

Hi Everyone,

2016 is coming to a close soon. This Q4 newsletter will be the last issue for this year.

This year has been a fruitful year for WSFFM. Our MFR 2016 saw a great turnout and we hope to keep this as our annual event. As there is growing awareness towards a more healthy lifestyle, running in the clean environment of the rainforest is becoming a more favourable option. Hopefully it will attract many more runners to opt for clean fresh air in their sporting events.

Our Stick2stix is creating more awareness amongst the public with our participation in the Fit Malaysia program. We continue to support the Fit Malaysia roadshows and we await the new program for next year.

There are also lots of events awaiting all our sport fans and sporting enthusiasts in 2017. These are our tentative programs for next year:

- 1) Fitness Drumming Launch – 10th February 2017 at Subang Parade and also Stick2stix performance.
- 2) Eco Challenge or 4x4 Challenge – June 2017.
- 3) MFR 2017 – September 2017.
- 4) Stick2stix performances in Fit Malaysia 2017 – dates to be announced by 'Kementerian Belia dan Sukan'.

Our Madam President continues with her twice weekly column in KOSMO in which she shares her view on "Sports and Fitness".

WSFFM continues to strive for the best to encompass more fitness programs for women. Hopefully the busy office executives, the housewives and also the young will consider keeping towards a more healthy lifestyle by participating in our sporting events or keep to some exercise regimes deem fit for themselves. We are geared towards a healthy and happy population of women in 2017.

Happy 2017 and may the New Year brings you lots of good health, wealth, happiness and joy.



Kee Poh Siew
Editor

Events in October, November and December 2016



Stick2stix was led by Adilla who is our exercise guru and Stick2stix expert.



Latin Dance event organised by WSFFM's Izzat at his own studio the Devotion Dance Studio, Plaza Crystal Ville 2, No.18-3, Jalan 22B/70A, Desa Sri Hartamas, 50480 Kuala Lumpur, Malays



Destress time! Having some fun at Puan Sri' Sabrina's residence - November 2016.



WSFFM and PEKA's President Y.Bhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil's column on "Sports and Fitness" in KOSMO every fortnight. She also contributes articles on forest conservation and on environmental issues.

