

Karen's Monthly Healthy Living Program™

~ Non-stop support for *your* Healthy Living Journey! ~



~ workouts, recipes, videos, articles, interviews, menu plans, monthly meetings, motivational tidbits, nutrition, free protein delivery ...

... only \$19.⁹⁹ / month!

Stay motivated, fit and strong for a fraction of what you'd pay a personal trainer with Karen's unique **Healthy Living Program!** It's everything you need to stay informed, inspired and motivated! With 30 years experience, Karen can help YOU get healthy and stay fit!

TELL ME MORE!

You get fresh, timely content every week, delivered right to your computer! It's fast, easy, and affordable! And you get Karen every step of the way, to answer any of your questions!

What you get!:

- **E-Workouts!** —Every month, you get a fresh workout created by Karen, based on her *progressive overload* principal and her **Body Sculpting System**. No boredom, no plateaus!
- **Exercise Library**—Over 100 exercises created and demonstrated by Karen with easy-to-follow instructions. Download them to your Ipod or phone and take them to the gym!
- **Monthly Spiritual Theme:** Let's Flex our spiritual muscles and live with passion & purpose!
- **Lose weight, Increase your energy, lean out!....**Tons of **FREE Articles** researched and written by Karen: nutrition, lifestyle, clean eating, body/mind practices, dieting, and more.
- **Recipes**—weekly clean eating recipes and Menu Plans that you can post on your fridge!
- **EDGE Protein:** Special members discount and FREE drop-off delivery to those in the Sidney / Saanich areas). Great taste, high protein value, clean and energizing!
- **E-Tips by Karen**—daily reminders to keep you focused and on track!
- **Clean Cook-Offs**— bring your favourite clean eating dish and recipe to one of our fun monthly get-togethers—group support is a must for creating a successful healthy lifestyle!
- **Interviews**—Audio and video interviews with the who's who of health and wellness: nutritionists, practitioners, farmers, trainers, green businesses, diet specialists, hormone specialists, markets and more!

For more info, **CLICK HERE!**

- or go to mccoyfitness.ca and click on 'Healthy Living Program'.