

Sapiah Bte Rosdi.

My name is Sapiah Bte Rosdi, 63 years old and I retired from The Singapore Police Force since 2010. I suffered from 'hypertension' for almost 20 years. I could hardly leave the house without someone accompanying me due to constant dizziness. My head was constantly spinning and I felt the world is tumbling down till even I got so scared to close my eyes at night. I was admitted to hospital for almost a week due to my 'hypertension'. I used to always carry a piece of paper secured in my purse with me. In that paper, it contained my family's contact numbers should anything happen to me while I was walking in the streets etc. I recalled an experience whereby I wanted to shop at Orchard Road. Having the impression that I had recovered fully from my 'hypertension'. I went ahead at my persistence even though my husband was initially skeptical. True enough, about 10 minutes later, I felt extremely dizzy and helpless and unable to hold myself. I then contacted my husband to fetch me back. I hold onto a bar till my husband fetched me. To me, it was the worst experience I had which I could never forget in my life. I decided to join Dee Dee's classes after following her Facebook constantly. I made a first step to



Vanda Room on 2 Oct 2010 with an encouragement from my daughter, Shirin Hoe. I felt very comfortable with Dee Dee during my first day as she was very professional in her task. Since then I never look back, I followed her classes faithfully without fail. In the first 4 years, I could see improvement in myself, especially in my sickness. When Fat to Fit (F2F1) was launched in Singapore in 10 January 2014, I decided to join to further improve myself. It was miracle experience to me as my weight reduced from 71kg to 58kg. I am so proud of myself as I lost 13 kg within 3 months. My husband so proud with my achievement. My family Doctor and Doctor Choo from F2F1 praised me!. I was so grateful to Dee Dee for her tireless guidance and great motivation. It's so amazing, my cholesterol level improved, my blood pressure normalized and I seldom fell

sick. As I progressed in Dee Dee's classes, my life has changed drastically. I am more confident in leaving the house on my own. I started to travel the world with friends to Korea, Spain, Bangkok, Indonesia and Malaysia. I have also performed my 'Umrah' in few occasions without my husband beside me. On April 2016, I was elated when my Doctor decided to minimize my 'hypertension' medication dosage for a trial period. If all goes well, I will be free from medication!. Last month I decided to have an eyes check-up as I wanted to get a new pair of glasses. The optician told me that compared with the old glasses, my both

sight have improved and no degree is needed. For reading purposes my right eye, the degree has dropped drastically. I did notice that lately I do not need the glasses when reading newspapers, books or magazines. So amazing! It's proven that regular exercises can changed your lifestyle. I followed Dee Dee's classes and health programmes faithfully as for me every programme she conducts, it contains different syllabus. It's a learning and continuous journey to great health. It's proven that exercise is my medicine and food is my pharmacy. Now I exercise regularly and eat healthily. I aim to continue my journey and maintain my healthy lifestyle. Thank you Dee Dee for your fabulous, amazing encouragement and guidance. I feel grateful to you and indeed you are my life savior!