

GriffinFitness - Intermittent Fasting Strategies

Common Intermittent Fasting Protocols

- 16:8 - Fast 16 hours, eat in 8-hour window (e.g., 12pm-8pm).
- 14:10 - Fast 14 hours, eat in 10-hour window. Great for beginners.
- 18:6 - More advanced; fast 18 hours, eat within 6 hours.
- OMAD - One Meal A Day. Not recommended for most people long-term.
- 5:2 - Normal eating 5 days, restrict calories (500-600) for 2 days.
- Alternate Day - Eat every other day or restrict calories every other day.

Pros

- Can reduce total calorie intake naturally.
- May improve insulin sensitivity.
- Helps control hunger patterns and habits.
- No food restrictions-focuses on timing.

Cons

- May cause energy dips or irritability early on.
- Can disrupt hormone balance-especially for women.
- Social meals and training schedules may become tricky.
- Not ideal for those with history of disordered eating.

Who It May Benefit

- Men seeking fat loss or metabolic improvement.
- Busy professionals who prefer fewer meals.
- Clients looking for simplicity, not food restriction.

Who Should Avoid or Be Cautious

- Pregnant or breastfeeding women.
- Anyone with adrenal fatigue, eating disorders, or low body fat.
- Women with irregular cycles should start with caution.
- Those who train in the early morning.

Female-Specific Notes

Note: Female hormones are sensitive to energy intake. If fasting affects mood, sleep, or menstrual cycle, scale back to a gentler protocol like 12:12 or 14:10. Fuel pre- and post-training meals when possible.

Medical Disclaimer

Disclaimer: This strategy is not intended to treat or diagnose any medical condition. Please consult your healthcare provider before starting any new dietary plan. This guide is based on practical coaching experience only.