



McCoy Fitness & Health
Healthy Living Program

HLP Manifesto

Being a Warrior Woman

Many times I'm asked to define our *Healthy Living Program*. I guess you could say that on the surface, our program teaches women how to train and eat to build physical, mental and emotional health. But it's so much more than that....

I view the HLP-ers as Warrior Women on a journey to wholeness. On the surface, each woman has her own individual inner goals (lose 10 pounds, train 5 days a week etc). But deeper down, there is a strong undercurrent of unity, a sense of understanding of each other, and a real need to connect and grow with other like minded women. Our goal is to expand ourselves and others, and our tools are weight training, nutrition and learning spiritual tools. We are learning to connect to our awesome Power within us, and we bring it forth to share it with the world. In doing so, we uplift, inspire and help others on the Path. Because at the end of the day, we are all Warriors.

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- **The Warrior Woman** honours her body, and every day she spends time strengthening and building her vessel.
 - **The Warrior Woman** eats close to the earth, and in tune with the cycles of the days and the seasons, which in turn builds her strength inside and out.
 - **The Warrior Woman** displays quiet strength, and never pushes her views on anyone else, but when asked, she will speak her views with utmost honesty and clarity.
 - **The Warrior Woman** does nothing for show, but is always ready to stand up and be noticed if it helps her help others.
 - **The Warrior Woman** knows that she may not win every battle, but she never gives in.
 - **The Warrior Woman** feels anger, but rather than drown in it, she uses it as a spark for change.
 - **The Warrior Woman** knows when to hold on and to let go. She embraces life, but she recognizes that death is a part of life, and she lets go with love.
 - **The Warrior Woman** lives according to the rhythms of the day and the seasons, and she respects this constant ebb and flow of life, and she moves effortlessly with that flow.
 - **The Warrior Woman** lives and walks in her truth.
 - **The Warrior Woman** loves deeply and cries easily, but this is seen as a sign of strength, rather than weakness.
 - **The Warrior Woman** holds a deep reverence for all living things.
 - **The Warrior Woman** knows how to pick her battles. She knows that to fight every battle would leave her exhausted and spent, so she chooses her battles wisely.

- **The Warrior Woman** understands that momentary defeat is a necessary part of future success, and she focuses on that instead.
- **The Warrior Woman** knows her words are powerful and she uses them wisely and with care. She doesn't engage in gossip or small-minded conversation that only weakens her.
- **The Warrior Woman** takes responsibility for her actions, her choices, her life's path. Always.
- **The Warrior Woman** empathizes with others, rather than sympathize with them, knowing to sympathize creates a victim in the other person.
- **The Warrior Woman** never stays small for anyone...to stay small is to diminish her light, and only appeases others who are challenged by her power. Her power is her gift, and her power enlightens others, even if they at first see it as a threat.
- **The Warrior Woman** is compassionate, brave, honest, supportive and non-judgmental.
- **The Warrior Woman** sees everything in her life and in the lives of others as a choice, and she takes full responsibility for her choices.
- **The Warrior Woman** sees adversity and challenge as an opportunity to grow and learn, and expand her Power. At every turn she asks, "What can I learn from this challenge?"
- **The Warrior Woman** is in touch with her power and she works to expand that power with how she moves, thinks, eats and lives.
- **The Warrior Woman** knows the most life-affirming thing is the *power of choice*, and she allows others free choice in their lives, knowing she has no authority over their journey or the lessons they may be here to learn. It is not for her to know or question.
- **The Warrior Woman** strengthens her body every day because it is her tool, her vessel that allows her to move about on the earth with energy, vitality, and health. Her vessel is a gift.
- **The Warrior Woman's** word is her sword, and she speaks with integrity at every turn.
- **The Warrior Woman** strives for excellence, not perfection, and she knows that while she may falter, this is not a fault: it is simply being human. She recognizes that when she falls, strength and resolve is built by the act of getting back up again. She *never, ever gives up*.
- **The Warrior Woman** knows she has a purpose, and she lives it every day. She knows her purpose includes the ability to serve others.
- **The Warrior Woman** understands that everyone is on their own journey, and she doesn't interfere or try to change it, knowing it is their journey and their lessons that need to be learned in this lifetime. She has her own work to do, and she focuses on that.
- **The Warrior Woman** has a mental toughness that sees her through hard times.
- **The Warrior Woman** sometimes feels that while her spirit is hurt, it will always rise again, stronger and more powerful than before.
- **The Warrior Woman** is grateful for all things, good and bad, and recognizes that both are necessary for her to live a full, rich life of meaning and purpose.

