



KEEP BRINGING IT!



Hello Team Right Now,

I hope everyone had a great Valentine's Day this week. Every week brings on new challenges and obstacles. However, in Chicago this time of year it is usually very cold with a lot of snow on the ground. As many of you know, we got hit hard with a blizzard of few weeks ago. This is tough on me mentally! However, this week we had very unusual weather (hitting in the 50s!) and almost all the snow is gone! It is truly amazing how the sun can brighten our day. As a native Chicagoan, we learn to soak up every ounce of the good stuff this time of year. If you see the sun this week, look up, close your eyes and enjoy the rays!

Special points of interest:

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Why Team Right Now?

When I started coaching, the team name was very important to me. So when I decided to create a transformation video like thousands of others out there, I wanted the theme of that video to conclude in the team name. One of my favorite bands of all time is Van Halen and for those who want to debate David Lee Roth vs. Sammy Hagar, we can have that discussion at a different time. :) However, for me the song "Right Now" resonated with what motivated me during those tough early days. I had put off so many things in my life and doing these programs gave me a sense of immediacy. There is no time like the present and the "I'll get to that one day" had turned into years. So, I like to remind myself that if I want to do something, do it right now!

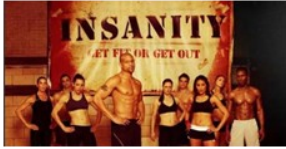
**Don't want to wait until tomorrow.
Why put it off another day?**

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.

Your goal should be out of reach, not out of sight!

Updates



Cathy's 1st Week of **INSANITY**

I would like to highlight others in the TRN newsletter. I want to hear **YOUR** stories. So please send them to me! My sister Cathy started Insanity one week ago. Here is her experience so far in her words!

"On my 40th Birthday I decided to start Insanity. After the "Fitness Test" I couldn't even walk up the stairs. What was I thinking? What did I get myself into? I was discouraged that I couldn't finish each exercise. I use to be a runner and dancer. I was conditioned (yeah, 20 years ago.) I reached out to Mike to share my frustration. He really helped me! He told me, "This will be your hardest day. Just keep showing up everyday. Just press play and keep faith. You can do this." I am one week into it now. I can now complete the "warm up" without stopping.

Another thing that has helped me, is to have my boys join me during these workouts. (They are 13, 11, and 8. They play basketball, baseball, and football. They like the workouts because some of the drills are familiar to them.) I can tell when they are getting discouraged and tired. I remind them that yesterday, we couldn't do 5 push ups and today we did 8! I have to remind myself that this is a work in progress. I need to be patient with myself. Each day I am improving and doing more than I did the day before. I just need to continue to "Dig Deep!"

My Next Training Block – Introducing Turbo Fire!

As I was creating my next training block, I introduced a new Beachbody Program called *Turbo Fire* into the mix. *Turbo Fire* is a creation by Chalene Johnson and the science behind it is similar to *Insanity*. HIIT Training (High Intensity Interval Training) burns more calories, is more efficient, and builds endurance faster than standard cardio. Essentially, on *Turbo Fire* you go ALL OUT (and I mean 110% all out) for a period of time (30-60seconds) and then match that in rest time. However, Chalene takes another spin with this program. She wants you to feel like you are in her live class, which have long waiting lines and sell out an hour before classes start. So these workouts feel like a high energy aerobics class you would find at your local gym. This program is really taking me out my comfort zone because I am NOT coordinated...at all. She goes from move to move very fast and for anyone with a dancing background, you would love this program. However, for those of us who have 2 left feet, she does have a "new to class" option where she goes through the sequence much slower.



New P90x Infomercial with a testimonial from our upline coach Wayne.



Beachbody will be launching their new and updated infomercial for P90x this week. The cool thing for me is that I know some of these people. In fact, one that is highlighted in the infomercial is none other than our upline coach, Wayne Wyatt. His story and transformation are unbelievable and downright inspirational. Check out my Blog for the videos (entitled "**P90x – The Reasons**") to see Wayne's 90 seconds of testimonial. Congrats Wayne!

Beachbody HQ Updates

In this week's weekly national coaching call, there were no new product announcements. However, a couple did get on the call to talk about the FIT Clubs they have been holding. What is a FIT Club? It is essentially a local gathering where people do various Beachbody workouts. They started one in North Carolina at their church about 2 years ago and in their first session they had 3-4 people. Well today, there are 6-7 FIT Clubs in the area and they have grown their own FIT Club to 40-60 people!



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



Yummy Veggie Burrito

One of my biggest challenges when I changed my diet was trying new foods. I had been eating the same way for 33 years. It's hard to change and frankly you aren't sure what to eat, how much to eat, what not to eat, etc. It can be exhausting. So I am going...

My Shakeology 3-Day Cleanse

I first started taking Shakeology in June 2010. It has without a doubt become the most important supplement I take every day. If you are new to Shakeology, head over to Shakeology Corner to learn more...I had been hearing about this Shakeology 3-Day cleanse for the past few months and decided to finally try it last week....



P90x One-on-One Hybrid

I was at my one year anniversary. I had completed P90x, P90x Plus, and Insanity by the book and in their entirety. I tried my 1st Hybrid creating a focus on Upper Body. So, now what? ... As you create any Hybrid, you need to ask yourself what your goals are. Well, for me it was to introduce new variety...

P90x: MC2 Previews

So, Beachbody fitness guru Steve Edwards posted some goodies on the science going into P90x:MC2. I can't even tell you how pumped I am....



Final Motivation

This week it came from Jeff Hill who is the SVP of global sales. He talked about all of us getting off the bleachers. And this applies to anything in our lives. We need to make the *decision* to come on the field, suit up, roll around in the dirt, and take a chance on missing a pass, fumbling the ball, or even making a jackass out of ourselves. (The last part I do well! :) Why? Because that is what champions and successful people are willing to do. But it starts with that initial decision.

Doing these workouts and encouraging others is new for me. But at some point we need to take the fear of failure and rejection and throw that aside. Whatever your goals are or whatever you dream about "one day", just go for it and dance like no one else is watching!

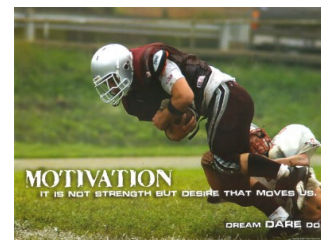
Also, as always, remember that the way I benefit from being your coach is that I earn a commission from any Beachbody products that you purchase, as long as you buy them through my site, www.TeamRightNow.com, or by logging in to <http://beachbodycoach.com/esuite/home/COACHMIKER7>

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 **TIRN** Coaches,

National Coach's Call – What's Your Batting Average?



It's funny how similar this business is to baseball. We swing for the fence. We field 'til we lose. We pitch for the win. Heck, we both even strike out from time to time. And nobody ever gets better without practice or respect for the game.

That's why the **70/30 Rule** is so important. Practice. 30% of the adult population is ready for what you have to offer. Practice. You just have to be able to sort the willing (good pitches) from the not-so-willing (bad pitches). Practice. Catch prospecting prodigy **2 Star Diamond Coach David Kern-Lyon** on 02/21 at 9:00 AM PT for a winning speech on how to boost your average to 300 or higher. Dial in—it's that easy.

TIME: **9:00 AM PT / 12:00 PM ET** | PHONE: **1 (605) 475-4408** | PIN: **90405#**

What You Don't Know About Success Club 2011



LIVE Webcast + Q&A | Wednesday, February 23rd

Enter 2011—the year that'll forever be remembered as the year Team Beachbody® took its first major swing at the trend of obesity. It's an exciting time, Coaches. But how will we get there?

Two words: **Success Club**. It's the program behind the program. It's the bull's-eye on every one of your goals. And you should absolutely know this thing inside and out! So catch our awesome Sr. Mgr. of Training Sandi Bouhadana and 5 Star Coach Julie Shulte on :

Wednesday, February 23rd at 4:00 PM PT / 7:00 PM ET for the "VIP" club tour.

[Register for the Webcast](#) (space is limited)

[Learn more about Success Club](#)

They'll answer all your questions, like: *What is it? Why should I care? What does it have to do with the Game Plan? How do I leverage it to make more money? And most importantly: Where does Success Club come in with regard to my new Coaches?*



National Coaching Summit

The annual Beachbody National Coaching Summit is in June in LA. I will be going and have my ticket! Unfortunately, the event has sold out so people are being placed on a waiting list <http://coachsummit.com/>

What behaviors create success?

Here are some nuggets from SVP of Sales Jeff Hill and CEO Carl Daiekler's final comments from this week's national coach's call.

- Leaders are people who make results in a way that inspired trust! They create long-term sustainable and predictable results. They garner respect for who they are because of the way they do their business.
- Know your "Why!" Why are you coaching? This is what motivates you everyday. A weak "why" will result in weak results. A strong "why"...
- Be tough! We all get knocked down every once in a while. Get back up and come back harder!
- Personal Development – Always continue to develop yourself!
- There is no secret in how to succeed in this business...just share it!
- Remember that we are primarily rooted in helping people Work the willing!
- Be a product of the product (You will hear this over and over again!)

