

Jolene's Transformation .

Jolene's Transformation I am a 19 year old student who deem myself as being very fortunate to know Dee Dee. Since young, I am the chubbiest of my family and am always being showered with lots of love. Inevitably, one form of love was feeding me with whatever I wanted to eat. And of course, I could not resist all the food that was given to me. Despite this, I did not have severe problems with my weight up to 14 years old, when I was just borderline overweight. However in 2011, I started to put on quite a lot



of weight and eventually became overweight, weighing 70kg at 162cm tall. Even with these changes, I did not remember myself being worried or upset about it at all. At the start of 2012, my ex teacher commented jokingly, "Hey Jolene, you seem to have put on weight huh!" Though he said that he was joking, I felt a little hurt inside. Thus, I started to play basketball for an hour every Saturday morning, on top of Physical Education lessons which were held once a week. I naively thought that that was enough exercise for me so I was satisfied. At the start of 2013, a familiar scene happened once again. I attended Junior College and was in the same class as one of my ex classmates. I could see that he was a little shocked upon seeing me. He came over to say hi and made a sign with his hand and I could infer that he was trying to say, I was fatter than before. Once again, I was hurt. More deeply hurt than I was a year ago. On top of that, the girls in my class were all looking so pretty and fit and I could not help but

feel demoralised. That was when I told myself, enough of living in self- denial, I must do something about it. My mother has joined Dee Dee's exercise classes since the end of 2012. Since then, she has been persuading me to join her for the classes. I finally gave in at the end of 2013 since I was desperate to change myself. Initially, I was so reluctant to get out of bed early just to go for classes but subsequently after two lessons, I started to enjoy every single class and found a new me in the process, of course, with the help of Dee Dee. Other than reaping the health benefits of her classes, I also got to know many friends of all ages in class. Though most of the ladies who attended the classes were Malay, my mother and I did not have any problems mingling with them as they were all so friendly. I am very certain that no one feels left out in the class as Dee Dee gives everyone equal attention. She makes sure that all of us are doing the right moves and have no difficulties following. When she notices someone having problems, she will specially modify the moves just for them. Currently in November, at a height of 164cm, I am 63.5kg. I lost about 6.5kg ever since I joined the classes. Since my gradual weight loss, friends and relatives started to realise the changes in me and told me to keep up the good work. That further made me more motivated to continue what I am doing right now. This would not have been possible without Dee Dee. Being just like a great friend to me, she constantly provides tips and never stings on her encouragements. I can definitely feel the changes in me – lighter, and much more



confident of myself. Thank you Dee Dee, I really appreciate your efforts (often referred to as your 'small steps') towards helping and transforming so many people around you. I will continue striving towards my goal and lead a healthy lifestyle for many years to come.