

Karen's monthly Healthy Living™ Program

~ Join our growing, healthy community! ~



~ exercise, recipes, videos, articles, interviews, menu plans, monthly meetings, workout cards, nutrition, free protein delivery ...

... only \$19.⁹⁹ / month!

Stay motivated, healthy and shapely for a fraction of what you'd pay a trainer or for fitness classes with Karen's unique **Healthy Living Program!** It's everything you need to stay informed, inspired and motivated! And Karen's with you every step of the way!

TELL ME MORE!

You get fresh, timely content every week, delivered right to your computer! It's fast, easy, and affordable! And you get Karen every step of the way, to answer any of your questions!

What you get:

- **Training Programs**—you get a fresh workout every month. No boredom, no plateaus!
- **Workout cards**—Take it to the gym! Complete with description, pics, sets and rep range.
- **Videos**—watch the corresponding video to ensure you're doing the exercises correctly!
- **Articles**—nutrition, lifestyle, clean eating, body/mind practices, dieting, and more.
- **Recipes**—weekly clean eating recipes delivered to your email.
- **EDGE Protein:** Special members discount and FREE drop-off delivery to those in the Sidney / Saanich areas). Great taste, high protein value, clean and energizing!
- **Email support**—I'll keep the support going for as long as you're a Member!
- **Chat**—talk, upload photos, ask questions, share, chat with me and others on the journey!
- **Members Discount**—discounts on merchandise, seminars and lectures.
- **Members Cook-Offs**— bring your favourite clean eating dish and recipe to one of our fun monthly get-togethers—group support is a must for creating a successful healthy lifestyle!
- **Members Zone Updates**—as Members, you get fresh, local information from a variety of areas uploaded every week: nutritionists, practitioners, farmers, businesses, trainers, markets and more—local, fresh, interesting information at your doorstep.

For more info, [click HERE!](#)

- or go to mccoyfitness.ca and click on 'Members Zone: Your Healthy Living Program'.