



mes  
de más!™

QUICKSTART

# Welcome to **Mes de Más!**

I'm so excited you're starting a month that incorporates more of what your body needs every day so you can enjoy more energy and more weight-loss results—and live a more fulfilling life.

Fitness has always been an immensely important part of my life—from my days as a competitive athlete to my current role as a fitness expert and trainer. But I never realized how important it was to make daily healthy habits a priority until I struggled with my busy life as a mom. I had to learn how to get more movement, more rest, and more nutritious foods into my daily routine, so I could live the way I wanted—feeling confident and strong, inside and out.

That's what Mes de Más™ is all about... moving more, sleeping more, eating more nutritious foods, drinking more water—all so you can lose weight, look great, and feel even better! ¡Vamos!

*Idalis Velazquez*

## WHAT TO EXPECT

### 6 types of workouts, 6 days a week

- ✦ No two workouts are the same and every day has a different focus: cardio, agility, upper-body resistance, lower-body resistance, total-body resistance, or mobility.
- ✦ There's a modification option for every workout, so don't worry if you're new to fitness. Want a challenge? Take it up a notch by adding the Beachbody® PT Sandbag to intensify each move. We even add a little “más” to the moves each week, so you can keep getting results as you progress.
- ✦ All workouts are 30 minutes or less, so you can get moving and get on with your day. Sunday is your day to rest and recover.

### Nutrition is key

- ✦ When you start with a solid nutritional foundation, it helps your whole day follow suit. Shakeology™ is a delicious shake carefully crafted with a nutritionally balanced blend of potent ingredients to nourish the complex needs of your body. So you'll not only look and feel better, you'll have what it takes to help you make the lasting change you're looking for.\*
- ✦ Our simple eating plan makes meal planning a breeze by telling you exactly what types of foods to eat and how much.
- ✦ The Mes de Más Recipe Collection on Beachbody On Demand gives you a wide range of easy-to-make recipes, including healthier versions of classic Latin American dishes.

**For extra tips and Mes de Más motivation, check out the weekly chat with Idalis and the cast on [BeachbodyOnDemand.com](https://www.beachbodyondemand.com).**



# WHAT YOU NEED

## MES DE MÁS ESSENTIALS

### Beachbody Yoga Mat

You'll use the mat for every workout in three different ways:

- ✦ Laid out on the floor for comfort and support
- ✦ Used as a target for hand- and footwork during agility routines
- ✦ Rolled up as a resistance tool for total-body workouts



### Mes de Más Tracker

This is your all-in-one nutritional reference and daily tracking tool. Each day, you'll keep track of your workout, meals, Shakeology, water, and rest—we even include handy lists of Mes de Más-approved foods.



### Calendar

Every day is a different workout, so make sure you're following the program as Idalis designed it. Keep the calendar where you'll see it—that way, you'll stay motivated the whole month.



### Shakeology

Shakeology is a super-easy way to make sure you're getting more of the nutrients you need to get the most from Mes de Más. Have it with your breakfast—or anytime throughout your daily routine—to set your nutritional foundation for the day. One scoop is equal to 1 ■ Protein (Red) in your Mes de Más Eating Plan.

## MORE TOOLS FOR MORE RESULTS

### Beachbody Portion-Control Containers

Take the guesswork out of meal planning and prepping with 7 color-coded containers that help you portion out exactly the right amount of food.



### 3-Day Refresh®

Kick-start your results by doing the 3-Day Refresh before you begin the program. It's a simple clean eating program to help you jump-start your weight-loss efforts and break the cycle of bad eating habits.\*



### Beachbody Performance™ Energize

Each workout is designed to be short and effective—Beachbody Performance Energize helps you push a little harder and get the most out of every minute.\*



### BEACHBAR®

Stay on track between meals with a nutritious on-the-go treat. BEACHBAR snack bars are equal to ½ ■ Protein (Red), ½ ■ Carbohydrate (Yellow), and 1 ■ Oils & Nut Butters (tsp.) in your Mes de Más Eating Plan.



### Beachbody PT Sandbag

Intensify every workout with added resistance to accelerate your results. The PT Sandbag can hold between 10 to 22 pounds of sand—so find the weight that's right for you and ¡dale duro!



All products, flavors, and configurations may not be available in your market.

To learn more, contact your Team Beachbody® Coach or visit [TeamBeachbody.com](http://TeamBeachbody.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.

# NEXT STEPS:

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- 1 Join your Challenge Group and download the My Challenge Tracker app**  
Contact your Team Beachbody Coach to find out when your Challenge Group kicks off, then download the My Challenge Tracker app—available on both iOS and Android—to stay motivated, accountable, and connected throughout your Challenge Group.
- 2 Log on to Beachbody On Demand**  
Visit [BeachbodyOnDemand.com](http://BeachbodyOnDemand.com) to set up your account and check out the Mes de Más Workout Lists section to get started with Quickstart and Nutrition Tips videos.
- 3 Track your progress with the Mes de Más Tracker**  
Your Mes de Más Tracker is designed to keep you on track and has all the nutritional information you need to get great results! Look up your Eating Plan, get familiar with the food lists, and start logging your key activities each day—your workout, nutrition, sleep, Shakeology, and water intake.
- 4 Take your “before” photos**  
Don’t skip this crucial step! Take your “before” photos, weight, and measurements prior to starting Mes de Más and add them to your Mes de Más Tracker and to the My Challenge Tracker app if you’re in a Challenge Group.
- 5 Keep your nutrition on track with 3-Day Refresh and Shakeology**  
Jump-start your weight-loss efforts with 3-Day Refresh before you begin Mes de Más and make sure you build a solid nutritional foundation by drinking Shakeology every day. It’s the easiest way to give your body more of the nutrients it needs and—when combined with your supereffective workouts—can help you get even more results.
- 6 You’re ready for Day 1 of Mes de Más**  
Clear your workout area of clutter and get ready to log all your information for Day 1. And don’t forget to stay engaged with your Coach and fellow Challengers so everyone can get the most out of Mes de Más!

Consult your physician and follow all safety instructions before beginning this exercise program and nutrition plan. IOS is a registered trademark of Cisco in the US and other countries and is used under license. Android is a trademark of Google LLC.

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