

Mazni A Karim.

I embarked my journey with Dee Dee last year April. I was introduced to her class by my friend, Zuleikha. I dragged myself to the class on the first day, in my mind thinking of many things to do on Sunday. First impression of Dee Dee was superb! At a glance Dee Dee knows who are the new comers. She makes me feel welcome with her generous smile and even introduce me to the class. I've attended Amore classes but did not feel welcome at all. The instructor don't bother at all, she just do her job & at the end of the day she just left us alone. I've got no motivation at all to attend their classes and in the end I forgo the membership though I've made the full payment.



I've always look forward to Dee Dee's weekend classes. I've even introduced my mum, Mdm Fatimah, to the class and she manages to control her diabetes & high blood pressure dropped down tremendously. I felt very happy for her. Joining the Shape by Dee Dee! program was really a good motivation for me. I've learnt alot of healthy tips through out the program. She is very willing to help me and gave alot of advices on balance diet which is the best diet. I really enjoy the program very much and decided to continue with her Raya Body program. It was awesome! Though it was very

tough and tiring it was worthwhile as I managed to lose at least 2kg and goodness I've also lost alot of inches too!

My families & friends notice the different in me and they give very positive feedback. Beside losing weight & inches I've got new nice friends who were also on par with me. In fact when the program ended, I felt lost & felt something was missing. I'm looking forward to the next program in Nov! Now I feel more confidence in myself, I also start to believe that balance diet was the best and it will last forever.

I would like to take this opportunity to thank Dee Dee a zillion times for giving me chance to participate in all her classes. I really salute her commitment, generosity in giving tip and willingness to help me achieve my dream! Although Dee Dee have many students, she treats everybody equally, no favoritism!

Yours sincerely,
Mazni