



With fitness consumers being bombarded with often conflicting and confusing advice, delivering tested and proven exercise programs is our number one priority.

Significant investment in the Les Mills Lab is an important part of our business. This research means our club partners and their members can be sure our group fitness programs are safe, effective and powered by science.

Les Mills Lab research is independent, peer-reviewed and industry-recognized.

We partner with internationally-renowned university research teams to test the effects of our programs on key community health factors such as obesity and heart disease, along with investigations into the motivational and behavioral aspects of fitness.

Les Mills Executive Director Phillip Mills says the company's research findings help evolve and improve its group fitness programs: "Our aim is to create life-changing fitness experiences for consumers worldwide. We've been revolutionizing the group fitness industry for the past 40 years and exercise science plays a big part in that."

Associate Professor of Kinesiology Dr Jinger Gottschall was instrumental in establishing our research approach:

"I remember taking my first BODYPUMP class as a graduate student and thinking, who makes this program? It's brilliant! Almost 17 years later I have even more respect for Les Mills as they take their role as the leading group fitness company spending the time and resources to produce safe, quality classes that are powered by science."

Les Mills Head of Research Bryce Hastings says the industry and media interest generated by the Les Mills Lab underline the integrity of our fitness programs:

"To date we've had more than 20 articles published in scientific and medical journals, investigating various effects of Les Mills' programs. These have ranged from the effects of high intensity training on heart disease, to BODYPUMP's effects on bone health, behavior change and how to get kids motivated to exercise.

"We want to keep on evolving our workouts in ways that exceed the expectations of our club partners and their members on all levels – from exercise technique, to instructor experience, workout intensity and much more."

"Our research with experts from universities around the world is a fundamental way to help achieve this," Hastings says.

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