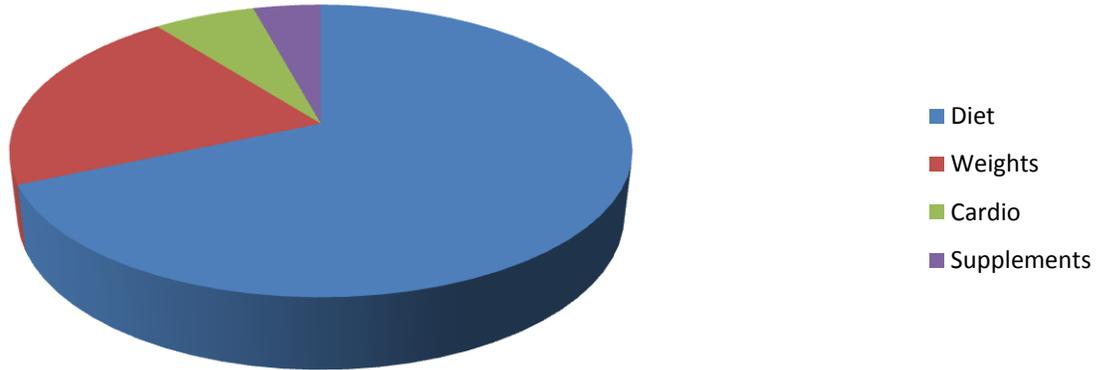


What is BLISS™?

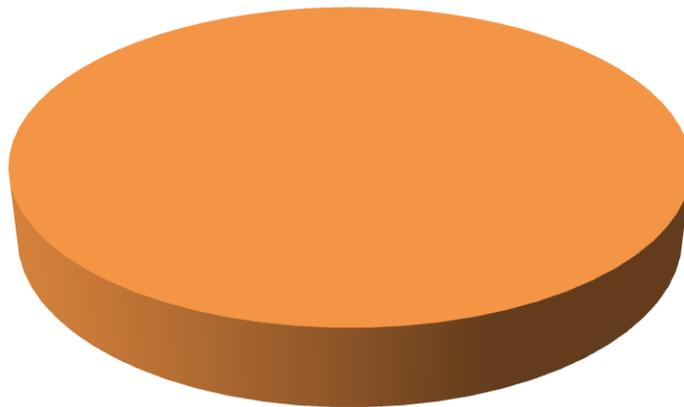
BLISS™ (BodyLife Integrated Sculpting System™) is unlike any training or lifestyle program you've known! **BLISS™** is a complete coaching program that creates health and vitality on *all levels* – body, mind and spirit! **BLISS™** uses the power of weight-training, cardio, clean nutrition and quality supplements to create *your* lean, sexy body! But it doesn't end there! For true health and wellness, we must harness the power of our mental, emotional and spiritual bodies to create a complete system of health, vitality, energy and wellness *on all levels*, for LIFE! It's living with pure **BLISS™!**

BLISS™ - BodyLife Integrated Sculpting System™

Physical Aspects



Spiritual Aspects



The foundation of the **BLISS™** is **Weights** – aka **Bodybuilding**. But not to worry: 'bodybuilding' has gotten a bad rap, but done properly, it is simply *building the body* into a shapely, sexy, lean

machine! Remember, *intensity and consistency* are key! You're building your work of art, so be focused, tenacious, and have faith!

Diet: Most people think they know food, but they don't. **BLISS™** teaches you about science-based clean eating practices. So throw out your Canada Food Guide, stop searching the Internet, and don't listen to well-meaning friends and family members' advice. Let me teach you the real deal about clean eating!

Supplements: You may not believe in supplements, but I do, because our food supply is wrecked and our toxic load includes 4000 chemicals a day, and our bodies are starving for *real* nutrients!

Cardio – aim for 1-2 hours a week max. Too much cardio will pull that hard-earned muscle off your body (take notice of the cardio-queens: they spend hours on the treadmill and do little weights....they lose *weight*, but it's shapely muscle. And they're lowering their metabolism. Yikes! So now they're a smaller, but still lose rendition of their former self!

Spiritual: This aspect deserves its own pie chart, and notice how it envelopes everything, 100%. That's because we have to include the spiritual/mental/emotional in everything we do. This is what truly separates **BLISS™** apart from other training methods. In my view, the unhealthiest people I know are those people out of touch with Spiritual Laws. Every month, we touch on a different theme. With **BLISS™** we can open up to the possibilities, and live a richer, fuller life filled with passion and purpose!

E-Workout cards: As a Member of my monthly [Healthy Living Program](#), every month you'll receive your *E-workout card* with that month's exercises, tracking sheet, goals sheet, tidbits, and the 'theme of the month'. The workouts and short exercise clips reflect a seasonal training cycle (We'll stay with the same workouts for 6-12 weeks, with some variation, as you can't carve your body shape if you keep changing things up too often. Trust me on this!) It's pure **BLISS™**!

When we lift, we're increasing our lean mass which burns more calories even at rest. Five pounds of added muscle on your frame allows you to burn an extra 270 calories 24/7, *even while you sleep!* You don't get that added bonus with cardio (the 'after-burn' with cardio is only for 6-8 hours and only on cardio days).

Can I gain muscle too fast? Relax, it won't happen. View my Video on the *Myths of Weight Training* on my YouTube channel at <http://www.youtube.com/user/KarenMcCoy2688>.

Let's create a new, healthy you on all levels with **BLISS™**! and my [Healthy Living Program](#) today!



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BLISS™ - Creating a healthy body, mind and spirit – for LIFE!

