

HOLISTIC HABITS COACHING



HOW TO LOSE FAT WITHOUT EVEN TRYING

BRYCE HAMILTON | HOLISTICHABITS.FIT

Redefining Fat Loss

Throughout my time in the fitness industry, my perspectives on fitness and health have undergone significant transformations. The area that has experienced the most substantial change is my understanding of fat loss. Today, my approach to training clients and addressing fat loss is radically different from what it used to be, which may seem confusing to some. However, rest assured that I haven't lost my mind; I simply observed with open eyes because while fitness is a cherished hobby, my true passion lies in helping people achieve their goals. And it is this passion that compels me to question common knowledge and debunk the prevalent myths within the fitness industry.

My understanding of fat loss initially revolved around a simple equation: calories in versus calories out. According to certification courses and fitness magazines, the key to weight loss was as straightforward as eating less and exercising more. It seemed so simple and foolproof! Yet, as I delved deeper into my profession, I witnessed a puzzling trend: despite following this formula, people were becoming increasingly overweight.





“Perhaps people are just lazy and need more discipline,” I thought. I believed that as long as I could motivate and inspire my clients, success would naturally follow. However, I soon realized that this approach wasn’t yielding the desired results. A nagging feeling told me there must be more to it.

My clients enjoyed training with me, and most of my clients were seeking weight loss. So, our workouts primarily focused on cardio exercises with the goal of burning as many calories as possible. Within a few months, these clients would shed pounds, and everything seemed perfect. I thought I had found my calling.

However, after a successful first year, things took a sudden turn. My clients hit a plateau that seemed impossible to break. I intensified their workouts and increased their exercise frequency, but nothing changed. They even reduced their calorie intake to extreme levels. Some of my female clients were doing hours of cardio workouts six days a week, consuming a mere 1200–1300 calories a day just to maintain their physiques. It was becoming obvious that this approach was not working and would not be sustainable over the long haul.

I realized I wasn't truly helping these individuals. It was at this point that I decided to delve deeply into the science of fat loss and the human metabolism. I abandoned the notion of relying on "common knowledge" and embarked on a journey of discovery, leading to paradigm-shattering breakthroughs. Once I applied this newfound understanding, my clients responded in astonishing ways.

Now, I am excited to share some of these transformative insights that will revolutionize your understanding of fat loss. Get ready to have your perspective turned upside down!





Insight #1: Lift Some Weights

Now, it might seem crazy to suggest that lifting weights should be your go-to exercise for fat loss, but bear with me. The prevailing wisdom advocates cardio for fat loss and recommends incorporating weightlifting for muscle definition once you've shed the excess fat. However, the truth is that cardio isn't the most effective approach for fat loss.

Yes, it's true that cardio burns more calories per time spent compared to other forms of exercise. But here's the catch: your body is constantly striving to achieve energy balance and adapt. When you engage in extensive cardio, you're sending a signal to your body to become more efficient in calorie utilization. Essentially, your body slows down your metabolism so that it requires fewer calories to perform the same cardio workout. As a result, you actually burn fewer calories as your body becomes more adept at cardio exercises.

But that's not the only downside. Over time, your body may further decrease calorie expenditure by reducing muscle mass, altering hormone profiles, and even influencing your non-exercise behaviors, causing you to move less throughout the day.

To keep losing weight through cardio, you're forced to continuously increase the duration of your runs (which demands more time) or restrict your food intake (which will eventually become unbearable). Eventually, exhaustion sets in, and this is where the real danger lies. Your metabolism slows down even further, you revert to your old habits, and weight gain becomes even more rapid. This frustrating cycle repeats, leading you to believe that getting in shape just isn't attainable for you.





This is precisely why weightlifting is so crucial. When you engage in strength training, you're signaling your body to adapt and build strength and muscle. Unlike cardio, weightlifting doesn't burn as many calories during the workout itself, so your body doesn't prioritize slowing down your metabolism to conserve energy. In fact, the more muscle and strength you develop, the faster your metabolism becomes, as maintaining that muscle and strength requires calories. And the best part is that you begin to lose fat without even trying. It is not that it doesn't require effort (it definitely does), but your focus becomes pursuing strength and performance and the fat loss becomes a side effect of that pursuit.

Now, here's the exciting part: with weightlifting, you no longer need to restrict yourself to a 1200-calorie diet. You can actually increase your caloric intake to support muscle growth and strength gains while still losing fat, thanks to your revved-up metabolism. And that brings us to our second insightful revelation.

Insight #2: Focus on Compound Movements

That's right, not all weightlifting movements are created equal. It's important to be discerning about the exercises we choose to maximize our results. For example, I came across an interesting Facebook ad the other day featuring a woman in great shape demonstrating an exercise routine. However, she was waving 2.5-pound dumbbells overhead, and I couldn't quite understand what she was trying to achieve with that workout. It definitely wouldn't have provided the desired results for her audience.

If you truly want to accelerate your metabolism and achieve sustainable, long-term results, it's crucial to focus on the right exercises. So, what are these correct movements? We're talking about classic weightlifting exercises such as squats, deadlifts, bench presses, rows, lunges, overhead presses, and curls. These exercises, when performed with proper form and challenging weights, can make a significant difference.





Now, some of you might be concerned about appearing big and bulky like a bodybuilder. I understand that concern, but let me assure you, you needn't worry. Bodybuilders dedicate themselves entirely to sculpting their physiques, and with all the other responsibilities and commitments in your life, you won't wake up one morning resembling the "Italian Stallion." Instead, what you will achieve is that desirable, "toned" physique you've been longing for. Plus, thanks to your increased metabolism from weightlifting, you'll have the freedom to enjoy some of your favorite high-calorie foods occasionally without guilt or long-lasting repercussions.

So, let go of any fears or misconceptions about weightlifting, and embrace these powerful movements. They will be your allies in transforming your body composition, boosting your metabolism, and giving you the confidence to indulge in your favorite treats guilt-free.

Insight #3: Eat to Build

Now, I understand if you're hesitant and may have certain preconceptions about individuals in the fitness world who advocate for mindlessly consuming excessive calories. We've all encountered "that meathead" at the local gym who encourages others to eat more without any thought or strategy. However, that's not what we're discussing here. Mindlessly piling on calories is not our approach.

Instead, I recommend a sensible starting point for all my clients: aim to consume 1 gram of protein per pound of body weight. Make it a habit to prioritize your protein source in each meal. For example, if you weigh 185 pounds, strive for 185 grams of protein throughout the day. This simple step can lead to several positive outcomes.





Firstly, protein is highly satiating, meaning it helps you feel more satisfied. By including an adequate amount of protein in your diet, you naturally cut down on calories without feeling deprived. It's much easier to eat in a way that aligns with your goals when your hunger cues are kept at bay.

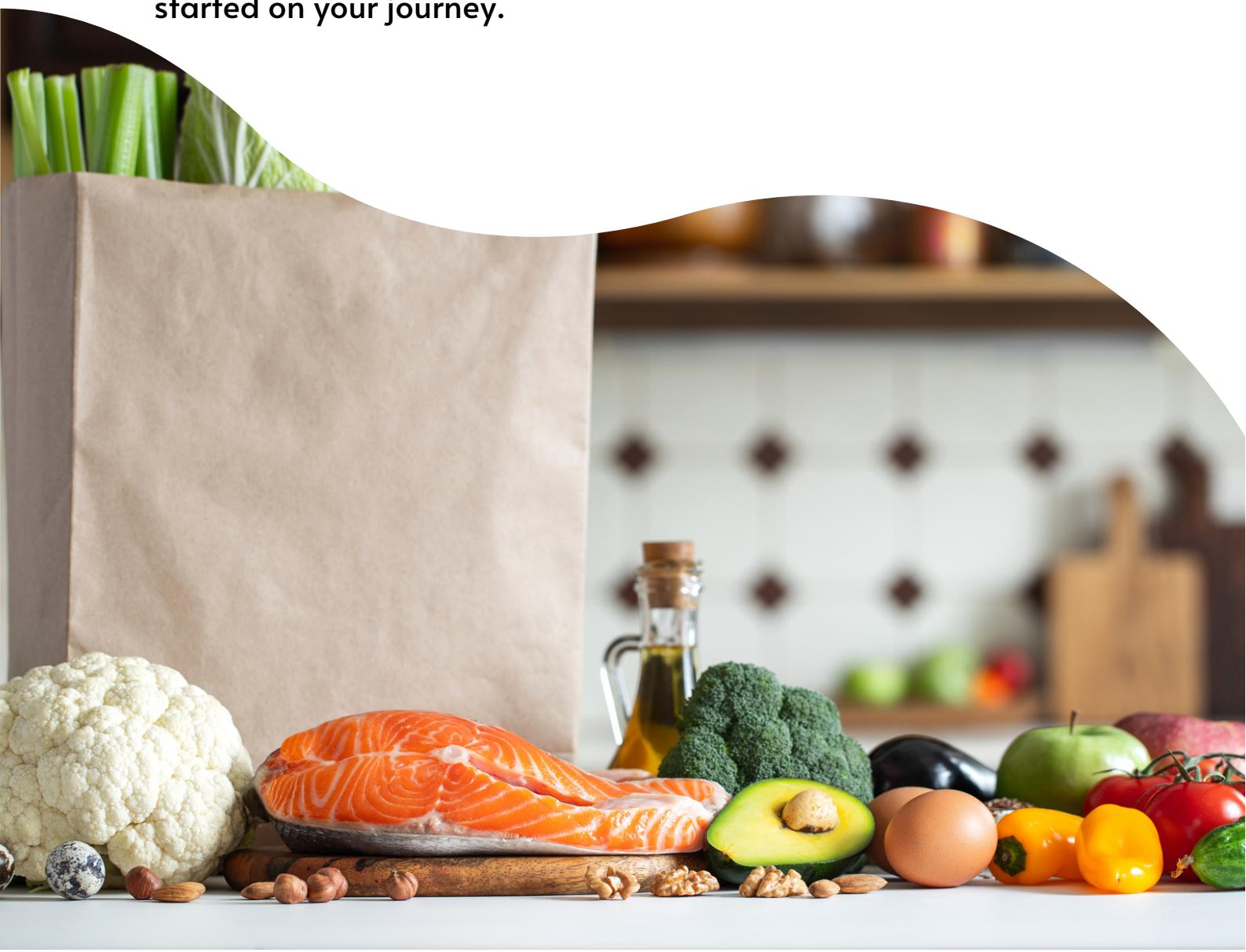
Secondly, consuming enough protein supports muscle growth. Remember, the ultimate goal is to increase muscle mass, as more muscle leads to a faster metabolism. If you don't consume sufficient protein, your body simply can't build the muscle you're asking it to. It's like asking someone to construct a house without providing any building materials—it's just not feasible.

Thirdly, when you prioritize protein sources in your meals, it helps regulate blood sugar levels. Some of my clients have reported experiencing less brain fog and eliminating the afternoon slump after incorporating more protein and consuming it as the first part of their meals.

Of course, protein is just one component of a well-rounded diet. It's important to focus on consuming whole foods as they offer the best nutrient profiles to support your goals. If you'd like, I can make it even easier for you. Feel free to email me at bryce@holistichabits.fit, and I'll be more than happy to send you our nutrient-rich whole foods shopping list, which can help you quickly identify go-to items.

Remember, we're aiming for a balanced approach that emphasizes protein intake, prioritizes whole foods, and supports your overall well-being.

And there you have it—three transformational insights that can help you lose fat effortlessly. As an added bonus, we've also prepared a workout template below to help you get started on your journey.





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Get Started Here

Exercise Frequency	Perform this workout 2-3 times/week		
Rest	60-90 seconds between sets		
Note	Choose a weight that is challenging, but not so challenging that you are unable to move the day after. If soreness hinders your ability to perform the next day, you have overreached.		
	Sets	Reps	
Barbell Squats		3	8-12
Lunges		3	8-12
Barbell Bench Press		3	8-12
Barbell Rows		3	8-12
Overhead Press		3	8-12
Dumbbell Curls		3	8-12
Bench Dips		3	8-12
Reverse Crunches		3	8-12
Pro Tip: Short on time? Break down your workouts so that they fit better into your schedule.			

ABOUT

Bryce Hamilton



Bryce Hamilton, Your Holistic Habits Coach

**"I even convinced myself that my genetics had determined my body shape, and that was that.
But then, something shifted."**

Bryce is a passionate Fitness and Nutrition Coach, an advocate for a powerful mindset, and the visionary behind Holistic Habits Coaching. He wasn't always the confident and motivated individual you see today. Carrying around excess body fat weighed him down, both physically and emotionally. Determined to change, Bryce embarked on a challenging journey, exploring various methods to transform his body and mindset. Through trial and error, he discovered that true strength and leanness go hand in hand. This revelation ignited a deep passion within him, driving Bryce to immerse himself in the world of fitness and nutrition. At Holistic Habits Coaching, Bryce and his team empathize with their clients' struggles, offering guidance rooted in fundamental principles. Their mission? Empowering individuals to create lasting, lifelong transformations. Join them on this extraordinary path to success. And don't forget to ask about the unbeatable Holistic Habits Coaching Guarantee—it's a game-changer!