

Volume 1

Issue 17

June 5, 2011



Keep Bringing It!

Hello Team Right Now!



It is officially June, which now marks my 18 month anniversary since I first pressed play on P90X, Disc 1 - Chest & Back. What an amazing journey this has been. My goal was to finish 90 days. I had no idea what was going to come after that. In the early days of a progra, short-term focus is the key to success as longer range goals just seem to intimidating. There were days (and still are) where my focus was to finish the next exercise. The next 30 seconds. Whatever it is. The key is to keep showing up!

I finished my first week of triathalon training this week. I have not done a long bike ride in 17-18 years. I have not swam laps in probably 4 years. Both of those workouts went great last week. These programs continue to prove to me that whatever activity you want to do, these workouts will provide you an unbelievabale foundation. I have included my triathalon training and nutrition plan in one of my posts last week.

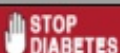
I hope this is a great week for everyone. Summer is here in Chicago so it has been great to get outside. I hope the sun is around more often where you are as well.

Coach Mike

TEAM
BEACHBODY
Decide. Commit. Succeed.®

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



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. <http://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!

The Latest on Tony!



May 30, 2011 - Tony Horton joined the coach's call on May 23, 2011 and I want to share what he had to say. I have also put a link the full call below. Feel free to download the MP3 and listen for yourself! What has Tony been up to? As you can imagine, Tony is a very busy guy. He...

UBX Review (1-on-1, Vol3)

May 31, 2011 - The ASYLUM CHALLENGE has kept me away from (2) new 1-on-1 discs that I have been itching to tryout. Now that the ASYLUM RESULTS are in, we are moving onto our next training block where I have made UBX my very first workout. You can read my full One on



Beachbody in the News



June 1, 2011 - There is barely a week that goes by when Beachbody isn't mentioned in the media so I want to share some articles and videos over the past months. Many people are very skeptical about anything that is advertised in an infomercial. And frankly, they have a right to be....

My 30s Asylum Sizzle Reel

June 2, 2011 - Now that the ASYLUM CHALLENGE is complete, teamRIPPED needs to vote on 10 people to best represent us in a video submission to ShaunT. It is this video along with Team Xcellent Fitness' video that will determine the winner of the challenge. Each of us who...



Triathlon Training and Nutrition Plan



June 2, 2011 - Now that the ASYLUM CHALLENGE is complete, teamRIPPED needs to vote on 10 people to best represent us in a video submission to ShaunT. It is this video along with Team Xcellent Fitness' video that will determine the winner of the challenge. Each of us who...

Baseline Food Plan

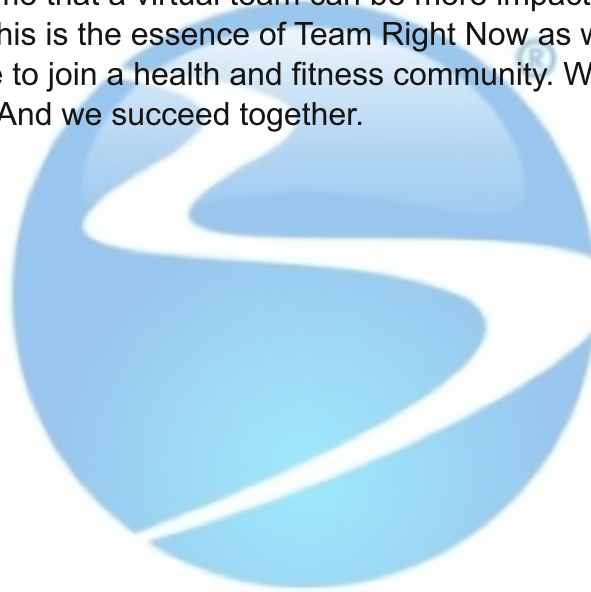
June 4, 2011 - It is December 2009 and I remember getting P90X in the mail and being so pumped about starting. I remember thumbing through the nutrition guide and being completely overwhelmed. - Who has time to make all these meals? - How am I going to find to eat 5 times a day? - Where..



Final Motivation

As I went through the Asylum Challenge with many others, we communicated with each other in a closed Facebook page. We really developed some great relationships. People shared their struggles, their successes, and we always cheered each other on. We didn't know each other. We all have different lives, different lifestyles, different everything. But we had one thing in common. We were all determined to do our best for 30 days in the Asylum. As the results came in and before and afters were posted we all congratulated each other.

It continued to prove to me that a virtual team can be more impactful and motivating than your friend next door. This is the essence of Team Right Now as well. We create a positive place for people to join a health and fitness community. We cheer each other on. We help each other up. And we succeed together.



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

Independent Beachbody Coach

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National Coach's Call

May 30, 2011 - Coach (and U.S. Army Captain) Mike Mullaly explained how coaching changed his life, and why the Business Opportunity can provide an important morale boost for our troops. The call was recorded from his base overseas. Mark Briggs (of P90X Plus fame) interviewed him. Definite inspiration!



Promote Your Fit Club!

A new widget is on the Team Beachbody® home page—and it's a Fit Club Finder! It's called "Find a LIVE Fit Club!" and changes the game for you and your business—but only if you're hosting a Fit Club.

The Gist

Starting now, all Team Beachbody visitors—including customers, Club members, Coaches, and more—can easily find your local LIVE Fit Club by using the new widget! That means literally thousands of Team Beachbody visitors now have the ability to search out and discover your Fit Club events. Every day! So the more you submit, the better chance you'll have at getting discovered and driving attendance.



2011 National Summit

The National Coach Summit is at its capacity of 2,500 people, but Coach Mike will be there to represent Team Right Now! I will be out in L.A. from June 16-19. Check my blog for updates right from Summit!



National Super Saturday Event - Part III

The next Super Saturday Event has been set. June 25 is the date! It is gonna be fully loaded with complete Summit coverage, new product, promotion, and training materials, good people, good times, and local workouts. It'll be like the day the earth stood still—for Team Beachbody®!

