

## ***Wiwiek Sulaiman.***

Hi Dee Dee,



I have been struggling with obesity for more than 7 years. My problems began when I had my first child. I couldn't seem to shed much weight even after numerous diet programs and eventually when I did lose it, I would quickly put the weight back on. I find it very hard and painful whenever I tried to shop for clothes especially when size 16 was still too snug for me. There were even times that I actually broke down in the dressing room...

In 2009, I had my third child. My post-natal weight was a whopping 82kg. To add to the despair, I have more health issues such as back pains and 'dead leg' due to the multiple doses of epidural. I couldn't even lift my right leg and often trip over my own foot!

Since then, I decided to join a fitness programme so that I can lose weight the healthier way. My cousins, Noi, Ain & Linda brought me Dee Dee's Sunday fitness programme.

Dee Dee has her special ways to get us going. She really made sure that all the newbie take extra precautions when they begin their routine. She would make sure that everyone has her attention and made a point to speak to each and everyone of her 'followers'. Dee Dee would give me encouraging words every step along the way. By the 3rd month, I brought myself to her Pilate's class (something that I would never thought I could never dream of doing because of my legs). She knew of my health issues and she taught me different ways to achieve an almost similar result for my body.

Dee Dee, you have helped me achieve more than I could ever imagine. Your gorgeous style and smile, your wonderful persona and your kind and encouraging words really pushed me to a much greater height.



May Allah bless you with good health always!!!

Thank you.