

With Country Heat, Autumn Calabrese brings fitness and fun together in one exciting country dance-inspired workout that's simple, effective, and such a blast, you'll be dancing off the pounds before you know it. Here are key points to keep in mind when talking about Country Heat with existing customers and new prospects.

What is Country Heat?

- Super Trainer and professionally trained dancer Autumn Calabrese brings you a high-energy, low-impact, country dance-inspired workout that's so simple anyone can do it, and so much fun you'll barely notice you're dropping pounds while getting a great total-body workout.
- An easy-to-follow, 30-day fitness program that combines 5 high-energy, cardio-based dance workouts, 1 dance conditioning workout, and the portion-control Eating Plan to help maximize weight loss and achieve a toned, tightened body in just 30 minutes a day.
- All Country Heat songs are set to the hottest country music, with songs that you've probably heard on the radio. Not only did Autumn pick these songs for their popularity, she specifically matched her moves to the faster and slower beats to create the perfect interval training within each routine. The result? A fired-up metabolism that burns maximum calories and fat!

Who is the target audience?

- Anyone of any size, age, and fitness level who wants to start a fitness program.
- Those who have tried and failed at complicated diet/exercise programs.
- People who want to lose weight and are looking for results in 30 days.
- People who like Zumba workouts.
- People who like country music.
- People who generally don't like to exercise or who want a lifestyle change, but aren't sure where to begin.
- People who like to dance but are intimidated by complicated choreography they have to memorize.
- Any 21 Day Fix® customer who wants to continue to lose weight with a low-impact cardio program.
- Fans of Autumn Calabrese and other Beachbody® dance workouts like CIZE® and Hip Hop Abs®.

What are the unique benefits?

- It's a fun, easy-to-follow dance workout that ANYONE can do—in just 30 minutes a day! You'll have so much fun dancing to the hottest country hits you'll barely notice you're dropping pounds and getting a great total-body workout.
- The program includes 5 cardio-based dance workouts and 1 dance conditioning workout that will burn major calories and shape, tone, and tighten your entire body—in just 30 days.
- Diets don't work when you feel deprived! So Autumn is including her foolproof, portion-control containers to help you lose weight while still enjoying your favorite foods. No calorie counting, special foods, or eating at home all the time.
- Autumn's easy-to-use Eating Plan shows you how to use your portion-control containers to create easy, delicious recipes—with foods you love—in just the right portions to reach your weight-loss goals.

How is this program different from CIZE?

- With Country Heat, Autumn Calabrese teaches you two steps at a time, and then you move on to the next two steps. You don't repeat steps or memorize a routine. While CIZE builds on previous moves to reach a final choreographed routine, with Country Heat you simply follow along. And the amazing country music is sure to get your blood pumping as you sing along to the hottest chart-toppers!

What's included?

- **6 workouts**
 - 5 dance workouts, each with a step-by-step breakdown of all the moves
 - 1 dance conditioning workout
- **A set of 7 color-coded, portion-control containers and a Shakeology® shaker cup** to help you keep your nutrition on track and your weight-loss goals in check.
- **Country Heat Eating Plan** provides a wide range of simple-to-make recipes and shows you how to portion out your meals to help you achieve safe, sustainable weight loss. And we included new Country Heat Healthy Comfort Food recipes.
- **Quickstart Guide** gives you an easy 3-step way to get started and get dancing.
- **30-Day Calendar** shows you exactly which workout to do from Day 1 to Day 30.

PLUS BONUS WORKOUT

- **Night Crawl Line Dance:** Choreographed by Autumn Calabrese, this original line dance kicks the fun up a notch with moves you can use on the dance floor! Includes original music composed by Jo Dee Messina—exclusively for Autumn and Country Heat.

Can I stream Country Heat workouts?

- Yes! If you are a Beachbody® On Demand member, you can stream Country Heat and hundreds of Beachbody workouts. Access Beachbody On Demand via any TV, desktop, laptop, tablet, or mobile device—wherever you have an internet connection.