

# Team Right Now

A Health and Fitness Support Community

## KEEP BRINGING IT!



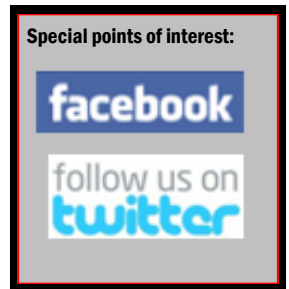
Hello Team Right Now,

I am continually amazed with this team and the personal notes I get from all of you. From someone on the outside looking in, these programs can be reduced to some exercises you do in front of your TV. But they become so much more than that.

They are in a very physical way, the beachhead for change. And that change is a lifestyle change. It's the way people fuel their bodies, behave, think, go about their day. The list goes on and on.

When people **decide, commit**, and then **succeed** with these programs, it produces an amazing transformation. Look on YouTube. There are literally thousands of people who have put a video of their transformation up. Why is that? Because they reached their goals, they stuck with it, and they came out on the other side stronger than when they went in. And when you do that, you want others to see the same great results you did. And this is why there are so many people joining forces at Beachbody and becoming coaches. I had a fellow TRN coach tell me that when we become stronger, then we become more confident and make ourselves more available to others. I could not have said it better myself.

Have a great first week of March everyone!

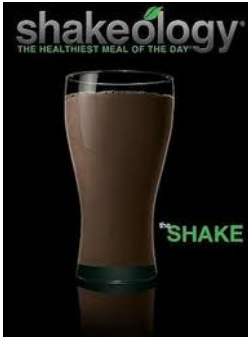


### What is Team Right Now?

*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.*

*Clear Your Mind of Can't!*

## Updates



### **Shakeology Promotion- Early Heads Up**

Team, I am giving the people on this newsletter an early heads up about a promotion that I will soon be posting on my website next week. I am offering a free copy of Tony Horton's book "Bring It!" when someone signs up for Shakeology Home Direct. This will be on the heels of a blog I will post on my review of Tony's book. I am limiting this to the 1<sup>st</sup> (4) people so if you are interested, let me know before I post it on the web. Or if you want to try Shakeology first, just shoot me an email and I will get a sample out to you.

## 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](http://www.teamrightnow.com)



### ***P90x: MC2 Previews***

More previews on P90x:MC2 from BB's own fitness guru Steve Edwards

### ***My Pre-Workout Supplement Reviews***



I have tried various pre-workout supplements over the past 5-6 months. To be clear upfront, a pre-workout supplement is NOT required. In general, pre-workout supplements give you a surge of energy....

### ***Beachbody HQ Updates***



In this week's weekly national coaching call, there were no new product announcements. However, it continues to amaze me the number of coaches who are getting into the business and how Beachbody is growing at such a phenomenal pace. Jon Congdon, who is Beachbody President, got on the call to state that BB has hired its 400<sup>th</sup> employee and is in a significant hiring phase, especially with respect to web and IT to improve the everything from the coach's back office to the shipping cart to everything else.

So know that this HQ is not sitting still and that the growth of the company shows that the programs keep reaching more and more people. Share your experience with others. Help others who ask you. To keep the positive momentum, we must pay it forward so that we can all help reverse the obesity trends.

## Final Motivation

Carl Daiekler, BB CEO, mentioned this on the national coach's call and I want to expand on it.

*"Are you going to operate at the effect of the world or are you going to take charge of it? Are you going to be a victim or the boss?"*

For me, the initial 90-day journey was about taking control of my life again. It sounds weird that push-ups, pull-ups, yoga, and plyometrics can produce that result. However, the reality is that when you carve time out for improving yourself, you begin investing in yourself again. You have decided to be a better *you* today than you were yesterday. I believe this commitment to ourselves is so critical in today's very busy world. You owe it to yourself and to those around you to be the best person you can be. And this takes work and an investment in your personal development. Do not short change yourself. ***You are worth it!***

**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](http://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](http://www.TeamRightNow.com)



Independent Emerald Beachbody Coach

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Hey TRN Coaches,

Here are the updates for the week!



### Stairway to Superstardom

Alas, the moment you've been waiting for: **A direct path to Superstar Diamond status.**

One of the most overlooked facets of this business is the follow-up after the follow-up. How's everything? What are their new goals? What can YOU do to help 'em? Superstar Diamond Coach Christine Dwyer is an absolute professional when it comes to keeping her entire Team ignited, focused, and on the move by following up. That's what got her—and KEEPS her—in the upper echelon of Coach ranks.

On the national call, she'll share her 3-step stairway to superstardom with you. Highlights include: optimizing your connections via social media, setting up mini "challenges", and personalizing your relationships.

DAY: **28-FEB TIME: 9:00 AM PT / 12:00 PM ET** | PHONE: **1 (605) 475-4408** | PIN: **90405#**



### Success Club in February – Earn a signed copy of Shaun T's *Insanity – The Asylum*.

If you have not been able to achieve success club this month, there is one day left and you will be rewarded with a signed copy of *Insanity—The Asylum*!

### 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.

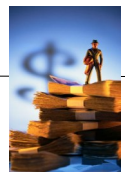


If you are willing to host an event in your area, shoot an email to [April9Event@beachbody.com](mailto:April9Event@beachbody.com) to receive your meeting kit. The agenda and the day's agenda will start flowing into the back office under the News and Events portion.



### What have you mastered in your life?

Carl Daikler, BB CEO, talked about when was the last time you mastered something. Many of us may need to go back to a high school sport or something in the distant past because life happens to us. His challenge to all of us to master the game plan! We have heard it over and over again on how the game plan is the proven success formula in this business. Memorize it, have it around the house, and know what you are going to do on a day-by-day basis.



### Beachbody is a great opportunity for entrepreneurs

Being an entrepreneur means that you take risk and usually there are significant start-up costs. Carl used the example of a woman who was in the news who is writing books, has a couple of weight loss centers, and has grossed slightly under \$1M over the past 4-5 years. It was built on her first losing weight and wanting to help others. She has lost \$200K and has debt of \$250K. She hopes in the long-term to earn 5-10% annually on the revenue. So why did Carl share this story? Many of us have had great transformations that have affected us in a deep and profound way, which is why we want to go out and help others. Beachbody has done a great job of enabling us to do that and financializing it as well. The start-up costs are an initial start-up fee of \$25 and \$14.95/month to maintain your back office support. And with 25% commission on what is sold, we are significantly above the 5-10% this lady is striving for in the long-term after she pays off all her debt.

This business is about helping people, but BB recognizes that your advocacy leads to an increase in sales and you should be compensated for that. Be proud to share your story. Be proud to share your coaching experience. And with your passion, we will all work to end the trend of obesity.

