

Hi Everyone,

Happy New Year! WSFFM hopes 2017 will bring positive and renewed energy to all of you. We have lots of programs lined up for this year and we hope to accomplish our ideals by helping you to keep healthy and happy.

The new year welcomed our first event which is Fitness Drummin'. This new aerobic fitness concept using the 'kompang' is created by our President, Y.Bhg. Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil.

Fitness Drummin' is a variety of aerobic workout using 'kompang' and the drum sticks. The idea of doing exercise using sticks originates from the United States and the drumming concept derives from the Chinese culture. This combination is created to suit the Malaysian culture.

The drum is a musical instrument which has been popular for thousands of years. Nearly every culture has some form of drumming ritual and drums have been used for religious rites, ceremonies and as a way for communication, interaction and signal. Nowadays drums are also used for sporting events and other creative activities.

Puan Sri Sabrina stressed that Fitness Drummin' is a new sport and she hoped that Malaysians would take it up and make it a habit to exercise and keep fit so as to avoid chronic diseases. Let's hope Fitness Drummin' will encourage more people to try it and keep active.

Fitness Drummin' was launched on the 9th February 2017 at Subang Parade. This promotional event was a roaring success. Fitness Drummin' is vibrant and fun. It is suitable for all ages. We hope all Malaysians will soon pick up this new form of sporting activity.

WSFFM hopes to continue with our introduction and promotional programs of Fitness Drummin' at other malls with funding from sponsors. Let us, Malaysians have something we want to identify with and be proud of.

WSFFM was invited to perform Fitness Drummin' in the "Apa Kata Wanita" program at Wisma TV, Angkasapuri on 10th February 2017. It was televised live in RTM 1.

Why Do We Use the 'kompang'?

The 'kompang' is certainly the most popular Malay traditional instrument. It came from the Arab world. The 'kompang' is usually played in groups. Fitness Drummin' has improvised the 'kompang' for our workout routine. The 'kompang' is light, vibrant, mobile and affordable.

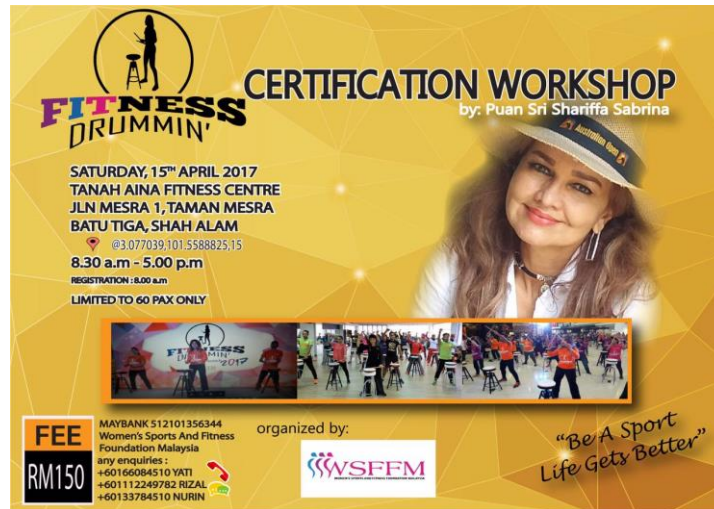
There will be a Fitness Drummin' certification workshop scheduled for the 15th April 2017. This all-day event will be held at the TAFC (Tanah Aina Fitness Centre), Shah Alam. The flyer for this promotion is posted below with this newsletter.

WSFFM was invited by PEKA (Pertubuhan Pelindung Khazanah Alam Malaysia) for their annual 'Save Our Rainforest Run' on 25th March 2017 at Teluk Bahang, Penang. Salina, Betrina, Pushpa and Rosemary volunteered their time to help out in this event.

I, Betrina, Rosemary and Daphne hosted a Chinese New Year Dinner on the 1st February 2017, for our President and all other exco members at Holiday Villa. We tossed 'yee sang' for good luck and prosperity. It was also a time for friendship and fellowship.

The Fit Malaysia road shows took us to Sandakan on 12th February 2017. Stick2stix was led by our aerobic instructor, Nana. 'KBS' continues with their Fit Malaysia carnival at different destinations throughout Malaysia. We will keep you posted as to the next location in our FB. Keep a lookout for the dates.

Our Madam President continues with her "Sports and Fitness" column in KOSMO every fortnight. She also contributes articles on forest conservation and on environmental issues.



FITNESS DRUMMIN' **CERTIFICATION WORKSHOP**
by: Puan Sri Shariffa Sabrina

SATURDAY, 15TH APRIL 2017
TANAH AINA FITNESS CENTRE
JLN MESRA 1, TAMAN MESRA
BATU TIGA, SHAH ALAM
@3.077039,101.558825,15
8.30 a.m - 5.00 p.m
REGISTRATION - 8.00 a.m
LIMITED TO 60 PAX ONLY

FEE
RM150

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organized by:
WSFFM
WOMEN'S SPORTS AND FITNESS FOUNDATION MALAYSIA

"Be A Sport
Life Gets Better"

Kee Poh Siew
Editor

Events in January, February and March 2017



Tossing 'yee sang' for good luck and prosperity. Betrina, Kee, Rosemary and Daphne hosted a Chinese New Year dinner for the Excos of WSFFM.





WSFFM 's Fitness Drummin' launch at Subang Parade received a tremendous welcome and support from the crowd, There were many keen people wanting to try their hands on the drum-cum-aerobic workout but there were only 50 drums. They were quickly taken up by the very enthusiastic audience.



Show time for Fitness Drummin' at RTM 1 in the "Apa Kata Wanita" slot on 10th February 2017.





Fit Malaysia at Sandakan - 12th February 2017.
Stick2stix was led by none other than Nana.



'Save our Rainforest Race 2017' in Teluk Bahang, Pulau Pinang. This yearly event was organised by PEKA.



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.