



Top 5 Intermittent Fasting Windows to Lose Belly Fat

Description

Intermittent fasting has become popular in recent years. A study from 2019 showed that people who ate within a 10-hour window and fasted for 14 hours consumed 9% fewer calories and experienced weight loss, reduced visceral fat, lower blood pressure, and decreased LDL cholesterol.

However, it's important to remember that just because intermittent fasting works for some people, it may not work for everyone. Consulting with a doctor before starting any new diet, including intermittent fasting, is advisable.

Some prefer intermittent fasting because it focuses on when to eat rather than what or how much to eat. However, does the specific time window for eating matter when it comes to losing weight or belly fat?

Intermittent fasting alternates between eating and fasting periods to reduce calorie intake and improve metabolic health. Different methods exist, with the shortest fasting period being 10 to 12 hours.

One popular method is the 16/8 method, involving a 16-hour fast followed by an 8-hour eating window. Experiment with different schedules to find what works best for you and consult with your doctor for personalized advice.

Vocabulary List:

1. **Intermittent** /,ɪn.tə'mɪt.ənt/ (adjective): Occurring at irregular intervals; not continuous or steady.
2. **Visceral** /'vɪs.ər.əl/ (adjective): Relating to deep inward feelings rather than to intellect.
3. **Advisable** /əd'vaɪ.zə.bəl/ (adjective): Recommended; sensible or prudent.
4. **Metabolic** /,met.ə'bɒl.ɪk/ (adjective): Relating to metabolism the chemical processes that occur within a living organism.
5. **Calorie** /'kæl.ə.ri/ (noun): A unit of energy used to measure the energy content of foods.
6. **Experiment** /ɪk'sper.ɪ.mənt/ (verb): To carry out a scientific procedure to determine something.

Comprehension Questions

Multiple Choice

1. What was one of the benefits experienced by people who followed intermittent fasting according to a



2019 study?

- Option: Reduced calorie consumption
- Option: Increased cholesterol levels
- Option: Enhanced blood pressure
- Option: Higher visceral fat content

2. Why is consulting with a doctor recommended before starting intermittent fasting?

- Option: To check for food allergies
- Option: To ensure it works for everyone
- Option: To get personalized advice
- Option: To buy fasting products

3. Which aspect of eating does intermittent fasting primarily focus on?

- Option: How much to eat
- Option: What to eat
- Option: When to eat
- Option: Where to eat

4. What is the shortest fasting period mentioned in the content?

- Option: 10 to 14 hours
- Option: 12 to 16 hours
- Option: 8 to 10 hours
- Option: 10 to 12 hours

5. In the 16/8 method of intermittent fasting, how many hours are typically allotted for eating?

- Option: 6 hours
- Option: 8 hours
- Option: 10 hours
- Option: 12 hours

6. What is recommended to individuals when experimenting with intermittent fasting schedules?

- Option: Consult with a nutritionist
- Option: Consult with a doctor
- Option: Try different diets simultaneously
- Option: Follow a fixed eating routine

Answer

Multiple Choice: 1. Reduced calorie consumption 2. To get personalized advice 3. When to eat 4. 10 to 12 hours 5. 8 hours 6. Consult with a doctor



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. Ketogenic
Option: B. Intermittent
Option: C. Vegan
Option: D. Paleo
2. What term refers to all the chemical reactions in the body that involve energy transformation?
Option: A. Digestion
Option: B. Metabolism
Option: C. Circulation
Option: D. Respiration
3. Which process is responsible for the production of heat in the body?
Option: A. Thermogenesis
Option: B. Photosynthesis
Option: C. Mitosis
Option: D. Osmosis
4. Which substances help protect cells from damage caused by free radicals?
Option: A. Probiotics
Option: B. Antioxidants
Option: C. Hormones
Option: D. Antibiotics
5. Which macronutrient is essential for building and repairing tissues in the body?
Option: A. Fat
Option: B. Protein
Option: C. Carbohydrate
Option: D. Fiber
6. What type of diet excludes the protein gluten found in grains like wheat barley and rye?
Option: A. Vegan
Option: B. Mediterranean
Option: C. Gluten-free
Option: D. Pescatarian
7. Food can cause illness if it is _____ with harmful bacteria or other contaminants.



- Option: A. Enriched
- Option: B. Sterilized
- Option: C. Contaminated
- Option: D. Preserved

8. Who is responsible for setting and enforcing public health policies?

- Option: A. Doctors
- Option: B. Officials
- Option: C. Scientists
- Option: D. Researchers

9. What approach focuses on avoiding the occurrence of diseases or injuries?

- Option: A. Treatment
- Option: B. Detection
- Option: C. Prevention
- Option: D. Cure

10. Which term refers to a state of complete physical mental and social well-being?

- Option: A. Illness
- Option: B. Sickness
- Option: C. Health
- Option: D. Disease

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

11. A _____ is a unit of energy that is used to measure the energy content of food and the energy expenditure of activities.

12. It is _____ to consult a healthcare provider before making significant changes to your diet or exercise routine.

13. Scientists conducted an _____ to test the effects of the new drug on metabolism.

14. The new supplement is designed to assist in _____ weight loss efforts.

15. The gut _____ plays a crucial role in digestion and overall health.

16. Spicy foods contain _____ a compound that can increase metabolism and fat



burning.

17. _____ are molecules produced naturally in the body that bind to cannabinoid receptors.

18. The new therapy shows promising _____ effects in treating chronic pain.

19. Consult a registered _____ for personalized nutrition advice.

20. The daily _____ intake of vitamin C varies based on age and gender.

21. Health officials are investigating the cause of the recent foodborne illness _____.

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

22. fat surrounds internal organs and has been linked to increased health risks.
23. rate can affect weight management and overall health.
24. Authorities are the sources of water contamination in the area.
25. Chronic conditions can lead to long-term damage in the body.
26. play a role in appetite regulation and mood control.
27. Brown fat activation can increase and calorie expenditure.
28. To lose weight you need to create a deficit through diet and exercise.
29. Consuming fruits and vegetables rich in can help boost your immune system.
30. Athletes often increase their intake to support muscle repair and growth.
31. Understanding the basics of can help you make healthier food choices.

Answer

Multiple Choice: 1. B. Intermittent 2. B. Metabolism 3. A. Thermogenesis 4. B. Antioxidants 5. B. Protein 6. C. Gluten-free 7. C. Contaminated 8. B. Officials 9. C. Prevention 10. C. Health

Gap-Fill: 11. Calorie 12. advisable 13. experiment 14. aiding 15. microbiome 16. capsaicin 17. Endocannabinoids



18. therapeutic 19. dietitian 20. recommended 21. outbreak

Matching sentence: 1. Visceral 2. Metabolic 3. Investigating 4. Inflammatory 5. Endocannabinoids
6. Thermogenesis 7. Calorie 8. Antioxidants 9. Protein 10. Nutrition

CATEGORY

1. Health - LEVEL2

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