

Nurul Fadzlin wrote:

I had always been scared of eating because of the fear of growing fat. Hence, I went onto a crazy crash diet (eating a few slices of bread for the whole day) which resulted in bad gastric. I was unhealthily skinny. Those crazy crash diet days are totally over now.



I was asked to accompany Mama to Kak Dee's weekend class. Whoa! I'm surprise that I am so much active now, working out and eating healthily ("cheat days" at times, hehehe). We started off from her weekend classes followed by Body Raya and I continue the Body Curve program.

Over the day, I can see changes in our body. I am proud of mom, you know? She no longer complains of leg & body pains. She works out independently at home or in the morning when I'm busy catching up with sleep.

As for me, I LOVE HOW I LOOK RIGHT NOW. I see muscles on my arms and toned body. It is definitely nice to receive compliments such as, I'm shapelier and stronger now. All I can say is, no pain no gain. One thing for sure, all these work out made me feel livelier and happier.

Kak Dee has been a source of my fitness motivation. She takes care of us, motivating us all the way, teaches the correct technique, pushes us to the limits. Her "never ending last 8 counts" is her way to help us see the results.

Insya Allah, I will still be with her even until I remove these braces!

Much Love,
Nurul Fadzlin

