

## ***Testimonial of Ms Nora.***

Getting to know Dee Dee was a wonderful experience for me. I'm lucky to have Dee Dee come at my workplace twice weekly.



One day she mentioned that she's having a PCD session at Tampines. Without thinking further, I quickly signed up for a spot as dancing is my passion. That's where I begin to fall in love with her class even MORE. Even though I was alone, a warm welcome from all was a pleasant surprise. By seeing all the women (different race, age, shape & sizes) they motivated me to follow her weekend class.

I used to be a petite size and at a point of time, my shirt sizes range from M and even XL because of my flabby arms, tummy & thighs. That's WHEN my health condition was not that good & I tended to get sick very often.

Following Dee Dee workout session at both my workplace & Tampines has always been a joyful & fruitful session. Dee Dee shares tips on health & beauty very often. Like everybody's testimonial, I totally agree she's attentive to every single one of us in class. Nothing escapes her eyes & with that, all of us get her personal touch.

Dee Dee also made us do homework with her DVD. She'll guide us on which "workout chapter" to do at the comfort of our own home. But for me, I discipline myself and follow the complete 1 hour DVD workout sessions (Warm up, Main workout, Body Sculpting, Tummy Trim and Warm down) everyday at home. Even I'll encourage and get my family members to do it with me. But of course, I heed Dee Dee's advice to ALWAYS listen to your own body. If I'm too tired, I'll skip and ensure I'll do it the following day without fail.

With all the workout sessions and a positive mindset, it makes me fight the "lazy" war in me to lead a healthy lifestyle. Not to forget, the full support I've been receiving from families, colleagues, friends and OF COURSE DEE DEE. It does help a LOT in achieving my goals. Bonus is a shapelier &/or well tone body.

As for now, I'm thankful that I'm not photocopying my NEW YEAR'S resolution ever again as I've seen results. I've lost 3kg as well as the inches around my waist and thighs are improving. I'm delighted too when Kak Dee Dee or others seen & commend me on my changes. It is truly a sweet reward hearing from them.



Kak Dee Dee, thank you very much for including me in any of your events (e.g Joo Chiat, Jurong Spring CC & Insya Allah any upcoming events). It was & will always be an amazing experience for me together with you & Dee Dee "pink" ladies reaching out to the people to encourage & promote healthy lifestyle. Indeed my journey now is changing & improving for the better.... Insya Allah.

Sincerely,  
Nora (SAS)