



Read All Information Before Use. Your Safety is Our Utmost Number One Priority.

## Message From me to You.



-Jeremy Smith, Owner

Hi, I'm Jeremy Smith, owner of Body Elite Personalized Training. I hope you and your loved ones are all staying safe and healthy. If you have COVID-19, please know that you are in my thoughts. As more employees, educators, and students work remotely, I want to do my part to give back to the community that's supported me over the years. I created **Body Elite's Social Distancing Recovery Kit** to **bring back HOPE**. To re-establish a sense of certainty during these uncertain times, to begin the process of **moving upward** and **forward from this pandemic experience**, to only give it the power over us to **grow** from it, to become **stronger** from it, **healthier** from it, and become- - all the **wiser from it**.

**Together we Can Make a Difference!**

**-PROJECT HOPE-**  
**(Helping Other People Excel)**



## A Little Bit About Us

Body Elite is a Health & Fitness Solutions Providing Company offering for over 20 yrs., in the greater Akron/Cleveland, OH areas, In-Home and now Online Personalized Training. We are not about creating ***"awesome fat burning workouts"*** and ***"amazing weight loss plans"*** for people to get their bodies in great shape, **although we do that well**. Body Elite is about something more.

## **Mission Statement**

**It's Been My Life's journey and passion that's driven me to create Body Elite and why I'm so compelled to share it with others. Body Elite's core value is that having a healthy and fit body paired with an extraordinary mindset can create a synergistic effect. Enhancing life's pleasurable moments and giving one the inner strength of confidence and determination to conquer and grow from life's challenges, in and out of the gym, better quality lives through healthier lifestyle choices. Achieving lives worthy of being called- - Extraordinary Lives!**

**Extraordinary Mindset, Extraordinary Body- - Extraordinary Life!**

**Jeremy Smith, Owner  
&**

**Your Health & Fitness Solutions Provider  
to a Better You!**



### **I am Not your Traditional Trainer**

Having the right strategy for nutrition and exercise is indeed essential for actual change to occur **80%** is **psychology**, and **20%** is **mechanics**, and without the right psychology, one will continue to experience the never-ending search for the elusive "Perfect workout," and "Miraculous diet," and or "Magic pill" resulting in **lost time**, **wasted money**, and ultimately- - **FAILURE!**

### Did you Know?

Ninety-Eight percent of the people who do the latest trendy exercise program and or diet, in less than a year, FAIL and sadly become FATTER. Unfortunately, it's for the same reason why we are currently facing the challenge of this Pandemic Event. You may be asking yourself. **HOW???**

Here's a clue...It' a 4 letter **"F"** word...



**Our solution** to end the vicious cycle of mistaken movement for achievement, our **Life Peak Performance Coaching**. All our programs encompass life coaching strategies and techniques to help you resolve inner conflicts to break through limiting belief structures to overcome real-world psychological barriers that we all are facing with this pandemic event. **We will show you how to USE FEAR to unlock and unleash your full potential** to develop the right mindset, the driving force **for lifelong sustainable success**.

**That old' saying "You believe it... you achieve it!"  
pure- - and yet so very real.**



## Creating an Extraordinary Mindset

# 3 STEPS TO ACHIEVE LIFELONG SUSTAINABLE SUCCESS!

The following materials are from the  
RMTCenter of Robbins-Madanes Coaching.

Physiology & Posture

STATE

Language

Mental Focus

### STEP-1 (STATE) Motion Creates Emotion

All behaviors, including emotions, are made up of **three components working together**, the principle of **The Emotional Triad**.

**PHYSIOLOGY / POSTURE** is the **first component** of the Emotional



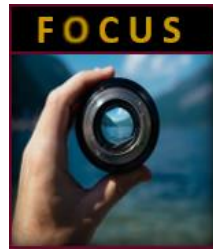
Triad and the most important one. Your Mental and Physical Health are interconnected. Studies show the **number one destroyer of an Immune System** is **STRESS**.

With regular exercise and proper nutrition, one can ease **Depression and Anxiety** by releasing feel-good endorphins

that can enhance your sense of well-being. Something we all can benefit from, so, in other words, our **physiology influences our psychology**. How you posture your body, or what you do with it physically can affect how you experience life by either creating a **POSITIVE STATE** or a **NEGATIVE STATE**. When you control your state you give yourself options, choices, the power is yours once more; however, on the flip side of the coin, you let your state control you, a **life of limitations, bad habits**, and **learned helplessness** will be your experience.



**MENTAL FOCUS / MEANING** is the **second component** of the Emotional



Triad. Make a conscious effort to change your focus by directing your thoughts on the **positive** and learning to apply [Constructive Meaning](#). By asking the simple question of “Is this happening to me- - or for me?”

You then make a mental shift from a victim to **Victor’s** type of mindset. Focus on where you want to go instead of what you **FEAR**, as **Tony Robbins** says, *“Where Focus Goes- - Energy Flows.”* **WE ARE ALL witnesses** to this each day of this Pandemic Experience and how effective or destructive this can be. Let [FEAR be your Counselor](#) instead of your driver and [LEARN TO USE FEAR](#) **instead of it using you.**

**LANGUAGE** is the **third component** of the Emotional Triad. The



questions we ask and [what we tell ourselves](#) will subconsciously direct our focus on how [we see ourselves](#), negatively or positively. So, be mindful of the internal dialogue you use. When facing a challenge, I will often ask myself the following question as a way to reinforce a positive mindset as well as fulfill my need for growth, *“How can I use this to make me **STRONGER?**”* By asking this, my brain will look for anything that supports that question, even when it is seemingly doubtful for a positive outcome. **Ask- - and you shall we receive, so- - Ask wisely!**

**“If human emotions largely result from thinking, then one may appreciably control one’s feelings by controlling one’s thoughts- or by changing the internalized sentences, or self-talk, with which one largely created the feeling in the first place.”**

**-Albert Ellis**



## STEP-2 (STORY)

### Change your Story- - Change Your Life!

We often start with the strategy, and this is the **WRONG** place to start with when it comes to making lifestyle changes. Without STATE and STORY, **STRATEGY ALONE** for lifelong sustainability in my experience **IS WORTHLESS**. For example, the strategy for being healthy and fit- - I'm gonna let you in on a little secret. If I, a simple bodybuilding farm boy from Indiana can do it, then it's not that complex. Yet, globally the Health and Fitness industry generates over a **Trillion Dollars in sales per year**, and as I stated earlier, **within a year 98% fail** and **75% of Americans** are **overweight**, **40% are obese**, and this isn't just a growing problem here in the state's other countries are quickly catching up.

It's **NOT** a **STRATEGY PROBLEM**. The real problem is, "Why are they NOT doing it?" It's because they have a **STORY**, and we all do this. Our weight struggles, financial struggles, and **even "catching a cold."** We have a story we tell ourselves to protect us from pain. It gives us a reason why it's not our fault or it's gonna be ok in the future, **but the story that protects you also imprisons you**. It keeps you from changing your life. So, to change your life you got to be **brutally honest** with yourself by **DIVORCING the LIMITING BELIEF STORY** that disempowers you. To then find and or construct a story that empowers and serves you. A **STORY THAT STRENGTHENS YOU**, a **STORY THAT PULLS YOU**



towards your goals, a **STORY THAT DRIVES YOU** beyond anything you have ever done. Change your Story- - Change your Life- - **A New Beginning!** Remember your STATE and STORY is the GPS to keeping you on track while on your journey, especially when facing **uncertainty**.



**“So, are you ready to write your next chapter of  
your life, your Story??**

**A Story of Resilience and Triumph...**

**A Victor's Tale!”**



### **STEP-3 (STRATEGY)**

**Get New Results with New Actions.**



A Strategy is a specific way to do something and get the result every time you use it. Like following a recipe to make a cake. Having the right strategy can save you decades and could change your life. This Exercise Rx's design is for those who are **New to a Health & Fitness**

**Lifestyle** to establish a foundation and can help maintain current fitness levels by those who **Already Work out**, with both benefitting from the immune system boosting tips and solutions offered.

**“Complexity is the KILLER to Execution!”**

**-Tony Robbins**

We created our  
programs with  
the **LOVE** of  
**KISS**.



Not that **KISS** - - KISS, the principle.

**(Keep It Short and Simple)**

## Creating an Extraordinary Body



I'm about working **SMARTER** not harder, hard work is, well hard! The **more complicated and harder workout program approach never works for lifelong sustainability.** Here is our Blueprint for Healthy Physique Transformation based on Science.

### Blueprint for Healthy Physique Transformation



The following is a priority-based list created as a tool to serve you by giving direction and focus, for the purpose to **apply your efforts on what's most important to ensure your likeliness for success.**

**80% Nutrition**  
Whether your goal is to lose fat, build lean muscle, improve Health and Wellness, or all the previously mentioned, it **Starts in the Kitchen.** Eat to let fat stores release and to aid in boosting immune system.

**20% Gym Work**

- Resistance Training: forces body to adapt by tearing down muscle and properly recovers with nutrition to nourish the body to become stronger and healthier
- Cardiovascular Training: Heart health and speeds up the body's ability to burn fat
- Stretching: aid in recovery as well as immune system booster

**Supplements**  
Key word **SUPPLEMENT**, an insurance policy to ensure adequate intake of vitamins and minerals are available for maximum recovery in and out of the gym.



## YOUR SOCIAL DISTANCING RECOVERY KIT

### Before you Begin your Fitness Journey...

At last, you are about to begin your Fitness Journey  
and **Congratulations to You!**

Some advice to help get through that first workout to your new lifestyle, a **New Beginning**. **Start conservatively and do what you are comfortable with, initially, to establish a base.** When finished, evaluate it, set small goals for the next time you work out to improve upon and apply the art of **CANEI**. (**Constant And Never-Ending Improvement**) Make progress by increasing your mind/body connection, increasing resistance by weight and or repetitions, and, most importantly, have fun with it!

**“Apply yourself every day to just becoming  
a little better.”**

**-Coach John Wooden**

**“Exercise to stimulate, not to annihilate. The  
world wasn't formed in a day, and neither  
were we. Set small goals and  
build upon them.”**

**-Lee Haney**

**8x Mr. Olympia (Body Building Champion)**

Please answer the following PAR-Q questions honestly.

## PAR-Q

1. Has your doctor ever said you have heart trouble?
2. Do you frequently suffer from pains in your chest?
3. Do you often feel faint or have spells of severe dizziness?
4. Has a doctor ever told you your blood pressure was too high?
5. Has a doctor ever told you that you have a bone exercise or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
7. Are you over the age of 65 and not accustomed to vigorous exercise?

If you answered **YES** to one or more questions, **talk with your doctor BEFORE you start your fitness program.** Tell your doctor about the **PAR-Q** and which questions you answered **YES**.

**Your Safety is Our Utmost Number One Priority.**


## TOTAL BODY IN-HOME EXERCISE Rx

### (Warm-up)

- Arm Circles- Forwards & Backwards for 2 sets-15 reps
- March-n-Place- 1 min
- Ab Crunches- 2 sets-15 reps (pics available)
- Superman's- 2 sets-15 reps (pics available)

**Perform 1 set for 15 reps for each of the following exercises.**

**(Rest 30-60s Between Sets)**

**(Exercises)**  (BW- Body Weight / DB- Dumbbells / RT- Resistance Tube)

- 1.) Wide Stance Squat- BW
- 2.) Squat & Press- RT or DB
- 3.) Bridges- BW
- 4.) Calf Raise (on step if available)- BW
- 5.) Straight-Arm Pull-Down- RT
- 6.) Overhand Row- RT
- 7.) Underhand Row- RT
- 8.) Triceps Push Down- RT
- 9.) Modified or Full Pushup- BW
- 10.) Biceps Curl- RT or DB

**(Repeat above Exercises 2-3 more x's)**

**CARDIO Rx-**  20-min power-walk (if available)

**STRETCH Rx-**  Stretch all body parts found in Stretch Rx

**CAUTION!** IF YOU EXPERIENCE CHEST PAINS, DIZZINESS OR SHORTNESS OF BREATH, STOP EXERCISE IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING.

**Congratulations** you just did your part to boosting both your Mental & Physical Health and **Living Life on Your Terms!**

***“Extraordinary Mindset, Extraordinary Body- -  
Extraordinary Life!”***

-Jeremy Smith,

Your Health & Fitness Solutions Provider to a Better-Quality Life!



## TOTAL BODY IN-HOME EXERCISE R<sub>x</sub> (DEMO PICS)

### 1.) Wide Stance Squat

Use Dumbbells or Resistance Tube.



Start



Finish

### 2.) Squat & Press

Use Dumbbells or Resistance Tube.



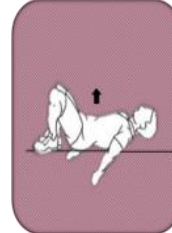
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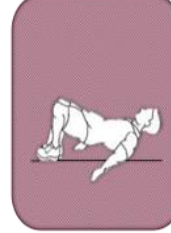
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### 3.) Bridges- Hamstrings

Push Heels into floor while Moving Hips Up for this exercise.



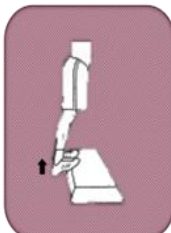
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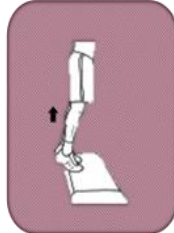
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### 4.) Calf Raise

Perform on an elevated surface - such as a stairwell or a curb.



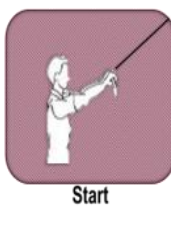
Start



Finish

### 5.) Straight-Arm Pull-Down

Use Upper Door Anchor Position Standing for this exercise.



Start



Finish

### 6.) Overhand-Row

Use Upper Door Anchor Position, Standing / Palms Down for this exercise.



Start



Finish

### 7.) Underhand-Row

Use Upper Door Anchor Position, Standing / Palms Up for this exercise.



Start



Finish

### 8.) Triceps Push Down

Use Upper Door Anchor Position for this exercise.

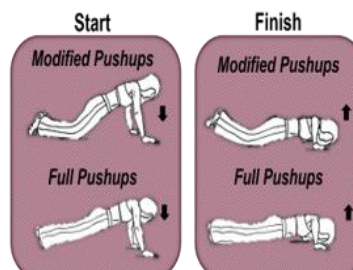


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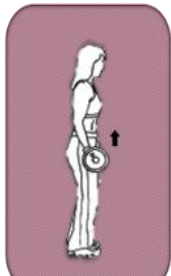
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### 9.) Modified or Full Pushups

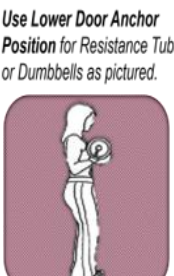


### 10.) Biceps Curl

Use Lower Door Anchor Position for Resistance Tube or Dumbbells as pictured.



Start



Finish

### (WARM-UP) Ab Crunches

Curl up and forward so that your head, neck, and shoulder blades lift off the floor. Hold for a moment at the top of the movement and then lower slowly back down.



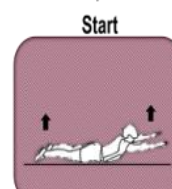
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Finish

### (WARM-UP) Supermans

Lie on your stomach with your arms and legs extended out. Lift arms and legs simultaneously and hold for a moment and repeat.

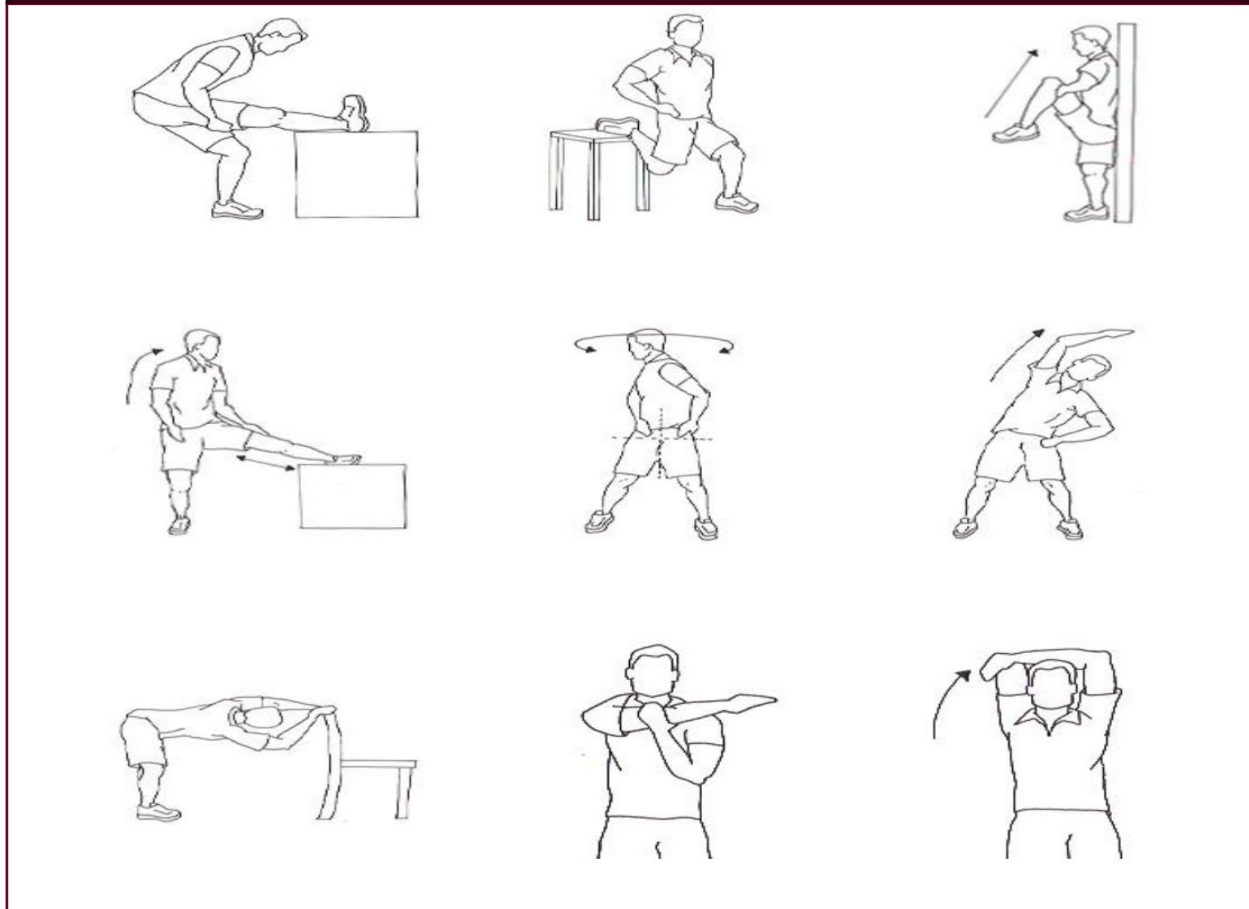


Start



Finish

## (STANDING) FULL BODY STRETCH Rx



### STRETCH Rx

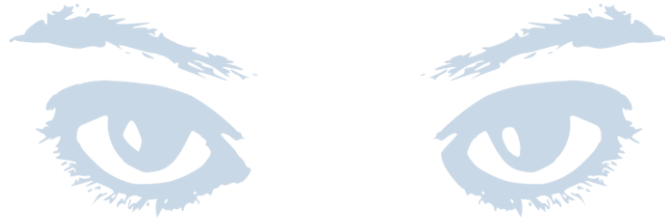
- Stretch after completing each workout and cardio session.
- On workout days, stretch body parts trained and if time allows stretch entire body.
- Stretch each body part for at least (2) sets.
- Hold each stretch approximately 30-60 seconds.
- Remember do not bounce or spring during stretching.
- Use proper breathing. Inhale through the nose and exhale through pursed lips during.

**Never stretch before you warm up.** The only reason it feels good to stretch even when you are cold is because your body sends out natural painkillers. To protect your tissues, you need to raise your body core temperature by increasing your cardiac pulse, which then fills your muscles with blood. Most effective way to do this is by doing 5-10 min. of cardio.

**Always stretch after you work out.** Stretching will ensure you have an optimal circulation of body fluids throughout your system and with adequate flexibility it will prevent your connective tissues from “popping” when you contract your muscles.

## IMMUNE SYSTEM BUILDING TIPS

Every man needs a good **WOMAN** and every woman- - needs a good **WOMAN**. **Got your attention?** The word **WOMAN** is an acronym for a checklist to building/maintaining a Strong Healthy Immune System.



### *Immune System Building Checklist*

**W**ater, drink plenty of water to deliver nutrients and to flush out waste. It makes up about **60-70% of your body weight**. So...Drink up!

**O**xygen, is needed to effectively nourish the cells, tissues, and organs. Smoking, being deconditioned, and or obese can compromise your circulatory system.

**M**inerals, our body is like a **“Chemical Battery.”** Take a multivitamin for insurance.

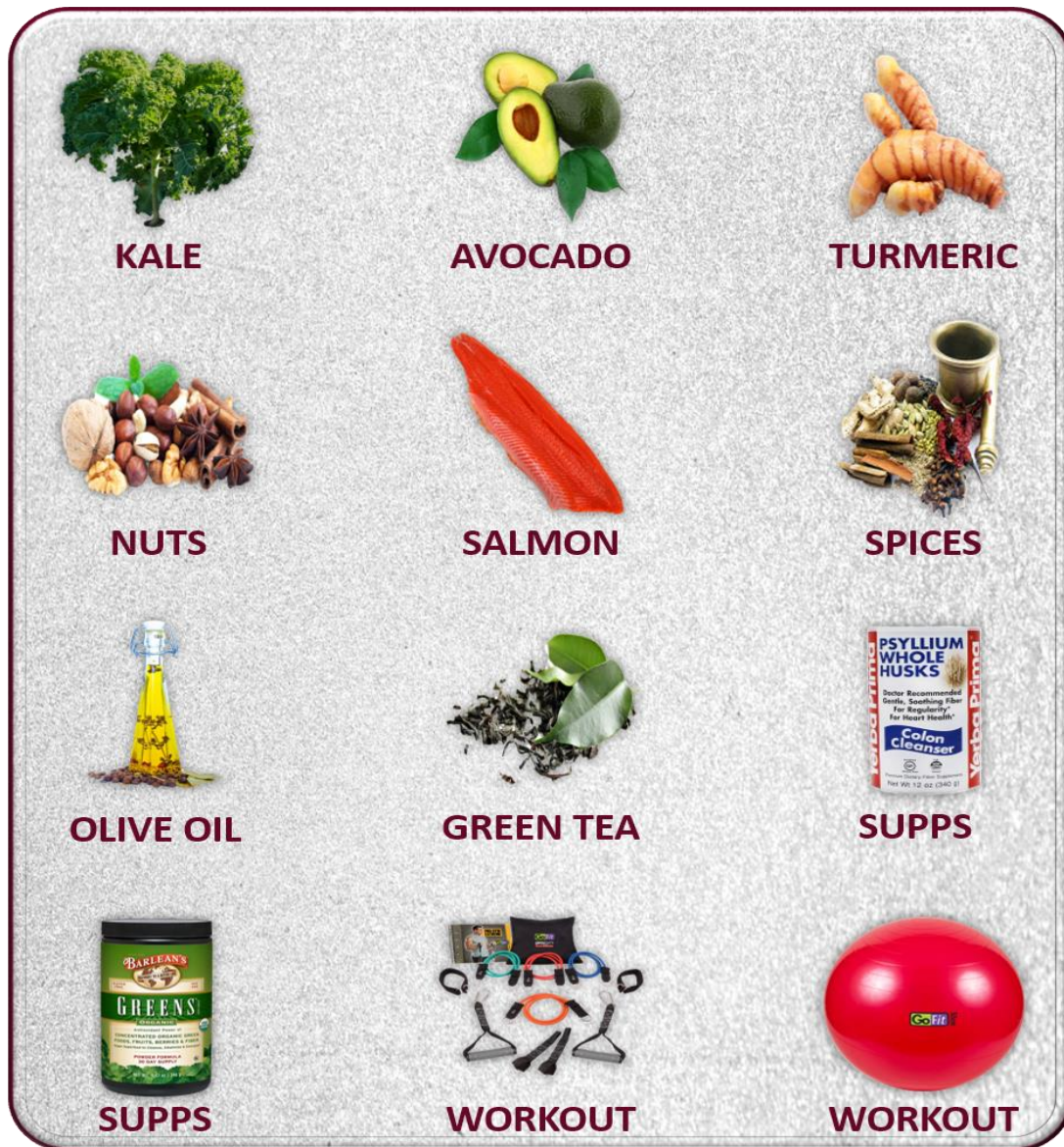
**A**lkaline conscience, avoid acid inducing stimuli such as simple sugar, alcohol, and poor emotional health. (5mins of rage can compromise immune system for 4-5 hrs.)

**N**utrition, frequency, portion size, and food types to nourish the body not solely feed your emotions, **avoid eating for stress coping mechanism**.

**Antioxidant's** role is to keep a substance from degrading or decaying by **inhibiting** the **chemical reaction** called **oxidation**, the response of substances to exposure to oxygen molecules. An example of this would be waxing a car to prevent rust. Antioxidants prevent and can repair damage to the body brought on by **oxidation**. (Webster's dictionary)

### My Immune Boosting Go to's.

These are just a few of my favorite antioxidants, alkaline-based items, and exercise equipment pieces I use to give my immune system a boost. **Check out our YouTube channel to learn more!**



To learn more about the principles behind proper nutrition, productive exercise, and positive lifestyle choices to [Build your Immune System](#). We offer a **12 Module “online” course** called **ONBOARD 101**, the perfect vehicle to keep you engaged and learning about preventative health care.

# \$99 Learn how to boost your Immune System with...

## Onboard101



**Onboard 101** is the perfect tool for people to learn the basic science and physiology behind managing weight, increasing energy, handling stress and creating feelings of health and well-being.

**This 12-module course** is presented in lay-terms and supported by:

- 35 high-definition videos
- Automated content delivery
- 12 Fun Quizzes (auto-scored)
- Automated email validation
- A “points & badges” gamification system
- Internal private messaging
- Auto-generated “Certificate of Achievement” upon course completion

**NOTE:** Course content and high-definition videos display on digital platforms, mobile phones, tablets and laptops to desktops and large screen projectors.



As the name implies, **ONBOARD 101** is designed for **people** to get “onboard” with their own bodies through an easy-to-understand, interactive, online, curriculum including:


1) Physiology  
2) Digestion  
3) Carbohydrate

4) Protein  
5) Fat  
6) Aerobics

7) Anaerobics  
8) Vitamins  
9) Minerals

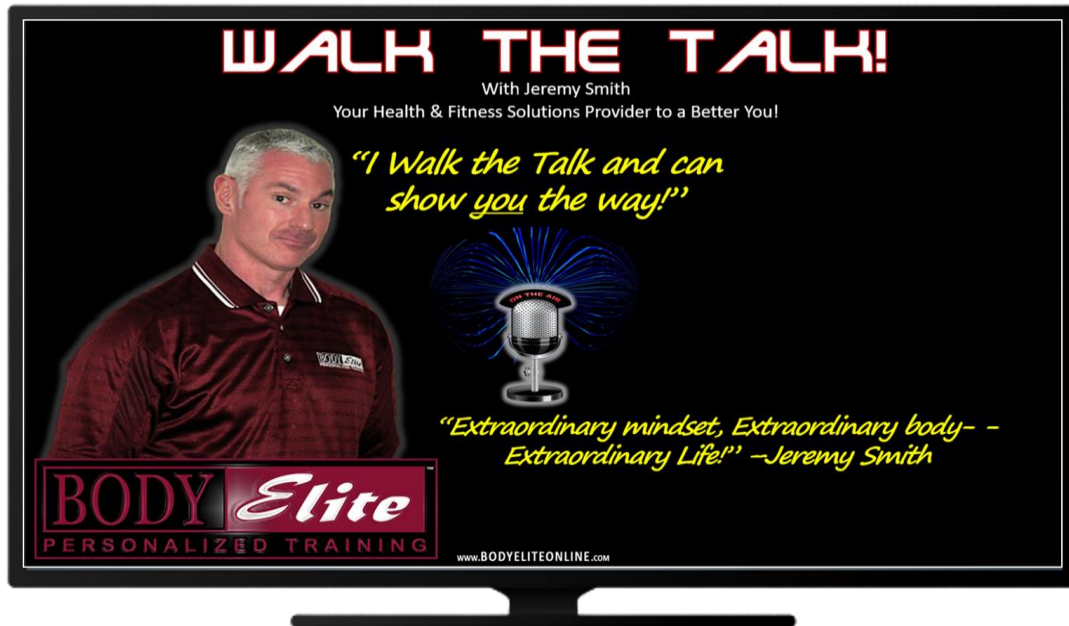
10) Weight Training  
11) Stress  
12) Foods

**Bonus!**  
With your Purchase of  
OnBoard101...

For a limited time, I am offering a  
**Complimentary Fitness Consultation**, via phone,   
with yours truly. **\$50.00** *value*

Our clients change more than their weight (body-composition) and physical attributes. **Through the knowledge they gain**, they adopt a **whole new lifestyle...**  
**filled with positive energy, positive self-esteem and a forward outlook.**  
Something we all need during these challenging times, **a Return of HOPE!**

Make sure to Check out our **YouTube** channel to maximize your **benefits** from your **Social Distancing Recovery Kit!**



Please **SMASH** that **Subscribe Button!**



## (Show Topics)

### EXTRAORDINARY MIND

**TIPS FOR:** Developing psychological and emotional well-being to reestablish equanimity. **Equanimity:** mental calmness, composure, evenness of temper, especially during a difficult time, like we are all facing right now.

### EXTRAORDINARY BODY

**TIPS FOR:** Home workouts, Home Gyms on a budget, Supplements to Boost Immune system, Nutrition to build immune system and for fat loss.

### EXTRAORDINARY LIFE!

**TIPS FOR:** Wealth building: Multiplies success as it builds momentum across the most important areas of life until you've got the life of your dreams. The psychology of Giving Back and how we can do our part during this time of challenge.

## Creating an Extraordinary Life!

Putting it All Together... **TAP** into the **Power of Giving** by taking what you have learned and **Pay it Forward** or **Give Back by Sharing the Love!** When you **Give you Live**, creating **WEALTH** to then **truly Create an Extraordinary Life!**

## There is **HOPE** and that **HOPE** is **YOU**.

**Any monetary contributions you make** will help expedite the development of our future projects as well as increase our ability to share with more people would be appreciated. It is my mission and passion to **Help Other People Excel** to bring back **HOPE** to them. To reestablish certainty during these uncertain times, create a quality of life they desire and deserve lived on their terms, an Extraordinary Life! Something we all need, a return of **HOPE**.



Thank you in advance for your contribution. You have no idea how much it means to me to have your support. I **HOPE** this Kit serves you well and Thank you again!

Yours in Good Health!

Jeremy Smith, Owner

## Together we can Make a Difference!

### **LIKE AND SHARE THE LOVE**

**Use the power of social media** to show your support and enlist others in our mission.

### **SPONSORSHIP**

**In-Kind Donations and Monetary, contact**  
[jeremy@bodyeliteonline.com](mailto:jeremy@bodyeliteonline.com)

# We Got This!



## Make Magic Moments!

To learn more about Body Elite's proven process to achieve  
the quality of life you desire and genuinely deserve,  
check us out at

[www.BodyEliteOnline.com](http://www.BodyEliteOnline.com)

**“Extraordinary Mindset, Extraordinary Body- -  
Extraordinary Life!”**

*Jeremy Smith, Owner*