

Bryce Lewis



DANNY LENNON:

Bryce welcome to the podcast. Thank you so much for taking the time out to do this today my man.

BRYCE LEWIS:

Thanks for having me. I'm super excited about it.

DANNY LENNON:

I am excited as well. I've got plenty of questions I can ask you about and I think I have probably messaged you a couple of times to say I already enjoy some of the insights that you've not only provide yourself but also that you pick up elsewhere and post about online, and also a couple of ideas that I remember us talking about last year that I want to pick back up on. But first probably the most obvious place to start IPF Worlds you are lifting next week, so one of flies around Saturday the 16th so as generic a question as this maybe how are you feeling going into the meet right now?

BRYCE LEWIS:

It's funny I was asking Susie how was Gary who is competing I think today the same question and I'm like as soon as it came out of mouth I was like, "Everyone gets asked that," and at the same time I think it's important. To give some perspective I feel way better going into Worlds than I did going into Arnold a little while ago both in terms of strength and just kind of generally how my body feels, but also in terms of kind of confidence in my ability to perform and stuff like that. So, I'm really looking forward to

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this competition and kind of putting everything I have up on the platform and just follow it.

DANNY LENNON:

Sure. And how does it differ at this point compared to maybe this time last year and if there is a difference how much of that is due to the experience of actually being there last year?

BRYCE LEWIS:

I think the experience helps quite a bit just kind of knowing what to expect at a world level competition. But since I haven't been following too much of the competitors lifts which has been really freeing it almost feels like less pressure this year, I mean, ultimately I'm going to get up on the platform and I am going to lift the most that I possibly can but almost feel more relaxed about it at this time just because I haven't been concerning myself with how my numbers compare with other athletes and either I am capable of lifting more than they are or not capable, and in either case I'm going to try my damn best.

DANNY LENNON:

Yes. So, if we think about maybe the last year, so the year between these two World Championships is there anything that particularly stands out to you as something that you feel you've done really good job of maybe in kind of recent times that you feel will in turn has improved you as an athlete and whether that relates to performance right now or not but just as more of a general thing is there anything you think you've done particularly well or you're proud of that you think ties into becoming a better athlete?

BRYCE LEWIS:

Yeah. On the training side things have been pretty similar, but there have been two things. Ones on the nutritional side I made an effort to realize that I think my deadlifts feel better and perform better when I am a little bit lighter so obviously you want to max out the classes that we compete in to give us the most potential to lift well so you know I mean most lifters are coming in at the top of their weight classes and actually we're going to do kind of the informal survey study to TSA to find out how true that is. So, how closer people come into the top of their weight classes and winning medals and things like that. My guess is that there's slightly more variation than we might think. But one thing I did was take my bodyweight

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from 105 or 105.5 kilos down to about 103 kilos now and I feel more comfortable you know my confidence, my body appearance is a little bit higher but I also feel my starting position on a deadlift is a little bit better maybe possibly slightly more upright. I can keep the bar a little bit closer to my body and there is a sweet spot that seems that if bodyweight goes down too much further than that then the other two lifts take a hit. So, it's kind of finding this middle ground that I think functions best for me specifically and it's kind of like it's warning sign that you know find the leverages that work best for you specifically and don't really be tied to being a specific bodyweight.

DANNY LENNON:

Right. Yeah no that's super interesting to hear that and I am just wondering then if you've kind of gone from this place of being 105, 105.5 walking around to now being 103ish you've got that couple of kilos to play around with does that translate into what might be different with your nutrition and hydration leading into the days going into that meet or how did you typically approach that for previous meets when you were heavier?

BRYCE LEWIS:

I've had to be a little bit careful and possibly consume extra water on the days leading up or kind of monitor my intake to make sure that I'm not going over the weight class in the days leading in and I'll usually end up weighing in you know 104, 104.5 so I drop pretty easily at this body composition. At the same time, I just have zero stress right now when it comes to any of that because I don't have to worry about my weight going up from a plane ride or my weight going up from eating something extra salty or anything like that. I have a pretty comfortable buffer, and then I know that I'd make weight either way but it just produces stress and I think that may impact things in some small way and the higher end level you go those small things add up overtime.

DANNY LENNON:

Cool. And I think we'll probably circle back to Worlds, and also kind of how things have been going more recently a bit later on. But I did want to kind of start with just some things that I have been interested to hear about. One is if we go right back to some of your background from a early age and kind of some of the stuff that you've talked to me and obviously you have

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mentioned publicly about your kind of family history within sport. Obviously telling about your brother competing in some MMA, you've had some pretty high level experience within volleyball as well as natural bodybuilding, and I believe your father as well competed in some bodybuilding, and so I'm just kind of thinking with that in place what do you feel kind of helped cultivate some of that or was there something in the kind of early stage in your life that you feel has played a meaningful role in not only you being a good athlete but that a group of you seems like to seek out like things are particularly competitive?

### BRYCE LEWIS:

Yeah. I think I was lucky in a lot of ways you know I count my luck in lot of different ways, but from an early age both of my parents just kind of said you know go figure out what you want to do, try whatever you want to try and we'll support you and just kind of having that freedom to explore was really important and it wasn't always sports you know it could be like yo yo hing or video games or skateboarding or things like that just kind of like we always had them in our corner, and especially my dad and I think that felt really good and kind of freeing that we were able to just try stuff and fail too. So, I saw a poster on a wall to sign up for volleyball and I tried that had a blast, and just played for a long time and you know you learn lessons along the way. But I think it was really the freedom to be able to try and to fail and to not feel the pressure to perform or have parents that were forcing you into something that made me well.

### DANNY LENNON:

One of the things that are I suppose often heard from people who have achieved really any kind of descent level within sport but particularly at a high level is the things that sport does that can teach you things in other areas of life or at least have a positive impact on other areas. Just seeing as you've had that experience with a number of different sports do you feel that there are things that different sports have specifically taught you or are some of those lessons for life more generalized to just sport teaches us certain things?

### BRYCE LEWIS:

It's got to be a little bit of both. I think there are lessons that sport teaches you generally, so things like overcoming challenge or you know the fact that you will have challenges that you have to face and have to

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overcome. The value of hard work kind of dotting your i's and crossing your t's when it comes to things that will improve skill sets. So, I mean all sports have skills that you want to get better at which requires practice and bringing the notion of practice requires the fact that you need dedication and time spent and the ability to manage your time and these other things. But also there is a fair amount of skills that you learn that are sport specific, so teamwork obviously doesn't really matter as much in powerlifting as it might for volleyball or communication might not matter as much in powerlifting as it does for volleyball. In marathon run you might learn perseverance more than you would learn it in a short put throwing or something like that. So, there's kind of like a range of generalized things and probably some more specialized things that you learn on sport-by-sport basis.

DANNY LENNON:

Cool. One thing you just mentioned in your previous answer you talked about how your parents were particularly helpful in kind of not only fostering this appreciation for sport or being supportive in your goals within sport but also in all these other different areas, and different hobbies, and different interests and it kind of reminds me that you were one of the few people that I really see who consistently talk about the athlete in what I would consider the fullest sense of the word, and by that I mean you seem to be very aware of how thinking about athlete development is not simply about how do we increase physical performance through training but rather seems to me, at least from the outside looking at what you discuss that you've thought a lot about how sport performance is just one part of building a better athlete and that really maybe there isn't much distinction between building a better athlete and a better person in many ways. Do you think that's a fair assessment and how much of that has been through conscious kind of deep thought that you've given to that and if my assessment is somewhat true could you maybe elaborate on kind of your thoughts behind it?

BRYCE LEWIS:

Yeah I think you've got a pretty fair assessment there. When I started TSA – The Strength Athlete I wanted to come up with a name that symbolized this idea that we're not just looking to build people who can squat

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bench and deadlift, but we're trying to build people who can move well, who are attached to their sport in healthy ways, who can learn lessons from sport and carry them into their life more broadly, who can participate in this long periods of time kind of an integrated view as cheesy as that word has come to mean, but that's exactly right and this has probably come from a lot of my personal experience and some of the lessons that I've learnt from sport and probably from some of my mentors in powerlifting in 3DMJ. I'm sure you've had many of those coaches on multiple times and it's a similar view that we engage in a sport because we like it but we also learn lessons from the sport and we're able to attach to it in healthy ways. And I think the type of people that you magnetize to and the type of people that kind of healthy integrative coaching can do can lead to people who enjoy their sport for longer, who are injured less often, who can teach lessons to other people and kind of teach this sport and get other people involved in healthy ways. So, yeah that's a pretty fair assessment and I've studied some of that formally kind of looking at what the literature says about a generalized sport background or about how does the mind play into things in just different ways to attach people to their sport.

### DANNY LENNON:

So, with I think maybe trying to apply this to ourselves is obviously going to be a bit different from trying to work through this with some clients. So, I'm just kind of interested with the way you might approach this TSA of helping some of these athletes knowing that there's this kind of fuller meaning to an athlete and there are these things that can benefit them. How does that kind of practically play out or how does that coach-client interaction work to try and get them an appreciation of some of these things that you've came to realize as well?

### BRYCE LEWIS:

Mostly it's on an athlete-by-athlete basis. We want to know when the athlete comes to us what their background is in sport generally. And I think it's better to know that athletes that move better generally also move better specifically. We want to consider athletes goals, do they want to just be a good powerlifter, do they just want to get strong and stuff like that, and even those who want to be a good

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powerlifter often times we have to start with a more generalized base building. But it's also true that at some point you have to specialize if you want to get as good at your sport as you possibly can. It's going to take sometime of just focusing on squatting, benching, and deadlifting but I think it matters when that happens and how that happens. So, I think there has been a turn towards somewhat higher specificity now for powerlifting across the board and I think we can get away with at least a fair amount of generalized hypertrophy as well. Maybe some things that involve balance a care to how people move in all of their lifts and not necessarily just the squat, the bench, and deadlifts. So, how do you do your chest supported rows or rowing generally or how do you land when you jump these might be things that we want to take a look at to just make sure people are moving better as time goes on from the beginning of the time they work with us to the end.

DANNY LENNON:

Yeah. You just mentioned a while back your interest in kind of psychology in general as well as sports specific psychology, and this is something I think you've been again quite vocal about on social media and on the podcast and so forth. When it comes down to your own exploration of how psychology and sport psychology practices may affect a lifter, and also some of the things that can just again help foster this better athlete long-term. As of right now, at least, what would you classify as some of either the I suppose biggest light bulb moments or just generally the key ideas that were particularly important to you that you might not have thought about previously from your examination of this area?

BRYCE LEWIS:

A lot of my interest in sport psychology and that whole realm of things stems from like my own struggles as an athlete. So, if I can understand this better in my own struggles I'll be able to help other people as well. And then it was also realizing that okay I have a pretty good grasp on how to improve people from a strength and conditioning standpoint, I have a pretty good grasp on nutrition how to manage body composition overtime, cardiovascular capacities, and then this element of kind of how the mind plays into things was somewhat of a question mark. I kind of had a personal background experience, but not really

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a framework for how to talk about this or think about this, and so I wanted to dive into that. And I like learning new things and kind of challenging myself and I wanted to talk about things that maybe aren't as played out as other topics, I mean, periodization, and programming, and volume considerations at stuff like that were relatively beat to death recently and we have a pretty good grasp on that as a community and so, I wanted to kind of turn my attention elsewhere. In terms of the things that I think have the biggest bang for your buck to focus on probably for powerlifting the largest considerations are anxiety, creating ritual, and finding state of optimal arousal. So, finding that place that you can go to repeatedly that puts you in a position to perform the same in competition as you do in training and being able to go to that place repeatedly time-and-time again. There's also lots of other minor concerns dealing with motivation, dealing with confidence or how to deal with a injury or other things but those seem to be on a more case-by-case basis than what most athletes consider is anxiety, and how to get in the same place every time.

DANNY LENNON:

Sure. So, a lot of this work started with you trying to better your own abilities in this area. Would you like classify yourself as one of the better athletes when it comes to this stuff right now or at least comparatively to where you were if that makes sense?

BRYCE LEWIS:

Not at all when it comes to kind of a universal best. I'd say that I'm better able to understand it, but I still have a long way to go when it comes to being able to practice what I preach I guess. There are some athletes who I'd suggest listeners go check out I think Ben Rice a 105 kilo lifter here in the U.S. is fantastic when it comes to anxiety and repeatability of mental state and he has done a lot of work on that, so for listeners checkout Ben Rice he is a good friend of mine. But it has helped me give me some tools to be able to help other athletes through this, through dark times, through challenging lifts and challenging sessions, and being able to bounce back and become better versions of themselves. So, on the athlete side of things I still have quite a ways to go but it has helped me become a better coach.

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DANNY LENNON:

How much of this stuff is a ongoing kind of long-term process as opposed to just developing some of the more acute skills that can play a role, so by that I think when people tend to think of like psychological strategies that can help with say pre-performance rituals that you just mentioned that's something that's very acutely at least they're going to be applying it when they're going onto a platform or even like in a training scenario. I'm just interested in how much stuff outside of those types of things do you particularly look at in terms of like where does like long-term planning fall into the umbrella term of psychology as opposed to just planning and ongoing practices that maybe are outside of the gym are they kind of classed within your specific practice for becoming a better athlete if that makes sense?

BRYCE LEWIS:

Yeah, we can take care of them as long as we aren't encroaching on like psychologists more generally, so sports psychology and performance and stuff we can talk about but if athletes start talking about depression or things like that we can refer and we do refer elsewhere we don't try to take care of those things in-house. Most of the sport psyche type stuff is better handled farther away from competition talking about periodization that way when you get to the competition those things are relatively automatic, and then on a year-by-year basis your ritual when you go to the bar to set a first squat probably not going to change all that much, but you might get more experience under your ritual and have it be more and more automatic or you're able to focus on something more accurately or more acutely or for a longer periods of time. So, there is a practice component to some of these sports psyche skills, and then once you establish kind of a base a lot of it is problem solving. So, lot of it is how do we deal with these feelings of anxiety we get on injury or a larger competition coming up on the horizon or feelings of lower self worth at seeing other athletes progress or things like that are kind of one off considerations that you have to deal with when they come up. And I think there may be a progression there too, so start off with a bigger lower hanging fruit and then work your way towards more nuanced one off topics as you go forward.

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DANNY LENNON:

Yeah. Those things you mentioned about self worth, and then obviously a kind of separate but in some cases related issue of athletes dealing with injury for example. I remember this actually came up in a conversation we had last year when we were kind of talking about this idea of athletes who maybe fall into the trap of tying all their self worth or their whole identity as being a powerlifter and they are kind of a bit more susceptible than if something like an injury comes up and maybe then undermines that identity or their self worth. So, I suppose two questions with that one as someone in your position who is like legitimately world class athlete aiming for world titles how have you kind of proactively tried to prevent being I suppose consumed or defined by this one thing, especially when so many people have their eyes on you and your performance in this area, and then the second question would be how would you advice others whether that's clients or just the broader lifting community on avoiding a pitfall of tying too much of their worth to simply sport performance?

BRYCE LEWIS:

Yeah that's something that I feel that I've done a pretty good job at, especially lately. I have tried to make lifting more about fun and just about doing this because hey I got into powerlifting because I love powerlifting and I just love lifting and trying to get better at the skill. A second thing that I've done well and I suggest people do also is find more ways of measuring success within your lifting, I mean obviously we can look at 1 Rep Maxes as the main way that we estimate how much progress we're making overtime, but we can also take a look at Rep PRs, we can take a look at hitting the same weight faster than we had been before or maybe technical mastery and our lifts are looking better overtime or you know finding ways to improve accessories or my muscles are getting bigger, I am improving body composition. Just essentially diversifying the number of ways that you can measure progress is really important. I've also stopped measuring myself against other athletes to the extent that I can. Unfortunately that means unfollowing some friends of mine from kind of a larger community because I haven't been able to detach seeing their training from comparing myself to their training, even though training doesn't matter as much as what you do on a platform does. Seeing someone

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hit you know something I hit for grinding single for some comfortable reps of 4 or whatever the case maybe inevitably it makes me feel worse about my own performance this is kind of upward comparison. Comparing yourself against people that are better than you, so being careful about what your mind is going through when you view people who are better than you can mean different things. And I think at younger levels of experience seeing people who are better than you are motivating. So, watching Dan Green crush 800 pounds for some deadlifts is really motivating when you're just getting started you can see kind of okay this is possible if I work hard {also take steroid} but just seeing these people progress can be motivating, and at a certain point I think it turns as you start to be actually competitive against these people you see them as kind of competitors in the same space as you instead of as a role models. So, talking about the broader perspective and what people can do you mentioned making powerlifting not the only thing that brings you happiness and I think there is something really true to that. We can be powerlifters but I am adamant that to be a high level expert powerlifter does not have to consume your life. This isn't gymnastics where you have to practice 3 hours a day every day. You can be a high level powerlifter and have a normal life you know it takes 8 to 10 hours a week to complete all the training that you need to be a high level powerlifter. And sure there's sometime prepping food or reviewing your training or talking to your coach or things like that but that's relatively minor compared to other sports. Go out get some other hobbies; engage yourself in other areas of life that can be a fantastic way to kind of diversify the things that bring you happiness. So that when powerlifting isn't going as well as you might have hoped you have other things that bring you happiness in your life and you can fall back on those and enjoy those, so that it doesn't sting as much when you're not making the kind of progress you want in powerlifting.

DANNY LENNON:

Right. Yeah you essentially aren't putting all that happiness in this one focused place which makes a lot of sense. And I think it's particularly important how you mentioned that when people have this may be aware comparing to others becomes particularly

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problematic is within that kind of narrow enough range that people's numbers are fairly similar and you are starting to view them maybe as competitors particularly if you're in the same National Federation or whatever and especially now with Instagram and how literally anyone who is lifting is probably posting their training there every day it becomes exceptionally easy to do so, so I think that's a worthwhile consideration for people if they are prone to that becoming problematic. Just to kind of change topic slightly Bryce one question I'd be interested to ask relates to some of the conversation you may have had as a team with TSA because obviously you have a group of very smart guys, a group of very experienced coaches but no doubt with their own individualities and preferences training wise. So, I'm just wondering when it comes to maybe some team meetings that you've had or even just discussions when you guys are hanging out is there any particular conversation that comes to mind that kicked up an interesting talking point or a concept in which you guys have yet to maybe collectively decide on the best way to do something or more generally an area where there's maybe not a full group consensus or common position stand on a certain idea yet, is there anything that comes to mind?

BRYCE LEWIS:

Yeah. Danny that's a fantastic question and there are those things. So, what I want is for us to have freedom to program for athletes based on the best knowledge that we have, based on our individual experiences as athletes and as coaches at the same time falling with you know best case practices from what we know about the evidence of lifting. At the same time even considering that there's a fair amount of open space for programming based on exercise variation or based on amounts of volume consideration or how that volume is spread across a week or weeks or even how heavy athletes go up to a competition, and there's a lot of space where we haven't really come to consensus. One of them is exercise variation, how much is the right amount for athletes. Another one is I guess relative intensity and how much exact relative intensity we'll prescribe for athletes and all this we're kind of talking broad brushstrokes because it's different depending on working with a male or female or working with an athlete with a 200 kilo max or 400

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kilo max. So, there's certainly a fair range in there of 100 or 300 probably more accurately. There is a fair range in there for individuality, so yeah exercise selection for sure, do we do straight sets across for an athlete you know 3 sets of 5 or something like that or do we do a top set first followed by some lighter back off work and why? How much non-specific work are the athletes doing, so are they doing lads once a week, twice a week, are we having an athlete do movements that don't directly relate to their powerlifting like bicep curls, calf raises things like that that don't really have an impact but might be good for overall development. There are certainly differences in coach-to-coach inclusion of movements like that.

DANNY LENNON:

Super interesting, and so with that presumably some of these conversations is where the fun stuff actually comes up, right? Where there is no one right answer right now at least or particularly we don't have something that's definitively able to answer a lot of these questions, so it's a nice kind of a thought experiment or thing to think through I guess?

BRYCE LEWIS:

Yeah, and we recently did a tour of seminars in the UK and which was a ton of fun, and we had topics about many different things; exercise selection, periodization, sports psychology, recovery type stuff. Some of it is relatively kind of dry this is what the research says, and some of it kind of gets into the art of coaching rather than science of coaching because the science hasn't really caught up yet or may never catch up because there is so much individual athlete variation and that's some of the kind of stuff where I sit in the audience as one of the other guys is presenting and raise my hand and ask a bunch of questions just to kind of see how they respond.

DANNY LENNON:

Yeah, it's super cool and I guess, at least this is what I presume that a lot of the time whilst there are a few of you guys leaning in slightly different directions on a certain thing there's probably enough of a range or a buffer zone outside of that general tendency for there probably to be most of the time if you are given the same athlete, the same circumstances it'd be fairly similar or at least you'd be able to modify it to a point where it might look similar to another coach's preference per se?

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BRYCE LEWIS:

Yeah, absolutely. So, the broad brushstrokes are similar if athletes ended up comparing their programs with one another there would be more similarities than there would be differences probably in terms of the frequency of hitting some type of squatting, benching, and deadlifting, frequency of days in the gym, frequency of – not frequency but kind of rep schemes so further off of competition, higher repetitions close to the competition lower repetitions. So, the big building blocks are all there and then the details are probably different.

DANNY LENNON:

Yeah that's super interesting and I am sure some of those conversations are great to see if someone was a fly on the wall. A couple of other kind of maybe shorter questions to start wrapping us up here Bryce. One is just simply is there a phrase that you found yourself repeating most often to clients that could be over a recent timeframe or could be over all your years coaching is there something that just generally tends to be something that crops up quite commonly?

BRYCE LEWIS:

I think keeping athletes focused on the long-term has been effective. So, in this day and age it seems that people want progress faster and faster, and they want to go from novice to advanced instantly. It's not necessarily a conversation where you have to have like look you know this takes a while and let's work on progress. But essentially celebrating progress when you get it and just kind of keeping the long-term in the long-term and setting short-term goals as short-term goals but putting progress in perspective has been a really, really good tool to keep athletes motivated and happy with their progress as it comes.

DANNY LENNON:

Yeah that actually makes a lot of sense in light of what you previously mentioned about this trap some lifters may fall into of comparisons with others, particularly if they're looking at someone else's training and seeing someone's training numbers have maybe slightly gone past theirs, whereas previously they were ahead of this other person or so on or all these other scenarios which might get them thinking I am falling behind or I need to kind of try and force the issue here which is where it's probably going to be problematic as opposed to thinking well actually what is best for

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my long-term progression as opposed to just catching up to these arbitrary training numbers I guess?

BRYCE LEWIS:

Absolutely, and in the ultimate sense when it comes to training you are trying to progress at the fastest rate you possibly can you know while avoiding injury and you know any of the caveats that might be relevant. But no amount of adjustment is going to make you try harder than you already are; I mean you're already trying as hard as you possibly can to make progress. Seeing other people's numbers and kind of lamenting about the fact that someone else is getting stronger is only saying ultimately well that athlete is different than I am and they're progressing at a different rate or something like that. So, keeping the focus on the athlete and themselves and celebrating their own progress is, is really important.

DANNY LENNON:

Cool, and also I'll flip that question slightly is there a phrase or – not even a phrase is there a reminder that you have been repeating to yourself most often over again it could be a recent timeframe, could be longer is there a particular thing you felt you've had to remind yourself of on a regular basis?

BRYCE LEWIS:

Yeah, recently I've gotten away from lifting because lifting is fun and because I enjoy it and I focused too much on being a competitive athlete. You know I've been fortunate enough to be in a situation where I can compete at a high level in national competitions, I can compete at a high level in world competitions and got too focused on placing and stuff like that, and that never used to be a driver for me. It always used to be just about what's next PR, what's the next amount of progress that I can show and display kind of make this lift look better, kind of learn this new thing about powerlifting and I got away from that a little bit. So, bringing it back to doing this because it's fun, doing this because I enjoy it, and I enjoy getting in the gym and grinding and working hard. I lost track of that and I'm kind of working to get that back in the second half 2018.

DANNY LENNON:

So, of the back of that question if I were to ask you to maybe define what success means in terms of powerlifting career what would you say to that?

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BRYCE LEWIS:

If we look at the majority of the athletes, if we're talking high level athletes the things that motivate them are definitely competence. So, athletes want to be competent in their sport, they want to be able to be good, they also want external validations, so they want to you know set records, win medals, win championships and things like that. They also have high levels of perfectionism, so they want to be best at a specific skill or the best at you know the squat, the bench, and deadlift with the total. Those are the things that motivate high level athletes. These kinds of extrinsic rewards too, but I think having a good deal of intrinsic reward can keep motivation high in a long run. There are going to be only so many years that you can succeed and be a world champion, there are certain number of years that you just have to train or maybe you have injuries or maybe you have setbacks or you have child or all these different things that can change the trajectory of how you involve with your sport. But it's certainly the case that elite level athletes are highly motivated by competence and wanting to just be the best and there is nothing wrong with that to be honest.

DANNY LENNON:

Excellent. Before I get to the very final question to round out this episode Bryce just let people know where they can find more of you online, where they can get information about coaching website, you on social media any of that type of stuff where can people find that?

BRYCE LEWIS:

Cool. Follow us on Instagram at The Strength Athlete, follow me on Instagram at Bryce\_TSA, and you can check out what we do for athletes at [thestrengthathlete.com](http://thestrengthathlete.com), how we coach athletes and you can send us a question, ask us anything at the contact form they would be happy to talk to you.

DANNY LENNON:

Perfect, and for those of you listening as ever you can find links to all of that stuff in the show notes this week's episode which will be [sigmanutrition.com/episode233](http://sigmanutrition.com/episode233) and I'll be linked up there as well as a transcript and some more about Bryce's background and some other good stuff. So, with that Bryce that brings us to the question that we always round out the episode on and this can be through with any area of your choosing and it's simply

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if you could advice people to do one thing each day that would impart a beneficial impact on any area of their life what would that one thing be?

BRYCE LEWIS:

I would tell people to aim to be lifelong learners. The thing that has served me best has just been a sense of curiosity and ability to find the information if I look for it. So, that can be curiosity about you know even a billboard that I drive past or a new restaurant or all the way up to a new subject or understanding the brain or if you find that just be curious about life and understand that you have the capacity to go looking for those answers and those answers are out there. So, find some way to learn about something new as cheesy as that is has served me extremely well.

DANNY LENNON:

I love it. Perfect way to finish this off and I want to say thank you so much number 1 for taking the time out to do this Bryce, for the great conversation, really enjoyed some of your insights, and then also the best of luck for next week not that you'll need that I'm sure you're going to be crushing things there but very much looking forward to watching you on the platform next week.

BRYCE LEWIS:

Thank you so much.