

Team Right Now

A Health and Fitness Support Community

KEEP BRINGING IT!



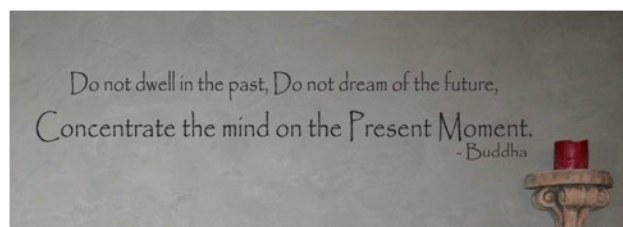
Hello Team Right Now!

This was a special week for me. My baby girl turned 5 years old. It is hard to believe my youngest is now 5. People tell you life goes by fast, but I didn't really believe it until it was happening to me. There really is no time like the present. Many times, I find myself wishing I did something different in the past or thinking ahead to the future. Well, all we really have is "Right Now" team. How much time do you spend in the present moment...in the true present moment? It's a harder challenge than you might think.



Which brought me to another thought. There are so many things that I want to do, that there just isn't enough time in the day. This is actually not a bad situation. I would not want to wake up in the morning with nothing to do. But it does make you prioritize. So, what are your priorities today? What are important things on your To-Do list that can wait a few weeks vs. those that need to be done right now? And as many times I forget, spending time with your family and enjoying the "present moment" need to always be at the top of the list.

Have a great week 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.

"The past does not define you, the present does."

Blog Updates This Week

I encourage the team to read and comment on my blog topics for this past week. 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



P90X2 – It's Official

Well ever since the sequel to P90x was discussed, the name was always a big debate. When Tony's One-on-One, Volume 3 came out, MC2 (Muscle Confusion 2) was born as the tentative name. I was a little worried as people have enough of a hard time remembering what...

P90x: MC2 Preview 7



This will be the last blog from Steve Edwards on the P90x sequel. It is time to go into post production and hence all will go dark until the release we all can't wait for.



Healthy Fats!

If you haven't memorized the (5) key things that are the core ingredients to a healthy diet, I will review them again.
1) Whole Grains 2) Fruits 3) Vegetables 4) Lean Proteins 5) Healthy Fats
Healthy Fats? Yes, healthy fats. If you were like me, you have no idea...

My Power 90

P90x (or Power 90 eXtreme) changed my life, but I wanted to go back to the beginning. I wanted to try the original. "The Empire Strikes Back" is arguably better than "A New Hope", but that doesn't mean the original is not great in it's...



Final Motivation

The final motivation this week can be found below with Tami and Mike French's story. This couple shared their Beachbody story on the weekly coaches call and it is true inspiration. I have reported their story as best as I could below. However, if you want to hear it in their own words, let me know and I will get you the audio file.

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!

Mike & Tami French – Their Story

In this week’s coaches call, Mike and Tami French shared their story. This couple started in 2005 with a weight loss goal. They had just had their 4th child and both wanted to lose weight but didn’t have time to go to a gym. They did Power90 for a year and then moved onto the Power90 Masters Series.

In 2006, they hit an extreme low point in their lives. Mike was working full-time with the military and part-time as a policeman trying to make ends meet. However, they were not even able to live paycheck to paycheck. Because Mike has a sought after specialty in the military, they would target certain times of the year where they needed extra money (like birthdays and Christmas), and send Mike to go off to hostile territory so he could get “hostile fire” pay. In addition to this, Tami contracted Viral Meningitis and almost did not pull through. Her doctor said that because she was in such great shape she was able to pull through. Finally, in the winter of 2006, they were struggling to pay for oil to heat their home in Maine so they went to get fuel assistance. They also qualified for Toys for Tots and Food Stamps.

In 2007, they got involved in the Beachbody community and started P90x. Finally, a number of people convinced them to become Beachbody Coaches. They attribute much of their success to taking a “Fitness-First” philosophy and were able to attract like-minded people.

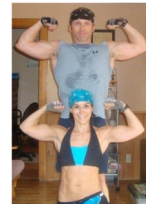
Mike stated that you need to be accountable to your team. You need to not only expect the best out of yourself, but the best out of your team as well. Give your team the necessary tools and education to succeed. Because they lived in a small town of 1600 people, they did not have a large warm market. They were forced to reach out and use social media and Facebook as big levers to drive their business forward. They would put their workouts, what they eat, and positive messages on Facebook. As a consequence, they built a strong following and have built 98% of their business through social media and the internet.

When it comes to being successful in this business, you need to have the drive and discipline to set a goal. They had a 2.5 year grind of working 13 hour days, coming home, working out, putting the kids to bed, and working their business. You need to stick with it and you will break through. They had always had California dream, but it was hard for them to believe they could ever have the financial means to leave Maine. In October 2007, they first visited SoCal and fell in love.

In August 2009, Mike separated from the military and became a full-time Beachbody coach. They continued sharing the business and doing the fundamentals. In June 2010, they were able to move to Oceanside, California.

Their parting thoughts:

1. “Fitness First” Approach
2. Follow The Game Plan and have your team follow it as well!
3. Be consistent and disciplined.



One other note of interest, one of the most common things most successful coaches did was turn off the TV!



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 even 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.

Team Beachbody – en Espanol

In April, Team Beachbody will launch en Espanol! As you may know, P90x is already available en Espanol. However, all coaches will have access to many of the websites, coach’s tools, and videos. On April 25, Team Beachbody will be kicking off a nationwide tour to support this launch. All events will be held en Espanol.

A Video Message from Carl

This week Carl could not be on the coach’s call, but he left a great video message for all the coaches. See his 5 minute message at:

<http://www.youtube.com/CDaikler#p/u/9/EHITB6EVEo4>

