



Women and Wellness over 40:

~ The 4 Tenants of Optimum Health and Wellness~

- or, how to be fit, healthy and happy for life!



www.mccoyfitness.ca
www.karenmccoylive.com



- **Why are our physical bodies failing us?** Today, we have more information than ever about how to live – but why isn't it working? Why are obesity rates increasing? Disease ?
- **Why are we feeling so emotionally spent and spiritually empty?** What is our life's purpose? Are we just here to keep up with the status quo or do we want to live authentically, with passion and vitality?
- **How can we reclaim our vitality, our health and our lives?**
- **We must go Back to Basics.....**

The 4 Tenants of Optimum Health!

Eat well.

Move well.

Think well.

Be well.



Go Back to the Basics

Eat Like a **Caveman**

Move like a **Warrior**

Think like a **Master**

Be of **Service**



1-Eat Like a Caveman (or cavewoman!)

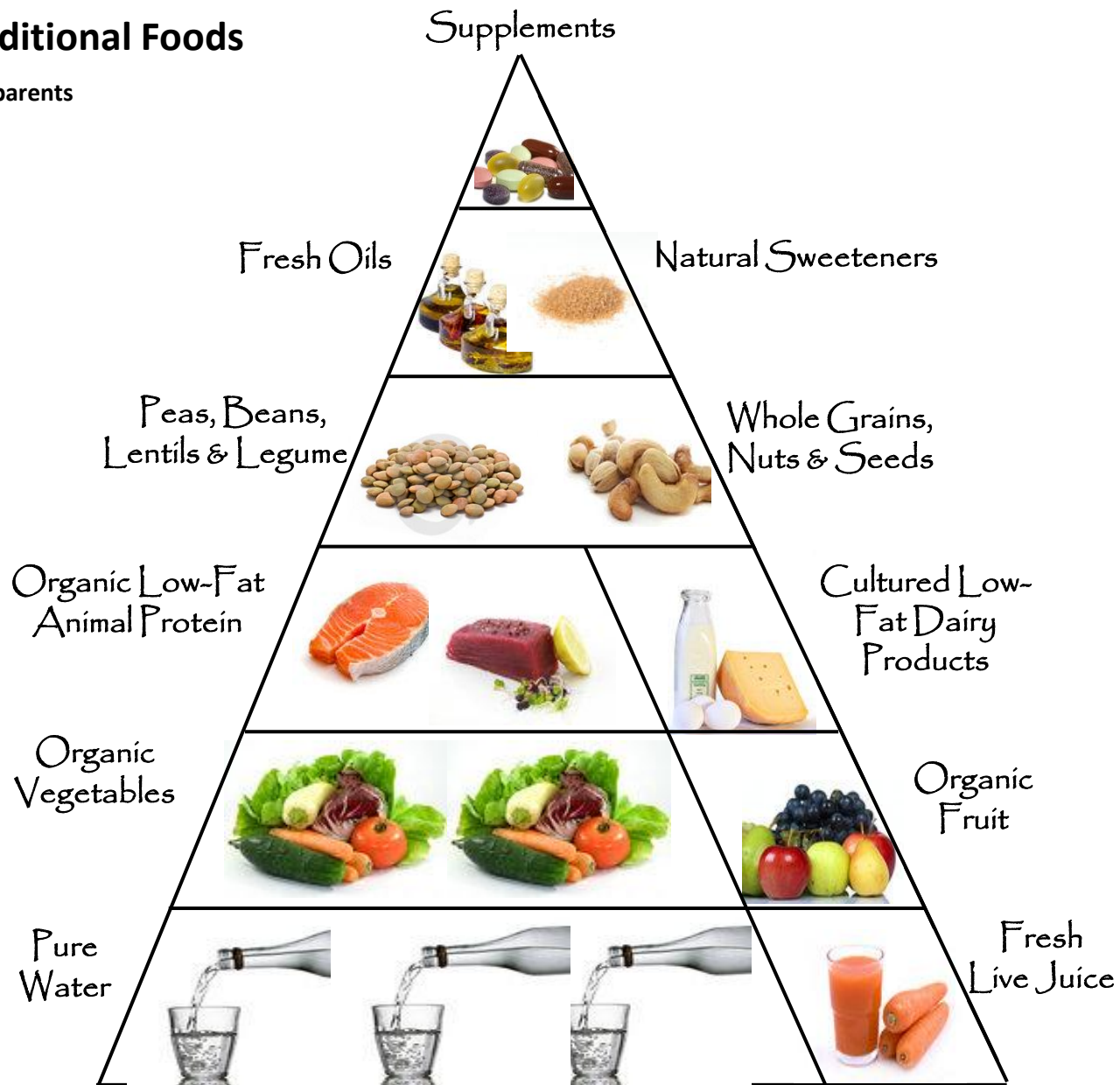
- Eat in Season
- Eat your proteins
- Eat more raw foods
- Your food should be like a good friend - (where is it from, can you understand it, are you proud to be out in public with it?)



Remember, if you can't pick it or pluck it, hunt it or fish it, it's not a whole food.

A Return to Traditional Foods

- or eat like your grand-parents



TOP 20 MYTH-BUSTING TIPS for Healthy Shopping and Eating

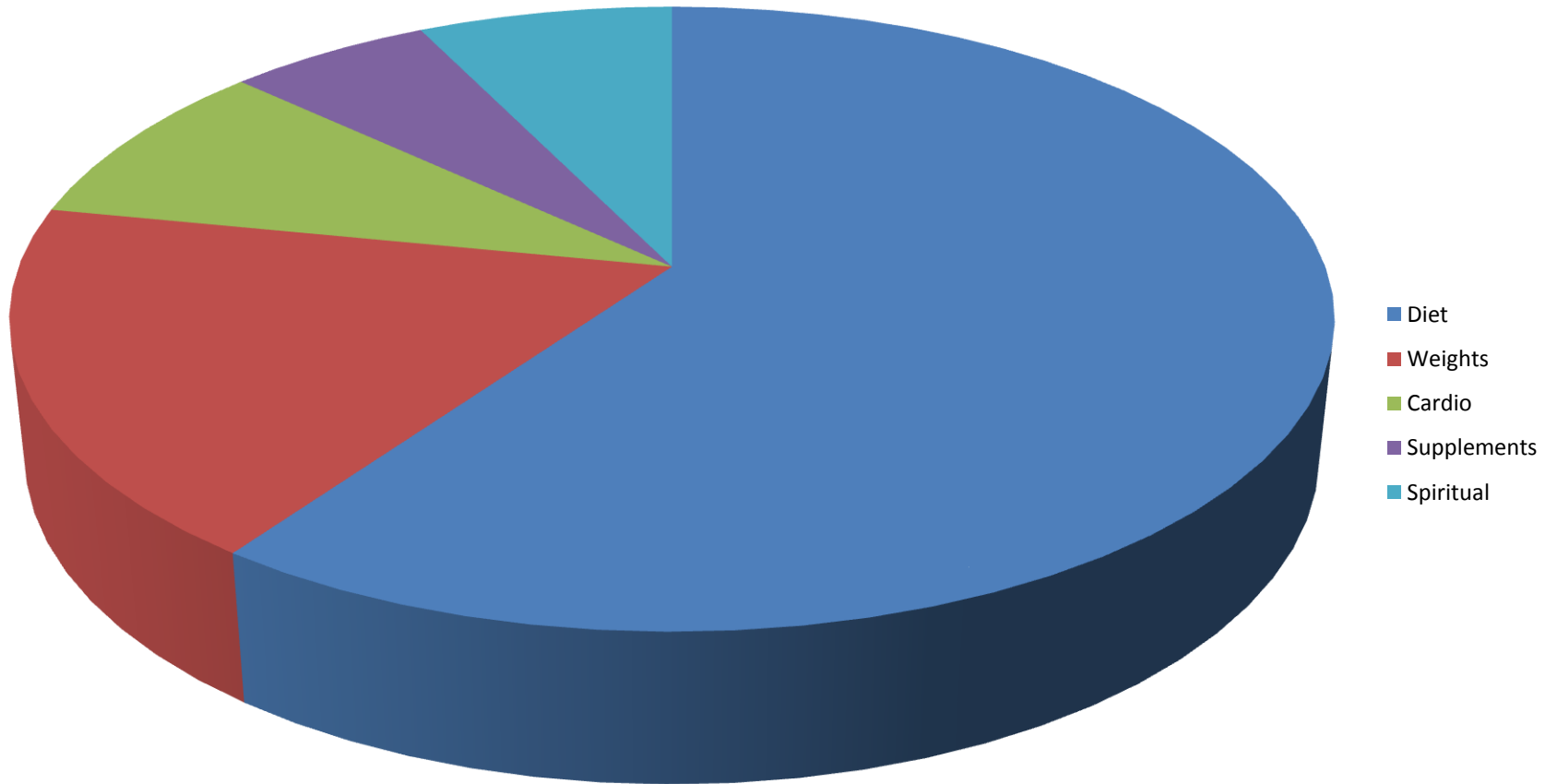
1. Stick to the **outer** aisles
2. Pretend you have your **great grandmother** with you....does she recognize what you're buying?
3. Don't buy foods that don't **rot**.
4. Avoid **hydrogenated** and **modified** fats (read labels).
5. Avoid HFCS (high fructose corn syrup).
6. **Avoid low-fat:** to remove the fat, they add in food additives for taste and creamy texture.
7. Avoid '**powdered milk**' in ingredients – contains oxidized cholesterol, worse for arteries than man-made cholesterols
8. Choose **wild / organic / traditional** meats and fish where possible.
9. Eat '**soft**' aged-over-90-days cheeses, raw milk.
10. Eat your meats '**red**'.
11. Eat your eggs! And eat them '**wet**'.
12. Avoid products that make **health claims:** if it has a package, it's not a whole food.
13. If you buy packaged foods, ensure there are **5 or less ingredients** on the label
14. Avoid food products with ingredients that are **unpronounceable** and **unfamiliar**
15. **Bread:** use the '*pinch an inch*' test. Try for 4 or less ingredients.
16. **Get out of the supermarket.** Go to farmers market, health food stores.
17. **Buy a freezer** and freeze meat – purchase ½ cow.
18. Eat less. Eat until you are **80% full**.
19. Do all your eating at a **table** – a desk is not a table.
20. Remember, **you are what you eat eats!**

2) Move Like a Warrior

- Train with weights
- Do your cardio – break a sweat
- Stretch it out!
- Make it **Zen-like!**
- **Body Sculpting System™**



BLISS - BodyLife Sculpting System™



3) Think Like a Master



- Are you utilizing the **3 Universal Laws** wisely?
- What do **YOU Believe** in?
- What are your **Goals**?
- Are you a **5-Dimensional** or **Multi-Dimensional** being?
- What is your **Life's Purpose**?

“If you choose unconsciously, you evolve unconsciously. If you choose consciously, you evolve consciously.” – Gary Zukav

The Law of Attraction

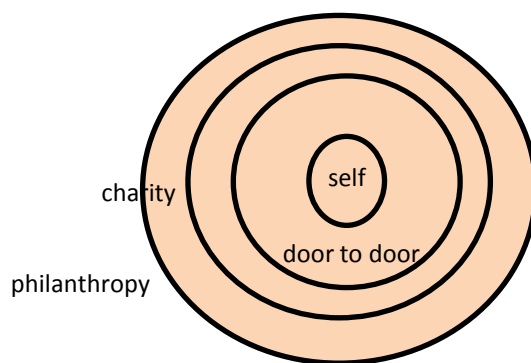


- **Your life is not just thrown together** by coincidence. Everything that you have in your life is in direct response to the thoughts you have.
- What you think about, you attract. Your thoughts attract other thoughts of similar *vibrations*.
- It's always at work in your life (like gravity) whether you believe in it or not.
- **Most of us create unconsciously** or by default.
- **You are always creating.** We can't *not* create. It's our natural state.

4) Be of Service



- Stop blaming, complaining and gossiping.
- Practice self care
- Be fully **present**, be **responsible**, practice forgiveness and always stay **curious** and you will co-create a healthy, vibrant body and the life of your dreams.



For more information about the next
10-Week Best Shape of your Life Challenge
please visit:

www.mccoymfitness.ca
www.karenmccoylive.com

“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.” – Marcel Proust

