

Jihan Mehrun, 44 years old.

I'm Mehrun, 44 yrs old. I started exercising with Dee Dee at Festival Park Tampines in 2006. My weight at that time was almost to 80kg. In January 2006 I was diagnose with breast cancer. Did my operation and have to take medication. The medication have a side effect, it made me fattttttttt.



I was so depressed as I dont know what to do. I'm so shy to exercise outdoors. Then I heard that Dee Dee is conducting aerobics class just a few blocks away and at night that's the best time so nobody can see me.

Joined her class at Festival Park, it was so tough

but I was very happy. With her gentle coaxing and personalised support, experienced health improvements. I could not use my left hand after the operation but now I can, as it is much stronger now. After 6 months at Festival Park, I lost my first 5kg.

Since then I've been to Dee Dee aircon-studio-ladies-only classes at Tampines Swimming Complex every weekends, my body size drop from 3XL to L. Previously 80kg, now I'm at 68kg. After I lost weight, a lot of people commented on how good i look. Now I feel good and happy!



Thanks to Dee Dee!