

Anizah Lazim .

My name is Anizah Lazim. I am a 49 yr old mother of four children aged between 12 and 21 years old. I work as a radiographer. Before I joined Deedee's class on 9 Jan 2016, I was an obese, hyperthyroid patient who had been on medication for the past 7 years. My doctor had been telling me to lose weight for good. I tried dieting by eating very little food for my meals because I thought that a lower calorie intake will lead to weight loss. That would leave me very hungry, and I would snack on cakes, nuts and chocolates. The wake up call came when I started to feel excruciating pain in my left heel (plantar fasciitis), had constant back ache and arthritis of the knees. That's when I remembered a friend previously mentioning of a teacher by the name DeeDee who teaches exercise in Tampines. I googled her name and found her website. Immediately, I joined her weekend class and signed up for the



Fat2Fit2Fitter programme which commenced in January 2016. My thyroid was stable by medication which was gradually tapered from 6 tablets to half a tablet daily over the 7 years period. When my doctor suggested that I could stop medication, I was worried that without medicine, the disease would kick back in and I would have to start medication all over again. In fact, I knew of a hyperthyroid friend of mine who experienced a relapse. She then chose to take medication for the rest of her life. After much thought, I chose to stop my medicine at the end of January 2016, about almost a month into the Fat2Fit2Fitter(f2f2f) programme. I figured that I f I don't try, I will not know. With no medication, food is now my pharmacy and exercise is my medicine. That was one thing I learnt in F2F2F and this gives me the drive to continually eat healthily and exercise regularly. My blood test review in late February 2016 showed no sign of hyperthyroidism. The best thing at the end of the 6 weeks f2f2f programme, not only did I manage to lose about 5 kilos the healthy way, I made many new wonderful friends. Together we form a very strong support group under the watchful eyes of our beloved coach DeeDee Mahmood. No body is left on their own to

slacken and go back to their old ways. After 5 months, I had shed about 15 kilos off my frame. The heel pain, the back ache, the arthritis had long disappeared. I feel awesome! My goal now is to maintain this healthy lifestyle to keep myself medicine-free, healthy and strong to do my duties as a servant of Allah. At the same time, I want to inspire the people around me to adopt the same healthy way of life. For all these blessings, I praise the Almighty Allah. Thank you DeeDee for imparting your invaluable knowledge and guidance. Last but not least, thank you to my husband Mohd Yusri and my children for your consent and support, without which, all will not be possible.