

## **Masrinah Binte Amin, 22 years.**

### My Before and After story

Let's just say I always admire ladies who have curvy figures. I always dreamt of having the figure that won't have any trouble finding dress, jeans that sometimes comes only in small sizes. So what I did was I went looking for solutions of trying to lose weights the fast way, because I want instant results as I'm lazy when it comes to exercising.



I tried "the doctor's slimming pills", within 3 months I saw results, so I continued eating them for that whole year. But there were side effects such as hard to sleep at night and hot-tempered. But the good thing was, I could eat whatever food that I wanted without the fear of gaining weight, which was what I've always dreamt of but alas that method did not last long.

The following week when I went to the clinic to get some more pills, the doctor advised me to maintain my body on my own without the help of the pills. But the problem was without the pills, I gained double my old weight. I was devastated. I felt bloated.

It was after a few months when I discovered DeeDee's fitness website through facebook. I was actually interested in joining her BODYCURVE and her weekly classes. After I joined her bodycurve and went to her weekly classes, I now know how to eat healthy. I learnt a lot of exercise moves from DeeDee that was actually fun to do. From there I felt my inches reducing, some of my clothes now can fit me. My stamina have improved and I feel more healthier. Ever since I joined till now, I'm always ever ready to go for her classes because it's the way she handles her classes that makes it joyful and fun.

She will take her time to go around to correct our moves. She has this superb positive attitude even when we do something wrong, she won't get angry but just give firm advice (what we really need, not scolding which sometimes will de-moralise us). Her weekend classes are fun and enjoyable with fun and funky music.



DeeDee, Thank You so much for your never ending support and positive attitude without which your classes won't be this happening...

Masrinah