



KJSA Distributors (Pty) Ltd

Company Registration No 2004/023501/07

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KANGOO JUMPS FESTIVE SEASON NEWSLETTER

We are taking this opportunity to wish you a happy holiday over the 2008/9 festive season, to thank you for your interest and support, to fill you in on our progress to date and to encourage you to make the most of our “can't be beat” 2008 Christmas Product Range Specials! Read on and visit us at www.kangoojumps.co.za for more information!

After making our first “official” appearance in the South African market in 2007, we have expanded our influence significantly and currently have Kangoo Jumps “out there” in many more interesting domains and markets, such as:

1. Research

The Kangoo Jumps research project which commenced in 2006 and is taking place at the University of the Witwatersrand, has revealed exciting results. This year, we directed our attention to the results looking at bone health, body composition and leg strength because of the interest received from intrigued therapists concerned with the rehabilitation of persons suffering from chronic back pain, joint stiffness core muscle weakness.

After a 12 week aerobic-orientated, progressive, heart-rate regulated exercise intervention, the study sample (Security Officers) using Kangoo Jumps, 3 sessions a week, showed that right and left leg bone mineral content significantly increased by 2.90% and 2.91% respectively. Right leg bone mineral density increased by 3.79% and whole body and left leg fat mass decreased by 8.88% and 14.33% respectively. Left and right leg lean mass increased by 5.50% and 1.65%. The strength results demonstrated significant improvements in peak flexion torque and relative flexion torque which increased by 13.05% and 15.23% respectively.

2. The Rebound Training Academy

As you have found out, training which focuses on the application of Kangoo Jumps is essential. Understanding the theory of reboundology and the uniqueness of the fit the Kangoo Jumps, per application, is vitally important. As a result we established “The Rebound Training Academy”, which is a subsidiary of KJSA Distributors (Pty) Ltd. It offers specialized several training courses and specialized modules using Kangoo Jumps. Delivery of these programmes are under license agreements with selected service providers and the training is facilitated by our Internationally accredited Master Trainers, Elsa Storm and Avi Joseph.

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3. Rehabilitation

Caroline Sands, Physiotherapist in association with the Kangoo Jumps research team, repeatedly observed final phase treatment outcomes surpassing her expectations. Case studies are now being systematically produced where therapeutic interventions using Kangoo Jumps for rehabilitation, are indicated. As a consequence of these case studies we are pleased to have several preferred practitioners working with Kangoo Jumps around South Africa. Early next year the Rebound Training Academy will be hosting a National Rehabilitation Workshop with Kangoo Jumps. The website, www.kangoojumps.co.za now lists the preferred practitioners who are applying Kangoo Jumps in treatment modalities.

4. Schools

2008 has seen an increase in schools using Kangoo Jumps in Physical Education lessons as well as for fitness (cardiovascular) power and speed (plyometric) training for sport applications. To support the schools initiative a very comprehensive and informed "lesson-by-lesson" outcomes-based programme called "Fit for Life" has been developed for grades 10, 11 and 12. Training for a group of teachers from the "pilot school group" took place in September and the feedback received suggests that Kangoo Jumps and the Fit for Life programme is a huge success in the schools. In 2009 manuals for grades 8 and 9 will also be up and running. Orders for 2009 can already be placed. The whole programme is supported by a registration, per grade, per school, per learner through the website.

5. Corporate wellness

Kangoo Jumps are working hard in the corporate environment. Employees can now sit at their desks and improve blood flow to their legs by preventing the cut of blood flow from the chair, simply by wearing Kangoo Jumps while at their desk. Getting up and down from the desk chair and moving through the office environment is in itself a challenge. Being on Kangoo Jumps simply increases the challenge and nicely provides the opportunity for the training principle, the "overload principle" to materialize. The moment the wearer of Kangoo Jumps is standing in the footwear, is the moment of the exercise experience. Its now quite possible to exercise at work, and all day! Kangoo Jumps also make the ideal corporate gift, as an endorsement and recognition of the importance of employee wellness and fun in the workplace!

With the summer holidays just around the corner, KJSA Distributors (Pty) Ltd is offering Kangoo Jumps at our Christmas special price of only R1881.00 including vat. This limited offer is only valid for 2008. **Jump into it!**

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