

# GETTING *Started*



MINDSET™



# Welcome TO THE 2B MINDSET™

Hi there. I'm Ilana Muhlstein, co-creator of the 2B Mindset, and I'm so excited for you to get started! This is a weight-loss program, so yes, we're going to talk about food, because ***I love food and love to eat lots of it!*** But as you'll soon see, the 2B Mindset isn't *only* about the food, it's about creating an incredibly powerful mindset that will allow you to lose weight happily and keep it off for good.

I am not going to prescribe a precise meal plan for you (because I wouldn't want to follow one either!), or focus on foods you should cut out. Instead, I want you to focus on everything you CAN have, so you're the one in control. This is your life and you deserve to be living it the way you want. You'll still fully enjoy parties, eating out with friends, and eating the foods you love (chocolate, anyone?). Yes, it is *all* possible.

I've lost 100 lbs. and learned throughout my journey that it was my mindset that needed a shift. Along the way, I've created simple guiding principles, tips, tools, and strategies that I—and hundreds of my clients—have used to lose the weight and keep it off. I am so excited to share them with you! Everything about the 2B Mindset is sensible and—best of all—it's sustainable, so you'll not only know how to lose the weight, you'll discover how to keep it off.

I'm happy and grateful to have this opportunity to support you in reaching your goals. So let's leave the past behind us and focus on everything you want 2B.

I always say, "***You've got one body—might as well make it rock!***" We're going to rock this together!

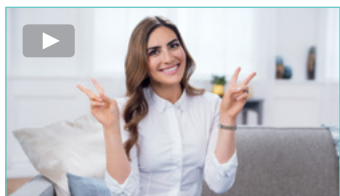


**Ilana Muhlstein, MS, RDN**  
Registered Dietitian Nutritionist

# HERE ARE ALL THE *Tools* YOU GET:

## 1. THE VIDEOS

No need to read lengthy diet books. We've created a video-based series in which Ilana teaches you the program, step-by-step. Watch the videos by logging in to 2BMindset.com or the app so you can tap into the 2B Mindset whenever or wherever. We've even included simple recipe videos that will make it easy for you to whip up tasty "Plate It!" meals effortlessly.



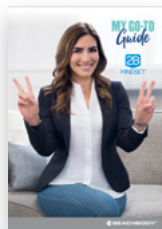
## 2. WATER BOTTLE

You'll soon be saying "Water First!" just like Ilana. She wants you to drink lots of water throughout the day! That's why we're including an exclusive 2B Mindset 30 fl. oz. / 888 mL water bottle, with motivational reminders to keep you on track all day.



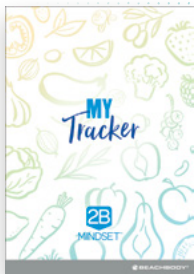
## 3. MY GO-TO GUIDE

We've created an easy-to-reach-for companion guide to make sure you always have the 2B Mindset key principles right at your fingertips.



## 4. MY TRACKER

One convenient place to track each day's weight, water, and food intake, plus helpful planning pages that make it simple to fit the 2B Mindset into your daily life! You may not think that tracking is for you, but it's extremely important in reaching your weight-loss goals. It takes just a few minutes each day—and we promise it will be well worth your time! You'll learn what a "weight-loss day" looks like so you can keep your mindset—and your weight loss—on track. You can also track in the app.



## 5. THE APP

This is your go-to place to access the entire 2B Mindset program:

- Watch the videos
- Preview the downloadable and printable tools and resources
- Track your water, weight, Shakeology®, and daily food intake
- 24/7 access to the 2B Mindset community

To download, go to the app store on your mobile phone and search for "Beachbody Nutrition+"



## 6. YOUR OWN PERSONAL COACH AND COMMUNITY SUPPORT

Surround yourself with the support of like-minded people by staying connected with your Team Beachbody® Coach and the rest of the 2B Mindset community!

Contact your Coach through the My Account section of TeamBeachbody.com. Join the 2B Mindset community via the app or at 2BMindset.com. Other questions? Reach out to our registered dietitians, certified trainers, and other experts at [BeachbodyExpertAdvice.com](https://www.beachbody.com/BeachbodyExpertAdvice).

# ARE YOU READY?

*let's do this!*

STEP

1

**Before you get started, get a scale!**

Weigh in, take your **"before"** photos and measurements, and track your weight in your tracker book or in the app.



STEP

2

**Start watching the videos!**

We know you can't wait to get started. So whether you'll be watching your 2B Mindset videos on the app or on your desktop at [2BMindset.com](http://2BMindset.com), please watch the videos in order. Feel free to watch at your own pace...even binge-watch the whole collection if that's what works for you!

STEP

3

**Use the Go-To Guide to help keep the key principles fresh in your mindset and start tracking in My Tracker.**

# SHAKEOLOGY IS A GREAT WAY *to help reach your goals*

When choosing something to eat, I always go "Water First" and "Veggies Most," but I also drink Shakeology every day as part of my breakfast because it's perfectly formulated to give me the energy I need to make it through my busy day. Plus, it's packed with amazing superfoods, digestive enzymes, prebiotics, probiotics, fiber (like you find in FFCs), antioxidants, protein, and healthy phytonutrients, perfectly formulated to help nourish and recharge your body.\*

To learn more about Shakeology, ask your Team Beachbody Coach or go to [Shakeology.com](https://www.shakeology.com) to order yours today.



\*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.

# JUST LOOK AT THE RESULTS



BEFORE



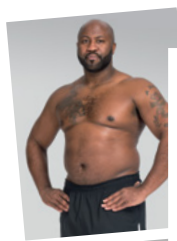
AFTER<sup>1</sup>

Lakmini B.  
**LOST 73 POUNDS**

<sup>1</sup>Results vary depending on starting point and effort.

**“NOT ONLY AM I 73 POUNDS LIGHTER, BUT I FEEL LIKE I CAN TAKE ON THE WORLD.”**

I’ve never felt so vital or content. Because Ilana understands we are all different, I learned so much about myself on this program—not just which foods aid in weight loss—but about trusting myself, learning not to emotionally eat, recognizing signs of true hunger, and learning what it is to be satisfied. With the 2B Mindset, you’ll actually enjoy weight loss.”



BEFORE



AFTER<sup>1</sup>

Nathaniel G.  
**LOST 35 POUNDS**

<sup>1</sup>Results vary depending on starting point and effort.

**“I’VE NEVER LOST 35 POUNDS BEFORE. THIS IS THE FIRST TIME I DON’T FEEL HUNGRY AND I DON’T FEEL STARVED.”**

The things I craved before, I no longer do...I eat more in volume and variety than I did before. I don’t consider the 2B Mindset a diet, I consider it a lifestyle change—and it’s made the hugest change in my life. I feel fantastic and I want to maintain the way I feel. With the 2B Mindset I have all the tools in my possession.”

# READY TO ADD EXERCISE?

*Let's get moving*



With the 2B Mindset, exercise is not required—it's simply "extra credit"! But once you start losing weight and feeling great, you'll want to exercise because it makes you feel even better! Not only does it release "feel-good" chemicals in your brain called endorphins, but it's a positive way to channel stress. And it's really good for you!

**Interested in a Beachbody® On Demand fitness membership?**

**Talk to your Team Beachbody Coach or go to [BeachbodyOnDemand.com](http://BeachbodyOnDemand.com) to sign up.**

Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, or using any supplement or meal replacement product, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.

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