



New Client Welcome Package

A Welcome Message
from Karen.
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The Healthy Living Program™
- body, mind and spiritual health and wellness for LIFE!



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Congratulations and Welcome to my Healthy Living Program!

Your **Welcome Package** includes everything you need to get your body and mind into gear, and to get you up to the starting gate!

The **HLP** is based on my BLISS method (*BodyLife Integrated Sculpting System*), unique because it creates health and vitality on all levels—from the physical up to the spiritual. This is an absolute must if we're going to live a healthy, rich life! It's about creating the **Warrior Woman** in YOU!



Let's Get Started! What's in this package.....

Welcome to the Program! Brief overview, how to's etc. Please read.

Goals Sheet: You can't move forward with confidence or conviction without having some goals....let's start with the next 4 weeks, shall we? (We will be re-visiting our goals every 3 months in accordance with each micro-training cycles.)

What is Your Fitness IQ? Give it a try! See where you're at! Answers to follow next week!

Body Measurements Sheet: Yep! Gotta do it! Five measurements, body fat (if you can, I suggest you buy your own Omron BIA machine online), weight and take photos!

What is Clean Eating? It's all the rage, but it's been around for 40 years! Profound, simple, life-affirming. Let me show you how to do it right!

Building Your Spiritual Muscles? Yep, you got them. Let's learn to shed our restrictions, open up to greater health and vitality. Let's live a life that truly matters! What's your life's purpose? It's sitting there, inside of you, waiting.....!

Your On-Going Support Network:

Check out our **Social Media** points of contact.....it's our way to support you in as many ways as we can! Videos, articles, tips and tidbits!





GOALS SHEET!



Did you know the number one reason for failure to get in great shape / lose body fat etc is the lack of clearly defined, written goals? Zig Ziglar compares not having goals to shooting at a target with a blindfold on. "If you don't know where you're going, you're probably not going to end up anywhere!"

All day long you carry on a mental conversation with yourself. Psychologists estimate that we think up to 60,000 thoughts a day, 98% are the same ones we had yesterday, most of them negative!

How many times have you said to yourself: "I want to lose weight, feel healthy, fit into my old clothes, look like I did when I was younger." Good goals, to be sure, but vague, watery, and without any *punch!*

I am firmly convinced that the most important part of getting in great shape is simply *making up your mind to do so*. You get in shape by setting goals and thinking about them *all day long*. If you don't channel your mental energies properly, even the best program won't help because you will always sabotage yourself.

I want you to take a moment to write down your goals of what you want to attain in 8 weeks time and post them to your fridge. Don't just say them, write them down. Here's some goal-writing tips.

Make your goals strong and current: What do you want to accomplish? In what time frame? How much? Write it in workable, powerful statements. Write them in present tense (very important!) and be specific. Get rid of *I'll try* or *I can't*. This will defeat you fast! ... "I will lose 20 pounds by the end of the 10-Week Challenge, and fit into my summer dress in time for the party!" Now that's good planning!

Walk as if: Your subconscious mind will grow whatever seeds you plant there, or *allow to be planted there*. Louise Hay—"The more you dwell on what you don't want, the more of *it* you create." We can't help but create, so every day, you need to wake up and walk and think as if you already have it "My metabolism is getting stronger every day....I'm getting leaner every day....I am finding one hour a day to train..."

Now it's your turn!

What do you want to accomplish at the end of 4 weeks? We'll do this again for every 3-month training cycle but let's start with just the next 4 weeks, ok? Be brave, shoot for the moon, and know you're worth!

My training / eating / weight goal(s) to be completed at the end of 4 weeks:

Now post this to your fridge! And *walk as if* they're already in the making, and don't let go of the vision! This is your life, your right to a fantastic, energy-filled and healthy body and life! Don't forget to join us at the next Clean Eating gathering when we practice the **Law of Attraction** together....powerful!

How to stay motivated? **Envision** yourself wearing that little dress you've always wanted....or fitting into that bikini and sitting on the beach....now that's Attraction in Action!

Read magazines of others' success stories...keep them by your bedside table. If they did it, why can't you? No more excuses. Just get moving, and the Universe will open up for you.

WHAT IS YOUR FITNESS IQ?



Test your fitness IQ with this simple questionnaire.

1. To get the fat off my abs, I should do crunches. **Y N**
2. The best way to speed up my metabolism is by doing cardio. **Y N**
3. I'll get big if I eat too much of protein. **Y N**
4. How much protein does the average person *eat* in a day?
20 grams 40 grams 80 grams 100 grams
5. How much protein does the average person *need* in a day?
20 grams 40 grams 80 grams 100 grams
6. To lose weight, I should: 1) lift high reps, light weights, 2) lift heavy weights, lower reps.
7. If you stop training, your muscle will turn into fat. **Y N**
8. Women and men should train differently, and do different exercises. **Y N**
9. To burn fat, how much cardio is best?
Longer, slower cardio is best OR short, more intense cardio is best?
10. Which is most effective for losing fat - cardio, nutrition or weight training?
Which is least effective?

Answers next week!



HLP BODY MEASUREMENTS SHEET -- refer to my *How-To* video on YouTube: <http://www.youtube.com/user/KarenMcCoy2688>

Creating a Healthier, Toned, Happier YOU!

OK. Here's the part we're not always excited about, but it's truly necessary to measure our body parts, or how will we know how well we're doing? You CAN do this! Be brave, and grab that tape measure and let's get on with it! Print off as many of these as you need.

Date (insert) → () () ()	Start of HLP () () ()	End of WEEK 3 () () ()	End of WEEK 6 () () ()	End of WEEK 9 () () ()	End of WEEK 12 () () () (Success column!)	Difference?

To record your own measurements: Let's keep it simple. All you need is a **tape measure**...

Chest: Have someone stand behind you, raise your arms, bring the tape across your nipple line, drop your arms and measure.

Waist: There are 2 important spots to take this measurement: We all lose weight differently, and it's important we do it 2 ways.

Belly Button: Just as it says, lay the tape across your belly button (don't suck in!) and pull taut.

True waist: 'Shimmy' the tape to the narrowest part of the waist, and measure at this point.

Hips: Measure lower down, across the widest part of the buttocks and in front along the public line.

Mid-thigh: Let your arms hang by your side and use the point where the end of your thumb touches your thigh. Measure at this circumference.

Bicep: Flex your arm and measure at the widest part!

You're done! Print off, fill it in, and save it for your records. **See how it's done on YouTube-** <http://www.youtube.com/user/KarenMcCoy2688>





What is Clean Eating?



‘Eat clean’. ‘Eat simple’. ‘Eat like our forefathers’.

We hear this everywhere, but what exactly is clean eating? Is it a specific diet plan? Is it based in research or folklore? Is it something that’s here today but gone tomorrow? Is it simple or will I be spending all my free time in the kitchen!

Eating clean is simple, fun and easy to do. When we eat clean, we are eating as nature intended, for optimum health, energy and vitality.

Eating clean is a result of conscious, committed effort, creativity and patience. It means eating whole, un-denatured foods like organic fruits and vegetables, wild, organic meats, alternative ancient grains, healthy oils, low-fat non-pasteurized dairy and plenty of enzyme rich salads and juices. Clean eating means eating an alkaline, low glycemic diet of quality proteins, ‘live’ carbs and ample fibre. The result—**optimum energy and vitality, stable weight, lean, shapely muscle and level emotions!** We’ll be covering all this and more....!

As you move through the **HLP program**, we’ll be building your nutritional knowledge and changing your foundation – literally we’ll be discarding the old, worn out cells and replacing them with high octane fuel to rebuild cells that are strong, vibrant and radiate energy! This is paramount to your success in body, mind and spirit!



They say that when it comes to creating a great physique, success is 80% what you eat and 20% how you train

I see it differently. If you want to get lean and shapely, it’s 90/10 really. And that goes for anyone, athletes and non-athletes alike!. And this is what my BLISS program is based on.

My goal is to give you knowledge – real science-based knowledge, so we’re going to throw out the Canada Food Guide, ignore our government agencies, re-shuffle the deck and do it the old-fashioned way, the real way, with real science behind it. The **Body Sculpting System** way.

Does it take diligence? Yes. Is it hard? No. Is it simple? Yes. The hardest thing will be getting your brain on board and shifting your perspective....but once you make that shift and it sticks, really sticks (and you’ll know it when it does, believe me!) it becomes easy, and it becomes a pleasure to do. Great eating is powerful, life-changing stuff. And you’re here to change your life, right?

And that’s what the HLP is all about.....to help you change your life. Let’s get started!



Building Your Spiritual Muscles!



OK. This is where some people ask: “what is spiritual stuff doing in my healthy living / exercise program anyway?” Here’s my answer: if you think that we are solely defined by our 5 senses, that science rules, that your life is laid out for you beforehand, you might as well cancel your membership to the HLP program right now! Really! But if you’re willing to stay open, read on.....

“The Unexamined Life is Not Worth Living”

Socrates said that at his trial for heresy. He was on trial for encouraging his students to challenge the accepted beliefs of the time and think for themselves. What was true then is still very relevant today. When you chose to follow the norm without examining if those ways will serve you, your life is on *autopilot* and growth will not occur.

But if you are open to the possibilities, if you’ve always wondered about what’s out there, and if you’re curious about what your life’s purpose is, then stay with us!

We’re moving out of the Piscean Age (it’s not our fault, it’s out there somewhere) **to the Aquarian Age** (my power resides within), and thank goodness. We are becoming more conscious as a race (the Mayan’s predicted this thousands of years ago), and everything is seemingly speeding up for a reason—it’s all part of the overall shift in humankind, awareness and consciousness.

Now you can bury your head under the pillow, keep yourself small (so you don’t have to do the scary work of change or accepting responsibility) or you can join us. Either way, it’s happening, whether you believe in it or not (kind of like gravity—it works whether you believe in it or not).

Spiritual Laws—Throughout the HLP program, I will introduce various Spiritual Laws, mainly, The Law of Attraction, The Law of deliberate Creation, and The Law of Allowing. There are lots of others, but these are the cornerstones to creating a life—your life—by design! Imagine, creating the life you want! And deserve! Now that’s creating optimum health and vitality, don’t you think? Imagine how all your aches and pains would disappear, how you could lift depression and become more calm and peaceful when you are living your best life! It **IS** possible!

Becoming Aware of your Behaviours and Questioning Your Beliefs

These two things are paramount to living a rich, spiritual life. Most people simply *react* to situations rather than being objective and proactive. For the next while, we’re going to go on a journey of awareness, questioning everything we do, see, eat and say. I want you to come to know yourself deeper. I want you to unshackle yourselves, and live free!



Just for Today....

Just for today, I encourage you to stay open. Step into a learner’s mindset and examine your experiences and the corresponding feelings these bring up. What can you learn from these? Look into the future. Is this who you want to be 30 or 40 years from now? Then let’s design our inner world—filled with health and calm!

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