



# On-Line Training ROCKS!

Easy, affordable and  
**IT WORKS!**

- Lose fat!
- Tighten and tone!
- Get strong!
- Feel GREAT!

**Build shapely, sexy muscle!**



**10-Week Best Shape of  
Your Life Challenge!**

If you're needing to get back on track, the [10-Week Best Shape of Your Life Challenge](#) is for YOU! For 10-weeks, Karen will lead you through this beginner/intermediate training and eating program step by step. You'll enjoy weekly workout cards, recipes, menu plans, nutrition lessons, and more! Karen is always there to support you every step of the way (no outsourcing!), and you'll enjoy our weekly Tele-coaching calls to keep you on track and moving forward in your fitness goals! *No experience necessary!*



**12-Week Advanced  
Best Shape of Your Life  
Challenge!**

If you're ready to take it to the top, Karen's [12-Week Advanced Best Shape of Your Life Challenge](#) is for the *serious* woman wanting *serious* results! This one builds on lessons learned from the 10-Week Challenge, as Karen lets you inside the competitor's world of training, eating, sports supplements, carb manipulating and more! Your workouts include all the advanced training techniques and eating principles reserved for elite physique athletes! Eat, train and think like a champion! Prerequisite: completion of 10-Week Challenge or permission from Karen. *Experience req'd: at least 6 months of solid training.*

# HLP

**The Monthly  
Healthy Living Program**

Karen's monthly [Healthy Living Program](#) is an on-going training, nutrition and lifestyle program that offers monthly workouts, workout cards, recipes, menu plans, articles, videos, interviews, seminars and more. With the HLP, you'll have access to over 300 exercise videos from Karen's private library. Many clients choose the HLP after completing the Challenges to keep the momentum, but clients can join any time. And as usual, Karen offers non-stop support and Tele-coaching sessions to keep you motivated and moving forward in your goals! *No experience necessary!*



**8-Week BLISS Body  
Make-over Program**

The [8-Week Bliss Body Makeover Program](#) accompanies Karen's popular fitness and lifestyle book—[One Rep at a Time](#)—and is accessed through a password in the book. This program was normally \$99 but Karen is offering it FREE with purchase of her book! Why? Because she wants to introduce as many women as possible to the amazing benefits of body sculpting with weights! Includes videos, workout cards, recipes, menu plans, articles and tools to build spiritual and emotional health and wellness! It's her way of Paying it Forward! This program offers a strong at-home program. *No experience necessary.*

## What Else Do We Offer?

**Women's Weekend Retreats:** Come join Karen at her beautiful and private home on Vancouver Island where, for 2 full days, you can immerse yourself in the beauty of the natural surroundings as you un-earth and get back in touch with YOU! She covers a variety of topics throughout the year:

- Women of Power: Waking up to your Life's Potential!
- Living life One Step and One Rep at a Time (based on Karen's fitness / lifestyle book).
- Your Fit-Camp: building body, mind and spiritual health for LIFE!

...[click here to see what we're offering NOW!](#)

**Seminars and Webinars:** Join Karen for her popular in-home and web-based seminars on a variety of health and lifestyle-related topics! Some seminar and webinar topics:

- Advanced Training and Posing Workshop!
- The ABC's of Training and Nutrition!
- The Magic of Metabolism; Weight No More: Lose the Weight and Keep it Off!
- Health, Healing and YOU!

**Tele-Conferencing Coaching Programs:** Let Karen teach and coach you in the comfort of your own home as she offers a variety of coaching and lifestyle programs to get you unstuck and moving forward in your fitness, nutrition, lifestyle and life goals! Be all you can be! Join us TODAY!

...[click here to see what we're offering NOW!](#)

**Guest Lectures:** If your business or conference would like to include Karen in your next session, please email her at karen@mccoyfitness.ca. She can tailor-make her talk to suit your audience!



### What others are saying...

"I have really enjoyed Karen's on-line weight training program...I started with the 10-Week Challenge, then went on to the maintenance Healthy Living Program. They have completely helped me lose all of my baby weight after #2. I can only hope that I have the same success after this baby! It has been so nice not having to think about which workout to do and the program is simple to follow workouts are great!" - *Leanne Rowan, Victoria, BC*

"It has been amazing to see the change happening to my body, both inside and outside! Thanks a million times over for creating such a great class, Karen. It was a great experience." *Jessica Weirmier, Saudi Arabia*

"I joined the 10 week Best Shape Challenge as it was something new to me and it sounded interesting. My goal was not to lose weight but to tone and possibly compete in the future. I am so happy with my results! Not only do I feel stronger and healthy, my complexion has improved. The knowledge that I have gained has helped me make healthy lifestyle changes that I know I can maintain." - *Deanna Pfeifer, Victoria, BC*

"I can't say enough positive comments about Karen's courses. They have changed my lifestyle in a very positive and permanent way. The timing of the course was perfect for me – knowledge at a time when I am ready to walk the walk!. Thanks Karen!" - *Shannon Johnsen, Sidney, BC*

"I LOVED every part of the Challenge. I am proud that I have completed it and stuck it out! One thing that Karen helped me on during this challenge is realize that this is only the beginning, and 10 weeks is NOT enough time, so I'm now on the Healthy Living Program. I am continuing to work 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*

**mccoyfitness.ca — "building great bodies one rep at a time!"**