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Fwd:Team Right Now Newsletter - Volume 1, Issue 13 (08-MAY)

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Mon, May 9, 2011 at
12:01 PM

To: Msajs.roberts@gmail.com

-----Forwarded Message-----

From: "Michael Roberts, Independent Team Beachbody Coach" <coachmiker7@beachbodycoach.com>

Sent: Mon - 5/9/11 - 11:00 AM

To:

CC:

Subject: Team Right Now Newsletter - Volume 1, Issue 13 (08-MAY)

Team,

We have switched gears a little bit this week to focus more on nutrition. The highlight of this week is about an initiative called NourishLife.org. The website has some very educational materials and videos so I created a three part blog series to share my thoughts with you. I find that for most people, nutrition is the hardest part of any program. This is by far the topic I get most emails about. Wherever you are in your journey, I think you will enjoy these clips.

I also have a blog on modifying your exercise. This is really critical for all of us to remember, especially those who are starting a new program. Even when I started ASYLUM, I didn't expect to do every move perfect. Many routines are skill-based and they take time to learn. Be patient with yourself!

As you start thinking about spring and going into the summer, it is always good to think about your goals. Where do you want to be in July? August? My personal focus is on finishing the 30-day ASYLUM challenge and then finishing off the month with my 10 mile run. After that, it will be all about my triathlon training and getting in the pool and on my bike more often. Whatever your goal is, it is good to have one to keep you motivated and striving towards something. As always, if there is anything I can do to help you in reaching your goals, please let me know.

Have a great week everyone. It is an honor and privilege to be your coach.

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!

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

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