



# Effective Intermittent Fasting Schedules for Targeting Belly Fat

## Description

Intermittent fasting has garnered considerable attention over the years, with a notable 2019 study revealing that participants adhering to a 10-hour eating window while fasting for 14 hours consumed, on average, 9% fewer calories. This dietary approach resulted in significant benefits, including weight reduction, decreased visceral fat, lower blood pressure, and diminished levels of LDL cholesterol.

It is crucial to recognize that while intermittent fasting may prove effective for some, it is not universally beneficial. Individual responses can vary substantially, and potential participants should engage in discussions with a healthcare professional prior to embarking on any new dietary regimen, including intermittent fasting.

Many individuals are drawn to intermittent fasting due to its flexibility, focusing solely on when to eat rather than dictating specific food choices or quantities. However, the specific eating window selected can have an impact on its efficacy. Further examination is warranted to determine whether certain time frames are more conducive to weight loss or the reduction of abdominal fat.

Intermittent fasting operates by alternating between consumption and abstinence from food, thereby facilitating a reduction in caloric intake and potentially enhancing metabolic health. Various methods exist, with durations of fasting periods differing significantly; the 16/8 approach is particularly popular, requiring a 16-hour fast followed by an 8-hour eating period.

While intermittent fasting does not specifically target belly fat, it can contribute to overall fat loss through caloric deficits. This method may result in reductions in both visceral and subcutaneous fat, thus promoting improved health outcomes. When considering the adoption of intermittent fasting, selecting a method that aligns with personal preferences and lifestyle is paramount for sustainability and success. Prioritizing nutritious food choices during eating windows further enhances the potential benefits of this dietary approach.

## Vocabulary List:

1. **Intermittent** /ˌɪn.tər'mɪt.ənt/ (adjective): Occurring at irregular intervals; not continuous or steady.
2. **Flexibility** /ˌfleksə'bɪləti/ (noun): The quality of bending easily without breaking; adaptability.
3. **Efficacy** /'efɪkəsi/ (noun): The ability to produce a desired or intended result.
4. **Regimen** /'redʒɪmən/ (noun): A prescribed course of medical treatment diet or exercise.
5. **Visceral** /'vɪs.ər.əl/ (adjective): Relating to deep inward feelings rather than to intellect; internal organs.
6. **Metabolic** /ˌmetə'bɒlɪk/ (adjective): Relating to metabolism the chemical processes that occur within a living organism.



## Comprehension Questions

### Multiple Choice

1. What was the average calorie reduction seen in participants adhering to a 10-hour eating window while fasting for 14 hours in the notable 2019 study?  
Option: 5%  
Option: 9%  
Option: 14%  
Option: 20%
2. Which of the following is not a benefit mentioned in the text resulting from the dietary approach of intermittent fasting?  
Option: Weight reduction  
Option: Increased LDL cholesterol  
Option: Decreased visceral fat  
Option: Lower blood pressure
3. What is highlighted as crucial before embarking on any new dietary regimen, including intermittent fasting?  
Option: Regular exercise  
Option: Consultation with a healthcare professional  
Option: Using weight loss supplements  
Option: Following celebrity diet plans
4. Which method of intermittent fasting is particularly popular and requires a 16-hour fast followed by an 8-hour eating period?  
Option: 12/12 approach  
Option: 18/6 approach  
Option: 16/8 approach  
Option: 20/4 approach
5. What does intermittent fasting operate by alternating between to potentially enhance metabolic health?  
Option: High-calorie intake and low-calorie intake  
Option: High-carb intake and low-carb intake  
Option: Consumption and abstinence from food



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Option: Protein-rich meals and fasting periods

6. What can intermittent fasting contribute to in terms of fat loss through caloric deficits?

Option: Targeting belly fat specifically

Option: Reductions in both visceral and subcutaneous fat

Option: Increasing overall body weight

Option: No impact on fat loss

## Answer

**Multiple Choice:** 1. 9% 2. Increased LDL cholesterol 3. Consultation with a healthcare professional 4. 16/8 approach 5. Consumption and abstinence from food 6. Reductions in both visceral and subcutaneous fat

## Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**

1. What type of fasting involves alternating periods of eating and fasting?

Option: A. Random fasting

Option: B. Occasional fasting

Option: C. Intermittent fasting

Option: D. Flexible fasting

2. Which term refers to a systematic plan or routine especially related to health or fitness?

Option: A. Protocol

Option: B. Regimen

Option: C. Chronic

Option: D. Intermittent

3. Which term describes deep inward feelings rather than intellect?

Option: A. Ostensible

Option: B. Visceral

Option: C. Rational

Option: D. Superficial

4. What is the process of metal being slowly destroyed by chemical reactions?



- Option: A. Oxidation
- Option: B. Erosion
- Option: C. Corrosion
- Option: D. Disintegration

5. Which term refers to the act of using up a resource?

- Option: A. Conservation
- Option: B. Consumption
- Option: C. Preservation
- Option: D. Endowment

6. What do we call the lack or shortage of something required?

- Option: A. Sufficiency
- Option: B. Wholesomeness
- Option: C. Deficiencies
- Option: D. Plentifulness

7. Which term means to a satisfactory or acceptable extent?

- Option: A. Insufficiently
- Option: B. Moderately
- Option: C. Inadequately
- Option: D. Adequately

8. What is the term for maintaining at a certain rate or level?

- Option: A. Elevate
- Option: B. Deplete
- Option: C. Sustain
- Option: D. Overflow

9. Which term refers to giving special importance or attention to something?

- Option: A. Minimizes
- Option: B. Highlights
- Option: C. Neglects
- Option: D. Emphasizes

10. What term refers to the state of being in good health especially as an actively pursued goal?

- Option: A. Sickness
- Option: B. Infirmary
- Option: C. Wellness
- Option: D. Malaise



**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ is the ability to produce a desired or intended result.
12. Exercising regularly can help improve your \_\_\_\_\_ rate.
13. Spinach is often called a nutritional \_\_\_\_\_ due to its high vitamin content.
14. The buffet offered a \_\_\_\_\_ of food options to satisfy every guest.
15. The selection \_\_\_\_\_ for the scholarship program were quite stringent.
16. The police launched an \_\_\_\_\_ into the theft of valuable art pieces.
17. Proper hygiene practices can help prevent the spread of \_\_\_\_\_ in hospitals.
18. The surgery was successful but there were unforeseen \_\_\_\_\_ afterward.
19. The magician used a \_\_\_\_\_ trick to make the cards disappear.
20. Honesty and \_\_\_\_\_ are important values in a professional setting.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Yoga exercises can help improve your overall body .
22. Monitoring your daily food is crucial for maintaining a healthy diet.
23. Having a good support system is for mental well-being.
24. Running that last mile pushed him to his of endurance.
25. Setting realistic goals is important to ensure they are .
26. Regular exercise can lead to an quality of life.
27. The tropical rainforest is home to an variety of plant and animal species.
28. The university prides itself on the of its student body and faculty.



29. The teacher will the importance of revisions before the exam.

30. Breaking down a large project into smaller tasks makes it more .

## Answer

**Multiple Choice:** 1. C. Intermittent fasting 2. B. Regimen 3. B. Visceral 4. C. Corrosion 5. B. Consumption  
6. C. Deficiencies 7. D. Adequately 8. C. Sustain 9. D. Emphasizes 10. C. Wellness

**Gap-Fill:** 11. Efficacy 12. Metabolic 13. Powerhouse 14. Plethora 15. Criteria 16. Investigation 17. Infection  
18. Complications 19. Deceptive 20. Integrity

**Matching sentence:** 1. Flexibility 2. Intake 3. Vital 4. Threshold 5. Achievable 6. Improved 7. Abundant  
8. Diversity 9. Emphasize 10. Achievable

## CATEGORY

1. Health - LEVEL5

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