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4 Easy Habits For Long-Term Fat Loss

Four Easy Daily Habits That Will Help You
Achieve Long-Term Fat Loss

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[@ProgressThroughChange](#)

4 EASY HABITS FOR LONG-TERM FAT LOSS

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YOUR PROBLEM ISN'T DISCIPLINE. . .



Hey, I'm Alex Martin, the Founder of Progress Through Change. I want to tell you some words of encouragement. We've all experienced the trials and tribulations of attempting fat-loss. Working as hard as you can, just to come up short of your goal, feeling as if the end result is just as far away. **When it comes to fat loss, the most important thing is your habits.** One great meal won't give you a shredded six-pack, one great workout won't make you fit. It's having a conscious approach to diet, movement, and recovery overtime that will bring about the results you want! The following 4 Habits will give you a foundation of things to strive for and focus on every day in order to achieve your own body transformation.

KEEP A FOOD JOURNAL

Square one, the first step of a thousand mile journey. *Become conscious of the things you consume every day.*

It's an extremely simple step that will make a world of difference. Think of a food journal like you would a map. That food journal gives you the "You are here" point. This is so critical because in order to get where you want to go, you have to know where you're at. It's your baseline.

Almost every conversation I have with anyone looking to start a body transformation reaches this point:

Me: "So, tell me a little bit about your diet, give me a general run down of what you eat in a day."

Person: "Oh you know, protein. Veggies. Sometimes a snack bar or a little piece of chocolate."

That's terminology for, "I have no idea". *This is one of the greatest opportunities for progress beginning a fat loss phase; conscious eating.* Food Journaling encourages conscious eating by it's nature.

KEEP A FOOD JOURNAL

Be honest with your food journal. This is critical to success in reaching your fitness goals, as it is a tangible, low-effort form of conscious accountability.

If you're able to form a consistent habit of keeping a food journal, you'll likely find many answers to any questions of progress. Scale not moving after a significant amount of time? Evaluate your food journal. Find holes in it. See the places in which you could have made better choices, acknowledge the lack or excess of a certain food. Most individuals will not find abs with a food journal scoured with cookies, candies, and things that are commonly known as unhealthy.

If you're just starting out, don't be too hard on yourself with specific quantities of things like oils, butters, sauces, etc. But, be conscious of these items without overdoing them. I've seen cooking oil, butter, and other things of the sort people view as free calories, this is NOT the case. A good rule of thumb is to use half of what a "normal" amount would be.

Ask yourself, honestly, "Is this list of foods I've consumed quality enough to get me to my goal?"

KEEP A FOOD JOURNAL (ACTION)

Here's your 3-step guide to Food Journaling:



Be deadly accurate, write down everything you consume!

Even if it's a small snack, our goal here is conscious eating, we want to be holding ourselves accountable.



At the end of each week, look to create new standards.

Example: Cut out junk food, eat no more than 150 grams of carbohydrate per day, drink 120 oz of water per day, etc.



At the end of each day take a few minutes to audit yourself.

Look through your journal, assess your writings, & look for opportunities to improve by 1% tomorrow!

By food journaling and gradually improving the quality of your diet, you'll be crushing fat loss goals in no time!

WALK 10 MINUTES EVERYDAY

By integrating a 10 minute walk every day, you achieve much more than you might think. A simple 10 minute walk is a wonderful opportunity to increase movement and the amount of calories you burn in a day. General movement and keeping a high step count, ideally 10,000 or more per day, are huge factors in a successful body transformation. While there's nothing magical about the 10,000 number, it will ensure you're moving throughout the day, making you conscious of any sedentary habits.

I typically start clients with one walk per day but I find most of them tend to enjoy it and start doing multiple walks per day on their own. It's a wonderful opportunity to meditate, learn with a podcast, have a phone conversation with a friend, or simply enjoy the relieving sensation of the nature around you.

This walk can be done at any pace, but the ideal is just a bit faster than you want to. Think of the pace that you would use crossing the street if a car is waiting on you. This way, it's not too taxing but it's still enough to cause a change in heart rate.

WALK 10 MINUTES EVERYDAY (ACTION)

Here's your 3-step guide to Daily Walking:



Pick a time of day to incorporate this routine and be ruthless with it! Make it a priority, no matter what! Remember, it's only 10 minutes, so don't make an excuse for it.



Take deep breaths through the nose and long exhales through the mouth, aiming to improve your breathing and cardiovascular system. **I've noticed these deep breaths even help reduce my overall anxiety.**



After you've built a consistent habit, challenge yourself and take more walks more often. A great opportunity here would be 10-minute walks after each meal.

By using these steps to integrate a daily walking routine, you'll be improving heart health, burning more calories, and losing fat.

MAKE SLEEP A PRIORITY

*Possibly the most difficult step on this list, making sleep a **priority is critical!*** Sleep is how your body recovers from whatever you throw at it. This includes working out, day to day life, alcohol, sickness, everything and anything that sways your body out of equilibrium.

We live in a day and age that prides itself on speed, efficiency, and constant information. This can make it a massive challenge to sleep 7-9 hours per night.

Sleep deprivation has been shown to lead to increased levels of ghrelin, a hormone that triggers the feeling of hunger. I've personally known individuals who will miss out on their 7-9 hours so they can allocate time towards additional cardio. As the great Stan Efferding said, "Skipping out on sleep for cardio is like stepping over one-hundred dollar bills for pennies."

For me, I have to plan in advance when I'm going to sleep if I want to make my 8 hours happen. **With work, family, personal time, and every other facet of life; sleep is bound to be put on the back burner if it isn't at the fore front of your mind.**

MAKE SLEEP A PRIORITY (ACTION)

Here's your 3-step guide to Prioritizing Sleep:



Know what time you're going to bed EVERY night.

This will ensure you have consistency and awareness of when you should be sleeping.



Keep your room cool, dark, and quiet. Like a cave, we want a peaceful environment to ensure high quality rest. For windows, use black-out curtains.



Use supplementation, if needed. Things like magnesium or melatonin may help getting a more restorative amount of sleep.

By using these steps to prioritize sleep, you'll be preparing your body for optimal fat loss and function in the gym!

START RESISTANCE TRAINING

Surprisingly one of the most overlooked and under appreciated aspects of a body transformation, ***resistance training is critical to changing the shape and function of your body.***

If you've ever put an image on a word document, you know that it has the corners to adjust the size of the image. Losing weight without resistance training is the equivalent to that, you'll stay the same shape while just being smaller. Chances are, you'd like your shape to be tighter, flatter in certain places and rounder in the right places.

If you want to change shape, tone and define, then resistance training is the name of the game! You need to build lean tissue.

For most individuals, 2-3 times per week will work wonders. After learning proper technique for each exercise, ***ideally work within 8-25 reps, aiming to increase strength, increase reps, and improve form every session.*** Pick the exercises you enjoy most (be sure to pick a few that are tough for you too, we don't want any weak links!) and look to get a bit better at them every week!

START RESISTANCE TRAINING (ACTION)

Here's your 3-step guide to Resistance Training:



Prioritize key bodyweight movements. Learn things like squats, push ups, and side plank variations for a foundation.



Be a student in the gym, always aim to learn, and improve your technique overtime! Don't be afraid to ask too many questions!



Hire an Online Coach or Personal Trainer. Having a professional that ensures you're doing the correct movements to take you to your goals really helps.

By using these steps to starting resistance training, you'll be on the path to incorporating a life improving habit as the foundation of your health and wellness!

BOOK YOUR FREE FAT LOSS 30-MINUTE STRATEGY SESSION

WARNING: Before you claim your free strategy session, you must understand that this is only for people serious about losing the excess fat and changing their life NOW, not later. My goal is to maximize your long-term fat loss. And to do that, we need to improve your diet, training, and lifestyle that makes the fat loss easy and gives you more energy throughout the day. If the idea of a lifestyle change makes you squeamish then you should close this page and get on with your day. Buy if you are ready to kick your fat loss into overdrive and change your life for the better. . .

BOOK YOUR FREE STRATEGY SESSION NOW

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