

2B MINDSET AND EXERCISE



Be sure to watch the corresponding video for more information!

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

And 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 key 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 feeling spacy and you 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 (the graphic that looks like cellphone bars), so you can use that.



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:

- Barre Blend
- 3 Week Yoga Retreat
- YOUv2
- PiYo
- LET'S GET UP!
- P90



Intermediate

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

- 30 Day Breakaway
- 9 Week Control Freak
- #mbf
- 10 Rounds
- Morning Meltdown 100
- LIIFT4



Advanced

Advanced Programs may require one or more modifications. A few examples include:

- 6 Weeks of THE WORK
- #mbfa
- Transform :20
- P90X3
- INSANITY
- CORE DE FORCE

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.

Modifications:

- 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 eating 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 snack bars. You can also try adding a second snack in the afternoon if you're doing 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 jump-start the recovery process.*
- Drink Beachbody Performance Recharge before bed or between meals to help aid muscle recovery.*

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 and 21 Day Fix EXTREME
- SHIFT SHOP
- 80 Day Obsession
- Body Beast

For the most part, if you're focused on those results, we recommend sticking to those nutrition plans, but if you're committed to 2B Mindset, 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.)

*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.