

Selina.

Hi my name is Selina; I was diagnosed with breast cancer in year 2003 and went through an operation and one month of radiotherapy. I am tired easily and the doctor advises me to lead a healthy life style, no more oily food and a lot of "EXERCISE". I hate to exercise and find it very boring, but because of my health I am given no choice. I tried going to gym and join some aerobics classes, I always quit after a few session because of laziness and no motivation.

At 1.56 metres and weighing 70 kg I am definitely overweight, I began to dread the simplest exercise like walking, I will jump onto a taxi for even a short distance ride. God is Great! He sent an angel to me and changed my life totally.



A colleague encourage me to join an aqua aerobics class held in Tampines Swimming Complex, after much thought I agreed because I know I need to start exercising again because I was diagnosed with high blood pressure. I like water, so exercising in the water will be something different.

The day came for the class and we went to the swimming pool with enthusiasm and to our surprise our instructor is a small petite lady very very pretty. She introduced her self as "Dee Dee" The first impression she gives me was very friendly and so full of confidence. Classes with her was full of joy and laughter, classes with Dee Dee went on.....from weeksto months and years... now I am still attending her classes every weekends for aerobics,pilates,muscles toning and also her special classes like "SHAPE' and " RAYA BODY".

Dee Dee is not just an instructor, she is our friend and mentor, she not only teaches us to exercise, she also taught us the importance of exercise, Dee is very cautious and strict when exercising with us, she makes sure that we abide to all safety measures that she had taught us as she does not want us to get hurt. She will always explain to us the correct alignment for a particular movement and she always emphasis quality was she wants and not quantity. She is very sensitive and attentive to the feeling of the girls exercising with her, a slight expression or body language she will never fail to notice, she will always ask whether we are OK!!! You feel very safe exercising with her but that does not mean you can relax and slip shot, she will be very angry if we do not listen to her and do the movement correctly, but if she finds improvement in you she will always compliment and motivate us to go further.

Dee Dee classes is always fill with laughter and the music she used is really fantastic very up beat and it makes you feel like dancing and not going through a session of torturing. Her classes is full of surprises and she always input different exercises movements to improve our intensity, She never fails to

welcome you with her dazzling smile and her memory is super, she remembers the names of the girls exercising with her and never failed to acknowledge them with a pat on the shoulder as she runs around the class while we exercises checking on our movements. All these minor but sincere actions really make her so different from other exercise instructor.

I remember once I joined a aerobic class organized by my company, the class already started when I arrived, the instructor don't even bother to welcome or say hello to me. I was left standing there trying to follow what he wants us to do. I felt so stupid and disgusted, he seems to be enjoying himself doing his workout and he don't even noticed I left the class, that was the most expensive lesson I paid \$65.00 for ten minutes and I never want to attend the lesson again.

Another incident I want to give Dee the credit is, she always remind us the importance of moving our legs while we stopped for water break never stand still because the blood will flow to the legs and will cause us to feel giddy. Always turn to the side first, never get up straight from a lying position, all these information's she gave us we always take it very lightly and we



only realize the importance of it till one day, A substitute instructor came to teach us as dee was not available, she make us do all sorts of movements lying down and standing up. She did not remind us to turn sideway first before standing up like what dee always does. At the end of the class a few girls began to feel their heads spinning and have to rest nearly an hour before they can leave. From this incident we realize why Dee is so strict with us when we exercise with her. Safety always comes first!

Dee Dee's life is a living testimony of everything she preaches. She understands the feeling of women who desperately find ways to do something to improve their body image and self-esteem. She fully understands their struggles because she has been through it. She always say "there is no shortcuts to exercise" we must make the" impossible" to be possible and she will be there to help us.

After all my classes with Dee, I am now more fit and healthy, my BP is under control and my body is more tone and sexy, I never likes to look at myself in the mirror before I exercise with Dee because I looked "ugly" with all the extra fats, but Dee has taught me how to instill body confidence and body awareness. I learned this in her exotic dance class. I would like to take this opportunity to thanks her for all the knowledge, love and motivation that she has give me, Dee thanks for being my teacher, mentor, friend and sister. You are indeed God sent!!! Love You Hugs and Kisses....I look forward journeying with you.....