

# The Body Trust Program

*Your Body. Your Life. Your Rules*

Private Wellness Coaching with Courtney McCarthy is designed to help you ditch a diet culture mindset so that you can learn the language of Body Trust. By embracing joyful movement, intuitive eating, and self love, you are able to create an easy, consistent routine and feel confident in your skin. Courtney's role is to support you in your journey and help you get from where you are to where you want to be. It is also to hold the space where you can be your most authentic self and to celebrate your success. To illustrate, here are some areas where clients seek support:

## *Common Topics Covered Include:*

Mindfulness	Gratitude & Affirmations	Body Shame & Dysmorphia
Understanding Diet Culture	Weight loss	Over-eating & Bingeing
Healing Your Relationship with Food	Motivation & Accountability	Habits & Creating a Consistent Routine
Dealing with unsupportive family, friends or spouses	How to create a support network	How to handle setbacks & life changes
Body wisdom & trust	Confidence & Body Image	Self Talk & Criticism
Setting Boundaries / Being Assertive	Fitness & Movement	Setting Goals & Creating a Vision for Life

## *The Body Trust Program includes:*

- **One on One Private Weekly Coaching Sessions.** For the first 6 weeks, we will meet once a week to help you kickstart your journey. For the remainder of the program, we will meet bi-weekly to ensure you continue getting the support and accountability you need for long-term behaviour change and success.
- **All In Virtual Access to the Loyobo Community** You will have access to all our membership benefits including: unlimited live virtual classes, our On Demand Video Library, monthly group coaching calls, cooking sessions, member socials, events and more.
- **Lifetime Digital Access to my Signature “Love Your Body Program”** To help you dive deeper on your own time and anytime you need to revisit topics during your journey.
- **Love & Accountability.** Coaching is what you make it. To create the best outcome, Courtney will hold you accountable to your plan and commitments. It's up to you to make things happen, but you won't be doing it alone.
- **Regular encouragement, inspiration and support.** After each call you will be happy that you have someone whose job it is to help you stay focused on your worth, to celebrate your progress and success, to remind you of what is possible, and keep you inspired to move forward no matter what is happening in your life.
- **Email & Voxel support:** You can feel confident that your needs will be met with regular email and Voxel access during Loyobo FIT Business Hours.

*\*Please note: This program does not include creating any personal training.*

### **Are you ready for The Body Trust Program?**

Are you ready to...

- step out of the struggle of dieting and yo-yo weight gain/loss?
- stop obsessing about your weight or how your body looks?
- move through any fears and beliefs that are holding you back and take charge of your health?
- develop a language of trust, friendship and understanding with your body?
- be accountable and consistent?
- invest the time and money into creating long-term results and success?
- have more fun and really enjoy exercise and food?
- feel confident in your skin?
- be empowered with the knowledge of who you really are, what your body needs to thrive, and what you are capable of?

If you answered “yes” and have more questions about the Body Trust Program, check out: <https://www.loyobofit.com/bodytrust>

Want to hear about other people’s success stories working with Courtney & Loyobo FIT? Go here now: <https://www.loyobofit.com/testimonials>

**Ready to get started?**  
**Contact Courtney now at [courtney@loyobofit.com](mailto:courtney@loyobofit.com)**