

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

BLAH BE LOUD AND HEARD

Tell us what you think of this release.
Visit lesmills.com/BLAH

Hey instructors! When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix it with modern tracks and **do not change the choreography**; teach the tracks as they were created but you can apply more modern language and terminology.

BODYBALANCE 76



From L-R: Dr Jackie Mills, Laura Birchenough, Diana Archer Mills, Kylie Gates, Corey Baird

Hello and welcome to BODYBALANCE 76!

We choreographed this release while on holiday... can you tell?

It's smooth and slow and accompanied by a lot of upbeat music – it's really pretty lovely, even if we do say so ourselves!

Highlights include a fast Vinyasa Sun Salutations track, guaranteed to get you very warm, a double Standing Strength hit – both so good that we couldn't decide which one to use so gave you both – and possibly the hardest yet simplest Track 6 ever... you'll love it – eventually :)

Enjoy

J&D

Jackie Diana

BODYBALANCE Presenters

Dr Jackie Mills (New Zealand) is the Les Mills Chief Creative Officer and co-Program Director for BODYBALANCE/BODYFLOW®. She is based in Auckland.

Diana Archer Mills (New Zealand) is co-Program Director for BODYCOMBAT™, BODYJAM™, BODYPUMP™ and RPM™. She is based in Auckland.

Kylie Gates (New Zealand) is the Head Program Coach for BODYPUMP and Creative Director for BODYATTACK™, BODYBALANCE/BODYFLOW, BODYVIVE 3.1™, CXWORX™ and SH'BAM™. She also teaches Yoga and is based in Auckland.

Corey Baird (New Zealand) is a Technical Consultant for BODYBALANCE/BODYFLOW, CXWORX and BODYPUMP, and a Personal Trainer and Pilates Teacher based at Les Mills Auckland.

Laura Birchenough (Australia) is a BODYBALANCE/BODYFLOW Trainer, and a BODYATTACK, BODYPUMP and CXWORX Instructor. She is based in Perth.

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BORN TO MOVE: NEW RESEARCH

How much exercise did you do as a child?
How much exercise do you do now?
Can you see a correlation between the two?

Research has shown that your activity levels as a child will predict how active you are as an adult.¹

Youth Physical Activity Guidelines recommend that children and adolescents should accumulate a minimum of 60 minutes of moderate-to-vigorous physical activity every day², and yet statistics show that most children fall tragically short of this. A report from the US found that only 27% of high-school students manage to achieve the minimum recommendations.³

The question is, **HOW** do we get our kids to move more? The answer – **we need them to WANT to exercise.**

LES MILLS BORN TO MOVE™ classes have been designed to engage and motivate children. They're fun, action packed and social. The buzz of learning new moves, fresh routines, plus the excitement of being in a group will all ensure the classes instill a love of fitness from an early age. They include easy-to-follow exercises and games, set to age-specific music. We know it works but **we needed some evidence.**

A study conducted in the UK⁴ set out to investigate whether BORN TO MOVE delivers on its promise to get kids moving and change their attitude towards being active. In a six-week study of 10 to 11 year olds, two schools acted as a control and continued with their regular two physical education classes a week. The other two received two BORN TO MOVE classes a week.

The researchers were particularly interested in how active the children were during the class, and how the classes affected their motivation to exercise when compared with standard PE

classes. The children also answered questions relating to enjoyment, the music, the teacher and how competent they felt during the class.

The results clearly demonstrated that BORN TO MOVE is a fantastic solution to getting children motivated to exercise. The children in the BORN TO MOVE group accumulated **more moderate to vigorous physical** activity over the day as a whole than the children who just did their regular PE classes. And they **spent less time being sedentary.** Enjoyment levels during BORN TO MOVE were significantly higher when compared to the control group which meant that their **intrinsic motivation** scores were higher also.

The children of today's world spend more time staring at a screen and are less physically active than previous generations. Obesity has more than doubled in children and quadrupled in adolescents over the past 30 years. The obese children of today become the obese adults of tomorrow, and it's of growing urgency that we find a solution to this global epidemic.

Getting children to fall in love with movement from a young age will ensure they build the healthy habits of a lifetime. As we battle to draw their attention away from screens and get them active, finding a solution to keep them engaged is the key. As this study shows, BORN TO MOVE is the perfect remedy to get our children moving!

1. Childhood Physical Fitness Tests: Predictor of Adult Physical Activity Levels? Dennison, B.A., Straus, J.H.E., Mellits, D. & Charney, E. (1988). *Pediatrics* 82(3):324-330.
2. 2008 Physical Activity Guidelines for Americans, Centers for Disease Control and Prevention.
3. 2009 Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention.
4. <http://bmcpublichealth.biomedcentral.com/ticles/10.1186/s12889-016-3550-7>.

TEACHING IN THE ESSENCE OF BODYBALANCE

Six Keys to unlocking the Mind-Body Experience

Stay in a Balance Frame of Mind

This means coming to class with a positive, respectful attitude. Acknowledge that your participants are on individual journeys and your class will gain a more authentic mind-body feel.

Don't Pose

That super calm, faux-spiritual voice comes across as inauthentic and ill-fitting. Your class is an adult space so respect your participants enough to teach in your own voice, just keep it calm.

Keep Cues Simple

Although Yoga poses are often technically complex, your class will not hear you if you 'talk their ears off' with too much cueing. Use the three-part process to keep it simple and effective:

- a) **Set up clearly** using 2 to 4 **Layer 1** Setup Cues. These cues should put people into the shape of the pose, explaining simple alignment and breathing. Think of "which body part are we moving in which direction". This helps people feel confident and comfortable.
- b) Teach any **necessary Layer 2 options** then pause to look around at your members.
- c) **Layer 3 Cues** are often a response to what we see. See the Technique Manual and choreography notes for a wide variety of these. You might need to add another breath cue, coach deeper into the feel of the pose, motivate, connect, explain a benefit of the pose, or just be SILENT.

THIS IS SBS

S Set it up, **B** Breathe it up, **S** Silence it up!
Our silence allows us to stay more IN THE MOMENT.

Don't Waste Words

People will naturally follow our movement; so choose Follow-up Cues that describe the feel or detail of the poses that they can not see eg *Arms light and long* gives length to a move, rather than *Take your arms out to the side* which they can see. *Big toes and heels together* gives technical detail rather than *Feet together*.

Question Yourself

Ask yourself, "What do I want my class members to experience in each pose of this track?"

Using your own class-focused objectives will give you a powerful sense of purpose and allow your love of BODYBALANCE to shine through! This will make your members feel more included in the experience and, by planning objectives before each class and teaching the full variety and flexibility of them, you will keep it fresh and interesting.

And if you want to further develop your expertise, revise and relearn your Program Manual and your filming footage. Try a Yoga, Tai Chi or Pilates class taught by an expert (remember, we do modify some exercises to safely fit into a Group-Fitness setting). There are also some excellent texts, videos and DVDs available, such as:

Books:

- *Moving Towards Balance*, Rodney Yee with Nina Zolotow (Rodale)
- *Journey Into Power*, Baron Baptiste (Simon and Schuster)
- *Dynamic Yoga*, Kia Meaux (Dorling Kindersley Ltd)
- *Awakening the Spine*, Vanda Scaravelli (Harper Collins)

Videos/DVDs:

- *Power Tai Chi*, Master Jerry Alan Johnson (Goldhill Videos)
- *Yoga Journals, Yoga Step by Step*, Natasha Rizopoulos (Natural Instincts)
- *Tai Chi for Health*, Terrance Dunn (Healing Arts)