

Nurhairati Hussin .

Name: Nurhairati Hussin Age: 42 Occupation: Senior Pharmacy Technician My journey started in January 2015.. I set a date to meet my friend, Rina Moktar on a weekend..for breakfast?! NO NO NO..it was a date to join an exercise class, Dee Dee Mahmood's. It was the first BUT never the last..I kept going to her classes..fell in love with her Saturday and Sunday sessions from 8am to 10am. Four different sessions on two days. What could you ask more? From physical to mental strength, from frowns on faces to smiles



at the end of all her classes. I didn't realised that I have been coming to her class for a whole year of 2015! I am Soooooo addicted to see her moves and speeches BUT from a distance. I am in awe of her. Each time she comes near I automatically FREEZE!! 🙈🙈🙈🙈 BUT it didn't stop me from exercising:-) "Negative 8kg" ..YES!! It was a slow process of losing weight BUT I am a happy person. I could walk faster, walk a longer distance, walk up and down the stairs, stand for long during office hours, squats without feeling knee pain and feeling giddy when getting up. The best thing is that I began to eat healthier. Feeling fresh? Yes! More alert? Yes!! Move faster? Definitely!!! Sleep disorder? Not anymore!!! Yearly check

ups gets better each year..especially haemoglobin and sugar level are on the healthy range..no more red alerts in my medical report. Then comes January 2016. Dee Dee announced that she has a new program called Fat2Fit2Fitter (F2F2F). I was contemplating to join but it would be interfere with my weekend family bonding time, for whole of the six weeks. After making adjustments, I joined F2F2F. I thanked my husband for his encouragement and support. I am so addicted to F2F2F 2016. Awesome tips were shared and more knowledge gained on living a healthy lifestyle. I was losing weight..losing more weight too. "Negative 4kg" lost in the 6weeks program, Alhamdulillah Ya Rabb. I managed to downsize me! From XXL to XL and now L. To date, a total of "Negative 15kg" is something that I never dreamed of. Alhamdulillah Ya Rabb..it was worth it!! Thank you Chicher Dee Dee who has been inspiring me and others in our journey to a healthier lifestyle and a definitely healthier me! 😊🙈🙈 Thank you my friend - Rina Moktar, my inspiration and Titanic partner. 😊🙈🙈 ❤️EXERCISE...A TRIBUTE TO HEART❤️

