

McCoy's Monthly Maintenance Program

~ Membership has its privileges! ~



~ exercise, nutrition, recipes, videos, articles, interviews, menu plans,
monthly meetings, workout cards, chat rooms ...

... only \$19.⁹⁹ / month!

If you want to stay motivated, lean and in great shape for a fraction of what you'd pay for a trainer or a fitness class, then The *McCoy Monthly Maintenance Program* is for you! If you've got access to a computer and a gym, and you want to stay in shape, you're in!

TELL ME MORE!

I use Email, YouTube and /or Face book to deliver your *Monthly Maintenance Program* to you. You get fresh content every week, delivered right to your computer!

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 or to SIGN UP, [click here!](#)

- or go to mccoyfitness.ca and click on 'Members Zone' icon, LH side of home page.

(This offer is available to graduates of Karen's Best Shape Challenge and clients of other programs run by McCoy Fitness, and for those with experience with weight training. To inquire, email karen@mccoyfitness.ca