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As girls, we desire to be pretty, sexy, acquire a toned body and ultimately being healthy. This enables us to enhance our self confidence and boost our self esteem. Being fit and healthy will increase our quality of life for ourselves and also our love ones.

Therefore we tend to seek shortcuts in order to gain rapid results in losing weight, for example heading to slimming centres, practising 'crash diet', taking diet pills and force purging of food. No one would want to seek to most excruciating pathway; EXERCISE!

6 years ago, I weighed a whopping 80kg, standing at 1.64cm. Being overweight, I was constantly conscious about my appearances, people's opinion of me thus resulting negativity within me. Hence, I started applying the "shortcuts"; 'crash diet' in skipping meals. Eating once per day and constantly jog every day, I also smoked cigarettes and ignored my 3 meals.

I sought help from my family doctor and requested for slimming pills in which I consumed as and when I prefer. Within a year, I've managed to drop my weight to 69kg, and my pants size to 29/30. This came with a price of constant gastric pain. Unfortunately, my weight bounced back after I stopped smoking a year ago and reduced my exercise. Working and having no time to engage in vigorous activities, I went through a 'yo-yoing' process with my weight.

I was introduced to Kak Dee Dee's exercise classes by my aunt, in which I attended temporarily due to my busy working schedule. 3 months ago, I began to grow concern with my unhealthy regime, my bouncing weight gain. I began to rejoin Kak Dee Dee's weekend class @ Tampines Complex prior to enrolling to her 1 month 'Body Raya' programme.

The 'Body Raya' programme was an eye opener. I was introduced to cable training, proper stretching method prior to cardio training and brisk walking. The vigorous circuit training, cable training in accordance to intensity level; managed to decrease my weight to 72kg. I was a happy camper!

In November 2010, I rejoined another class by Kak Dee Dee – Body Curve, the first batch. Oh boy! Little did I thought, we were grilled so intensively to increase our fitness level. We had to ran 4 to 6 rounds around the stadium carrying dumbbells, circuit training. It was intense but fun!

Later Kak Dee had organised another Boot Camp, 3 days 2 nights event at Goldkist Resort. Excited as I was about this boot camp, I initially thought the level of training would be as comparative as the 'NS Boys' training. As I was undergoing attachments during that point of time, I was afraid I was going to be pushed to my limits. However I survived! There was lots of fun during the boot camp; dancing





competition amongst us, early bird exercise regime along the beach and sand, barbeque session, nutrition advice from Kak Dee Dee herself, sharing session and much more. It was a heartfelt boot camp with us bonded in a short period of time with our beloved trainer.

All I can say is thank you Kak Dee Dee, for making an impact in my life. You are truly an inspiration to me, and u had helped me to achieve goals that I wasn't able to do it on my own. From here onwards, I will prove myself worthy and work extra hard to achieve my optimal weight with your help. Thank you; my heartfelt sincere love to you.