

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 ensure you have a diverse mix of music genres, moves and dance styles.

SH'BAM 27

From L-R: Rachael Newsham, Tauvaga Siolo, Lissa Bankston

This dance class is stacked to the rafters with bangers! Tunes that you will know instantly and massive sounds that will grab you by the coat tails and whisk you onto the floor before you can say TUNE!!

It's seriously hot – and so cleverly simple at the same time. That's where the magic in this class lives – each track is so different, yet sneakily simple, you just drift into the Dance phase so seamlessly that it's epic!

Speaking of epic, the Bonus track of 27! The Latin track of 27! BOOM! The 'get- down' track, ha haha!! TOO MUCH FUN!

Enjoy!

Hugs

Rach



SH'BAM Presenters

Rachael Newsham (New Zealand) is Program Director of SH'BAM and co-Program Director of BODYCOMBAT™. She is based in Auckland.

Tauvaga Siolo (New Zealand) is a SH'BAM BODYCOMBAT, BODYJAM™ and BODYPUMP™ Instructor and Trainer, a LES MILLS GRIT™ Series Coach and Trainer, and a CXWORX™ and an RPM™ Instructor. He is based in Auckland, where he is also Group Fitness Manager at Les Mills New Lynn.

Lissa Bankston (United States) is a SH'BAM, BODYCOMBAT, BODYJAM and a BODYPUMP Trainer, a CXWORX an RPM Instructor, and a LES MILLS Series Coach. She is based in Knoxville, Tennessee.

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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://bmcpublihealth.biomedcentral.com/ticles/10.1186/s12889-016-3550-7>.

SH'BAM NEW-LOOK: CHOREOGRAPHY NOTES

Introducing your new, improved choreography notes!

Hey instructors!

This round, you'll notice a new component to your choreography notes – a right-hand side! As SH'BAM has evolved, so have our resources, and we want to give you as many tools as possible to help you rock your classes!

SH'BAM is all about the feel – we don't expect you to be perfect, but if you can bring the feel of each track alive, your participants will have a great time. The new-look choreography notes will help you to do this, across Technique, Coaching, Connection and Performance!

The first part is MOVEMENT TIPS. These tips will help you to nail the technique for each track and bring the feel of the moves to life. It's important to note that they are NOT cues for you to say to your participants – we just want them to relax, follow you through the moves and not worry about what they look like! Rach has chosen the aspects of each movement that she thinks are the most important to creating the feel and vibe of the track. Don't forget to check out the LEARN THE MOVES filmed Education for more detail!

The next part is COACHING THE VIBES. Here you'll find ideas for how to coach each track, and some cool quotes from the Masterclass. These are not designed for you to follow to exactly – we want you to coach your own way! But they're there if you need some inspiration.

Thirdly, we have the CREATING THE WOW section. It's here that you'll find Rach's tips on the parts of each track that will make your class magic – performance moments and opportunities to connect with your members!

Lastly, in some tracks we have included a TIP section – these are written by the presenters, to share their insights and objectives from when they taught the track at filming.

These notes are a work in progress – this is our first effort at bringing you something to help you teach great classes. We will continue to evolve and develop this going forward, based on trainer and instructor feedback.

Enjoy this awesome release, and keep bringing into your Sh'Bam classes your passion for what you do!