

Paridah.

Hi There. In the fitness journey that I've been thru – I think I enjoyed and still enjoying my Saturday and Sunday classes with Dee Dee Mahmood and the fantastic ladies, lovely mummies and even the kids that came along - it's like kind of family workouts/routine. Its here that you can senam (workout) to the best rhythm of music, which I always enjoyed. There's a kind of good aura –so you just keep on coming every Saturday and Sunday (always try very hard to attend – though sometimes if it rains and you just feel like sleeping again). But the benefits of exercise is always good for the overall body, mind and health – hence it becomes a routine for me to just turn up and bring your body there(Vanda room Studio) to exercise. At the end of the routine –we can feel accomplished (manage to do the least requirement of 150 min to maximum 240 min of exercise per week). You can feel happy, endorphinised, destressed, energetic and at the same time- can lose weight some more and make/meet lots of friends. Oh yeah, the best part is – it's an all lady program. Lagi best when happen to see the family doctor- she will not mention again “Can you lose at least 5kg of your weight”, (in fact the last 2 times they mentioned that and it's a kind of wake-up call for me 2/3 years back then – that's when I first joined the first F2F (Fat to



Fit) S'pore program, F2F2F (Fat to Fit to Fitter) ...and gain knowledge from Sifu Dee Dee. As the saying goes “Health and Fitness is a Journey, NOT a Destination, then Enjoy the Journey to a Healthy Lifestyle and just do it (if can strive for excellence lagi best). Thank you to our beloved Motivator and dedicated Instructor, Inspirational Teacher and Mentor – Dee Dee Mahmood. Thank you also to all beautiful ladies in Dee Dee classes for sharing your journey with me.

Name : Paridah Said Age : 51 Occupation : Technical Executive

- Saturday:body,abs and thighs & body contouring
- Sunday:Step aerobics & pilates