

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, you can teach back as far as BODYJAM 32, with some exceptions:

Many of the older BODYJAM blocks have a considerably higher complexity level that will be out of reach for many new members in your class. If you teach the more complex routines from past releases, you will inevitably alienate new participants, and they will be unlikely to come back.

For example, blocks to avoid:

BODYJAM 37 Jazz Rock
BODYJAM 38 Latin Block
BODYJAM 39 Dance 4 Life
BODYJAM 40 Jive & Swing, Krump Club
BODYJAM 43 Disco Cardio
BODYJAM 46 Tribal Explosion
BODYJAM 49 Street Jazz

If you have a more advanced audience who you have taught these routines to over many years, then maybe you can pull out one of these blocks once every six months. But if, like me, you have a bunch of new people in each class you teach, then I strongly suggest you avoid these blocks with higher complexity.

However, there are some incredible older tracks, full of magic and simple, pure dance feel: BODYJAM 41 *La Bomba*, BODYJAM 33 *Hey Mama*, BODYJAM 42 *Jam De Podium*, and who could forget the Battle from BODYJAM 32! Pick and choose your tracks carefully and you will have the floor on fire every week.

BODYJAM 80

From L-R: Philip Harrison, Gandalf "G" Archer Mills, Erin Maw

Sup everybody – this is 20 years of BODYJAM... **THE MOMENT CONTINUES!**

This release brings with it a whole lot of new styles, feels and movements... and that's just in Track 3 alone!

Warmup and *Pigalle*... a modern bass banger with a 4/4 drop, setting the sophistication level to high. There's lots of contrast in the music here, before we go full Dancehall Isolations into the underground heater, *Bunx Up*. There's about 10 different combos here with distinctly separate feels, so tone your technique down and get the bounce in your butt.

Next we **Afro** to the Deep House that is *Crank It!* – sliced and diced vocals and an infectious jungle bounce; before the first block, **SO HARD SO PLAYER**, brings a new kind of choreography that is fast, controlled and executed with a kind of hard simplicity. Hitting the lines clean will create success for your class. The final track, *Dominator*, is truly wild. You ain't never heard a sound like this before, hardcore is back peoples.

Recovery and *Let Me Love You* comes complete with smooth vocals, tropical house and a pop drop so dreamy, B*Witched would be jeally (Popical House??).

CONTINUAL MOMENTUM... this routine is all about fluidity, taking the energy from one movement and channeling that flow into the next. There's a lot of great cues you can nail to help your class understand each combo. From *Incredible* (yes, that *Incredible*) to the up bounce of the **Triple Knee** (WHEN THE BIG WORLD FALLS APART!!). Then... (you asked for it so here it is again...) *Afroki*, one of the greatest moments in fitness, flows organically into *Leave The World Behind*. You're welcome world.

The **Mash It!** block is incredible this round. I've combined the two main routines by injecting **SO HARD SO PLAYER** into the middle of **CONTINUAL MOMENTUM** to create a MASSIVE 96 counts of choreography that you get to dance repeatedly until the urge to lie on the floor takes over your body.

Finally, make sure you check out my newest education session 'The Whole Thing', where I show you the finished product from the two main choreography blocks to speed up the learning.

Celebrating 20 years of BODYJAM. I hope you love this release.

G



BODYJAM Presenters

Gandalf "G" Archer Mills (New Zealand) is Program Director for BODYJAM. He is based in Auckland and has dedicated his life to dance performance and teaching.

Erin Maw (New Zealand) is a BODYJAM, BODYATTACK, BODYCOMBAT, SH'BAM and LES MILLS GRIT Series Trainer, and a BODYBALANCE/BODYFLOW Instructor. She is based in Auckland.

Philip Harrison (United Kingdom) is a BODYJAM, BODYCOMBAT and SH'BAM Trainer who is based in Birmingham, England.

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>.