

LEAN FOR LIFE™ Metabolism Program

The **LEAN for LIFE™ Metabolism Program** is part of Karen's **Power-UP! Coaching Program!** It's a unique style of programming that I have used for years to stay lean, trim and shapely for over 35 years, and well into my 50's! It is suitable for women of ANY age, but specifically for women over 40+! Because with an age difference, we get to focus in on reclaiming our bodies, finding food freedom (no more counting calories), AND staying lean, shapely and happy for life. It's not a diet or a training program, it's a way of life. You ready to commit?

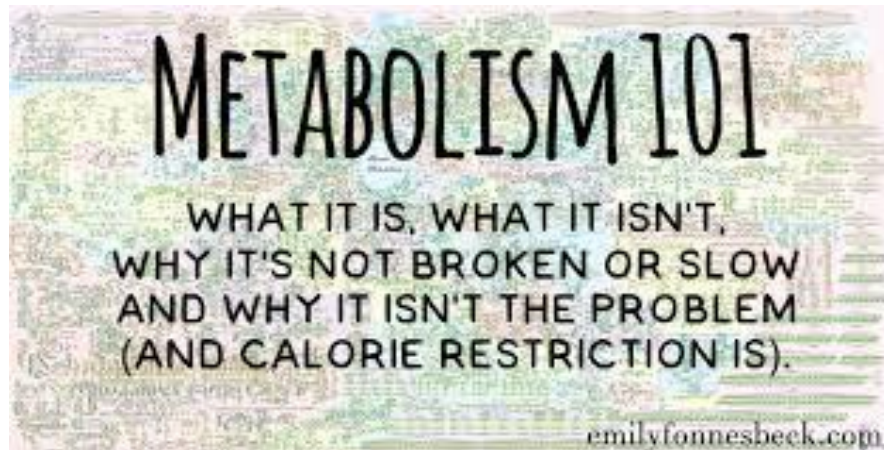
There are 2 components to the L4L Program

TRAINING: The Warrior Woman Way!

Our workouts are specifically crafted for the 40+ woman, hand crafted by Karen. She takes a HYBRID approach to training, where clients practice basic bodybuilding moves, combined with functional moves and MET (metabolic enhancement training) to shape, define, and tone the physique to the Ultimate level!

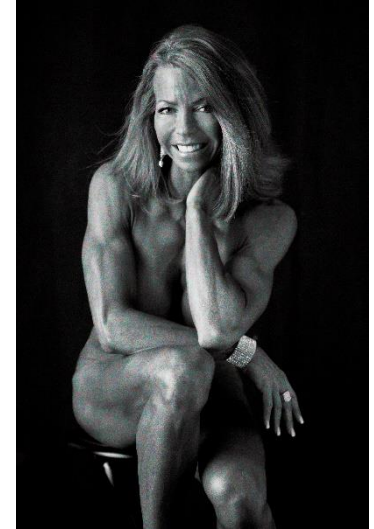
Many clients embarking on the **LEAN for LIFE™ Metabolism Program** are current Warrior Women Members, working with the [Warrior Woman Workouts](#). These programs are perfectly suited for the training aspect of the **Lean for Life Metabolism Program**, but if need be, we will alter your current program, or craft a new one, if necessary (Karen will assess, and discuss this with you)! This is about *progressive training* that keeps you moving forward, to build your physique and strengthen your metabolism!

(Please note: if you are currently working with another workout program / trainer, our cost remains the same. We do not discount our coaching services).



NUTRITION

There are **two parts** to our *Nutrition Program*, depending on where you are now (do you have a lot of weight to lose, or just a little, and how compliant and committed to the process are you?). Karen will assess and apply accordingly.



- 1) **Nutrition Program:** We use science-based nutrition and metabolism research to create a workable, simple, realistic eating plan, using your lifestyle and bio feedback as the parameters. Lose the weight and feel great! We change things up as your body, needs state, biofeedback and metabolism changes. This is NOT a lose-the-weight-in-6-weeks program, this is a lifestyle program (stay as long as you want....for most, having a dedicated nutrition and metabolism coach to be accountable to, and to learn from, has no set limit, and frankly, these are the best – and most successful – clients to work with. Remember, there are NO shortcuts!)

We will NOT FORCE your body to lose the weight, nor will we starve you to death. We won't sell you a bunch of worthless supplements or silly weight loss aids..they DO NOT Work! This only jeopardizes your health and your metabolism in the long run. Again, a reminder that there are NO time frames put on our work together. In fact, the most successful weight loss clients, who keep it off for life are always the ones that seek out, and understand, the value in a long term commitment between coach and client.

- 2) **The CYCLE Diet** – This is where the real magic happens, *if* clients want to dip further into a commitment and find the real gem of it all! (Please read on...this program is specifically suited for a certain kind of mindset!....Are you in??)

At this level, the client is truly committed to the eating process and is ready to learn a new way of healthy eating! You've lost the excess weight and now we embark on a path to *long term, sustainable* leanness! And training remains central to your success, for many reasons, including the ability to 'deplete glycogen' which leads to super-compensation mode, the magical tool that makes it all work!



Here, with a consistent program and regular bio feedbacks, you now stay lean with our CYCLE Diet, with caloric pull-ins, where we slightly underfeed you, then we move into a structured refeed meal(s) or full refeed day according to your needs. THIS keeps your metabolism *strong*, and all those lovely refeed calories that actually go into *rebuilding your metabolism*, AND creating shapely, sexy muscle! That's the science behind the Cycle Diet, and it WORKS! It's a win-win situation!

(Please note: if you are currently on a training program, Karen will assess it to ensure it will complement the Program. Cardio-based programs are NOT ideal. In fact, they can be counter-productive to your success).

THE KEY TO the CYCLE Diet...

The key to this more dedicated portion of the Nutrition programming is being in *Super-compensation mode*, and once in *Super-compensation mode* (which we determine with your **bio feedback**), we then cycle your refeeds! (In short, you slightly restrict calories during most of your meals, then, we add in a refeed meal(s) to refill the physical, mental and psychological tanks! This keeps your compliance on track, and you don't experience intolerable hunger, like you do on mist diet plans.) *You get to eat whatever you want on your refeed days!* Yep! Ice cream, donuts, chocolate, pastries, full meals with dessert...and wine! Oh yeah baby! This makes compliance to the eating lifestyle, easy, and a pleasure!

It works! I KNOW! While this approach is based on tried and true science-based principles of eating and metabolic health, more importantly, it is based on my years of contest prep, where I learned to shed the weight, get super low in bodyfat, and *easily sustain* a state of comfortable and low leanness, with NO pain!

It didn't happen overnight, and I made A LOT of mistakes: I lost and would gain A TON of weight after show. After awhile, I wanted to learn how to stay in close-to-competition bodyfat levels, with less effort and pain! I used our refeed training while heading into show as the basis for the diet plan.. and it's worked beautifully for years! And I'm 56 years old!

In today's world of trendy eating styles, and endless diet-of-the-week plans, where you are promised you will 'lose 10 pounds in 10 days', we are returning to the trenches, where pre contest tools were formulated and passed down, and where physique athletes learned the real value of calorie restrictions followed by timed, yummy, generous refeed meals!



Here I am, at 16% bodyfat, enjoying my weekly refeed using the CYCLE diet: a burger, with all the fixings, chocolate cake and wine! Eating in this style made it easy to maintain low bodyfat, and I never felt hungry. I still make great gains in the gym, and maintaining leanness year round is effortless!

It's a LIFESTYLE...!

The **LEAN for LIFE™ Metabolism Program** within the *Platinum Coaching Level* (only) is an eating LIFESTYLE, NOT a weight loss plan, per se (we are going to change how you think, which will change your behaviour around food and how you live, which will change your habits, and your relationship with food).

With the Lean for Life, we are **training your metabolism** to be stronger and more robust (much like training your muscles to become stronger). So it puts metabolism first, and weight loss second. This is the **ONLY** way to truly eat, live, and stay lean **SUCCESSFULLY!** But note; In order for this program to work, you must be in super-compensation mode, meaning, you must lose a good portion of weight **FIRST**, in order to slip into super-compensation mode, where your body needs the refeeds. If you're simply overweight, it won't work. This will be explained by your coach.

The **LEAN for LIFE™ Metabolism Program** is about creating **metabolic resilience**, **WITHOUT** starvation dieting or excessive cardio! (That's good news, ladies!) If you're not on a resistance training program, you will embark on either Karen's Monthly program, or use your current one! Please see our [Warrior Woman Lifestyle Program](#) for more information!)

The Lean for Life Program is all about the *Ebb and Flow* of eating.... (In fact, I was going to call this program the Ebb and Flow Nutrition Plan, but it just didn't sound right). It's kind of like the tides: when the tide is out, you restrict your eating, (NOT starving, and not in too intense caloric restriction, as this 'diet mentality' will NOT work), then when all is well, and your biofeedback says that you are in *super-compensation mode*, then we cycle in your eating with refeed meals! The tide is now **IN!** And you get to eat whatever you want! This works to **BENEFIT** your metabolism, and keep it strong!



Me, using the Lean for Life Cycle Diet to maintain my show profile at 16% bodyfat (and down 15 pounds). I was 53 in these photos...

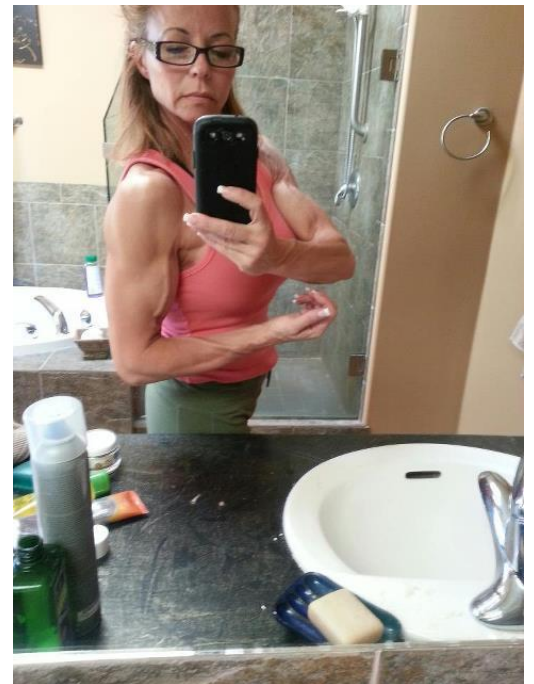
Sound too good to be true? It's what physique competitors (the *successful* ones), have learned over years of practice, and I'm here to tell you **IT WORKS!** That's because our focus is on *building metabolism*, which **STOKES** the fat-burning engine!.

Once we get your fat levels down, we go into *gradual* calorie restriction, not *absolute* calorie restriction, where you slightly under-eat (this is the ebb portion), then if all is going well with

your signs, (as determined by your coach), you enjoy either some refeeds! On these days, you get to eat whatever you want! Yep! Burgers, ice cream, pizza...you name it! And in eating this you're your metabolism burns HOT, it stays strong, and your body burns fat, keeping your weight down and steady! AND these refeeds fuel your training program, so you see RESULTS – shape, tone, muscle! Then we pull it back in again, and return to the ebb portion of the program....and the lifestyle remains!

What makes the LEAN for LIFE™ Metabolism Program different...

- **We BUILD your metabolism**, rather than down-regulating it, which is what most diet programs do. And so many women are on an endless rollercoaster of counting, counting, counting calories, eating fewer and fewer of them, only to find they STILL can't lose the weight! This down-regulation of their metabolisms is a result of years of dieting, poor macro ratios (protein, carbs and fats), carb phobia, food fear, and too much cardio!.
- **You enjoy amazing refeed meals!** When you stay compliant for most meals, and when you are in super compensation mode, you get to reward yourself with yummy refeed meals (or days!) Want cake? Sure! Craving ice cream? Go for it!
- **You don't have to count calories!** You are FREE of this mathematical nonsense once and for all! But at the start of Level 1, we must naturally assess where you are (we gotta start somewhere). Also, we know how many calories to cut (if you cut too much, you WILL plateau!)
- **You don't exclude ANY foods...**if you like them, you get to eat them. Now, this doesn't mean you get to eat chocolate cake every day! You enjoy whatever you want during your refeeds. And it doesn't matter if you are Paleo, Vegan, Carnivore or whatever!
- **You learn to love and eat your carbs again** (you simply cannot lose fat in a low or no carb environment...yes, the scale will say you've lost weight, but that weight is in shapely, metabolic enhancing muscle, water, and BONE (yes, bone!).
- **You don't need pills, lotions or potions**, supplements or packaged diet foods. GONE! Save your money! You can still take your sports supplements, as recommended by your coach, IF your training is strong, but that will be determined by YOU!



Is the LEAN for LIFE™ Metabolism Program for everyone?

No. It really depends on YOU, your commitment, and your MINDSET (we can train this to change too!). This Phase requires *diligence and commitment*.

The first phase – losing the weight – is for everyone! Losing weight is always about BUILDING metabolism, and that is where we work from, always.

In the Cycle Diet, we apply the recipe of calorie restriction with calorie refeeds. This requires more commitment and vigilance on your part! This is for YOU to decide on, if it's right for you!

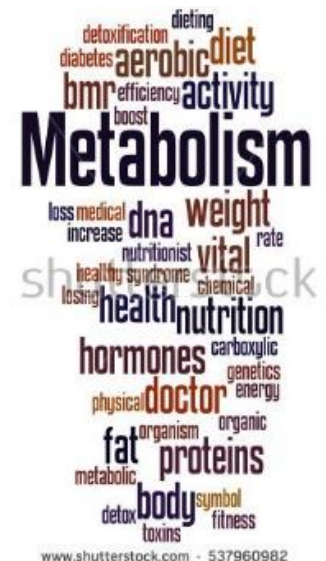
Whatever Path you take, there is success at the end of each one. Where you decide to go is up to you...! We can chat about that. Regardless, you START on the Eating Program, and we see where it takes us, and where YOU want to go, in time!



What else does the Platinum level offer?

Support, support, support! Karen is available to you when you need her! She uses email and coaching calls if required (at Karen's discretion). Plus all clients will be granted access to her [Private Facebook Page](#) where her clients enjoy daily posts, live video feeds, and a growing group of like-minded Warrior Women at NO extra cost (regular fee is \$41.99/month).

We will also factor in coaching calls at Karen's discretion, if required. You also get 24/7 email support, weekly, bi-weekly or monthly check-ins as deemed necessary, and any support materials that maybe helpful in your work (videos, articles, E-books...we have TONS of resources!). And of course, our E-Workouts, specifically created for you, if you do not have a current program! They will change according to your needs. Expect some programs to last more than 6 months. If it's still working for you, we don't change it up!



For more info on Karen's **Power-UP! Coaching Programs**, including the **Lean for Life™ Metabolism Program** please visit <http://mccoyfitness.ca/power-up-coaching-program/>