

# Team Right Now

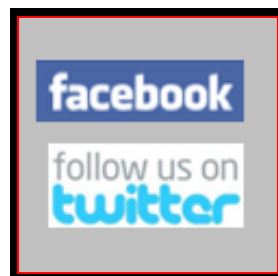
A Health and Fitness Support Community

## KEEP BRINGING IT!



Hello Team Right Now!

Lots of Blogs this week at Team Right Now: from the official name of the next P90x to Insanity Asylum Updates to my own personally crafted P90x Worksheets to a deep dive on the ingredients in Shakeology. I have a great queue of blogs for this coming week as well so stay tuned.



In the last 30 days, we have had a lot of new members start P90x or Insanity. I love hearing the progress reports and have asked some of them to provide a few sentences on their experience for the entire team. So look for that in the coming weeks.

But if the extreme nature of some of these workouts sounds a little much for you, there are other programs that kick down the craziness. Like Power 90, Slim in 6, or 10-Minute Trainer. If you are curious as to what program may be right for you, just shoot me an email! The most important thing is that you do some physical activity every day, even if it is for 10 minutes.



### 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.*



Beachbody® and the American Diabetes Association® are working together to Stop Diabetes.



# Blog Updates This Week

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)



**If you like the hard work I put into writing my articles and videos, PLEASE help me out by sharing them. Click the share links below them and share them on FB, twitter, etc. It really helps me get more exposure and grow TeamRightNow!**



## **Insanity: The Asylum Preview 2**

Well, Q1 is over and where is Asylum? Not on my doorstep, that's for sure. So, what's the deal? Well, the latest information is that it will now be released in mid April, which is only a couple of weeks away. The reported retail price is \$89.95 and there may be...

## **Shakeology Ingredients**

I remember the first time I looked on the supplement's portion of Beachbody's website, I saw Shakeology as the best selling product. But I thought it was only for those looking to lose weight. After a month or so of seeing this product consistently ranked as...



## **Ultimate P90x Worksheets**

We have a lot of new members starting P90x within the past 30 days. As I looked back on the material Beachbody provides, the place I believe they feel short was with the workout sheets. Looking back on my 1st 90 days, I had stuff written in the margins and on the back. Some...

## **Consistency**

Consistency is one truth that I really believe in. Consistency is also one of Tony's 11 Laws of Exercise and he does a great job explaining his take on it below. However, I want to insert my take as well. Success has come to me in my life when I have been...



## **Resistance Bands**

Resistance Bands can take a bad rap. Many people feel that to get "real results" you need dumbbells. Well, there were people in the P90x test group that went the whole way through the program with the bands and got shredded. I used resistance bands quite a...

## **Insanity: The Asylum Preview 1**

Our friend Steve Edwards is now blogging about something much closer to hitting our doorstep than P90X2. It is Insanity 2, or The Asylum. The original target date for this program was March, but it looks like this will slip into April. Here is a little bit about the...



## **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...

## Final Motivation

“Practice What You Preach”

How many times have we heard this? I was having a conversation with my wife this week on how I sometimes struggle to follow the advice I give on my own blogs. Whether it is “Head Trash” or making sure my priorities stay aligned.

But here is what I have realized. No one is perfect! We all struggle to do the right thing. As Tony says, “Do your best, and forget the rest.” First time I hear it, it sounded a little cheesy, but you know what? Its true!

The great news is that everyday is a new day and we have a fresh start. Having a support system to lift you up on those tough days is so critical. Everyone needs to be reminded of things we already know.

*“Don’t worry and stress so much.”*

*“Everything will be okay.”*

*“You are being too hard on yourself.”*

*“Enjoy now and stop worrying about something you did in the past you can’t change anyway.”*

We all know this, but words are easy to say. A caring voice with a hand on your shoulder is not too much for anyone to ask for. So as tough as this team is, we all need support and encouragement. And this is what we are 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](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)

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Hey TRN Coaches,

During this week's coach's call, Susan Lucy was featured. I like to share these stories for people who do not have a chance to listen to the calls. They are always inspirational.

In 2007, she was turning 40, had 3 little kids, and was not very healthy. Maybe this is just the way you are at 40, she thought? Well, she decided to not fall into that trap. She did P90x, followed the nutrition plan, and saw great results.

In 2008, she signed up as a coach because she was referring a lot of people to buy P90x and figured she should start getting a little kick back for it. She did not get any support from her family and in fact she was getting negative push back from most of them. In January 2010, she actually STARTED treating her business like a business. She had a game plan event in Boston. She found that she needed structure and signed up to be in a "90-Day to Diamond Group". She got to "Diamond" thinking and her good habits started to form.

In June 2010, she had a 300 people Super Saturday Event that yielded her "Ah-Ha" moment. (The next one is this coming weekend on April 9!) At that point, she got really engaged and started building up the entire Boston area. She got an accountability partner and she is now a Diamond coach and loving her business.



**April - Shake N Share Promotion**

<http://teambeachbody.com/promotions/shake-n-share>

To celebrate Shakeology's 2<sup>nd</sup> Birthday during the April, Beachbody is running a Shake 'n' Share promotion. All you need to do is register and you get 3 free gifts. Just click on the website above for more information.

**April 9 – Super Saturday Event**

Similar to the Super Saturday Event in January, there will be another one held on April 9 for Q2. Yes, that's this coming weekend! 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](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.