

Jahara Othman.

My name is Jaharah, I am 62 years old.

Everybody knows that exercise is good for health. We are advised to exercise at least 3 to 5 times a week to keep fit and healthy. I have a problem with high blood pressure, migraine, fatigue and I am occasionally short of breath.

My migraine was very bad. I suffered for more than 40 years. In fact, it triggered of at least 3 to 5 times a week or sometimes even more. I have tried all sorts of medication but it doesn't seem to help. Thankfully, I met Dee Dee and joined her exercise classes on Saturday and Sunday mornings. Subsequently, I joined her Shape, Raya Body and Body Curve programmes.



They are so interesting and it helped to build up my stamina. With her guidance from the start, I feel that I have improved a lot in my medical conditions and it has especially help my migraine. I no longer experience frequent attacks. I feel much better now. My Doctor has cut down my medication for high blood pressure and this shows that my blood pressure is better

now and she (my Doctor) advised me to continue exercising. Besides that, I am so proud that I can now run and is more flexible than before. In fact, I feel good, healthier, energetic and I can feel that my stamina has increased since I joined Dee Dee's exercise classes.



It's been GREAT! Thanks Dee Dee for your guidance.