

What others are saying..

"I took part in Karen's **10 Week Best Shape of Your Life Challenge**. At that time, I had been working on weight loss for four months and had lost just over 40 pounds. I was exercising regularly and was feeling very good about myself. Then along came Karen and her 10 week challenge! I was very nervous and wondered if I could do it at my age (56 years). Plus I didn't feel comfortable in a gym and three weeks of the challenge I was going to be on vacation. But I decided to give it a try and all I can say is, "Wow!" **I was delighted to lose another 12 pounds and 9 more inches by the end of The Challenge**. But what excited me the most was how my body shape changed. I lost body fat, gained muscle and took on shape and definition.



My first-ever Challenge in 2010...what an amazing group of ladies!

Now I feel strong and healthy. When I walk I can feel my muscles flexing all the way down from my backside to my calves. It is such an amazing feeling! I love going to the gym now and working out with weights and seeing how much stronger and healthier I am getting. I have more confidence in myself and in what I am capable of doing. Who says you have to look old just because you are growing older? I look younger now than I did ten years ago. And I'm continuing to set new goals for myself and loving it! I'm delighted I took the challenge. Thank you, Karen! - *Linda Batten – 56, Victoria BC*

"My body fat went from 31% to 24% and I lost 9 inches. I'm so happy with my new body! Thanks Karen!"
- *Joan Tocher, Florida, client since 2012.*

This program has been life changing for me 😊 :) Thank you so much! I have come to appreciate my body ...every stretch mark, wrinkle and fold... and I celebrate today as a milestone...220lbs on the leg press!!! I never would have know I was capable of that ❤️<3 Can't wait until the next workout... and this coming from someone who hasn't spent time in a gym in almost 10 years... again, Thank you. – *Tiffany Abram, Gabriola Island, BC*

I enjoyed participating in the challenge, and the program exceeded my expectations. The goal that was most important to me heading into this, was that I return to weight training in a sustainable way, where I didn't drop back into adrenal fatigue, or injury myself. The program allowed me the space to do what I needed to do to sustain my health, and allow me to continue on. I am loving the strength I have built and am finding a lovely new balance between yoga and strength training. – *Erin Silva*

When looking at my body I feel proud strong confident. I know I can tackle any project and have determination for life's challenges. I've also noticed that my body is making changes in its shape. I feel my legs getting stronger tighter and shapely. Thanks for an amazing challenge! Much love and respect !
Mandy Humphries, client since 2012.

At the end of the 10 week challenge I was pleased to find I had lost 9 pounds and about two inches around my middle. I feel tighter, firmer and stronger and I'm really looking forward to seeing continued improvement with the monthly Warrior Woman Group Coaching Program. Your Challenge is awesome! Thanks Karen. *Wendy Renwick, Sooke, BC*

Thank you so much for putting this program together to help women over 40. I am watching everything I eat, no alcohol and I'm off my sleeping pills! I've had so many positive changes since I started your program, and when I look back it is amazing. I feel like I can do this, you have given us so many tools and your knowledge is amazing. I have learned so much from you Karen, thank you. *Jenica Brisdon, Sidney, BC*

I've always considered myself to be a fairly healthy and fit person, but Karen's program introduced me to a whole new way of thinking about my diet and my workouts. I have gained muscle and trimmed fat and feel the strongest that I have felt in years. Finally, I shed those extra 10 pounds and turned it into muscle. Fitting this into our busy lives is a challenge, but with short manageable workout routines, it is do-able. The 10 week challenge was the spark to get me going and now I know what I need to do to maintain my new shape and diet. Thanks Karen, for getting me on my way to a new and healthier body. - *Valerie Pike, Victoria BC*



- cardio
- dieting
- weights

bestshapechallenge.com

The long distance training program is a perfect fit for me. Especially the online element of it. Due to the fact that I have small children, I really appreciated the ability to access the information when it was convenient for me. I love online learning, but things like webinars don't always work for me because, although I might have a schedule in mind, I really never know what will be thrown at me on a given day. Scheduling attendance at live webinars is difficult, because it's so difficult for me to really have an hour of dedicated time to myself. The fact that I can read your emails in the morning, and then access the information throughout the week has been a lifesaver! Also, I've made it a habit to save all of the files that you give us electronically and add them to a notebook app on my iPad. That way I can also easily access the information and read it, even when I'm with my kids. For instance, when I'm nursing my daughter or waiting for my son during his swim class.

I also love the video clips that you include in the training. Even though I have a background in exercise science, and am a personal trainer myself, I sometimes need a refresher on what specific exercises are. The videos do a wonderful job of explaining form, intensity, etc. Love that! And the workout cards make it very clear on what's expected of me in a given workout. I've felt confident going to the gym, setting up the equipment, and doing the workouts. Not once have I felt the need to have an additional local trainer coach or help me through it. It all just works, at least for me.

I think the more beneficial part was the nutritional information. I did lose weight on the program, and I seriously contribute that to the nutritional changes that I made. I can't wait to see what transformation is waiting now that I am able to commit to the training aspect of the program.

Finally, your videos and coaching calls, and the fact that you respond personally to email questions, make you real. You are not just a fitness generator for your clients. It is clear that you care about each of us, and personally invest your time in our success. I can't tell you how important that is for me. I need a lot of emotional and psychological support. I know a lot of this information, but have always had issues putting into practice for myself. Your being there (on video, email, or by phone) and addressing issues that I've brought up, really helps me stick with it. So again, thank you. - *Beth Jones, M.Ed, ATC, CPT, Denver Colorado, Pre/Post Natal Exercise Specialist*



Leanne LaPrairie...our first ever Challenger winner...down 7% bodyfat, and 12 pounds. "It was the weight training and no nonsense nutrition that made all the difference!"

I have had such a great journey. Doing both challenges has been enough time to make these changes seem almost routine. I am so grateful to you and the work that you have done for us in creating your programs. They truly have altered my life. *Dariol Haydock*

I have to say that overall I am very pleased. I feel so much stronger - was even able to do a dip and a pullup that I couldn't do at all before! I have ab muscles now at the top of my tummy between my ribs that I didn't have before so even though the measurements don't show that much difference I can definitely see and feel a difference! Thank you so much for creating this program! Couldn't have done this on my own! *Viola Vanderuyt - Sidney*

Signing up for online coaching with Karen was exactly what I needed to get myself back on track with my training. Having worked on my own and having had a personal trainer and now having had an online coaching experience I feel qualified to speak on the topic. On my own with books and such I made some slow progress. With the personal trainer I made nice progress but it was very expensive and although he was a high profile trainer he was not very attentive and was difficult to get in touch with. My experience with Karen has been very valuable to me both in regard to my training as well as the dollar value. Online training with Karen walked me through every single detail of the program. Karen has been extremely generous with her time and I have never waited long for a personal reply when I've sent out an email - I think that is very unique all by itself- Karen truly delivers on all fronts-high quality program, high quality tutorials that leave no stone unturned and if all that is not sufficient, as was sometimes the case for this particularly tech challenged challenger...Karen was always available online with patient, kind and thoughtful words. There are many ways to gauge success. One of my best gauges for this program from the outset was can it be done well online(?). The answer with McCoy fitness a resounding yes. I have made good progress with Karen's program and found that it offers me a balanced approach to the very real situation of being a physical as well as a spiritual being. **Anna Burns, New Jersey, NY*

As I look back on the challenge I can see that I have learned so much and for that I am grateful to you. I have gained strength, a smarter way of eating and a stronger belief in myself. I realized that lifting weights and seeing results in how we look and feel is a product of a few things: Consistency, Patience and Lifestyle. This has been a journey for me and it is not done. Thank you for the inspiration on so many levels Karen...you are truly remarkable. – *Alison West*

This Challenge has been exactly what I needed. Not only do I fit into my 'skinny' pants, but my confidence is going way up again too! Plus, I love the muscle tone I am developing and I'm looking forward to continuing the process! *Sarah Watts, Cranbrook, BC*

I have LOVED every part of the challenge. I am proud that I have completed it and stuck it out! I am not as happy with my results, only because I know I didn't give it what I should and could have these past 3 1/2 weeks. I did eat well and I worked out, but the power was not there. One thing that you helped me on during this challenge is realize that this is only the beginning, and 10 weeks is NOT enough time. I will continue working on and having a love affair with me! I LOVE how I feel, I am STRONG! I am a little warrior! I AM ME! - *Misti Miller, Florida*

"I have been weight training since I was 15 years old. I forgot how to push myself until Karen reminded me. Now I'm enjoying the heavy weights again and all the pretty muscles that go with them." - *Kristeen Gordon, Alberta.*

"I HIGHLY recommend The 10 week Best Shape of Your Life Challenge. Karen has put together a program that is like no other...and trust me, I've tried every diet/fitness plan out there! She truly made me excited to check my email every Sunday night, which goes to show how Karen manages to make clean eating and working out both interesting and fun! If you simply do what Karen says, you will see results and feel great, both physically and mentally...and she will be there cheering for you throughout your journey. Thank you Karen! Though you are very true in saying that the 10 weeks "is not just about building the perfect bicep"... mine are looking pretty darn good after your challenge! :)" - *Chloe Robinson*

"OMG Karen, I can't believe what your program has done to my physique. I was laughing out loud at the computer last night while watching the legs video. While you were hammering your quads in the strip sets, you said " That's the difference between the girls and the women". I often say this to myself to squeeze in another rep during my workouts!!! Thanks so much - you've changed my life!!! I wish I could get through this computer and hug you!!!! *Jane Henson, Victoria, BC*



Before McCoy Fitness After McCoy Fitness

You *can* reshape your body. The McCoy Fitness 10-Week Best Shape of Your Life Challenge is a great way to kick-off your weight loss goals.

The next Best Shape Challenge begins April 8. Spaces are still available.

Contact me for details.

Jessica Wermier, Saudi Arabia, client since 2008.

I can't tell you how amazing I feel and how much my life has changed :) I've lost 12lbs and gained habits that I will have forever! Thank you so much for all your support, you're an inspiration! - *Kurstie Somner*

I have been meaning to drop you a note to let you know how much you have inspired me...you have (and the challenge) has made an amazing difference in how I feel, both mentally and physically....and I'm sure I will only get better! I am surprised at the comments I have got (especially about my arms)...even by a couple different women in Mexico...and my husband loves my firm butt! *Darynn Cowan, Victoria BC*

Hard to believe that 10 weeks have gone by. I am truly happy with what I have accomplished - mostly that I know that it is possible and that I have found my passion! Thank you for sharing your knowledge and encouraging me to be the best me! You are a bright star and I am grateful to have been able to follow you 😊 I know the taking time for me is not a crime and I am a happier person for taking this step. Looking forward to more....*Jen Lastiwka*

Hey Karen...just wanted to share....wearing a skirt today...walking down Pandora with my coffee and a twenty-something year old nice looking male was walking toward me and just before he passed me he said "nice legs"wow....made my day...and all thanks to you!!!! *Darynn Cowan, Victoria, BC*

It was awesome!! I've done personal trainers before and was never really happy. Depending on the trainer depended on the intensity but it wasn't the whole package you would get. They didn't discuss diet and the space you need to be in to succeed. I loved the 12 week challenge. The intensity kept going up every 3 weeks which kept you motivated and seeing the results gave you motivation to strive for more. I really liked having everything written down of what I needed to do and keeping track of what I did. You really focused on the eating which I am a firm believer is the biggest part of how you can change your body. You can work out hard but if you don't eat for it you won't get the maximum results. I worked out hard before but was a total carb junkie and it showed. I was soft!! I eat way more protein now than carbs and it shows. Thank you so much Karen for all the work you put into the challenges. You put your heart and soul into it. I can see the rewards you get it is to see the results we get. You helped create us!! Thank you for letting me do the 12 week challenge even when you would have preferred I did the 10week. Looking forward to carrying it on with the HLP and see more changes in my body in the months to come!! *Teresa Ruygrok*



CHECK THESE GAL'S OUT - never mind 'befores and afters', these are waaayyy afters!



They're (Still) Doing It!

(Could YOU be next?)



The 10-Week Best Shape of Your Life Challenge!

Former 10 Week Challenger ladies years later! They signed up, did the work and stayed true to their clean eating and weight training...It IS possible to get better with age! They did!



Chelsea C: 168 lbs and about 35% bodyfat



9 months later at 28%



2 years later – WOW!



Leanne L – 136 pounds, 27% bodyfat.



9 months later at 130 lbs and 20% bodyfat



2 years later – 121 lbs and 13% bodyfat..and stable!.



Deanna P – Sept 2010
Start of the Challenge



Dec 2010 - End of the 10-week Best Shape Challenge



May 2012...and still going strong!