

Team Right Now

A Health and Fitness Support Community

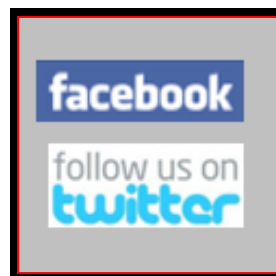
KEEP BRINGING IT!



Hello Team Right Now!

It is so amazing to me how much publicity P90x gets in my own personal circle as well as in the press. On March 15, the WSJ interviewed Tony Horton on how P90x is taking over Capital Hill and how Tony is coaching dozens upon dozens of Congressmen.

Check it out here. <http://on.wsj.com/f7315T>



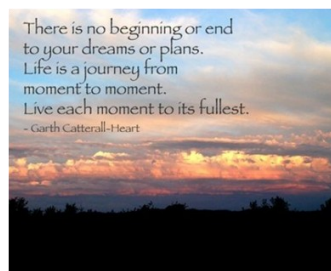
He was also quoted in a magazine article entitled "Fitness Advice I Wish I'd Known Sooner". He states the following:

People focus too much on weight, dress sizes, and tape measurements—and those aren't motivating. What gets me going is: I'm 52, and because I work out, I know my fitness will improve and my immune system will stay strong, and my body will prevent injuries. I like being fit, strong, coordinated, and agile."

—Tony Horton, creator of P90X workout series and author of Bring It!

We can all tend to focus too much on measuring our physical progress. The most important thing is whether you feel better and are you enjoying it?! You will not stick with anything long-term that is not enjoyable.

So remember, Have Fun! Don't be hard on yourself if you are currently struggling. Just stay consistent. And keep pressing play!



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.

Motivation is what gets you started. Habit is what keeps you going.

Updates

Shakeology—2nd Anniversary



It's hard to believe but Shakeology is 2 years old this past week. I started Shakeology in June 2010 and have taken it every day since. It was a significant contributor to lowering my cholesterol and getting my best blood work results ever. And as a bonus, it gives me my chocolate fix everyday. And if I ever have one of those late night sweet tooth cravings, I'll mix up a Shakeology. At 140 calories, 15g protein, and 70+ healthy ingredients, it is WAY better for me than any other option I would pick.

As always, if you have interest in trying, shoot me an email and ask for a free sample.

P90x:MC2 – Production Complete

Mason Bendewald is the Director of P90x, 1-on-1, and the new P90x. He is pictured on the left. He put up the following on his Facebook site on March 16:

"And that's a wrap!" Just shot the last show of the next P90X today. Now excuse me I've got about 3 months of editing to do! Look for the release from Beachbody this fall.

Yes, production is done! All 14 workouts! But we still have a long wait until later this year to take it to the next level.



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



P90x: MC2 Preview 6

March 14, 2011 - Well P90x:MC2 is well on into production now. Rehearsals are completed for the workouts and production is actually complete on some as well...

V-Sculpt Review

The One on One, Vol. 3 Discs just keep coming month after month. Here is my review of Disc 8, V-Sculpt with some insight into Disc 9 and 10. You can read my full One on One, Vol. 3 review here. You can also download the One on One, Vol. 3 worksheets, including V-Sculpt...



P90x: MC2 Equipment Preview

Steve Edwards takes us through the new equipment in P90x:MC2, although he states that everything can be modified for a hotel room with no major equipment required...

Power 90

Power 90 is the original workout program that Tony Horton did for Beachbody. In fact, it was really his big break. And the video was actually created as more of a test concept, but was eventually productized.



Final Motivation

I follow Carl Daikler's , Beachbody CEO, tweets and he had a really good one this week. He said:

A "To Do" list helps you get things done. But first create a "To Be" list so your "to do" gives your life a purpose

Sometimes we can be so focused on crossing things off our list that we don't ask ourselves whether they are the right things. Every once in a while it is important for all of us to take a few minutes and make sure we have the right priorities and are spending our time completing the tasks that are getting us to where we want to be.

Whether you are conscious of it or not, most of you did exactly this when you started your workout program. Your health became a priority and moved up on your To-Do list.

If you are ever having trouble staying motivated or wondering how you can maintain consistency in your workout routine, please contact me! This is what I am here for. Have a great week everyone.

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

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Hey TRN Coaches,

Here are the updates for the week!

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.

Beachbody Top Coaches Cruising on Oasis



Yes 400+ coaches this past week being rewarded for their performance with a cruise on the "Oasis of the Seas", the largest cruise ship in the world. My wife and I were personally on the ship last year celebrating our 10 year anniversary and it is everything it is billed to be so I guarantee all had a great time. Chalene Johnson and Shan T joined them as well.

The national coach's call was from the cruise ship in the middle of the Caribbean. It was a short one this week, but Carl highlighted that everyone should have the goal of getting in next year's trip. He also joked that all non-Beachbody passengers are being hit up to try Shakeology! LOL.

Next year's trip destination is still being decided, but if you are listening to the national coach's call every week you already know that!

