

# Sample: Explainer Video for Eat Stop Eat

## Intermittent Fasting the Easy, Eat Stop Eat Way

Meet Sarah.

Like many aging adults, Sarah's overweight.

She's scared about her heart health and her risk for diabetes.

She's gone on diets.

And lost weight.

But she soon got tired of feeling hungry all the time.

Then she heard about intermittent fasting.

She started off eating her usual breakfast.

That wasn't so bad.

By noon she missed eating lunch. But she still talked with her friends in the break room.

She spent dinner time taking a walk, and didn't feel so hungry.

When she got up the next morning, she just ate her usual breakfast.

Sarah decided: I can do this one day a week. Maybe even two.

After several weeks she weighed six pounds less.

And her pants were looser around her waist.

Every month she weighed less.

She walked more, even on days she ate dinner. Just because she had more energy.

When she didn't take in so much food, her body burned fat for fuel.

A year later, Sarah still found it easy, just another habit, like brushing her teeth. And she was almost down to her college weight.

She felt great.

Find out how intermittent fasting can help you lose weight permanently.

Check out *Eat Stop Eat* by Brad Pilon

Go to [EatStopEat.com](http://EatStopEat.com) right now.