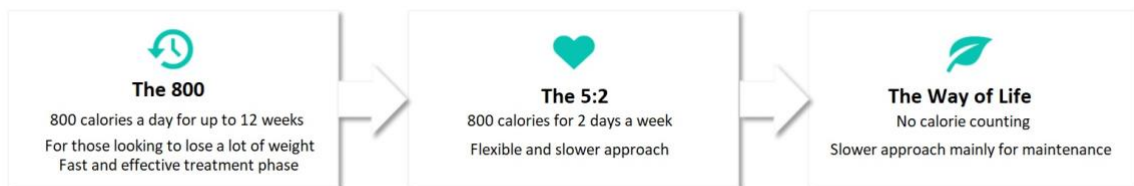


Lose Weight, Stay Healthy, Live Longer

Welcome to The Fast 800 – working with Dr Michael Mosley, we use the latest scientific research to create a game-changing approach to weight loss and healthy living.



All plans are based on a low carb Mediterranean-style diet, with options for fasting

Summary

Diseases like type 2 diabetes cost the NHS more than £10bn a year but are largely preventable through lifestyle interventions. The Fast 800 is an evidence-based programme, designed to support your patients in achieving sustainable fat loss by combining rapid weight loss and intermittent fasting. This information pack has been prepared to provide you with a better understanding of how our online programme works. We aim to equip patients with the tools to achieve a reduction in visceral fat and maintenance of a healthy weight and blood sugar, so they can live a healthier life, free of chronic conditions. If you are interested in referring your patients to our online programme, please get in touch and we will provide you with a unique discount code for your patients to use with considerations on how best to manage patients on The Fast 800. Should you have any specific questions, please feel contact us at hpenquiries@thefast800.com.

Dear Colleague,

We are pleased to share details of The Fast 800 with you. The Fast 800 is an evidence-based programme, designed with support from Dr Michael Mosley, to support your patients in achieving sustainable fat loss by combining rapid weight loss and intermittent fasting.

The Fast 800 is a flexible plan, based on a lower carb Mediterranean style diet, and can be easily tailored to your patient's needs depending on their goals. It is designed around principles based on years of clinical studies that have demonstrated both that rapid weight loss is more effective than regular advice, and that rapid weight loss in individuals with type 2 diabetes can help them return their blood glucose levels to the normal range and reverse their diagnosis.

Our approach is to provide a digitally delivered online programme to equip patients with the tools to achieve The Fast 800 plan and achieve a reduction in visceral fat and maintenance of a healthy weight and blood sugar.

Depending on your patient's goals, you can work with them to pick the right intensity of the programme: The 800 Plan, The 5:2 Plan or The Way of Life Plan.

To help you support your patients, enclosed in this packet is:

- How it works – the programme pillars the Fast 800 is based on
- The programme – our approach to supporting individuals achieve The Fast 800
- The Research – research the programme has been based on
- Results and Testimonials – of those who have already completed the programme

Referring your patients to the programme is easy. Simply hand the referral letter to your patient - the letter will provide them with information on how to join and entitles them to a **£15 GBP or \$25 AUD % off**.

We hope you will find this helpful.

All the best,

Dr Clare Bailey, GP Buckinghamshire, UK

Dr Patrick Garratt, GP Perth, Western Australia

Table of contents:

<i>How It Works: The Fast 800 Programme Pillars</i>	<i>3</i>
<i>The Programme: The Fast 800 Approach</i>	<i>4</i>
<i>Key Team Members</i>	<i>5</i>
<i>The Research:</i>	<i>6</i>
<i>Results and Testimonials:.....</i>	<i>6</i>
On our website	8
On our Facebook page.....	8
What do others say:	8

How It Works: The Fast 800 Programme Pillars

With a strong emphasis on lifestyle and behavioural change, these three pillars are the foundation of the programme.

1. The Mediterranean-style, lower carb diet

The Mediterranean diet is the most scientifically researched diet in history – studies have shown that it can significantly cut your risk of heart disease and Type 2 Diabetes. It is also one of the easiest to stick to. Because of this, all The Fast 800 recipes are based on the principles of a low-carb Mediterranean eating plan. The food is tasty and easy-to-prepare, low in starchy, easily digestible carbs.

2. Calorie Restriction and Intermittent Fasting

The Fast 800 offers 3 approaches:

The 800 Plan For those with a lot of weight to lose, this is the Rapid Weight Loss stage of the diet. It involves sticking to 800 calories a day, every day for between 2-12 weeks, and can result in 1-2 kg of weight loss per week. 800 calories a day is low enough to induce mild ketosis that will assist in fat burning yet ensure adequate nutrition. Studies have also shown approaches like this can result in a long-term weight loss and reversal of Type 2 Diabetes, but also result in better long-term weight loss than a 'standard' diet.

The 5:2 Plan For those who want to lose weight in an easy and sustainable way, while still being able to eat well most of the time. The 5:2 involves intermittent fasting, with 5 days of no calorie counting with the remaining two "fast" days restricted to 800-calories per day. This approach both supports rapid weight loss through calorie restriction, as well as a wide range of health benefits. Current research has shown these extend beyond weight loss, from improvements in blood pressure, cholesterol and insulin sensitivity to a reduced risk of cancer and increased life expectancy.

The Way of Life Plan For those who don't need to lose much weight. A diet low in refined carbs and high in healthy fats, our Way of Life approach can reduce the risk of chronic disease and improve gut health. This plan is flexible and can be combined with the principles of intermittent fasting.

All plans embrace the Mediterranean Style diet which involves consuming a lower carbohydrate diet that is rich in healthy fats, proteins and vegetables. Olive oil, eggs, avocado, cheese, full fat dairy and nuts are encouraged, and you won't be deprived of the occasional glass of wine or bite of chocolate either, which we can all agree is great news! As Michael says: "Whether you have a lot of weight to lose rapidly, or your health goals are to lose a little, get fitter and supercharge your health, The Fast 800 is flexible enough to suit most people."

3. Exercise – High Intensity Interval Training (HIIT) and Resistance Training

HIIT is an exercise method aiming to get an individual's heart rate to 80% of maximum perceived effort for a short period, followed by a rest before repeating. Sessions last approximately 6 – 10 minutes, including warm-up. The HIIT method is effective because it is both a time-effective exercise that can be done anywhere, including home, and can increase basal metabolic rate for 3 – 4 hours post-exercise, thus burning more fat. HIIT is combined with resistance training to build muscle mass via low intensity (home-based) bodyweight training. This is an important strategy driving the resting metabolic rate, contributing much of daily calories burnt.

The Programme: The Fast 800 Approach

The Fast 800 online programme brings together the latest science around what we eat, how to exercise and mindfulness, to help people take back control of their weight and health. Guided by Dr Mosley, the programme is a new, easy to follow, science-based approach to healthy living developed by a team of doctors, personal trainers, mindfulness experts, health coaches and nutritionists.

Whether you need to lose weight fast, reduce your blood sugar levels or simply establish sustainable long term healthy living habits, the Fast 800 Programme has you covered with its tailored approach to diet and exercise.

The Fast 800 approach is based around flexibility – identifying the best approach for each person and then supporting them through the programme. All this is delivered flexibly online, whenever and wherever the patient likes.

The online programme includes:

- **Initial Assessment:** Questionnaire to advise on the best approach – based on the individual's situation and motivation
- **Personalised plans:** 800 calories per day, 5:2, or The Way of Life Plan, all with vegetarian options, and adaptable for either one or two people
- **A 12-week meal planner:** swap recipes in and out, as it suits
- **Shopping lists** that update when you change your meal plan
- Nearly 250 easy-to-make and '**taste great**' recipes
- **Tailored exercise plans** plan based on outcome of the assessment - for the novice, confident and expert!
- **Guided mindfulness** meditations and content to help you sleep better, destress and feel more in control
- **A personal tracker** to monitor your progress and track your goals
- **My Learning area** with educational handouts and a library of videos to help you make a sustainable lifestyle change.
- **An active forum** of like-minded individuals to motivate you and share experiences with
- **Optional ongoing subscription service** for those who would like to maintain access to the programme

- **Health Professionals** to help support you through your journey and answer any questions you may have

Is the programme suitable for everyone?

The Fast 800 is not suitable if you're under 18; if you're breastfeeding, pregnant or undergoing fertility treatment; if you are underweight, have an eating disorder or a psychiatric disorder; have had recent heart problems, uncontrolled heart disease or high blood pressure; if you are unwell or recovering from significant surgery. Discuss it with your GP if you have a medical condition, including diabetes, low or high blood pressure, retinopathy, or epilepsy. For more information, please see the medical disclaimer for more information: <https://thefast800.com/medical-disclaimer/>

Please note: The 12-week online programme is **not** designed for vegans. It is difficult to achieve the suggested protein levels based on our recipes when you incorporate calorie restriction.

Key Team Members

Key Advisors



Dr Michael Mosley

Science journalist; Author; Executive producer; TV personality



Dr Patrick Garratt GP

BMedSci; BM; BS; DRCOG; MRCGP; FRACGP



Dr Clare Bailey GP

GP; Author

The Team



Mary-Anne Osborne

Registered General Nurse; BSc Health Studies



Christina James

Bachelor of Physiotherapy; STOTT Pilates Instructor



Kara Garratt

BSc Nursing; Post Grad Diploma of Anaesthetics



Natalie Conaghan

BSc (Hons) Nutrition



Suvarna Mallya

Masters in Public Health; BA; Certified Health Education Specialist



Moira O'Brien-Smith

BSc Health Promotions; Personal & Fitness Trainer

The Research:

[CLICK HERE TO DOWNLOAD RESEARCH PACK](#)

Results and Testimonials:

Julia

10 kg

"I started the Fast 800 and TRE 16:8 while suffering a 9-month flare of Rheumatoid Arthritis, and high blood pressure. Within 2 weeks my inflammation had reduced and so had my blood pressure. My swollen joints returned to normal and I had very little pain. I stopped taking NSAIDs. This way of eating saved me. I also lost 23lbs. I am back to playing golf, doing Pilates and enjoying life. Whilst I am not cured, I still get some pain in my fingers and toes, it is not life limiting. Thank you so much Dr Mosely, your research has given me hope and I now have the tools to take some control over this disease."

Pat

15 kg

"I am thrilled to report great success with the programme. I have just come back from the doctor after 12 weeks. I have lost 15kg and was pronounced no longer diabetic, nor even prediabetic! My blood pressure and thyroxine medications have been reduced today. I was able to run around an adventure playground with my three-year-old granddaughter – something I couldn't do before, and I am no longer depressed about my health. I intend to continue to work on reducing my weight even more but have found the programme so supportive and easy to follow, it does not seem like a chore."

Kate

10 kg

"I just thought I would write in with a success story for you! Over the past 2 years I have put on almost 2 stone, I have been told I had hypothyroidism and menopause and coeliac disease. I really tried to lose the weight on Slimming World (who I had lost weight with before) but this didn't work. I saw the Michael Mosley programme on food fasting and thought I could never do this as I am hungry every 2 hours! I investigated further and read reviews and thought I would give it a try buying the book and additional recipe book. It's certainly not an easy diet but the recipes are amazing and mostly gluten free which works well for me. I have just finished my 8 weeks and have lost 23lbs which 2 months ago I didn't think was achievable. I still have 5 lbs to go but will do the 5:2 Plan for a month and if I can't shift the weight will try a few more weeks on the 800 Plan until I reach my goal."

Sherree

19.8 kg

“Well today is the last day officially of this amazing Fast 800 programme that has given me my life back. I still can't believe that this day has finally come. I had my final weigh in today and I have lost a grand total of 19.8 kgs (43.65 lbs) in 12 weeks. It has been an absolute game changer for me, and I am going to continue on as I still have a lot more to lose. I know that I don't have to be as stringent on myself with my eating and can have those few more calories that I need without breaking what I have done so far. The tools that I have been given are now cemented in me and I now know that I can eat good healthy meals at home and when I go out. I never once fell off the wagon as I knew what I needed to achieve for my overall health. In the last month, I hit a plateau and felt quite sad in myself for no real reason but I came out of it feeling better and just moved on.

I had come off my blood pressure tablets a few week ago and my blood pressure has been consistently great every week. So Yay! Saw my Doctor last Friday and now I have come off my cholesterol tablets and aspirin. My cholesterol is the lowest it's been in a very long time and also my liver isn't so fatty anymore. Very pleased with this! I still have issues with my osteo and have been given stronger tablets to help with the inflammation. Even though I have lost pretty much a bag of cement off my knees, the damage is already there. If I need surgery I know that having lost weight it will certainly help with my recovery, so for that I am very happy about.

The support that I received both on this programme has been nothing but wonderful and helpful and most of all understanding.

I am going to continue with the online subscription to keep me accountable and learning more, as well as seeing my doctor as he has guided me down this path and I thank him from the bottom of my heart. I also, again, thank Dr Michael Mosley and his lovely wife Clare for a life changing programme. Thank you to The Fast 800 support team as well. I feel much healthier than what I have been in a long time.”

Clarissa

5 kg

“I loved the exercise videos, it was like having my own personal trainer. I was surprised just how tasty and filling the meals were for the calories involved. Great food, helpful exercise videos, forums, all from the comfort of one's home. Best diet I have ever done and I have tried lots over the last 50 years. I have printed off the recipes and shall continue to use them. I shall sign up to have continued access to the website.”

Petra

10kg

“Best \$175 I have ever spent. I have saved more than that in my grocery shopping and reduced food waste as I didn't buy more than was on my weekly shopping list. 10 kg down in 12 weeks and keen to continue this way of eating/living. Even my doctor is impressed with the results”

Read more testimonials and reviews:

On our website - <https://thefast800.com/find-out-more/testimonials/>

On our Facebook page - <https://www.facebook.com/pg/thefast800/reviews/>

What do others say:

Coach Nine - <https://coach.nine.com.au/diet/fast-800-diet-michael-mosley-weight-loss/7f602665-129b-46f7-b87c-b29e34464b82>

The Telegraph - <https://www.telegraph.co.uk/news/2017/03/12/good-news-dieters-52-relaxes-rules-allows-800-calories-day/>

Financial Review - <https://www.afr.com/companies/healthcare-and-fitness/fast-800-52-diet-author-dr-michael-mosley-ate-my-lunch-20190129-h1amm8>

Evening Standard - <https://www.standard.co.uk/lifestyle/health/michael-mosley-fast-800-intermittent-fasting-mediterranean-diet-a4041991.html>

SBS - <https://www.sbs.com.au/food/article/2019/06/26/dr-michael-mosleys-new-fast-diet-ultimate-crash-diet>

Glamour Magazine - <https://www.glamourmagazine.co.uk/article/dr-michael-mosley-fast-800>

Get The Gloss - <https://www.getthegloss.com/news/how-dr-michael-mosley-s-fast-800-online-diet-programme-works>

Taste - <https://www.taste.com.au/healthy/articles/fast-800-diet/bz3mwvjz>

Now to love - <https://www.nowtolove.com.au/health/diet-nutrition/fast-800-diet-54311>