



What Exactly is the **Healthy Living Program**?

The **Healthy Living Program** is a culmination of my 30+ years of training, nutrition and lifestyle experience. It's everything I know all rolled into one coaching program. So far, it's taken me 6 months and 300+ hours of non-stop collaborating, writing, organizing and processing all my learnings over the years! (All for only **\$19.99** / month!)



The result—the best darned coaching program for women anywhere in the world (that I know of, anyway).

There's no other program quite like this, I guarantee it! Consider it your one-stop support network for *your* healthy living journey!

What you get!:

E-Workouts! —Every month, you get a fresh workout based on my popular [BodyLife Sculpting System™](#) (**BLISS™**). No boredom, no plateaus! *Get strong, shapely, lean and sexy on every level of your being!* Complete with Tracking Sheet and Goals Sheet.

Exercise Library—Your personal access to the **Exercise Library** ensures you're doing each exercise right! Fast, easy, with downloadable pics and descriptions!

Tele-Coaching Calls – let Karen answer all your questions in her regularly scheduled coaching calls. Stay on track and motivated!

Spiritual Themes –Every month has its own **Spiritual Theme!** It's a cornerstone of my BLISS™ training method and what truly sets us apart from other fitness specialists!

Audio / Video Interviews—Listen and learn! Nutritionists, practitioners, farmers, competitors, trainers, green businesses, diet specialists, and more!

Articles, Recipes, Menu Plans: Whatever you need, you're sure to find it here!

Private HLP FACEBOOK page: for current clients only: we upload videos, articles, chat and share...more support for YOU!

Clean Eating Cook-Offs— bring your favourite clean eating dish and recipe to one of our fun monthly get-togethers. Meet, eat, swap recipes and build a support network!

Email Support 24/7 – Yep, that's me at the end of *every* email! Ask me anything!

We don't outsource! We're all organic and grassroots! BC owned and operated!





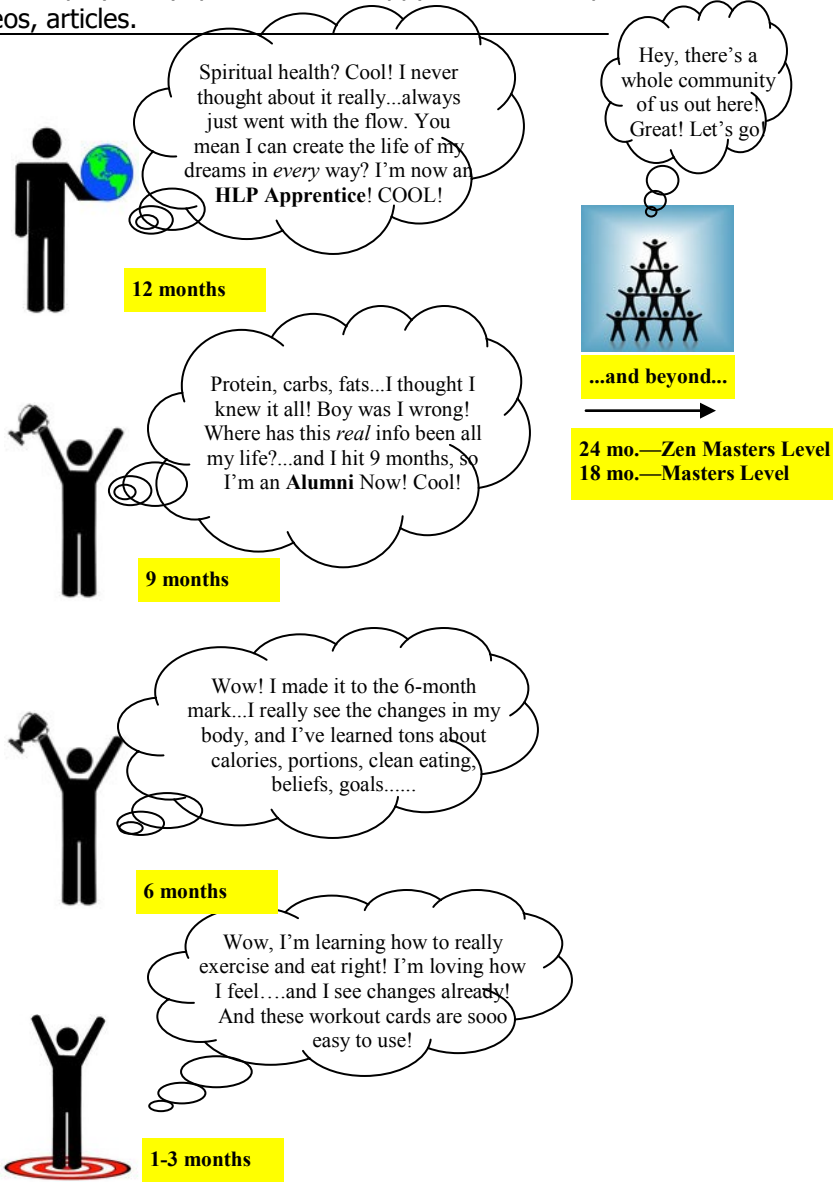
What exactly does the Healthy Living Program look like month to month?

OK. Let's break it down for you a bit, as best I can.

The cornerstone of my program remains the **BLISS** workouts. You get a fresh workout card sent to you every month via email. You access the **Exercise Library** and the **Exercise Albums** created by me. As well, you receive your Monthly Video (interview, training tip, or seminar), some tasty Recipes and the Monthly HLP Articles. This is just for starters.....

You will also be a part of the **Monthly HLP Step program** (below). My goal is to build you from the ground up every week with this cool automated program I created. It's all to help you build physical, nutritional, mental, emotional and spiritual health. Get energized, shapely, sexy, peaceful and happy! Here's a snapshot of the first 12 months with our Themes, Packages, videos, articles.

- ↑ **Package #6—Clean Living and You—Live Toxin-Free for life!**
- Package #5—Spiritual Package—Let's Create Inner Health!**
- Video:** Weight Loss Supplements (with transcript)
- Throw out** Canada Food Guide—Bring in **Clean Eating Pyramid Seminar—Myths of Healthy Eating** (regular \$19.99—FREE)
- BLISS Training and Tracking sheet—Write it Down!**
- Video:** Calories and Portions—How much is too much?
- Package #4—Carbohydrates—Friend or Foe?**
- Video:** Motivation: What's on Your Bedside Table?
- Video:** Are your Beliefs Sabotaging YOU? (and transcript)
- The Power of Protein!**
- Video—3 Top Tips fro Staying Lean**
- Video:** Are Your Goals Goal-oriented (and transcript)
- Nutrition IQ Test—How's Yours?**
- Video:** Intensity Defined—How much should I lift?
- Menu Plans—Make Your Own**
- Cardio—How much, how often** (video and article)
- Video:** Healthy Fats and Water
- Package #3—Clean Eating and You!**
- Video—How to Take Your Body Measurements**
- Fit Test—take the test**
- Package #2—Training and You—how to do it right!**
- Video—Myths of Women and Weight Training**
- Package #1- Welcome Package** and BLISS workout card



When does it end? It doesn't, really. Lifelong learning (and great health) is an ongoing process, yes? As new stuff comes down the pipes— interesting people, recipes, training tips, interviews, videos, seminars— I serve it up to you weekly. For a brief video tour of the HLP, [GO HERE>](#).

You can stay as long as you like ☺ or you can leave whenever you like ☹.The choice is yours. (We hope you stay!) **Please note:** the HLP is a *recurring* program, so your credit card will be billed monthly, so you must unsubscribe yourself if you wish to cancel. The unsubscribe button is easily accessible.