

2025



# EMPOWER

## MOVEMENT CHALLENGE

INFORMATION PACK

## Welcome to the MKCoaching eMpower Movement Challenge!

This programme is open to males and females of all ages and backgrounds. Students, full time parents, busy professionals...

We understand how hard it can be to take the first steps towards your health and fitness goals.

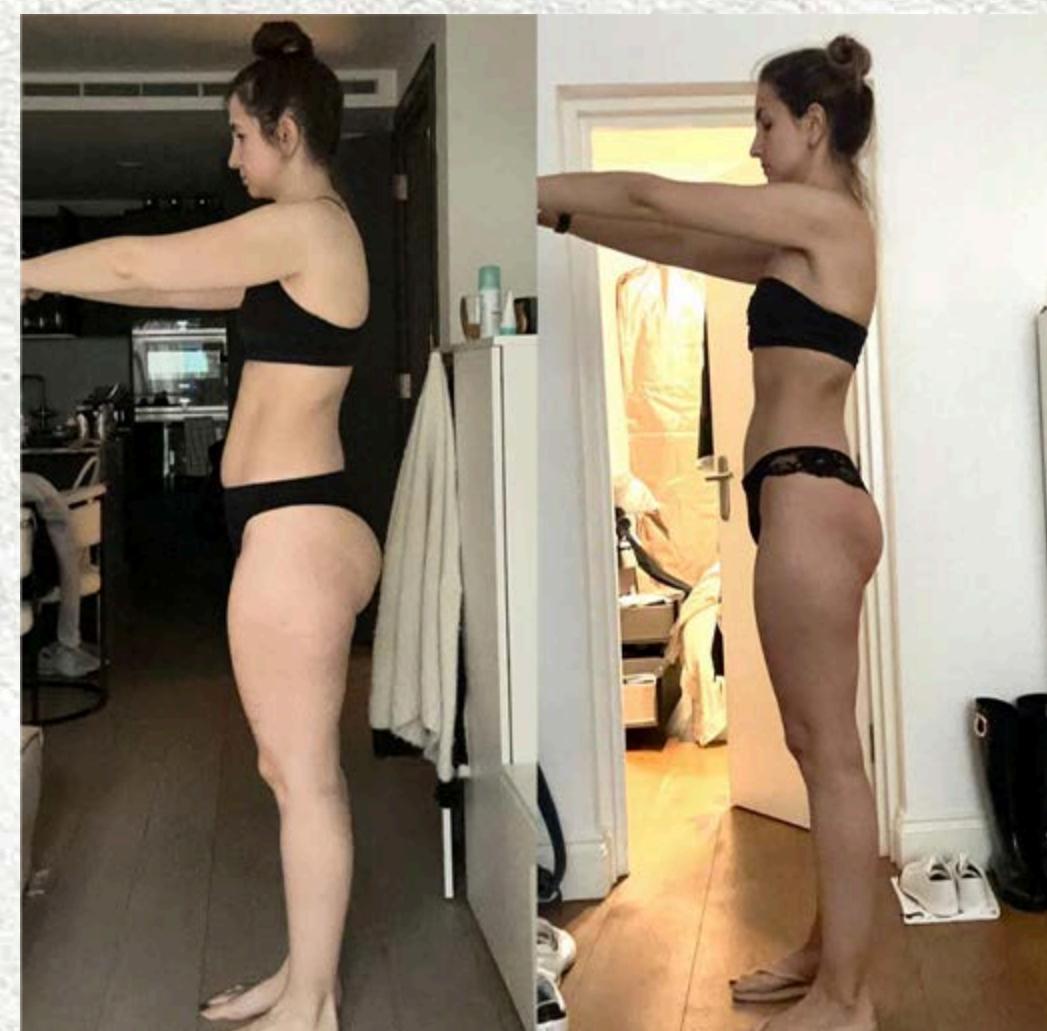
## THIS IS WHERE WE STEP IN

Our goal is to **eMpower you to become the best version of yourself** and embark on a journey to help find a healthy lifestyle that best fits you, your life, your work and your goals.

As part of this 12 week challenge, you will be provided with **fully personalised plans** to fit your individual wants and needs, that will guide you towards starting the summer in the best shape you have ever been!

To top it off, the best transformations over the 12 week period will win **incredible prizes**.

## RESULTS



## @TEAMMKCOACHING





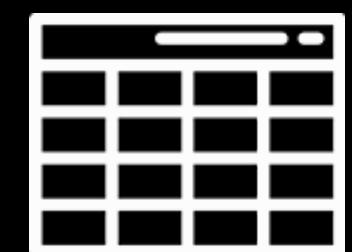
Coach support via WhatsApp - all messages will be replied by the end of working day.



Bi-weekly check ins completed via an extensive google sheet to gather data to support with your goals.



Full training, nutrition and supplementation plans individual to you and your needs.



Changes to your plans when needed to bring you closer to your goals – within check ins.



eMpower Movement community for all participants to connect together and support each other's journeys.



Access to our workout library (demonstrations and descriptions on how exercises should be performed – 90+ videos within this).



Access to the MK Cookbook – healthy recipes fit to your macros complete with demonstration videos to keep your meals interesting everyday.



eMpower Movement team lectures, with access to playback recording.



Lifestyle support – we help you plan your day and support you in any way you need away from the gym & fitness. To help build effective routines and form positive habits.



Resources to educate you and empower you on your fitness journey, helping you maintain your new habits & physique.

## **PRIZES:**

At the end of 12 weeks, top 3 transformations will win incredible prizes:

Winners will gain cash prizes at the end of the process.

# **JOIN THE EMPOWER MOVEMENT TODAY!**

Are ready to start your fitness journey?

If you are ready to start your fitness journey and join the eMpower Movement, sign up using the link below.....

# **£199 FOR 12 WEEKS**

**CLICK TO JOIN**

Once subscribed, please send a screenshot back to us on email to sign up.

email: [enquiry@teammkcoaching.com](mailto:enquiry@teammkcoaching.com)



## MEET THE TEAM



**MEG SYLVESTER-CIELEN**  
**IFBB PRO**

@MEGSYLVESTERCIELEN

**MAGDADYGA**  
**HEAD COACH**

@MAGDA\_DYGA

