



Keep Bringing It!



Hello Team Right Now!

My blogs were a little light this week as I was in Toronto for work and for whatever reason I could not get my computer hooked up to the hotel's internet. Tried everything. Really strange.

For those of you doing the P90X Challenge, I hope you find the Facebook group useful. There are so many great people (close to 300) going through P90X, many for the first time. My favorite quote from a newbie was "Day 1...I threw up!" LOL! Please do not push yourself to the point of throwing up. :)

I have been doing a lot of reading and research on nutrition. Education is power and allows us to form our own opinions based on knowledge and our own deductions. (Can you tell I am an engineer?) The more I read and study, the more I realize that everything comes back to nutrition. Whether it is improving our fitness, improving our health, or improving our quality of life. It all comes back to what you put in your mouth. I am taking some more steps in my food journey. Everything is leading me to a whole foods, plant-based diet. I will be posting a lot about this topic in the coming weeks so you can decide for yourself. I will also be telling the team how my new diet has been working for me.

Keep the questions coming team. I am here to help you achieve your goals and to Bring It!

Have a great week.

- Coach Mike

TEAM
BEACHBODY
Decide. Commit. Succeed.®



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



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



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!

Lethargy

October 2, 2011 - I had the privilege of being on a call with Beachbody CEO Carl Daikeler this week. It was a small group of people and we had the opportunity to write in questions. I really liked Carl's answer to one of my questions and wanted to expand on it. Here was my...



Warrior Dash Surprise



September 27, 2011 - Well this weekend is one for the books. It was one of those rare times that will forever be embedded in my memory. This all started way back during the Asylum Challenge in April. Around 100 of us joined the challenge and a Facebook Group was born. If you remember,...

Like-Minded People

September 26, 2011 - One of the natural highs that I experience in my life is being around like-minded people. These are people who have similar beliefs, similar experiences, similar goals, similar dispositions, etc. It doesn't mean they are identical to you. It simply means



Food Revolution



September 22, 2011 - I have really enjoyed Jamie Oliver's Revolution and decided to write a review on each of the episodes. For my previous reviews, see the links below. - Episode 1 review, click [HERE](#). - Episode 2 review, click [HERE](#). - Episode 3 review, click [HERE](#) Well like all...

Final Motivation



In my opening letter, I said do not push yourself until you throw up! This seems like common sense, but it can be hard to find the "line". We should not push ourselves to the point of injury, but most of us stop well short of when we should. We feel that lactic acid building up and we stop.

Exercising and getting fit is so much more than going through the motions. It is about testing ourselves. It is about pushing ourselves and building our confidence up a little at a time. When Shaun T says that we need to "Dig Deeper", he is talking about getting to that place where our mind needs to conquer our body. That place where our body wants to stop, but we push ourselves to do things we never thought we could. I never thought I could do the things I do today back on Day 1 of P90X. And it doesn't come easy. And it doesn't come without sacrifice and hard work. But when you reach your goal, you'll look forward to setting that next goal to push yourself to dig even deeper!

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
TeamRightNow.com

This email was sent by an Independent Beachbody Coach, and its contents do not necessarily state or reflect Beachbody's opinions, attitudes, or policies. If you would like to report any abuse concerning this message, please contact coachrelations@teambeachbody.com for assistance.

If you do not wish to receive further emails from this Independent Beachbody Coach, please send an email to <mailto:TeamRightNow@gmail.com>

Sept. 19 Coach's Call

Have you ever considered what life would be like without your Beachbody® family? What if you hadn't helped transform any lives? What if you had NEVER become a Coach?

Think about it—what if what wakes you up feeling proud every morning never happened? Tune in this Monday to hear about Cis Balmert's roller coaster ride—the story of a Coach who had a slow start, then went from utterly discouraged to almost making the biggest mistake of his life.

Find out what Chris' Upline Coach said that inspired him to re-evaluate his life. AND hear how those words catapulted Chris' business to monthly Success Club achievements, 2 Star Diamond status, and a downline of over 250 Coaches!

WHAT ELSE CHRIS CAN'T WAIT TO TELL YOU:

- * What happens when you lose sight of your Why
- * The worst mistakes a NEW Coach can make
- * How to STOP a Coach from canceling

****EXTRA SPECIAL GUEST, JOHN AMATT!****

Professional mountaineer and motivational speaker John Amatt shares his thoughts on overcoming challenges and discovering your own potential.

2012 National Summit



The 2012 Summit was announced this week. It will be held at the MGM Grand in Las Vegas on June 22-24! They want to ensure that every single coach that wants to attend can attend. This year had a HUGE waiting list and it is disappointing to not be able to accommodate people. Within 24 hours, the 2012 Summit had enrolled 2500 people, the same amount that had attended this



Jeff Hill, Sr. VP of Sales



Carl Daikeler, CEO



Beachbody Corporate HQ
Santa Monica, CA

All-New Coach Training Academy

Welcome to the
Coach Training
Academy



Whether you're a new Coach or a seasoned leader, the Coach Training Academy has the tools you need to launch, grow, and sustain a thriving business. Your virtual classroom contains comprehensive, interactive training specifically designed to set you on the path to success! And the best part is, the Coach Training Academy is available 24 hours a day, 7 days a week—so you can get the training you need, when it's convenient for you!

Filled with insight, explanations, examples, suggested scripts, and motivation, these training courses will make a significant impact on your business. Invest the time, see

