



## It's a NEW YEAR! Time to lose the weight and FEEL GREAT!

Meet local fitness personality,  
**Karen McCoy**, as she  
introduces her new fitness  
and lifestyle book,  
***One Rep at a Time***.  
(It includes her 8-week Bliss Body  
Makeover Program—FREE!)

**Location:** Russell Books, 734 Fort  
St. Victoria, BC

**Date:** Saturday, January 14th

**Time:** 12 noon to 2 pm.

***One Rep at a Time***, McCoy tells of her fall from grace after her son was diagnosed with a terminal disease. Her body, once a pinnacle of health and strength, fell apart. With mainstream medicine offering little hope, Karen began a long journey into the unseen world of mysticism, energy medicine and spiritual healers as she desperately searched for answers.

With patience, tenacity and fearlessness, she was able to heal her body and her spirit in new and profound ways, and to see her son's challenges with fresh eyes. She now teaches these lessons to women everywhere through her lectures and her numerous training, nutrition and lifestyle programs

**“Being healthy, *truly* healthy, is about being healthy on all levels: physically, mentally *and* spiritually.”**

**“We all have challenges, our journeys that we must go through. But we can learn to reclaim our power and to be healthy, fit and happy in all ways!”**

### About Karen

Karen is a Certified Trainer and a Sports Nutritionist and holds a degree in Journalism. She is a (natural) Provincial Body Building Champion and has sweated it out in gyms for over 30 years, teaching women the fine art of lifting weights. She can be reached through her website at [www.mccoyfitness.ca](http://www.mccoyfitness.ca).

“Karen McCoy is in a league of her own.” - Crystal Andrus, bestselling author of *Simply... Woman!*

“*One Rep at a Time* will strike your soul and touch you where it matters most.” Dr. Cory Holly.

“I simply could not put it down!” - Eleanor Willing, Florida

