

Zarlina Abdullah.

I first heard about Dee Dee's fitness class on Warna radio. Although well aware that I need to keep fit I have always been reluctant to join community exercise classes. Having done no exercises for almost a year, listening to Dee Dee's convincing talk prompted me to give her class at Tampines a go.



even month later I am still an enthusiastic participant in her Saturday and Sunday morning classes. Her style of teaching, the exercise routine, good workout as well as the music are great fun and got me hooked on Aerobics. Dee Dee's constant reminder on proper eating habits and nutritional diet are valuable. Both my physical appearance and mental alertness have markedly improved since I regularly exercise and follow her dietary recommendations.

My sister who lives in South Africa where she exercises at the gym almost daily and is frequently visiting Singapore joins me whenever possible and is equally enthusiastic and impressed with the presentation and quality of the class.

Although the sessions are not exactly a "walk in the park" it is good healthy fun and I recommend it to anyone who is serious about keeping in shape.

Thank You & Best Regards
Zarlina Abdullah.