

## **Mary Ann.**

Dear Dee Dee,

I am so thankful to be in touch with you again. I have been working out regularly at the gym and I know that I need to change my routine. Doing the same cardio exercises and working on various machines for years caused me to a plateau. I was bored and had lost motivation to keep pushing myself. Everything changed when I started attending your classes and programs. In the four months I have been exercising with you, I regained my strength and stamina and my body feels firmer and fitter.

I enjoy participating in your weekend classes. They are one of the best and most intense workouts I have been to. Kudos to the front liners and DeeDee girls for making the classes full of fun and entertaining. To Ben as well for playing the upbeat and full of energy songs.

My experience in your first ever boot camp is simply unforgettable and inspirational. Your advice and tips on weight management and healthy lifestyle is spot-on and reinforces my belief that we girls need to keep ourselves healthy and in shape. Whether we are married or single, it is important not to let go of ourself.



Of course, the physical training and exercises are not to be underestimated. We have worked out the different muscles of our body and definitely felt it after the boot camp. I also love the sharing session as it gave us the opportunity to know the boot campers, learnt from their experiences in weight loss and management and be inspired with their motivations and aspirations. The boot camp is not only about physical activities and exercises but also how to take care of your health and wellbeing. Another part of the boot camp that I enjoy most is the mystery challenge. Initially our group (Fantastic Babes!) thought that we need to prepare a skit or series of exercise routines. To our surprise, we have to prepare a dance performance from one of the songs given to us. With little time to prepare and having about 3-minute song to dance to, how can we possibly come up with something entertaining, unique and creative???

Well, I am proud to say that the team really showed what team work is all about. We took every opportunity we have to practice our dance routines, trying out every moves even the difficult ones and incorporating as many dance routines as possible, and at the same time having so much fun. In the end, our hard work paid off and we won the challenge! Our performance showed that we can be hot and

sexy whatever our body shape is. I am thankful to my team mates, SyaSya (our amazing team leader), Zabrina (our hot co-choreographer) and Surjati (our super mommy).



I saved the best for last – My experiences in October Body Curve program. This was my first time to join such program and I did not know what to expect. I came with an open mind and told myself that I have to do all the exercises no matter how hard they are. If I cannot, I must even try. The first thing that you taught us was the right way to brisk walk. I am grateful that you are very particular about it and always highlight the importance of doing it right.

I did not mind doing it 10 times around the stadium. The brisk walk together with the stretches prepared my body for the exercise training. I like the variety of exercises that we do. They are really heart pumping and the sweat is flowing like I never felt it before. The exercises also make my whole body work hard.

I especially like the running and squats with dumb bells, in stretch band or medicine ball. You never get bored with the exercises. There is something new every time. The sweetest part of this program is that I made friends, memories and self improvements.

It is a privileged to be DeeDee's girls and words are not enough to express my appreciation to you. With your positive support and encouragement, you help me focus to achieve my goals. Special thanks to Kecik for keeping an eye on us and making sure we do the exercises right.

With lots of love,  
Mary Ann