

Camilia Hashim

After gaining quite a lot of weight, I stumbled upon an article that mentioned fitness trackers in January 2015. I bought one and started walking 10000 steps and climbing 10 flights of stairs each day. The results were good as my weight started to decrease. I lost about 15 kg in about 10 months. But after



that, my weight started to plateau and then increased. I reached a point where I became quite frustrated as it seemed like my exercise regime was not working anymore. Then in March 2016, my colleague who had been on Dee Dee's F2F programme posted Dee Dee's latest programme called Shape Up for Raya (SUR). I did hesitate, but at the last minute, I decided to take the plunge and joined the programme with another colleague. I had faith in Dee Dee as I had seen the success stories of at least 2 of my colleagues. Through the SUR programme, not only did I learn to exercise using weights and stretch bands, I also learnt to do stretches and most importantly to eat healthily. Dee Dee's method worked wonders for me and being in a group of highly-motivating and encouraging friends helped me a lot. It also helped that my husband is highly-supportive in my fitness endeavour. In 2 short months, I managed to lose 5 kg and I am now at my lowest weight ever in my adult life! I am looking forward to being healthier and fitter and my long-term goal is to reach my ideal BMI. Thank you Dee Dee for being a great fitness coach! You're the best!

Name: Camilia Hashim Age: 42 Occupation: Teacher Best wishes, Cami xx