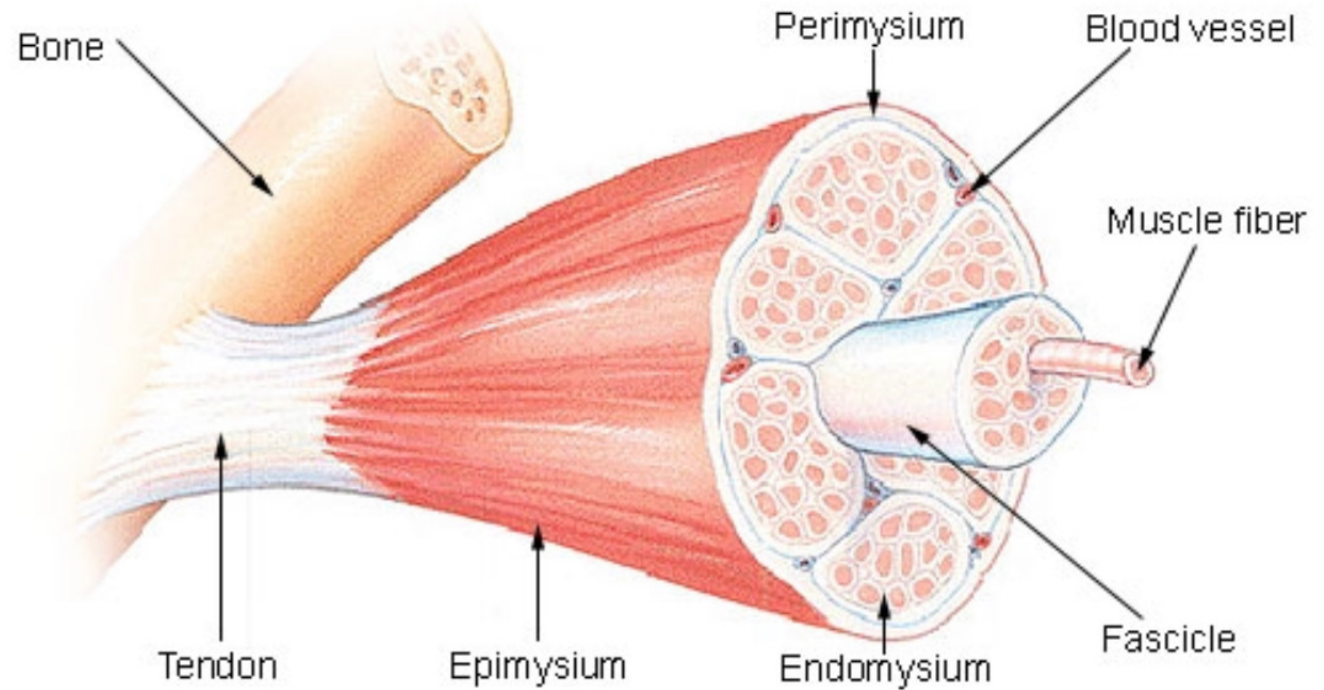
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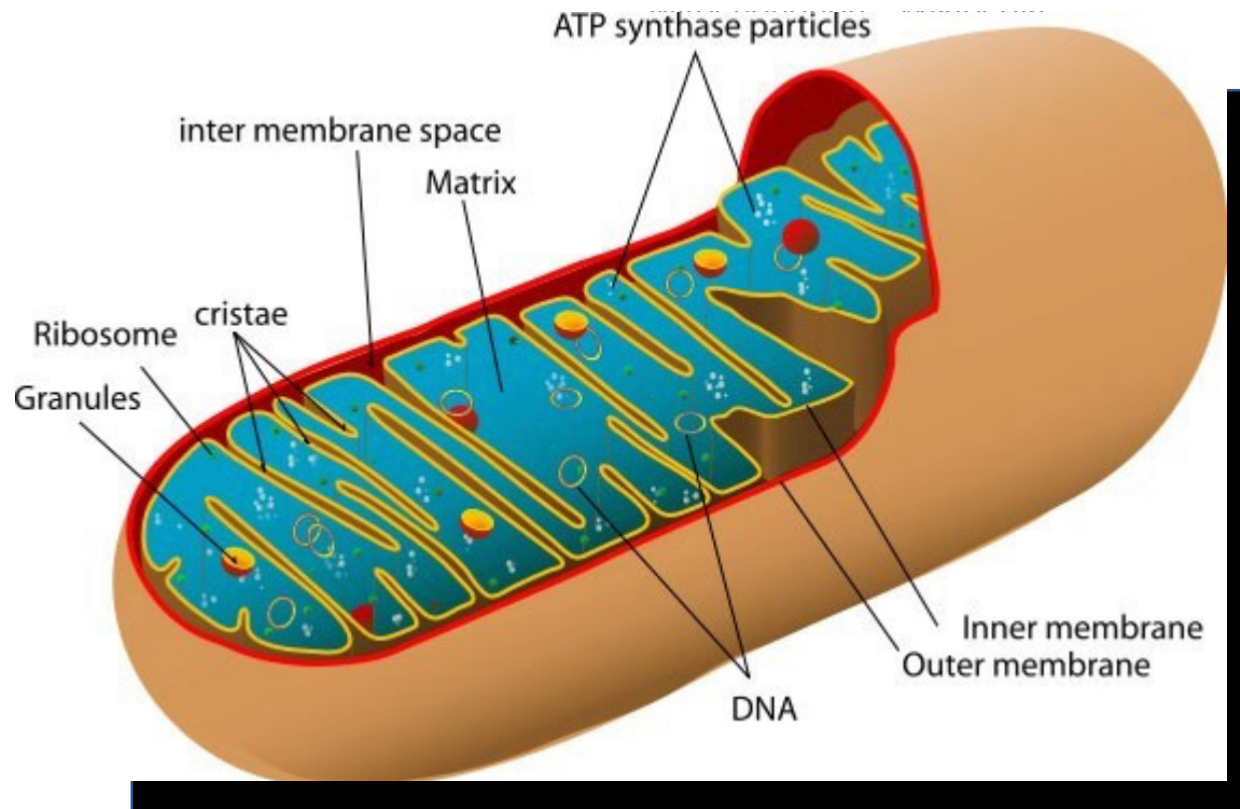
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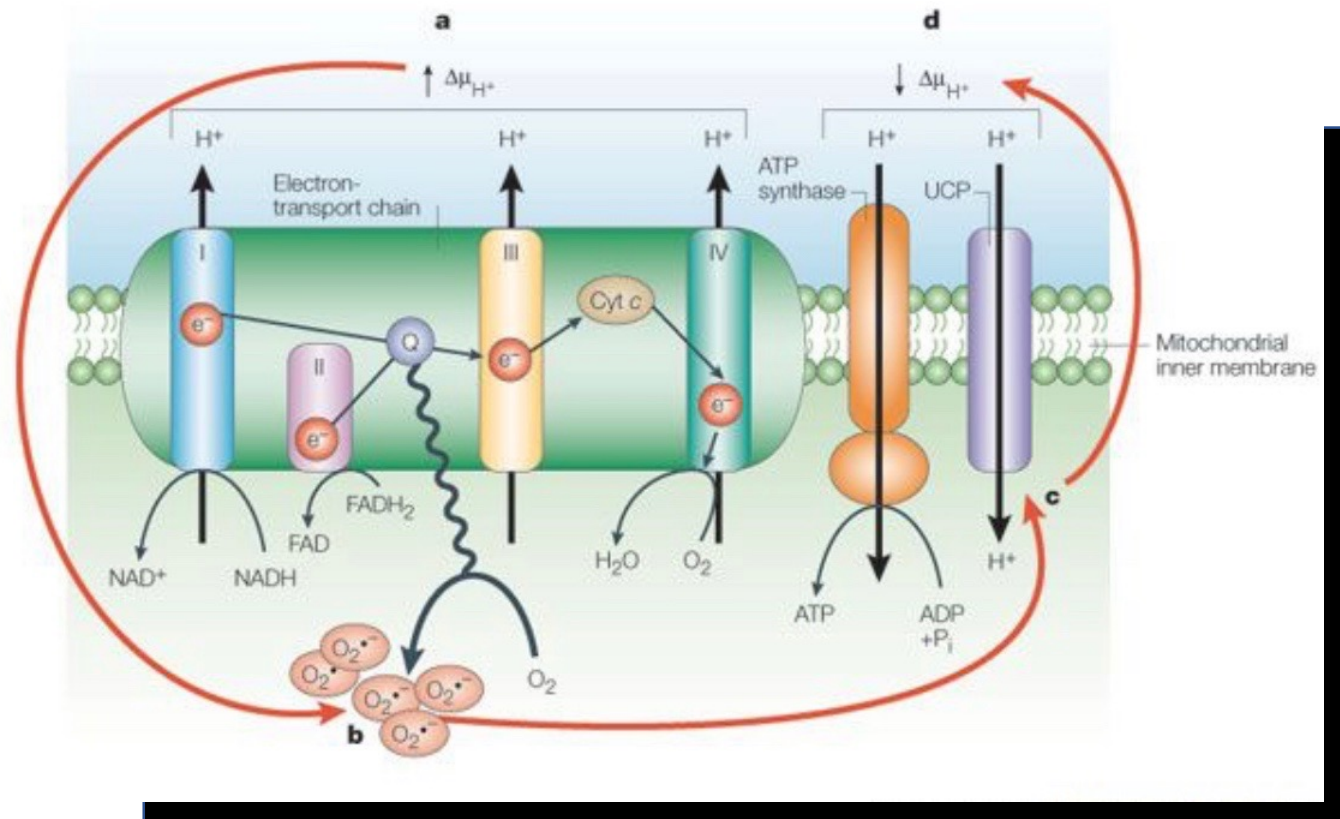
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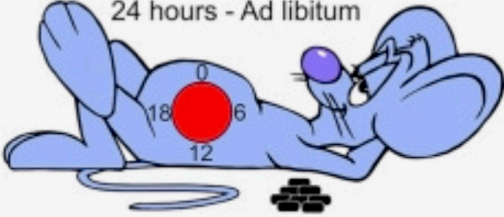
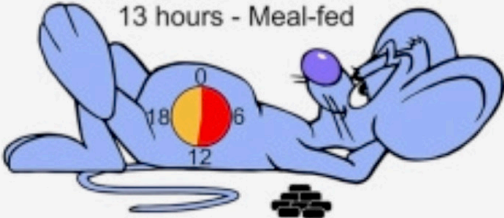
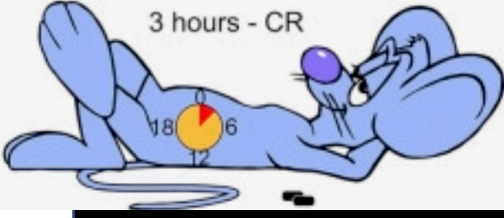
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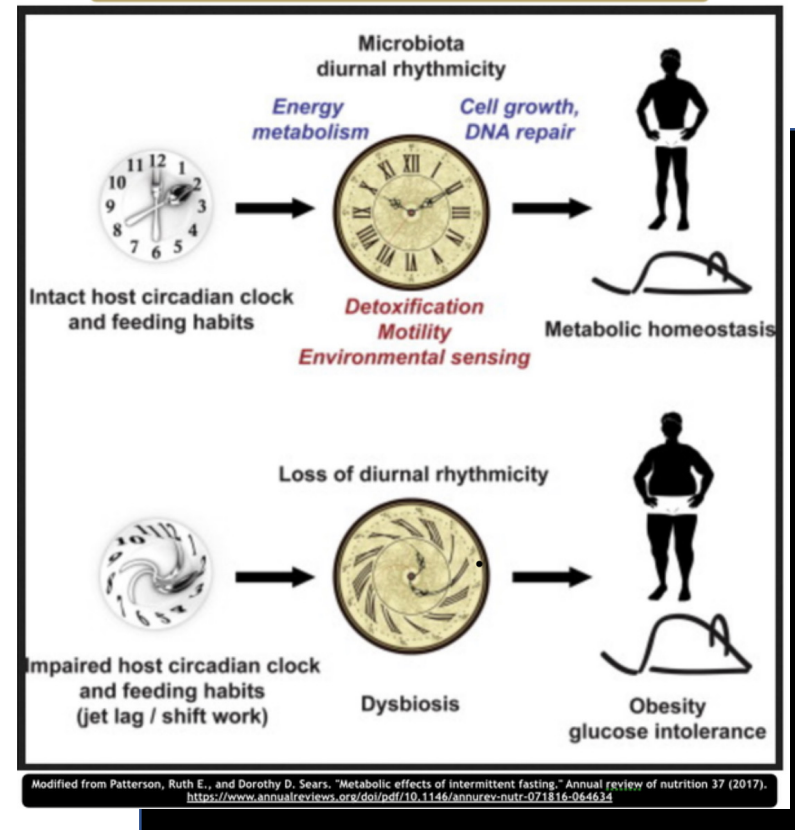
How does this more flexible eating plan improve fat loss while allowing you to eat more cheat foods than a traditional diet, how does it work, what are the benefits and what are the drawbacks?

Eating time	Feeding regimen	Delayed disease onset	Lifespan extension
24 hours - Ad libitum		-	-
13 hours - Meal-fed		+	+
3 hours - CR		+++	+++

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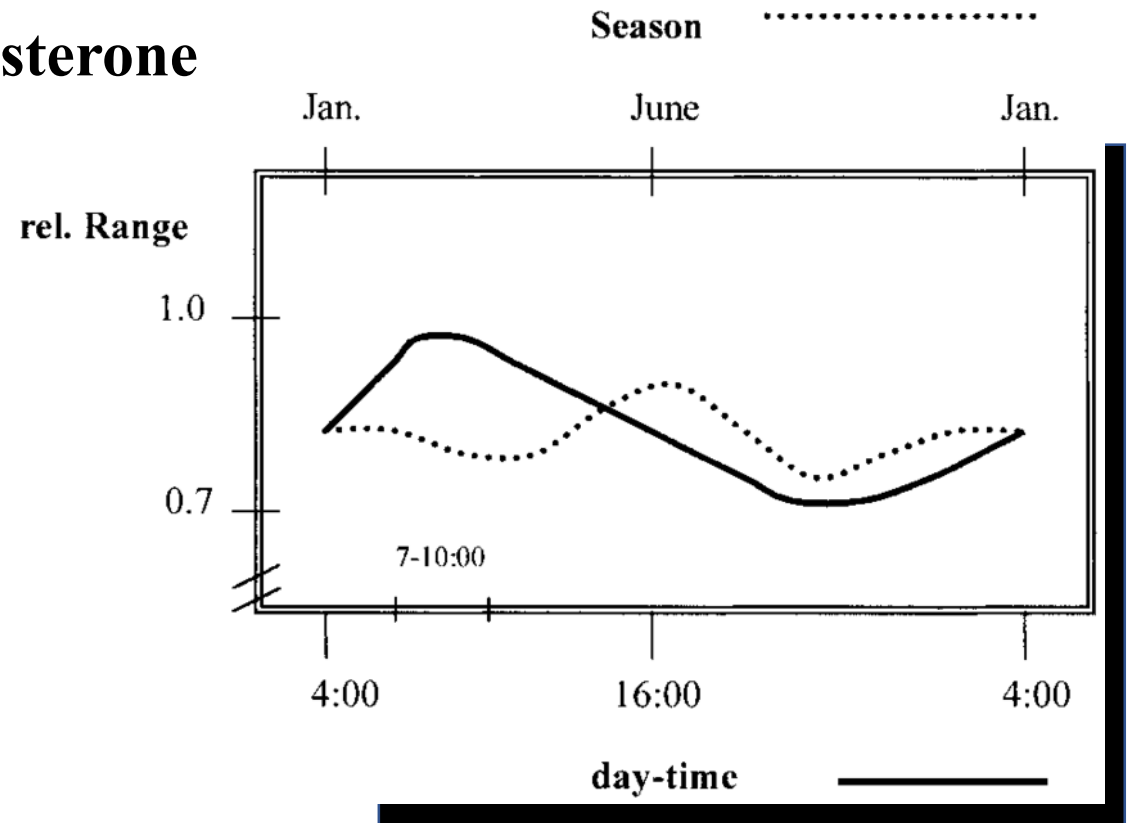
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Testosterone

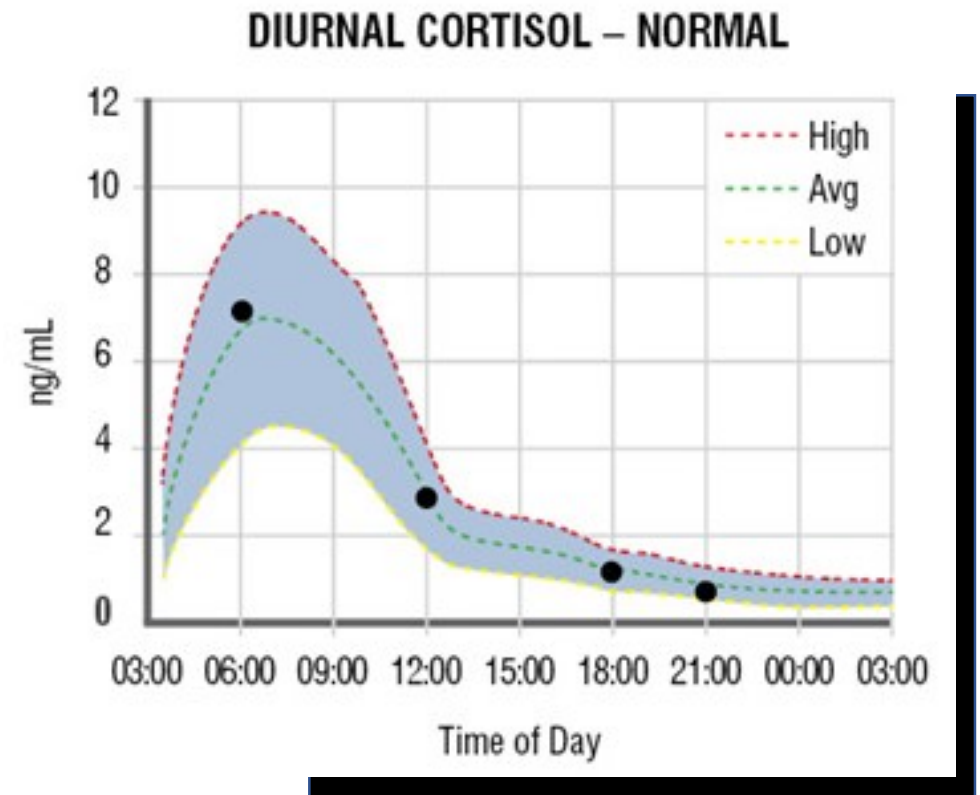


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Cortisol

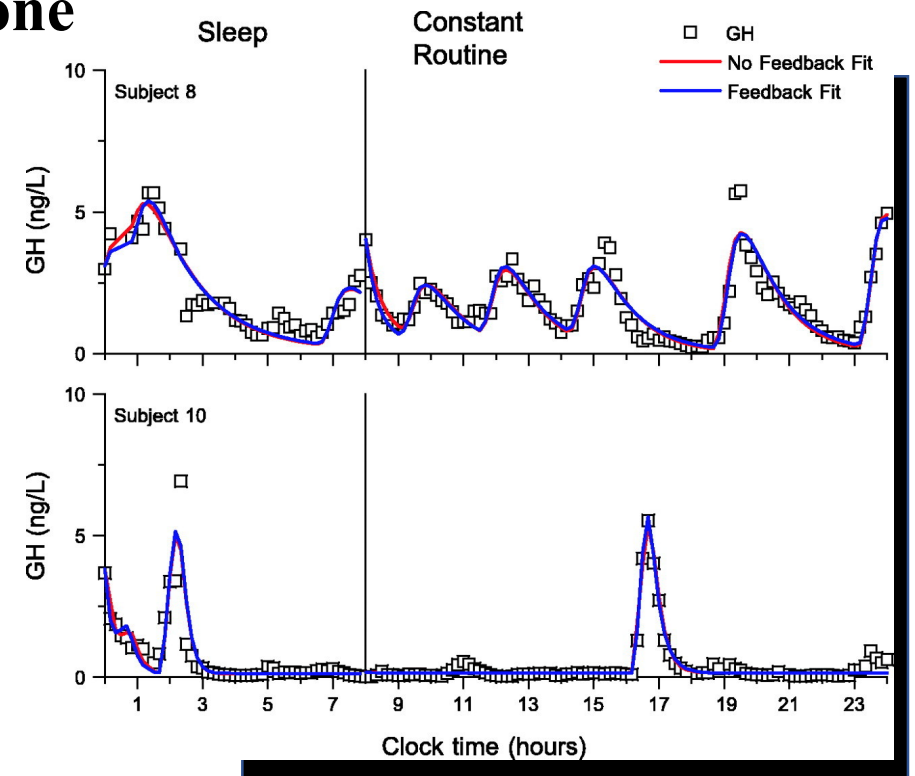


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Growth Hormone



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Intermittent Fasting: Pros and Cons

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Pros

While fasted, energy is high, as is mental focus and sharpness.



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Intermittent Fasting: Pros and Cons

How does this more flexible eating plan improve fat loss while allowing you to eat more cheat foods than a traditional diet, how does it work, what are the benefits and what are the drawbacks?

Pros

Greater fat burning and accelerated fat loss, even when total daily calorie intake remains the same.



Stote, K. S., Baer, D. J., Spears, K., Paul, D. R., Harris, G. K., Rumpler, W. V., ... & Longo, D. L. (2007). A controlled trial of reduced meal frequency without caloric restriction in healthy, normal-weight, middle-aged adults. *The American Journal of Clinical Nutrition*, 85(4), 981-988.

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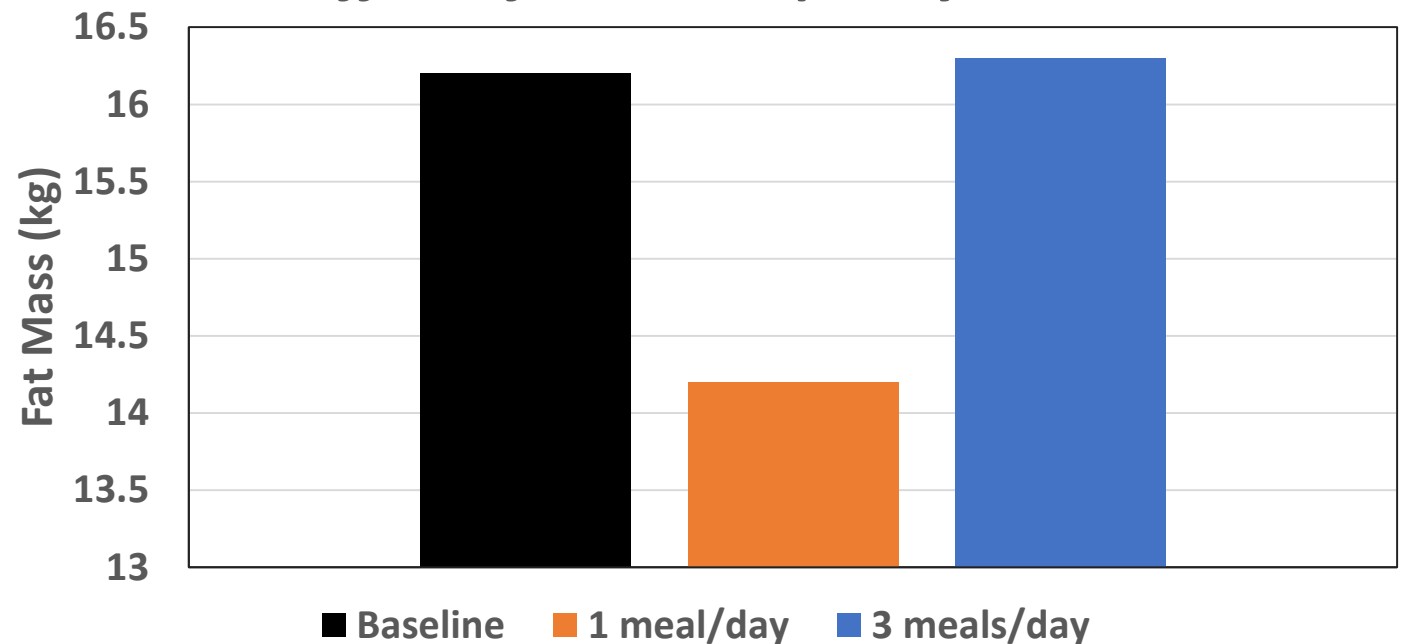
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Effect of Meal Frequency on Fat Mass



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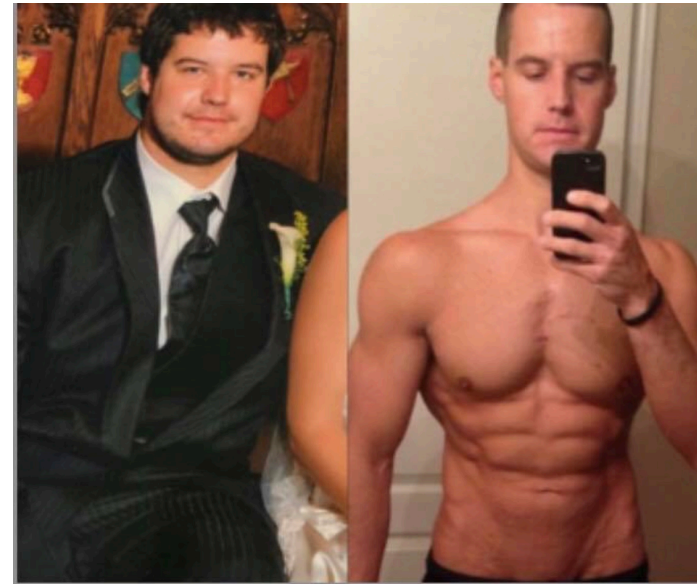
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Cons

Not optimal if mass-gaining is the primary goal.

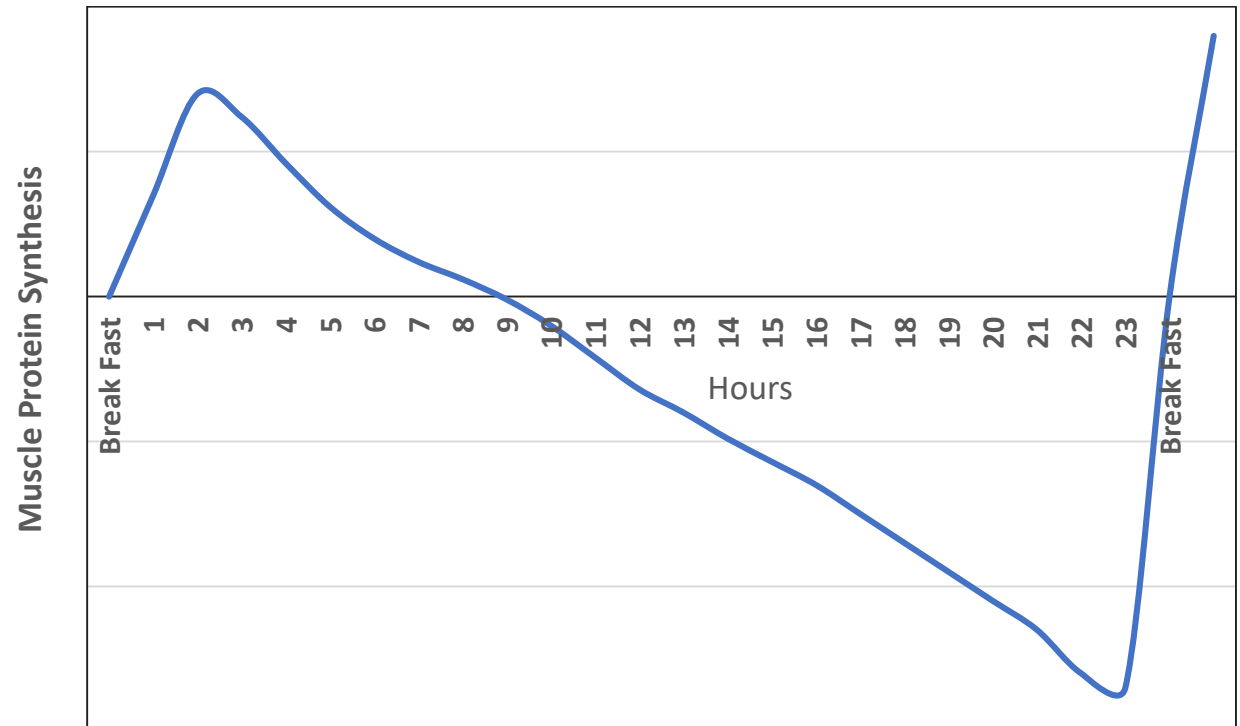


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Muscle Protein Synthesis IF Paradigm



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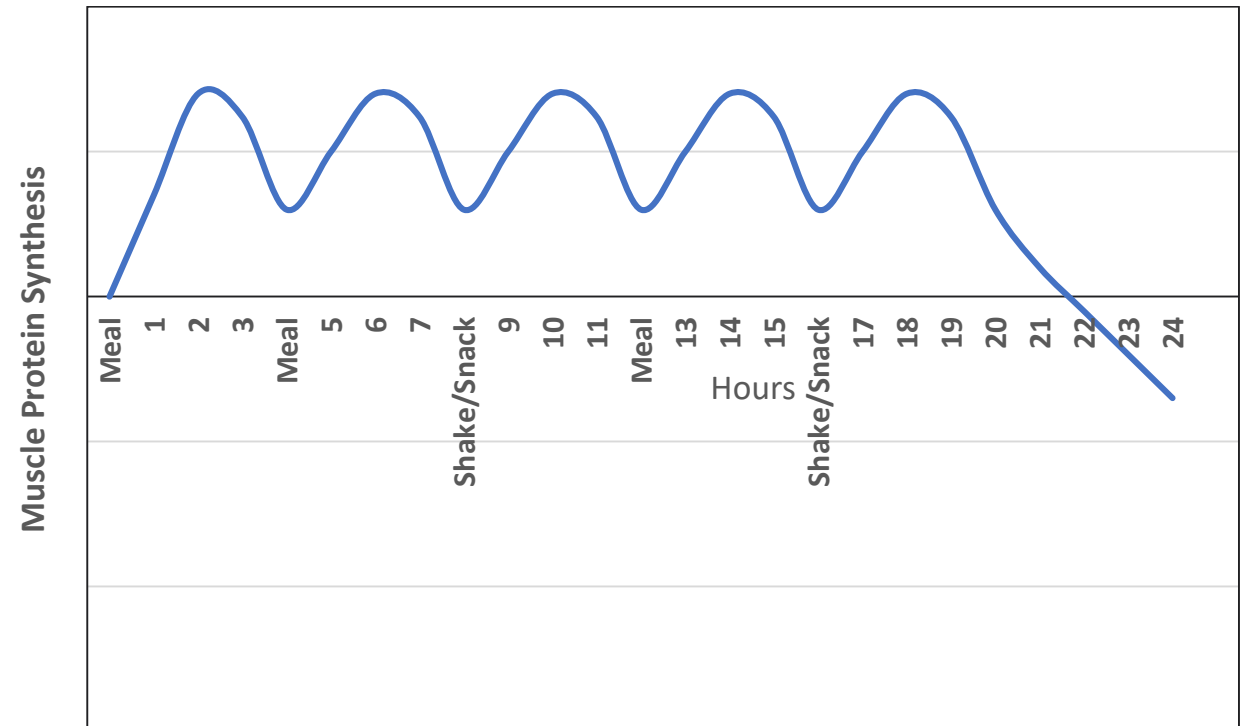
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Muscle Protein Synthesis Normal Meal Paradigm



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Cons

Tricky to do if you train first thing in the morning.



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Cons

Training in a fasted state isn't ideal for optimizing performance.



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FAQs

What hours should I select for my feeding and fasting windows?



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<u>Fasting Time (hr)</u>	<u>Feeding Time (hr)</u>
12	12
13	11
14	10
15	9
16	8

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FAQs

What's the best IF method?

- 16:8, 18:6, or 24 hours fasts?



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FAQs

What can I drink during my fast?

- Water
- Black coffee
- Green or Black Tea



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FAQs

What supplements can I use during my fast?



2009 – 423 pounds
2019 – 159 pounds

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No BCAAs!!!

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FAQs

How should I break my fast?

- Low-carb meal
- High-carb meal



Pilegaard, H., Saltin, B., & Neuffer, P. D. (2003). Effect of short-term fasting and refeeding on transcriptional regulation of metabolic genes in human skeletal muscle. *Diabetes*, 52(3), 657-662.

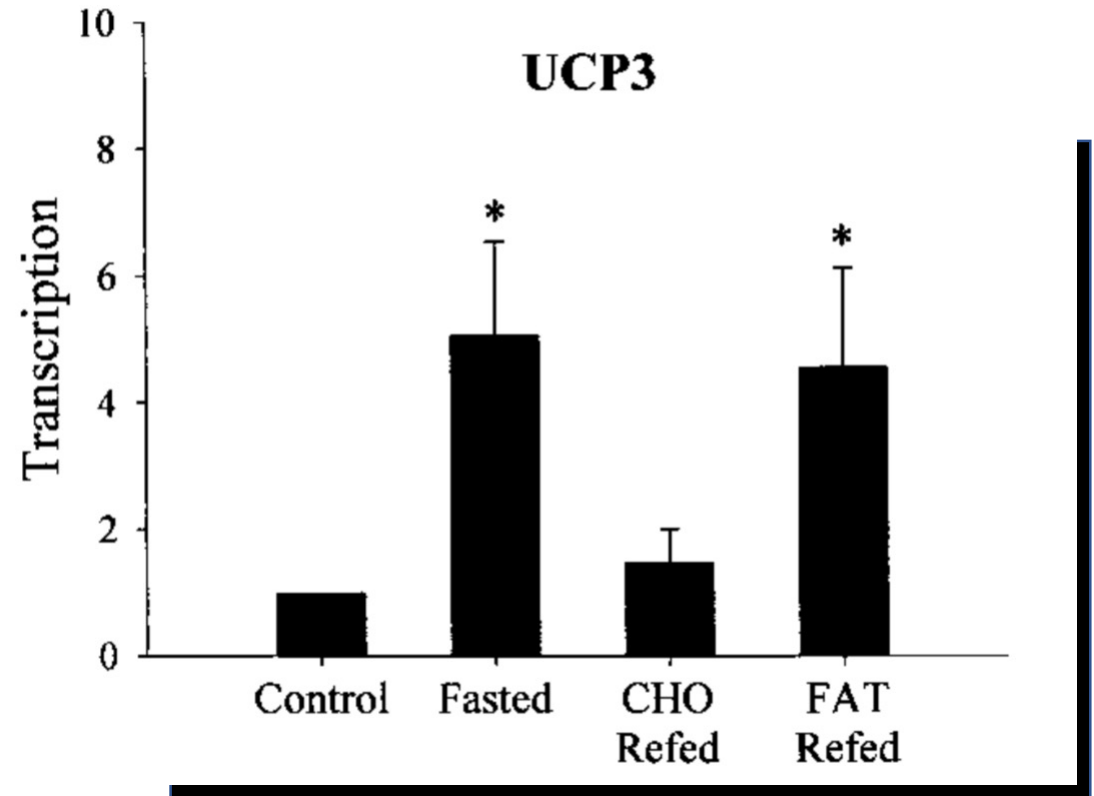
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<https://www.jimstoppani.com/home>

Thank you.