



Fitness & Health
www.mccoyfitness.ca

**Jane!!!
You have a GIFT
from**



Merry Christmas Jane!

Congratulations and Welcome to the
Healthy Living Program!

It's all here—monthly workouts, workout cards, recipes, menu plans, articles, videos, seminars and more!

Come get lean and fit with tons of info delivered to your email every week! Isn't it time? Isn't it *YOUR* time?

We'll get you all set up with a password and access. In the meantime, check out what's in store for you.

 **[CLICK HERE!](#)**

Questions? Email: karen@mccoyfitness.ca

Purchased for you by: Jane Doe, Victoria, BC

Message: (“.....Your personal message goes here.....”) - from mom and dad / hubby / sis...