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If your goal is weight loss with 2B, we recommend that you focus on the 2B mindset principles first and foremost to begin understanding your best foods and eating plan for your optimal weight loss, positive mindset, and overall health. And whenever you are ready to add exercise, you are absolutely encouraged to do so.

Just because you are exercising, it doesn't mean you have to eat more food. You should really only adjust things when you *need* to, so always listen to your body. Here are some keys signs:

- You can't make it through your workouts.
- Your performance is decreasing over the course of your fitness program.
- You're tired and listless all the time.
- You can't sleep.
- You're dizzy and can't concentrate.
- You're sore all the time (even after taking a few days off).

The level of your workout is also a good indicator of whether you should consider adjusting your eating. Beachbody on Demand rates our programs by Fitness Level (that little graphic that looks like cell phone bars), so use those.



Beginner

Beginner Programs should work with 2B Mindset *without adjustment or modification*. If you are new to losing weight the 2B Mindset way, we recommend starting with these lower impact workouts that are fun, effective, and enjoyable. A few examples include:

- YOUv2
- 3-Week Yoga Retreat
- Double Time
- Country Heat
- Hip-Hop Abs



Intermediate

Intermediate Programs *may require some modification*. A few examples include:

- T-25
- PiYo
- 22 Minute Hard Corps
- P90



Intermediate/
Advanced



Advanced

Intermediate/Advanced and Advanced Programs *may require one or more modifications*.

A few examples include:

- Core de Force
- P90X3
- Insanity

These intermediate and advanced programs dial up the intensity so you may need to adjust your food intake. Here are some things you can try. If you make any of these changes, **try them one at a time** and be sure to keep tracking, so you can see how they impact your results.

- Water first! There's plenty of research out there showing that hydration can have a direct impact on performance. For longer exercise sessions, try sipping Beachbody Performance Hydrate during your workout.
- If you weren't previously having a snack, it might be time to start. Go for a balance of protein and carbs (including fiber) like you'll find in Shakeology and BEACHBAR. You can also try adding a second snack in the afternoon for more advanced workouts.
- Don't forget about the More? Sure! Model. It's a great way to get some extra food in a smart way.
- If you're running out of steam during your workouts, try starting with Beachbody Performance Energize. If that's not enough, try an FFC like a small piece of fruit within the hour before exercise.
- Drink Beachbody Performance Recover within 30 minutes after your workout to get protein to your muscles quickly to help jumpstart the recovery process.*
- Drink Beachbody Performance Recharge before bed to help aid muscle recovery through the night.*

Again, if you're adding extra food and supplements, make sure to track them to see if they're working to your advantage.

Some Beachbody programs offer very specific results and feature nutrition plans where eating is tied to performance and specific goals. These include:

- 21 Day Fix
- Shift Shop
- 80 Day Obsession
- Body Beast

For the most part, if you're focused on those results, we recommend you stick to those nutrition plans, but if you're committed to 2B, that doesn't mean you shouldn't do them. The recommended modifications above should work fine! (The one exception might be Body Beast if you're trying to put on muscle and gain weight. If that's the case, stick to the Body Beast Nutrition Plan.)

And you can always ask our team of registered dietitians, certified trainers, and other experts at www.beachbodyexpertadvice.com.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**