

Training and You!

- building great bodies one rep at a time!



A brief
message from
Karen!
[Click Here!](#)



A stylized, handwritten signature in black ink that reads "Ka".

The Healthy Living Program™
- body, mind and spiritual health and wellness for LIFE!

www.mccoyfitness.ca



We're Unique...and so is Our Program!

Welcome to my **HLP On-Line Training Program** featuring **Bliss™**. My goal with this on-line program is to give you great workouts that get you tight, shapely, lean and sexy!

Workout cards: By now you have your workout card in hand, yes? (If not, email me!)

Go through the card, familiarize yourself with it, get comfortable....your Workout Cards are the cornerstone of McCoy Fitness and the Healthy Living Program. We really do things differently here, at McCoy Fitness...the **Warrior Woman Way!**

A different approach: With our training method—**BLISS**—our approach is different! Sculpting requires a certain amount of repetition....carve, carve, carve that muscle!

We also train (and eat) with the seasons. This means that every season (fall, winter, spring and summer), the programs will have a theme (ie building in winter, shedding in summer etc) and the workouts will reflect that theme.

Level 1 and 2—Which is right for you?

Level 1: Beginner to Intermediate level. If you have been training less than 6 months, and/or you just completed my Best Shape Challenge, we suggest you start at Level 1 to continue to build your foundation and enhance your recovery. **Number of training days—3-4 per week.**

Level 2: Advanced. If you have been training for 6 months to 1 year and you think it's time for a bigger challenge, then this one is for you. Please note that you must have a firm understanding of training and a full gym to train in to get the full benefit of this workout. This is an advanced workout. **Number of training days—5-6 per week.**

Note: Levels 1 and 2 will share the same workout card, but the (volume) intensity will vary accordingly—reps, sets, weight, etc. usually on a triple or quadruple split. This is explained in the above-mentioned video. Remember, whole body workouts don't work! Period! Give yourself more credit....you can do this! Just don't go all-out until week 8-12, ok? More on that in our discussion on intensity (this is why most women don't get the results....really!).

Find Your Inner Grrrrrr!



The other day I was watching a program on swimmer Michael Phelps, gold medalist. They asked him where he got his inner drive and motivation from. He seemed surprised at the question: I don't need to *get* motivated, I'm always motivated, all the time. It's just who I am.'

What is this inner drive that some people seemingly have for exercise? One client of mine who loved to train called it her '*inner grrrrr.*' She described it as an actual feeling, a burning fire in the pit of her tummy that motivated her to train hard (rock climbing). How is it that some people are naturally motivated to exercise, while others seem to lack any motivation at all?

When a client opens their first training session with, "I really hate to exercise", as a trainer, I know I'm in for a long haul, and the drop-out rate for that individual is high. It's this negative and uninspiring attitude that continues to frustrate trainers in their quest to motivate clients.

So how can we motivate ourselves and others to come to embrace exercise, and shift their inner beliefs about exercise. I always said – *health and wellness starts as an inside job.*

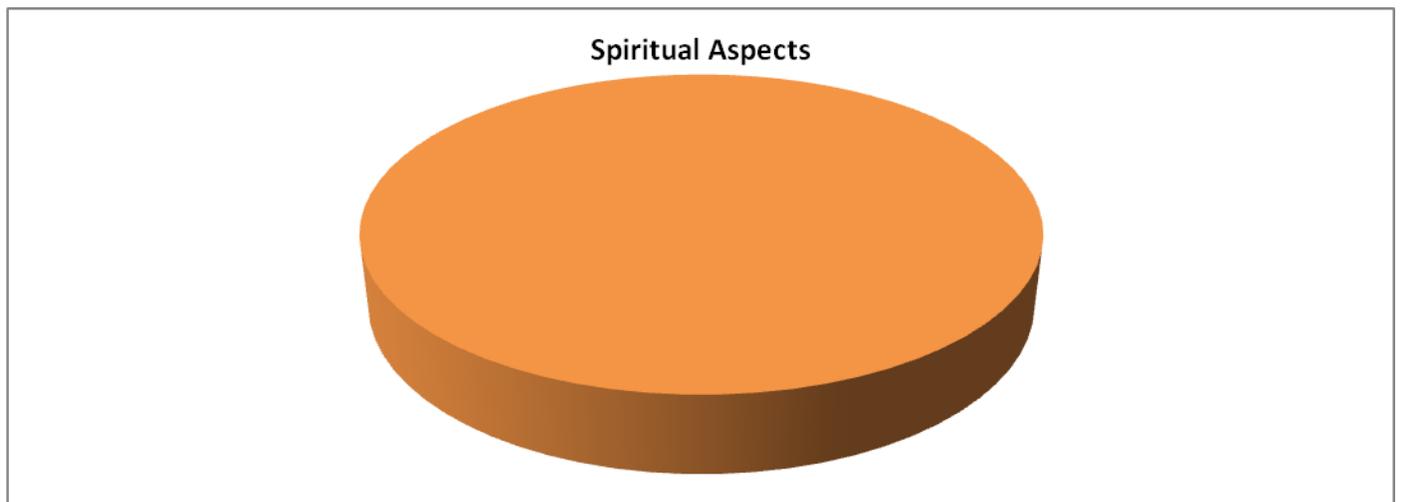
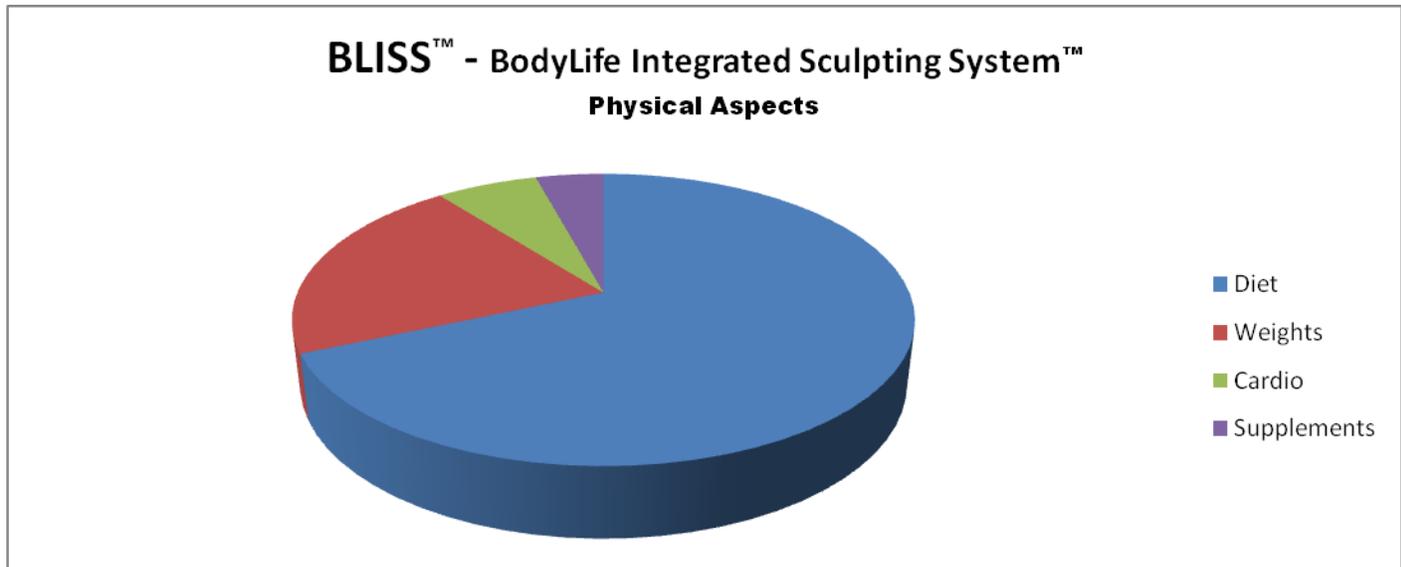


- **Change your language, change your life** – instead of saying, "I hate to sweat/hurt/train....", try looking at it from another angle. Try saying, "I love feeling tight and toned after my session, and I love watching my body transform day after day'. Now that's inspiring!
- **Read other people's stories:** Read health magazines or books that show what other people have done to improve their bodies.
- **Stay fresh in your training** – if your workout needs to be freshened up, hire a trainer to spruce up your routine. Nothing kills intention like boredom.
- **Train with a partner** – it's often more fun to train with someone else, so you can bounce ideas off each other, motivate and inspire one another. And it keeps you accountable to your training sessions!
- **Train with the end in mind** – whether it's to lose 20 pounds or tighten your rear end, you must envision your end-result. This will stoke the training fires like nothing else!.
- **Cut out the side-chatter** – unfortunately, there are those people that will try to derail your intentions, because as you get healthier, they get nervous that you will be better, happier, stronger than them. Know it's their issue, not yours. Don't' make yourself small for anyone, It serves no one – not them, not you.
- **Listen to the inner critic** – perhaps your worst critic is you, so you may need to ask what you are afraid of - Change? Other's attitudes? Success? Challenging current relationships. Go deep and take a look. It's your life, after all, and the only one you've got. So you best get on with living it to its fullest!

Now, let's go lift!

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 weights, cardio, clean eating and 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™!**



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. It's yet another myth I debunk all the time!.

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

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



Getting Your Brain on Board!

- or, health and wellness is an inside job!



When it comes to creating a fitness program, many people ask *what is the most important thing to ensure success? How many days of the week should I train? Should it be a whole body routine or split? How much weight? How many sets, reps etc.?*

The answer is multi-faceted. When it comes to training, yes, weights, reps, and sets are naturally important. But what I've learned over the years is that perhaps even more important is your inner landscape – your thoughts, emotions and motivations that drive the show. That's because your outer success starts and ends with your inner world.

A qualified trainer can teach you how to lift a weight, people who stick with a fitness regime are those that have *inner vision*. They've learned that the secret to success is using the awesome power of the mind. Once you get this, your life is rewarding in more ways than you could ever imagine. Let's take a look at this.

First of all, when it comes to creating a successful health program, it must be ***your decision***. If you're there because your doctor told you to be there, or your husband or children, you're not likely to stick with it. That's because you've given your power away to others. It has to be your decision!



Second, you must ***desire*** it more than anything in the world. People who are successful in life, whether financial, health or otherwise, have an unwavering belief that they will stick with it until it materializes. They read books on the subject, watch and follow others successfully implementing what they desire, they ask a lot of questions and they seek out knowledge on their chosen topic wherever they can. It's that burning desire that fuels their success.

Third, you must ***change your story*** about who you are. If you say, "It'll never happen, I can't do it, I'm no good, I don't like to exercise, I'm not going to stick with it," then guess what – you're right! The universe hears your inner whispers and doesn't differentiate between a good thought or a bad one, just that you're predominant thought is of *lack*, so it will serve up that predominant thought of *lack*. So learn to change your story and you will change your life.

Fourth, you must ***feel it***. See your new body / life / as if you've already attained it, and the Universe ahs to start bringing it to you (we'll be looking at this in more detail in the weeks to come).

Fifth, ***get momentum!*** It's not going to happen by you sitting on your tush. Start moving toward your goal and opportunities will arise. You'll meet someone who can give you what you need. You'll read something that will inspire you or hold the answer to that burning question you've had all these years.

Now this kind of mental mindfulness has been around for centuries, and has been lived by countless great leaders like Ghandi and Buddha, and great philosophers like Einstein, Robbins, Covey and Napoleon Hill.

The bottom line is this - these universal principals are at work whether you understand it or not. It's kind of like gravity - if you jump from a building, you're going to hit the ground, whether you believe in gravity or not!