

Roshi Viyakesparan



Dee Dee came highly recommended by a work colleague of mine, and being new to Singapore and needing to get back into my fitness regime, I decided last February, to give her a try at one of her Saturday ABT (Abs, Bum and Thighs) and Body Sculpting classes held in Tampines. There began my journey with Dee Dee!

My first impressions were that she is as glamorous in person as she is on her web site and she knows her stuff!! She is a very motivating trainer and is always encouraging us with handy tips and words of wisdom on how to stay fit, healthy and glamorous. Her music is funky as are her moves/routines, and as a group of women of all ages, she continuously reminds us, no matter what our shape or size is, we are beautiful people (inside and out). It was also encouraging to hear her own personal and other stories of triumph and the way she and others in the class, lost all that weight they once had. We had living proof which encouraged us to feel that "if there is a will there is a way" to stay focused and get fit for our own health's sake!

Dee Dee's classes are very well thought out, fast, furious and fun!!!! It is like being on drugs - once I

wake up on a Saturday morning - I need to attend her class for a "fix" if not my day wouldn't be complete. And after the classes, we all feel rather rejuvenated and ready to tackle a new week!

Personally, when I initially started the programme, my weighing scale did not shift as much as I thought it would but after about 2 months, I found that I had lost 4 kilos!!! This was a great start. Now I feel the weight is not going down as fast but the inches around my waist and thighs are decreasing rapidly which is a great sign as it means that I am toning up. Also my stamina has increased and I am able to exercise longer without too many rest breaks!

I enjoy the sessions as I also have a few of my work colleagues who have joined up since I started and these classes are all the more fun because of that.

I would like to take this opportunity to wish Dee Dee all the very best in her endeavors as a great Trainer, to continue what she is doing and motivate and challenge women in Singapore. She is a true icon and a force to be reckoned with.