

Hi Everyone,

As we come to a close for the year 2017 we look forward to 2018 with more fitness programs and something for everyone to take part in and enjoy. Before I continue further here is wishing all a 'Happy and Fruitful 2018. May it shower good wishes upon you and your family"



2017 has seen WSFFM promoting Fitness Drummin' and SAB 20/30. Fitness Drummin' is the brainchild of our President Puan Sri To' Puan Datuk Shariffa Sabrina Syed Akil. This is one of her original creative exercise and dance routines.

We started our Fitness Drummin' roadshows at school and university levels.

Our first roadshow was at Cempaka International School on 19<sup>th</sup> September 2017 followed by UITM, Puncak Alam on 10<sup>th</sup> October 2017. It was also introduced to Pekawanis (Pertubuhan Kebajikan dan Amal Wanita Selangor). This is the first of our Fitness Drummin' roadshows for societies, associations and NGOs. There are more roadshows in the pipeline.

'SAB 20/30' is another of Puan Sri To' Puan Datuk Shariffa Sabrina Syed Akil's unique creation. This exercise routine is a fusion of aerobics, taichi and qigong exercises. It only takes 30 minutes to complete the whole set of routines. SAB 20/30 welcomes everyone at Tasik SUK, Shah Alam from 7.45 am – 8.15 am. It is suitable especially for weight watchers. Together with a balance diet, this daily exercise can help one lose up to 10kg in 6 months. The good news is, it is a free exercise program.

Together with PEKA, we had a few team-building events at Chengal Besar, Tanah Aina Soraya and Bukit Larut (Maxwell Hill). There was also hiking at Sg Kedondong, Ulu Yam and a New Year's eve retreat at Tanah Aina Farhana, Punggai, Johor. Retreats help to strengthen both our working relationship and fellowship and also keep us fit with physical activities.

Tentative programs for next year:

1. "Love Your Body" workshop – 28<sup>th</sup> January 2018 at Tanah Aina Café
2. Aerobicton – February 2018
3. Eco- challenge – end of April
4. Spartan Race
5. Fitness Drummin' Roadshows

There will be an AGM on the first week of May 2018. A general election of new office bearers will take place.

Look out for Puan Sri To' Puan Datuk Shariffa Sabrina's column in KOSMO! every 2 weeks.

She writes about forest conservation and protection of natural environment, topics which are very close to her heart. She not only writes but she has appeared on TV to share her views on eco-tourism and protection of our natural surroundings.

See you all next year. Happy New Year and keep FIT.

Kee Poh Siew  
Editor

## Events in October, November and December 2017



7<sup>th</sup> October 2017 - Wedding of Shariffah Fareena beautiful daughter of Tan Sri Syed Yusof and Puan Sri Shariffah Sabrina. The handsome groom is Adam Shaw. The wedding reception was held at their residence in Shah Alam.



10<sup>th</sup> October 2017 - Fitness Drummin' at Multi Purpose Hall , Education Faculty, UiTM, Puncak Alam.  
The program started at 2.00pm and finished at 7.00 pm.  
80 students and teachers participated in this inaugural roadshow for colleges and universities.



'SAB 20/30 Health Is Wealth' workout at Tasik Taman Lembah Bukit SUK, Shah Alam This unique exercise is conducted at the lake from 7.45 am - 8.15 am daily at no charge.





15<sup>th</sup> November 2017 - Fitness Drummin' class led by Puan Sri Shariffa Sabrina at Tanah Aina Fitness Studio. Time: 8.30pm. Fitness Drummin' is held every Wednesday. Tanah Aina Studio is located at Wisma Tanah Aina, Jalan Mesra 1, Taman Mesra Batu Tiga, Shah Alam. For further enquiries please contact - Rizal-011122449782.



13<sup>th</sup> December 2017 - Y.Bhg.Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil's (PEKA and WSFFM's President} live on Bernama TV. She touched on topics close to her heart, like preservation and conservation of our natural rainforest, eco-tourism and other environmental issues.



14<sup>th</sup> – 15<sup>th</sup> December 2017 - YBhg Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina Binti Syed Akil, President PEKA Malaysia @ Beyond Cleanup Summit 2017 at Federal Hotel KL.



December 2017 - Puan Sri Shariffa Sabrina Syed Akil was presented the International Diamond Prize for Excellence in Quality by the European Society for Quality Research (ESQR) in Vienna.





27<sup>th</sup> – 29<sup>th</sup> December 2017 - Invitation by Puan Sri Shariffa Sabrina for a retreat at Tanah Aina Farhana, Punggi, Johor.



Y.Bhg.Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil's {WSFFM and PEKA's president} write up on the preservation and conservation of our natural environment in KOSMO! every 2 weeks.



Various health write-ups and healthy tips contributed by Aiman and other members of WSFFM in FB.

