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WORKOUT AND BE KIND



WELCOME TO THE JUNGLE BODY



ITS NOT ABOUT THE CALORIES

We are big believers that being fit & healthy is not about just crunching numbers & calories but finding a workout that you absolutely love. You want a workout that gives you butterflies and makes you feel alive. This way you will never feel working out is a chore.



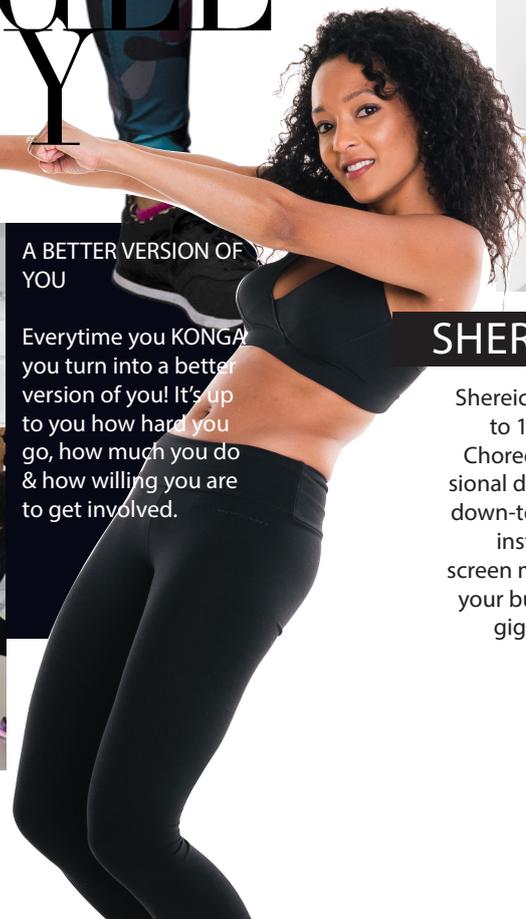
A BETTER VERSION OF YOU

Everytime you KONGA you turn into a better version of you! It's up to you how hard you go, how much you do & how willing you are to get involved.



SHEREICE SÖDERBERG

Shereice Söderberg is a fierce Wife, Mamma to 1 year old Charlize, Jungle Body Head Choreographer, DVD Presenter and professional dancer. Yep...all that! She is your super down-to-earth, friendly, welcoming & sweet instructor who is going to be in your TV screen making you work it! Shereice will kick your butt into shape but will also make you giggle & smile throughout the workout.



HOW IT ALL BEGAN

TARA SIMICH, FOUNDER & CEO

I was nineteen years old sitting in an Economics lecture at Curtin University scribbling away in my notebook. I should have been listening to the beauty of non-cooperative game theory and social choice but instead I was fixated on something else. I was consumed by the idea that no one was offering a workout for the everyday Australian. For the woman who was uncoordinated as anything but felt alive when the music turned up. For the girl who wanted to lose weight but couldn't stand the treadmill. For the Mum who needed to keep fit but would never dare enter a gym. For the busy woman who didn't have time to workout but needed it. My economic ears pricked because I knew there was demand but no one was filling it the right way.

I called my Mum and said "I think I can make this work....what do you think me about cutting back to part time uni?"

The response was everything I imagined from my Mother. In her bubbly, overly supportive and totally infectious tone she replied "yes...do it!". That is how The Jungle Body was officially born.

In 2007 I graduated high school with dreams of being the next big economist and potentially a future Politician. I was Head Girl of my High School, "that girl" that started a Speech Club at lunch time and I entered every single extracurricular educational program and



"If you have a positive attitude, you're an asset to yourself and others. If you have a negative attitude in life, you're a burden to yourself and others" – Thomas Lickona.



"Every week I get feedback from Jungle Body Instructors & many times I print them out & place them on my fridge. It is these stories that drive me to create a better company & a better service each & every week. When my Instructors are successful, I am successful!"

competition possible. I met my idol John Howard when I won The Hasluck Leadership Award and Richard Goyder presented me with the Business Icon award at only seventeen years old. I landed the John Curtin Scholarship when I finished High School and I began studying a Bachelor of Economics and Management. I scored my dream job in Advisory at PricewaterhouseCoopers straight out of School and everything was falling into place. I was clear where I was heading and no one could stop me.

What I have failed to add so far is that apart from all the studying, I had a passion for dance and fitness. My brother and I began ballroom dancing together when we were kids. We were always teased for giggling and smiling. The Franzinelli's were always known as the "smileys" (my maiden name was Franzinelli).

Naturally, as my brother grew up and realized ballroom dancing with your sister was not cool I began competing without him.

My mother was always very into staying fit and eating healthy. I was the child that was never allowed MSG or added sugar (long before it became cool) and I have countless memories doing Denise Austin workouts with my Mum for "fun". I always struggled with knee problems from dancing so I was given a special membership at fifteen for my local gym (usually you had to be over eighteen) to do rehab. I hated doing sport at school in fear I would injure my knee which would hurt my dancing. Gym classes on the other hand I fell completely

in love with. Before school my Mum would drop me at the gym for a Step class with a bunch of 40 year old woman. It was my outlet, the other dimension to me & something that I completely fell in love with.

It was late 2009 and it was time to depart to the US for my semester abroad which was part of my University Scholarship. I had a stopover in Los Angeles for a few days so I was left to venture out myself. I didn't know anyone, I was underage and I was completely alone. This actually excited me because I absolutely love being alone and this was the first time I could truly live by myself. Interestingly, and potentially fateful I randomly decided the very first thing I would do would be go to the gym. The gym next to my hotel happened to be the hottest gym in LA called Equinox on Sunset. It was Sunday at seven in the morning and not a person was in sight except the poor Manager who had to be there. I started chatting to him only to find out that he was the former Manager of the famous Gold's Gym Venice Beach who had dreams of one day having his own Fitness Centre. Our conversation flowed as my legs chased after the treadmill and something sort of magical happened. I said to him that I would be happy to help out wherever I could in helping him create his fitness empire. Business plans, feasibility studies and numbers were what made me tick. So I exchanged my email and headed to New York to begin my studies.

New York University life is exactly like the movies. Fraternities, campus parties, dorm rooms and an obsession with American history. I was placed in a shoebox dormitory with a beautiful girl named Junehan from China. Jun was

studying Musical Therapy which meant countless hours every day practicing her guitar skills. I think I heard John Denver's "Annie's Song" more than a thousand times. The tiny room would fill up with Chinese international students most nights and we would just giggle hardly understanding what each other was saying. In between learning about the American Civil War, listening to her learn guitar and assimilating to this new way of life; I was determined to impress this gym Manager from Los Angeles. I created the ultimate business plan for the opening of a gym in Los Angeles. With no expectations or payment, I just for some unknown reason felt the need to throw myself into this opportunity. This is how I always was. If there was a competition, a networking event, an opportunity to learn more or a person to meet; my hand was always up first.

I always felt the more I threw myself into life, the more I could gain. Every time I put myself in a challenging or uncomfortable position that was where I gained the most knowledge & satisfaction.

I spent the little money I had buying stockart to make this Business Plan look professional, filled the pages with financial estimates I found researching on Google and I showered the pages with my summaries, thoughts and notes. After about a week I had created a Business Plan that maybe PwC would have been proud of. I emailed it off...not knowing why or what it would lead to. But a sense of satisfaction that I had given it a go & potentially helped someone fulfill their dream. He returned my email totally overwhelmed and basically engaging me to help him & his Business partner Wladimir Klitschko open America's greatest gym.

What followed this one fateful event was a year of travelling around the US trying the latest fitness classes, trademarking & meeting with Lawyers, creating branding with a high level Marketing company from Germany, checking out potential sites in New York & LA, producing startup costs with their accountant, recruiting the top fitness stars in the country and researching what it takes to be successful in the fitness market.

Plus, the fun stuff...like watching Wladimir fight at the Staples Centre and trying out endless classes that I loved like Piloxing, Zumba & Spin. I started to become addicted to group fitness classes so much so that I joined New York Health & Racquet Club because they had clubs on every block in Manhattan. Every night I would look at the Group Fitness schedule of all classes across the city! I'd finish a 6am aerobics class downtown and then race up to midtown for Pilates at 9am. Probably the most memorable class was one where the treadmill had no sides & you were to jump from one to another. Not sure where that one is today!

New York has an energy about it when you live there that is hard to describe. I stayed in Chelsea around the corner

from the Meatpacking District which meant I could workout till late into the night and safely walk home absorbing the people, the sounds, the families, the celebrities ...and everything in between.

You would think I would have lost weight, but I actually gained 5 kilos from post-workout caramel protein shakes, Ben & Jerry's at every corner store, loaded chopped salads & cookie dough covered frozen yoghurt.

I remember one day coming up with the idea of Virtual Fitness classes. We thought we were going to be millionaires as the idea of being able to run Group Fitness classes all day with no instructor seemed like the ultimate lucrative idea. After a few hours we were in tears laughing on the floor at how ridiculous the idea was. Who would want to walk in a room alone and listen to a screen? Fast forward six years and it is actually happening. In the end we came up with the name 220 and the tag line 'Second to None'. Today the gym reigns supreme in Santa Monica, Los Angeles and was voted "#2 Gym in the Nation," by The Huffington Post and Self Magazine.

When I arrived back in Perth for Christmas in 2009 the first thing I did was head to the gym with my best friend; my Mum! I was hoping to see the Protein Shake bar, Cardio Theatre, Personal Trainers that were almost celebrity like, endless dance fitness classes & Pilates reformer rooms.

Unfortunately, the experience was quite the opposite. Staff that couldn't crack a smile, the same techno beat aerobics with the same moves from 1994, bored Personal Trainers sitting on their Blackberries and a small fridge with Powerade. Something clicked in my mind and I knew I had to bring some of the energy from the US to Australia.

I was obsessed with Zumba so I began teaching it while at University. In the US there is a strong connection to South America and Latin music, food & culture is so natural. But in Australia I was finding the Bachata, Samba, Salsa, Merengue were not connecting. All I wanted to do was put on my own Hip Hop music, do some simple moves & throw in some other styles like Boxing & Cardio because half of my class could not dance. So, I just did it. I created my own program I called KONGA® and the classes were at max capacity each week.

To this very day I still teach at the same Sporting Club I began teaching at in 2010. The same time, the same place, the same numbers, the same stage and a lot of the same people.

It has been six years now. So much has happened I could write a very long book. Maybe the next DVD I can continue this story. But in short, I have had six unbelievable years. Yes it has been an uphill battle getting gyms & instructors to believe in the programs. It has been a struggle starting at nineteen with a few hundred dollars to my name. It

has been difficult when everyone chose the global competitor over the underdog. But each week I kept going.

I kept going because I saw so many lives transform. Mindsets have been altered, relationships created & careers formed. Plus, I am a big believer that the best way to find happiness is to earn it. I thrive off a journey of hard work & it's the challenges that have made me who I am today not so much the wins. I love being able to problem solve & become a better version of myself.

The company has grown up in the last six years. The sort of change you see in an infant from birth to six years of age. That is why now felt like the right time to do a DVD. The programs are now exactly what I imagined them to be, the instructors represent all that I could ever have dreamed of & the brand is exactly what I sought out to achieve.

The power & spirit of The Jungle Body is not just in the movements & the music...it's in the people. It's the energy & culture we have created that make the workouts addictive, uplifting & empowering. It's the friendly smiles you get from our instructors, their easy-going attitude that you fall in love with, their screams of joy for that 80s track you love, their determination you see at the end of that arm track or that hilarious look as we all attempt to twerk. It's the feeling of inclusion, the feeling of acceptance & the mutual goal to be a better version of ourselves that makes it amazing.

I truly hope that The Jungle Body injects some light into your life & that my story inspires you to go out and achieve what you want! Don't wait for the right time or the perfect circumstance for every challenge only makes you better.

Tara x



YOUR ATTITUDE
DETERMINES YOUR
ALTITUDE



LOVE YOUR BODY NOW

Appreciating your body is one of the most important things we all need to master if we want to live a healthy life. GILLIAN DE GRAAF

Some days we wake up feeling not so great about what we see in the mirror. Over the years I've looked in the mirror and seen many different versions of myself, some that I've liked and others that I've disliked. Getting to a place where you love and accept yourself as you are is really hard work. I put together my top tips that help me.

APPRECIATE WHAT YOUR BODY DOES
Become aware of what your body can do each day. My body grew my healthy little boy for 9 months, I then carried on to feed and nourish my baby with my body. I have pushed it to limits I never thought possible, my body is everything. Consider this; Your skin replaces itself once a month, your stomach lining every five days, your liver every six weeks, and your skeleton every three months. Your body is extraordinary—begin to respect and appreciate it. Think of your body as the vehicle to your dreams. Honor it. Respect it. Fuel it.

RESPECT YOUR BODY
In the past 2 years I have lost over 30kg. I get asked all the time, how did you do it, do you calorie count, what diet are you on? I don't calorie count and I am not on any crazy diet. I was unhappy about how I felt, I had

no motivation to chase my little boy around the house, I was sick a lot, I felt depressed about the way I looked, I wanted to feel myself again and I wanted the best for my family. One day I was reading "The Body Book" by Cameron Diaz and it was like a switch went on:

"If the red light on your dashboard lit up to warn you that your car was running low on gas, you wouldn't buy a gallon of tomato juice and pour it into the engine, would you? Of course you wouldn't - that would be ridiculous. Cars don't run on tomato juice. They run on gasoline, diesel, and electricity. Your cells also run on fuel, and just like your car, it's important to give your cells proper fuel for optimal performance." - Cameron Diaz in The Body Book

Making yourself feel good physically is one of the ultimate ways to respect yourself. Treat your body as you would the body of someone you love dearly.

Healthy food, exercise, low stress. The more kindness you show yourself physically, the more internal love you'll feel.

EXERCISE AND INSPIRE YOUR MIND

Find a method of exercise that you enjoy and do it regularly. Mine is The Jungle Body! It's my passion, I LOVE it. I teach four classes a week and I am totally pumped for every class. Don't exercise to lose weight or to fight your body. Do it to make your body healthy and strong and because it makes you feel good. Exercise for the Three F's: Fun, Fitness, and Friendship.

Just as you need to respect your body, you also need to respect your mind. Challenge yourself with new experiences and information. Step out of the thinking you're comfortable and try to find new perspectives. The more you know, the more you can grow. And all that growth will empower you, making it much easier to respect yourself.

SURROUND YOURSELF WITH POSITIVE PEOPLE

When we surround ourselves with positive people, we clear away the

negativity that exists around us and create more room to welcome nurturing and renewed energy. Choose your friends with care. They create the environment in which you will either thrive or wilt.

KEEP GOING

Don't beat yourself up, we are all human. If you indulge a little too much in something, it's ok. Giving up on your goal because of one setback is like slashing your other three tires because you got a flat. In other words, keep going. If I feel like I've been treating my body poorly and am not feeling good in my own skin, I recommit to being kind to my body. I make a list of all the things I can do to help myself do that: dance, eat food that makes me feel good, laugh more etc. Having a plan and making a commitment. immediately it makes me feel better about myself, which in turn makes me less focused on my flaws, including the physical ones.

Whatever journey you are on, you can achieve whatever the mind believes. Appreciate yourself.

Gillian x



Honey... you got attitude

TARA SIMICH

Captain Jack Sparrow once said “the problem is not the problem. The problem is your attitude about the problem”. Captain Jack Sparrow is no Oprah Winfrey nor is he any Anthony Robbins but this quote totally resonates with me and dictates how I live my life every day.

Every week life throws us amazing opportunities, incredible experiences, beautiful moments and challenges. Somewhere deep among the happy times, we have disagreements with friends and family, your workplace becomes toxic, people we love get sick, our face and body doesn't look the way we want it too, finances get tight, harmful words are said by others and by ourselves. Some are big and life changing, some are small and meaningless, but nonetheless they are challenges we have to deal with.

Imagine yourself holding a machete. You are walking through the jungle alone and every challenge you have is represented by a tree in your way. You are strong enough, smart enough, wise enough, positive enough and good enough to slice and chop up every single barrier in your journey. You do it with determination and ease...no anger, no sadness, no frustration, no swearing, no negativity and no one around you to see you do it...You just do it. You move onwards. You move upwards.



Life is always going
throw you lemons...
so always be prepared
for it.



"My positive attitude is something I have learnt from my Mum. No matter what happens in life she has taught me you get through it." Tara Simich pictured with her Mum.

That is a positive attitude.

So, what is a positive attitude without the Machete story? I always say "be the first to smile" but I don't mean a phony smile. I don't mean a perky disposition and a 'best friends' with everyone mentality. A positive attitude is reacting to life day in day out in a manner that lifts up you and the people around you. It's about only putting positive words, actions, comments, statements and thoughts into the universe. A positive attitude has some of this in it:

- Believing in yourself and focusing on the good elements
- Grabbing hold of opportunities and getting involved in life
- Working hard, saying "I can" and improving yourself day by day
- Truly forgiving others and letting go of negativity
- Reflecting on all the positive events and people in your life
- Using self-control and responding to situations with compassion and understanding
- Being flexible, enthusiastic and easy-going
- Being friendly to others, praising people for their successes and lifting them up
- Turning a stressful situation into an opportunity for growth

"If you have a positive attitude, you're an asset to yourself and others. If you have a negative attitude in life, you're a burden to yourself and others" - Thomas Lickona.

What does a negative attitude look like?

- Constantly doubting yourself and saying "I can't"
- Focusing on the elements you don't like about yourself
- Reflecting on all the negative things people have done to you
- Focusing on other people's shortcomings rather than the virtues of others.
- Making decisions without thinking about how it affects others
- Seeing the limitations of something rather than the opportunities
- Responding to situations with anger, drama, frustration and "passive-aggressive" actions
- Not willing to say sorry and truly forgive
- Being pessimistic, withdrawn and disagreeable

Of course sometimes we fall into a negative attitude... But this is the time, to say to yourself "hold up". What are you going to gain from having a negative attitude? How does this make you a better person? How does this make you different to them? What are the positive elements of this person, rather than just reflecting on the negatives? What can I do to get where I need to be? What have I been doing wrong? How can I be better?

It doesn't matter about yesterday, or last year or what others have done. It's about who you want to be now and becoming a better person each and every day. When you take this positive attitude suddenly you are lifted to new heights... to a new altitude.

Tara x

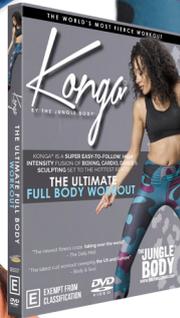
Get the MOVIES

How to... PREPARE FOR KONGA®

By Tara Simich

HYDRATION IS ESSENTIAL TO WORKING OUT

When it comes to exercising, the more you do it, the better you get at it — as in, you become stronger, faster, or more flexible, and not only that, you are able to exercise longer. But no matter how long you've been committed to fitness, make sure you know how to prep to be your best at every workout. KONGA® is pretty intense so it is super essential your mind & body is ready to go! The first thing to do is make sure you are all good to workout by visiting your Doctor. Once you get the OK it's time to get in the zone! We suggest having a litre of Water with you as the workout is going to have you sweating like crazy. Lastly, a Yoga mat is essential because we do two floor tracks where you will be touching the floor. Now its time to plan! Work out when you can fit in the Workout and add it to your weekly diary so you don't miss it. We suggest 2-3 time a week is best if you want to see improvements. Workout gear that literally rubs you the wrong way can contribute to an off workout. Nix chafing, blistering, and uncomfortably sweaty clothes by investing in a few key pieces that are made for workouts. Look for features like support where it counts, covered seams to prevent chafing, and sweat-wicking, breathable material that allows your body to stay cool and dry.





Get INTO IT

So many times we say "I am way too uncoordinated for that class," "I can't do that," "That's way too intense for me". So many times we think "how embarrassing if I can't keep up", "I am not going alone", "what if I don't like it?" "What if the class is small and everyone looks at me?". So many of us feel that going along to a workout will be uncomfortable, awkward & down right SCARY. After thinking about all the negatives we then give up because that is easy & comfortable. The bad thing about this is potentially:

- You miss out on a chance to get stronger, fitter, faster. Every class you do enriches your body & makes your

heart smile. If you want to age well so that you can get the most out of life you need to start thinking NOW about your health & fitness.

- You miss out on a chance to feel a sense of satisfaction, a sense of achievement & a feeling that you DID IT. Happiness feels the BEST when you earn it!
- You miss out on potentially finding a workout that you LOVE. A workout that makes you tingle inside because its so DAMN good. Email, text or chat to the Instructor before or after class & let them know you LOVE it so you build a relationship with the Instructor! This makes class even more enjoyable!
- You miss out on your mind being stimulated! A Jungle Body class has pounding beats and music can be like medicine for the soul. Whether you have had a bad day, feeling down or are really hating on yourself...



I'M TOO UNCOORDINATED

TARA SIMICH

staying inside can sometimes make it worse.

- You miss out on working out what you do like & what you don't like. Look, sometimes a Workout just isn't for you. So, worst case you lose an hour of your day, but you gain knowledge you never had before.
- You miss out on potentially meeting people that could end up blossoming into an amazing friendship. So many of us lose friendships as we grow up, so connecting with new people who have similar interests is incredibly powerful.

When you participate in life MORE, challenge yourself MORE (yes...just going to a random class is a challenge you should be proud of) & learn MORE about yourself you get MORE back. If we don't engage in life we can't change, grow, improve or reach the goals that will make us feel

better!

The Jungle Body is all about welcoming anyone & everyone to do a workout that is all about feeling good. It's about moving your body to amazing music for an hour – whether you are a dance star, super fit body builder or someone who has never worked out in their life. Its “easy-going”, inclusive & no body cares what you look like or what you do! At the end of the day 90% of the class probably feels the same way you do!

Develop a mantra, stick a quote on your fridge or make your Iphone background a motivating photo. Next time you get nervous or start to over-think going to a workout you can boost your confidence and realign your thinking so you don't miss out on another amazing opportunity life is throwing at you!

“If you have good thoughts, they will shine out of your face like sun beams and you will always look lovely” - Roald Dahl



HOW TO BUILD

YOUR BOOTY

BOOTY BUILDING IS ALL ABOUT STRENGTHENING YOUR GLUTES & THIGHS.

MOVEMENT ONE GUNS DOWN

Step 1. Start with feet out wide at shoulder width with toes pointed out.

Step 2. Place your foot out one further foot length and then place your foot even further out. Then, return back to starting position.

Your goal is to sit down into the squat as you tap the foot out twice. This activates the glutes & thighs which will feel amazing!



MOVEMENT TWO BALLET PLIE

Step 1. Start with feet in first position with heels glued together.

Step 2. Place one foot out to the side and bend down into a Plie. Open up your arms to second position and keep your shoulders back.

Your goal is to sit down into the plie as low as possible keeping your knees behind your toes.



MOVEMENT THREE SQUAT HIP TICK

Step 1. Sit down into a squat with knees behind your toes.

Step 2. Turn one knee inward rotating the foot and kicking the booty out to the side. Then, return back to the Squat & repeat on the other side.

Your goal is to try and get as much rotation as possible in the foot to engage the saddlebags.





MANAGE YOUR MOTIVATION

TARA SIMICH

Most of us know what we need to do to lose weight. We know when we open up that Ben and Jerrys Icecream we aren't going to stop after a few spoons. We know when we devour that tantalizing pack of salt and vinegar chips we will regret it. We know picking up that 'oh so chunky' Kit Kat chunky at the Petrol station, it is going straight to the hips. We know cancelling on your Personal trainer again is setting you back another month of pain.

- Why can't we have supermodel discipline and only finish half the plate?
- Why can't we be satisfied eating a salad for lunch like that friend of yours?
- Why can't we just leave the fridge door closed for a day...I mean hour?
- Why can't we always have the time to workout?

It all comes down to "motivation".



Some of us think its “discipline”. You focus all your energy on suppressing what you really want to eat, restricting what you used to enjoy and forcing yourself to workout more. The problem with this is that it isn’t enjoyable, it certainly isn’t realistic long-term and it doesn’t make you happy. How do I know this? Because you wouldn’t be saying you had to be disciplined if you enjoyed it.

If you are continually “motivated” to lose weight and get fit nothing can stop you. The issue is that our motivation levels fluctuate. The goal is to manage your determination so that you are always motivated to some degree.

So how do you get motivated?

- Motivated people focus on how they feel rather than how they look or measure up. They do workouts that make them feel amazing which is a way to motivate them to do it more

often.

- Motivated people don’t beat themselves up if they aren’t perfect. They just problem solve and use it to motivate them to do better the next day or the next week.
- Motivated people reward themselves because they know that when motivation starts to drop that will be the perfect remedy to almost throwing in the towel.
- Motivated people do not wait to drop a few kilos before they start or wait for a friend to do it with them. Motivated people throw themselves into situations as soon as possible because that will give them more opportunities to achieve their goals.
- Motivated people are positive and they believe in themselves. They don’t say “I’m tired, fat and lazy”, they say “I’m well rested, getting fit and healthy”. They use their love for themselves to motivate them.

- Motivated people show initiative and problem solve. Motivated people will find a way to eat right, to make a healthy choice, to fit in time to work out, to balance their week. When there is a will there is a way.
- Motivated people set subconscious goals all the time. A motivated person doesn’t give up when it gets tough or just go with the flow. They have a strategy, a plan and little goals every day to keep them motivated.

It’s not about being perfect. It’s not about starting Monday. It’s not about anyone else. It’s about YOU becoming a happy and motivated person in this precious and amazing life we are blessed to live. It’s about finding ways to enjoy your journey.

Tara x

The **CARDIO**



FETTY LIFT

Lift one leg up and place it out to the side with the toe pointed so you have maximum control. Then place it down and raise the other leg to the side. Keep swapping to the best of music trying to lift the leg higher each time. Your goal is to try and get as much lift as possible to increase the cardio element of this movement.

Song suggestion: Trap Queen, Fetty Wap



AFRO STOMP

Lift the leg up with a flexed heel and then stomp it down to the floor with as much energy as possible. Your goal is to get as much intensity and height into this movement. Use your hands by pressing them down as the foot slams to the floor. Try to get the knee higher every time.

Song Suggestion: Baby Boy - Beyonce



TAP TAP STAMP

Sit down into a wide squat and bend over slightly so you can have both hands on one thigh. Tap the opposite foot twice putting the toe out and then tap once the foot turning in. Keep repeating this movement and then swap to the other foot.

Song Suggestion: Thoaia Thong - R.Kelly



BODY ROLL CLICK

Raise the hands in the air and then sit down and click the fingers. Try to body roll as you bring the hands down. You need to have lot's of attitude & sass when you do this movement. Try to match the clicks in the song with the clicks of your fingers.

Song Suggestion: Post To Be - Omarion



SIDE LIFT BUTT KICK

Lift the knee as high as possible the rise and then kick your booty with your other foot behind the body. This step is amazing cardio especially when you challenge yourself to raise the knee up high. Ensure the foot is pointed the whole time to help with momentum

Song Suggestion: When Love Takes Over - Airi L



SHEREICE WALK

Pretend you are going for a walk but we are going to make it really dramatic. As you step forward push your hips and waist forward. When you step back push your booty backward. Try to make the step as big as possible repeating it 8 times to the left and 8 times to the right.

Song Suggestion: Stop Mi Cry - Lisa Viola



KANYE SLAM

Sprint as fast as you can with feet wide for 6 counts and then slam the floor with your hand on counts 7 & 8. The runs should be extremely fast and the slam should be very explosive. The faster you sprint the more you will get out of this movement.

Song Suggestion: Gangsta Girl - Reid Stefan



BOOTY JUMP

Down on the floor with hands and feet wide an in line with each other. Jump up so that the feet come off the ground and arch your back to make the booty pop. You can do them one after another or have a break in between.

Song Suggestion: P.I.M.P - 50 Cent



IT WON'T DEFEAT ME

All I wanted to do to was hide away from everyone... Konga as I believe has "saved me". -
AMBER JONES

I have been suffering from Anxiety for 15 years. I was "diagnosed" with Depression and Anxiety in my third term of year 12, I was 17. The more I learn about Anxiety though, I believe I have suffered from a very young age. Some memories that pop up in my mind show a lot of anxious characteristics.

When I was diagnosed, it was a very terrible time for me. Continuous crying, all I wanted to do was sleep so, I didn't want to think about things, I didn't want to see my friends and I didn't want to go to school. All I wanted to do to was hide away from everyone. I was very frightened of what was happening. I am very lucky to have such a wonderful family who supported me. My Dr advised I have 24 hour monitoring by a family member to protect me from harming myself.

There have been many "bad" times over the past 15 years. The first was when in 2000 when we discovered I suffered with Anxiety and Depression. It was terrifying and hard to understand why I was going through it. The second time that stands out for me was while I stayed in Kununurra in 2002, I had weaned myself off of my medication safely but, I relapsed badly. I had to be Emergency driven back to Perth by friend of mine because I was not in the right mind frame to get on a plane alone or be alone. We were in a brand new Monaro so, that was good for me as the drive home was quick (ha ha).

When I arrived home, I was put back on medication to help cope with my Anxiety. Since then there have been many lows.



Anxiety is not a condition that comes and goes like a headache, it is a condition you have to deal with every day. I struggle to do the simplest of things like, getting out of bed to start my day, going to bed to get rest, food shopping, going to work and exercising. It is not that I'm lazy, I sometimes just don't want to face the day, even though there is nothing of significance I should be afraid or anxious about.

There are ways you can help yourself control your Anxiety instead of letting Anxiety control you. This includes, support groups, counselling, yoga, meditation and exercise. For me, this is where Konga as I believe has "saved me".

Like I said it is hard for me to sometimes get out of bed in the morning, so getting the motivation to exercise was not an option 5-6 years ago. It all changed for me one

Thursday night, I bit the bullet and went along to one of Tara's classes she was covering in Willetton.

The feeling I had after her class was so wonderful. I was sweating but smiling from cheek to cheek. I felt motivated, happy and NOT ANXIOUS! For the hour of the class, my worries and anxious feelings disappeared.

I had finally found something that made me feel great and control my anxiety. I even decided to become an instructor myself. The best decision I could have made for myself.

Yes, I have had many bad days at work or at home and the thought of instructing a class, being motivating, happy and smiley was just too much but, I always tell myself "remember the feeling you get during and after your class. That feeling of happiness and invigoration? You need that and you have other people relying on you to also feel that". Once the music starts and I'm up there ready to go. I realise, everything is going

to be OK. I finish my class thinking "what bad day?"

Without Konga I really don't know if I could have found something else to be so passionate about and make me feel this way. It truly is a form of therapy for me.

Konga has helped me immensely. Not only with the health of my body but most of all my mind. The Jungle Body team has also helped me as they offer so much support and you meet amazing people who have also had similar experiences to you and you can offer support to each other. Konga gives me something to look forward to each week. Instructing makes me feel important and looked up to which, is a great feeling.

Everyday is a challenge but most days are a good challenge. Anxiety is a condition I will live with for the rest of my life but I will not let it control me, I will control my anxiety and not let it defeat me.

WORDS TO LIVE BY

The Jungle Body® is a strong believer that words can be therapy and totally transformational.



Choose kindness and laugh often

-

**BE HAPPY WITH WHAT YOU HAVE WHILE
WORKING FOR WHAT YOU WANT**

-

*If the words are not beautiful do not let
them leave your mouth*

-

**BEING NICE TO NICE PEOPLE IS EASY, YOU HAVE
TO BE NICE TO MEAN PEOPLE, THAT'S THE
HARDEST THING TO DO**

-

*Find a workout that gives you
butterflies. When you love what you do
you will always want to do it*

-

**SOME DAYS YOU EAT SALADS AND GO TO THE
GYM. SOME DAYS WE EAT PIZZA AND STAY IN
BED. BALANCE IS THE KEY**

-

*Friends that workout together, stay
together*

-

**REACT WITH KINDNESS AND YOU WILL ALWAYS
FEEL BETTER.**

-

*Watch your thoughts. They become your
actions which turn into your habits
that eventually define who you are*

-

**Surround yourself with people
that reflect who you want to
be & how you want to feel. It
will lift you higher**

-

*Always be the first person to smile
& greet someone! It's amazing how
your energy can totally transform a
situation*

-

**WORKOUT BECAUSE YOU LOVE YOUR BODY, NOT
BECAUSE YOU HATE IT**

*It's nice to be important. But its more
important to be nice*

-

BE THE SORT OF PERSON YOU WANT TO MEET

-

*Life isn't meant to be easy! Sometimes
happy, other times rough. When you
embrace the ups & the downs you
learn lessons that make you STRONG.
When you are strong, you can take on
anything*

-

STRONG WOMEN BUILD ONE ANOTHER UP

-

*Don't let anyone ever tell you your
leggings aren't pants. you dont need
that negativity in your life*

-

SHE BELIEVED SHE COULD. SO SHE DID

-

**The Jungle Body is filled with
motivation, inspiration, love,
encouragment and all the
support needed to reach
goals you only dreamed of**

**MAKE THE REST OF YOUR LIFE
THE BEST OF YOUR LIFE**

-

*The difference between who you are and
who you want to be is what you do*

-

TURN YOUR STUMBLE INTO YOUR DANCE

-

*The Jungle Body comes in all different
shapes & sizes but it has only one
heart; a humble one*

-

**Don't worry about the past,
just focus on being the best
version of you tomorrow.**

The SCULPT



DOG PEEING

Bend the knee at 90 degrees and raise it up to the side with a pointed toe. Ensure the knees come back together, the neck is neutral, the back is straight and the hands are under the shoulders.

Song Suggestion: Touch It - Monifah



COBRA PUSHUP

Begin with your knees under your hips and your head down near the ground as you slide like a snake into Cobra Position. Use all your upper body strength as you engage all the upper body throughout this movement.

Song Suggestion: Been On My Grind - Dej Loaf



SEXY MOUNTAIN

Start in a plank position keeping the hips down low and the back straight with the neck neutral. Cross one leg over another raising the hips slightly. You can do these slow or fast depending on your fitness level.

Song Suggestion: Cheap Thrills (feat. Sean Paul) - Sia



SIDE LEG RAISE

Bend the knee and place the hand and the leg in line with each other. Place one hand on your hip and ensure the core is pulled in. Raise the leg with the toes pointed up to hip height and lower. Do not perform this movement too fast or use momentum.

Song Suggestion: Hungry Like the Wolf - Duran Duran

BOOTY SWING



Place the hands wider than shoulder width with fingers pointing towards your feet. Place your feet shoulder width and swing your hips down and up to the side like a smile shape. Squeeze your glutes as you do the movement.
Song Suggestion: Whine for Me - Timaya

SHEREICE WALK



Pretend you are going for a walk but we are going to make it really dramatic. As you step forward push your hips and waist forward. When you step back push your booty backward. Try to make the step as big as possible repeating it 8 times to the left and 8 times to the right.
Song Suggestion: Mysterious Girl - Peter Andre



JUNGLE PLANK

In a plank position with hips lowered and core pulled in raise the booty in the air by arching the back slightly. Arch it up slowly for 2 counts and then back to neutral for 2 counts. This movement will work your core like you wont believe.
Song Suggestion: Crazy In Love (Groove Dealers Twerk Remix) - Beyonce



DOG PEEING REVERSE



Raise a 90 degree bent knee to the side at hip height and rotate the pointed toe back so that the foot is tucked behind the body and return to the side position. This will challenge your glutes like no other.
Song Suggestion: Stop! In the Name Of Love - The Supremes





You GOT THIS

You are in charge of how you react to the people and events in your life. You can either give negativity power over your life or you can choose happiness instead." Some may read this and say "it's not that easy"; I was one of those people a few years ago. I let everything get to me, I worried constantly and I never lived in the now and appreciated the things that were happening as I was too worried and stressed. Then life happened, things I could not control or fix happened.

In the past few years the way I have dealt with these

things happening is by counting my blessings. I believe the secret of happiness is to count your blessings every single day. Nothing is promised to any of us and we honestly never know what is going to happen, it's so important to appreciate what you have, a healthy body, healthy children, a loving family, and friends.

I am not saying it's easy, we all need to release our feelings, and get upset. But don't stay there. Look at what you are blessed with for motivation to keep going. Use that feeling to motivate you to work harder. When you feel sorry for

MANAGE YOUR MINDSET

GILLIAN DE GRAAF



yourself, think, so what am I going to do about this? Use the negativity as fuel to transform yourself into a better YOU!

The more you try control something or a situation, the more it controls you. Learn to live in the now and be happy where you are at. We are so often caught up in our destination that we forget to appreciate the journey, appreciation is a wonderful feeling don't overlook it. In life there will always be haters, doubters, people who will not be happy for you. Forget it, don't give it one more second of thought. It has absolutely nothing to do with you, it's a reflection of how they feel about themselves, if anything help them.

Help them become a happier and more positive person, help them see the blessing in their lives and happiness, because that's what life is about. Live in the NOW and put your energy into the people who love you and want the best for you.

When you think life is throwing you lemons (which it will) try and find the positives, make the most of it and appreciate everything you are blessed with. The things you take for granted someone else is praying for.

Never allow waiting to become a habit, live your dreams and take risks, life is happening NOW. It is so easy to forget how precious it is to be alive.

Gillian x



HOW TO FIND HAPPI- NESS

TARA SIMICH

Everyone wants to be happy. So many of us are searching for it & trying our best to work out what it is that will make us happy. Maybe a new amazing man in your life will make you happy or getting rid of the idiot your dating, landing your dream job or finally getting that nose job you have always wanted! Happiness could be beating cancer, losing 5 kilos or getting a Tax refund. Maybe it is finally finding a friend that you can depend on or giving birth to a beautiful baby. All of these things are common examples of what fills us with happiness & makes us bounce out of bed with a smile on our faces.

Unfortunately, life is not always happy (even for those people you think have it all) & that new amazing man in your life may also turn out to be an idiot. Maybe that dream job was actually a nightmare or the nose job didn't make you feel like Kim Kardashian. Maybe the Cancer will come back & you might put on 10 kilos. Maybe that best friend of yours will turn out to be your biggest enemy & you won't fall pregnant as easily as you thought you would. Unfortunately, this is the sort of stuff life throws us... in between all that good stuff.



Life is simply a roller coaster of ups & downs that approximately lasts 95 years. While you cannot always control the roller coaster, there is one thing you can control – the way you react! It’s the way you react to everything that happens in your life that ultimately determines what happens next. When you start to react to situations in a positive, humble, rational, forgiving & educated way suddenly everything around you becomes positive, humble, rational, forgiving & educated.

In Economics we have something called “The Multiplier Effect” & I always think about it when something negative happens in life or work. So put simply, lets say a new hotel opens, not only does it start to make money, but staff get employed so they spend money, local producers get contracts & some shut down, tourism picks up & then property prices then rise so Real Estate agents make more. Bla bla bla bla...the list goes on. One hotel causes A WHOLE LOT OF STUFF to happen.

So just think, every decision, reaction

or opportunity you take in your life has flow on effects that are much greater than what you may imagine.

As an example, lets think about how getting “pissed off” & “angry” about something will effect more than just you.

It effects your relationship because your husband has to come home to a grumpy wife causing another big fight in itself. It effects that new work opportunity that you now missed out on as you were too pissed off to attend an event you were invited to. It effects the way you greeted a random person at a party who down the track ended up being your future employer (who now thinks your rude & not up for the job). Maybe being “pissed off” made you binge eat on Ben & Jerrys all night long & cancel your next KONGA Class

Had you let the situation go, welcomed your husband with a big smile, attended the event & learnt amazing new things, rocked up to class & had the best ever KONGA workout & greeted a stranger with a smile (only to find they will be your boss 10 years into the future). Maybe things would have worked out for the better that day, that week, that

month...that lifetime. Just maybe being positive, humble, rational, forgiving & educated could help you create more ups in your life & better managed lows.

Life is going to throw you lots of challenges & it’s up to you (and only you) how they will effect your entire life. Your mind is what will get you through it – not money, friends or power.

Tara’s 5 tips to being Happy:

Be the person you want to meet

Always be the first to smile & lift up others

**If its not nice, don’t let it come out of your mouth
Forgive, let go & move on.
Grudges are cancer to the soul.**

We aren’t perfect...but aim to get better every day.

