

Team Right Now

A Health and Fitness Support Community

KEEP BRINGING IT!

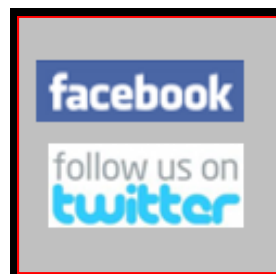


Hello Team Right Now!

I hope May is treating everyone well. I am still cranking through the Insanity ASYLUM challenge. Many of these routines are skill-based. Slowly but surely after 2 or 3 times through them, I can feel myself improving. I can feel the moves coming easier. I can feel my feet moving a little quicker.

Shaun T forces you to really dig deep on these workouts, but you thank him when you can see improvement. Success is the ultimate motivator!

This week has started my focus on demystifying supplements. This was very new to me prior to starting P90X. However, ignorance is eliminated with education and research. So I plan on covering a few more top supplements this week and then wrapping it all up with a video. I hope you find these useful, as this is a common question I get in emails, especially with regards to supplements like Creatine.



Have a great week all!

Coach Mike



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



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!



Post-Workout Recovery Drink

May 14, 2011 - Another day. Another Supplement. Yes, this is the week of Supplements. Today, we are talking about Post-Workout Recovery Drinks. I have done a comprehensive review of the P90X Results & Recovery Drink, so please refer back to that [HERE](#). However, what I wanted to...

Vitamins

May 13, 2011 - Continuing on with our supplement blogs, I want to cover Vitamins today. First, a quick primer on the different types of vitamins. Second, I will talk about B-Complex, C, and D in more depth. Finally, I'll end with a discussion on vitamin supplements. There is so much to...



L-Glutamine Powder

May 12, 2011 - When I first started P90x, the only supplement I had ever taken was a multivitamin. The use of supplements was completely foreign to me. Are these drugs? Are they safe? What do I use them for? I would look inside a GNC and have no clue what any of this stuff was. I will...

Creatine

May 11, 2011 - When I first started P90x, the only supplement I had ever taken was a multivitamin. The use of supplements was completely foreign to me. Are these drugs? Are they safe? What do I use them for? I would look inside a GNC and have no clue what any of this stuff was. I will be...



Motivation

May 10, 2011 - I am going to take a break today and let Tony and Shaun T do the talking. How do these guys stay motivated? And what advice can they give us to stay motivated? Click on their pictures below to find...

Excuses

May 9, 2011 - Ah, Excuses. We all have them. We have lists that unscroll and hit the floor. It reminds of a classic scene from the Blues Brothers where Jake is trying to explain why he missed his wedding day. "Locusts!" Hilarious! Well, Jake was able to talk himself out of...



Final Motivation

"Some men give up their designs when they have almost reached the goal; while others, on the contrary, obtain a victory by exerting, at the last moment, more vigorous efforts than before." - Polybius

It is the last 5 yards that differentiates those who are successful vs. not. Unfortunately, many times we aren't sure how long the field is. It is critical to stay on the path and keep pushing forward. So many of us stop when we were so close to the finish line. I know "head trash" can enter into our minds with its negative self-talk. But we must stay vigilant. Stay true to yourself. Remember what your goal is. And believe in yourself and refuse to give up. We are all stronger than we give ourselves credit for.

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!

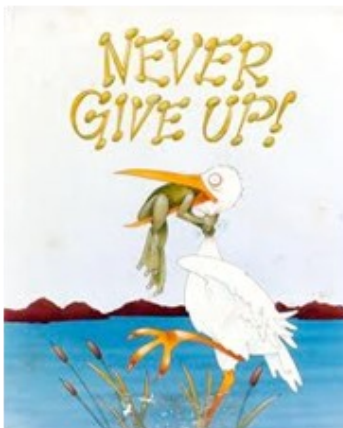
Mike Roberts

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Hey TRN Coaches,

Happy Birthday Beachbody

Beachbody is celebrating its 12th year. For those who are new to the company, they have been around a long time with Carl Daikler and Jon Congdon founding the company. The picture is both of them in 1999.



Coach's National Call

In this week's call, Taryn Perry talked about how "Virtual Home Parties" drove her business. She did not have time to do a lot of face-to-face meetings and host a big party. Hosting Virtual Home Parties along with social media have been able to really drive her business forward.



May - Shake N Share Promotion

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

To celebrate Shakeology's 2nd Birthday, The Shake n' Share promotion has been extended through May. All you need to do is register and you get 3 free gifts. Just click on the website above for more information.

