

## **Want to start the KijFit Intermittent Fasting Challenge?**

Read this document carefully to be well informed before you start the challenge!

Put together by Kije Brinkhoff from KijFit.

### **Introduction KijFit**

KijFit is a health movement and physiotherapy practice founded by Kije Brinkhoff. By providing all kinds of different challenges that are accessible for everyone, we hope to introduce as many people as possible to a more sustainable lifestyle.

An important factor of a sustainable lifestyle is living more consciously. With our challenges we try to make people more conscious of their nutrition, sleep, activity or how we affect our planet. This contributes to a healthier lifestyle for body, mind and environment.

In this document KijFit provides you with tools and knowledge to start or try out Intermittent Fasting. KijFit uses the latest research to provide you with the most honest and recent knowledge. But we advise you to always stay critical and do your own research.

### **Before you start!**

We always want to remind you in advance of every KijFit Challenge that it is not about the results. It's all about the experience and what we can learn from it. We'd like to emphasize that this challenge cannot be seen as 'the gold standard', it is simply to try out something new. But there's a big chance that you will have a positive experience in the upcoming weeks, because you will become more aware of nutrition and take on a healthier lifestyle.

### **What you'll need to find out beforehand**

It is important to know what the long-term effects as well as the short-term effects of your new diet will be. What will your daily nutrition be? And what effects will it have on your body composition? Also research the risks this challenge might entail, like a deficit of a specific nutrient. Questions you should ask yourself in advance are:

- What do you require from your body for daily energy needs and what recovery is needed for this?
- What kind of nutrients do you need most to support these daily needs, such as sports or other activities?
- How does the new lifestyle fit into your daily life compared to the one you have now?
- Why do you want to try the challenge?

### **What is Intermittent Fasting?**

Intermittent Fasting is a new strategy that helps to balance your weight, but also to achieve and maintain your desired weight<sup>3</sup>. There are various methods, such as a 48-hour period of non-eating, no drinking or eating for 24 hours, or even a whole week of non-eating.

In this challenge we focus on the '16/8' method. This means there is a fasting time of 16 hours and in the remaining 8 hours of the day you can eat normally. The health benefits of IF are extraordinary, according to some magazines and documentaries. An interesting idea, for example, is that IF would help with fat burning. If you fast for 16 hours or more and continue doing so for a longer period, your body will switch to burning fat faster. There's a lot of research going on about how this works exactly. There have already been a number of very positive studies in which different types of IF are supported. For example, IF is associated with various positive health benefits such as Glycemic Control, a decrease in BMI and in body weight<sup>1</sup>.

Intermittent Fasting could help you burn fat easier, which prevents obesity. Therefore, it also lowers the risk of all kinds of health problems, such as diabetes or cardiovascular diseases. In this way, IF helps you treat your body and mind in a more sustainable way.



But for most hypotheses, much more research is needed to actually prove them.

When trying this challenge there is a chance you will lose weight. *Do you have questions about this? Contact us!*

### **How will this challenge help me live a more sustainable lifestyle?**

We live in a consumer society. Our consuming keeps going on, while we don't even need most of what we buy. Because we constantly buy new clothes, products or food, many of those are produced in large numbers. This only takes supply and demand into account, but unfortunately the negative consequences of large production, such as high CO2 emissions, are often ignored.

Trying this sustainable challenge from KijFit will make you think a little longer about what you eat. It probably requires a little more planning and research. This makes you more aware of your personal consumption behaviour. As a result, you will probably end up buying fewer "nonsense" products and less surplus food than usually. Therefore, you focus on *essential consumption*, and contribute less to the spiral of endless consumption and production. This way, the challenge helps you to adopt a more sustainable lifestyle.

### **Do you need to take nutrient deficiency into account?**

There are three factors that determine what kind of nutrients you need and in what proportions. These factors are your daily physical requirements, the type of sport you play and your goals for this challenge.

The timeframe in which you can eat (*your eating window*) is probably shorter than you are used to, so you will have to start eating more efficiently. If your body requirements are high for the day, for example due to a training, make sure you still take in all the necessary substances.

Athletes must watch out for a lack of glycogen in the body; this can have a negative effect on your training results.

There hasn't been a lot of research done on nutrient deficiencies in combination with long-term and frequent fasting. You can still eat 'normally', because you don't have to omit specific nutrients. It is recommended that you try to eat 'healthy' within your eating window, so that you get all the needed nutrients for the day.

Learn to listen to your body by consciously taking on this challenge and see how you feel. The human body can handle a lot, but don't push it too hard without informing a professional about it. This month is not about the results, but about new experiences!

To get the most out of this challenge, personal coaching is recommended. Schedule an appointment online or start a chat box session.

Please contact us via [kije@kijfit.nl](mailto:kije@kijfit.nl) or call + 31 6 11 32 30 68. Or check out the website for more information: [www.kijfit.nl](http://www.kijfit.nl).

Enjoy and learn from all the great new experiences!

Pro-claimer:

All challenges are free and available for everyone. KijFit cannot be held responsible for any health inconveniences or issues in this matter. KijFit tries to provide you with the most honest and recent knowledge about any challenge. But always stay critical, do your own research and act responsibly.



Sources:

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