

Team Right Now

A Health and Fitness Support Community

KEEP BRINGING IT!



Hello Team Right Now,

There are a lot of people on the team just starting their first program or even restarting from the beginning. March 11 will be my 1-year anniversary of finishing my first 90 days of P90x. So you may be wondering, does it get easier? Is it hard to maintain a P90x lifestyle? Well, that is a good topic for a future blog, but here is what I will tell you.

This will become your new lifestyle. Working out 6 days a week, eating right, taking the proper supplements becomes your new routine. These are your new habits. I have learned so much from those 1st 90 days. But what I didn't realize at the time is that sticking with the program those 1st 90 days has defined my life since then. Staying true to the workouts and the diet and changing my habits gave me the momentum to keep going. I tackled the next 90 days with P90x Plus. Then, the next 2+ months with Insanity. And so on.

So for those of you in your first 30-60 days, just keep pressing play and stick with it. As Tony says, "Do your best and forget the rest!" If you want to quit, email me, call me, and ask for help. This is what I am here for. It takes 21 days to form a new habit. And once the unfamiliar and uncomfortable becomes the familiar and comfortable, your new life starts to emerge. Change is hard and nothing provides the foundation for your transformation like those first 30 days.

And as always, remember to Keep Bringing It!



What is Team Right Now?

For the newcomers to the newsletter (and to Beachbody), what is TRN all about? After starting P90x in December 2009 and doing other BB workouts, I decided to start coaching others. As a Beachbody Coach, I become a representative for Beachbody and their products. More importantly, I get to share my lessons learned from the programs with others and help them achieve their goals.

Do Your Best and Forget the Rest!

Updates

P90x: MC2 Production



Many coaches who have the privilege of being P90x:MC2 cast members flew out to Santa Monica this week to have rehearsals for the new series. In reading their blogs, this is not just going to be another P90x. MC2 is really really tough. And if you have read my MC2 blog previews, there is a huge amount of science going into this.

They did say that the set is similar to P90x with 3 cast members doing 3 variations. So next week, they will head back and film the final production of the workouts. It will be so cool to see many people that I have come to know through coaching actually on these videos. I am sure

Tony has new jokes and most P90x veterans have very high expectations for the new series.

Although everyone is mum on the workouts and the moves, I can guarantee one thing. There will be more new lives transformed as a result of MC2!

Blog Updates this week

I really enjoy writing about various topics on my blog. I encourage the team to read and comment on my topics. Additionally, please provide suggestions for future topics you would like me to write about. Here is a quick run-down of this week's blogs. For the full versions, just head over to my blog www.teamrightnow.com



My UPDATED P90x Results & Recovery Formula Review

This is a quick update on the P90x Results & Recovery Review. Beachbody has gone and improved the formula recently and I want to ensure you were all made aware of what has changed! The formula now contains dextrose as the sugar as opposed to fructose. Dextrose is...

My UPDATED P90x Peak Performance Bar Review

This is a quick update on the P90x Peak Performance Bar Review. Beachbody has gone and improve the formula recently and I want to ensure you were all made aware of what has changed! - The sugar content has been lowered. (9 grams of sugar has been removed) - By reducing...



The minute I heard about Tony's book, it was the first thing on my Christmas list. I was so excited to receive it Christmas morning (See picture on the right!) P90x started as a "I'll give it a try" purchase and ended up being a lifestyle change...

For anyone who has read my "Bring It!" book review and would like to get a copy for FREE, listen up! Based on the pure number of emails I get, I know more people struggle with nutrition and supplements than with the workouts. Looking back now, I was at a...



Final Motivation

OBSTACLES ARE THE THINGS THAT YOU SEE WHEN YOU TAKE YOUR EYE OFF THE GOAL.

If you remember a few weeks' back, I wrote this blog called "Head Trash" about negative self-talk. I believe this is something we all struggle with. I know I struggle with it. When we start doubting and taking our eyes off our goal, all the obstacles and reasons we can't come flooding in like water through a broken dam. Whatever your goals are in life, know that there is NOTHING that should stop you from achieving them. Be patient. Be persistent. And settle for nothing less than achieving what you have set out for yourself!

Also, as always, remember that the way I benefit from being your coach is that I earn a commission from any Beachbody products that you purchase, as long as you buy them through my site, www.TeamRightNow.com, or by logging in to <http://www.beachbodycoach.com/COACHMIKER7> to do your shopping (If you buy from the plain beachbody site I get no credit). It helps with the amount of time I spend answering all your questions and helping you out. Thank you! I really appreciate it!

Mike Roberts

www.TeamRightNow.com

Independent Emerald Beachbody Coach



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Hey TRN Coaches,

Here are the updates for the week!

Get Committed to ASYLUM: LIVE with Shaun T Monday, March 7th at 4:00 PM PT / 7:00 PM ET



[Get committed](#) to INSANITY: THE ASYLUM™ next Monday, March 7th and prepare to dig even deeper into Beachbody's latest workout program.

You'll get the straight dope straight from the man who created it—Shaun T. He and our wonderful Senior Manager of Training—Sandi Bouhadana—will walk you through the making of INSANITY: THE ASYLUM, its workouts, a complete product sales training, and a few of Shaun's "insider" tips.

The hook, line, and sinker: He'll also be announcing the winning metropolitan area for our **Countdown to ASYLUM** Success Club Challenge. See if your city gets the FREE Game Plan Event and LIVE workout with Shaun T.

April 9 ~ Super Saturday Event



Similar to the Super Saturday Event in January, there will be another one held on April 9 for Q2. If you have not seen the January Super Saturday Event, you can find that in your back office or on my website under the video library in the Coaches Corner.

If you are willing to host an event in your area, shoot an email to April9Event@beachbody.com to receive your meeting kit. The agenda and the day's agenda will start flowing into the back office under the News and Events portion.



Invest In People

Invest in people. Every seed you are planting is an opportunity to change someone's life. Not everyone may be open, but that doesn't mean the seed you planted landed on completely barren soil. When that person is ready, they will remember you and the conversation.

The fear of "No" keeps most of us from reaching out to others. Be brave and remember that "No" is just a word and many times is just hiding their fear to change as well. Be patient and be steadfast in what you do. And if there is one thing you always do, remember to continue to invest in people!

