

New England's  
McCoy's  
**YAK**  
Action Karate  
www.MccoysActionKarate.com  
Best Karate School!

McCoy's Action Karate  
Changing Lives  
Making Black Belts

A woman with dark hair in a ponytail, wearing a white tank top with black straps, is shown in profile from the chest up, flexing her right bicep. The background is a vibrant blue with light rays. Below her, the image transitions into a close-up of fresh green lettuce and red tomatoes.

# NUTRITION

*“Exercise and application produce order in our affairs,  
health of body, cheerfulness of mind, and these make us  
precious to our friends”*

**Thomas Jefferson**

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