

Hi Everyone,

'Selamat Menyambut Awal Muharram' to all our Muslim friends on the 11th September 2018.



SAB20/30 has been included into the itinerary for the 'Car Free Sunday' organized by Majlis Perbandaran Shah Alam (MBSA). This event is hosted once a month and it is held at 'Dataran Kemerdekaan Shah Alam'. The next event will be on the 14th October 2018. WSFFM will start the day with SAB20/30 followed by Stick2stix and Fitness Drummin'.



On 11th November 2018, in conjunction with 'World Diabetes Day', Malaysian Diabetes Educators' Society (MDES), WSFFM, University Tunku Abdul Rahman (UTAR) with support of MBSA will jointly hold a Diabetes screening program, SAB20/30 exercise, a warm up to "Walk for Health' (3km walk). The aim of this proposed program is to promote to the public the importance of exercise to keep fit and healthy, an effort to reduce obesity and the prevalence of diabetes in our country. This event is free for all.

Puan Sri To' Puan Datuk Shariffa Sabrina who founded SAB20/30 workouts and also the coach and mentor, held a 'Trainers Workshop Part 2' on 15th September (Saturday) 2018 at Tanah Aina Studio. She was there hands on to conduct, assess and optimize the quality of the present trainers' progress.

Assoc. Prof. Dr Saniah Ahmad Zaki and Datin Rosmawati acted as facilitators.

The overall goal of this Trainers' Workshop Part 2 was to reinforce skills and proper techniques for SAB 20/30. Part 2 also ensured that the trainers communicate effectively information for positive results and to prevent injury.

SAB20/30 team has many keen hikers. They have been to several hiking trails in the Tanah Aina resorts. It was indeed a back to nature experience. As starters, they do the challenging but shorter trails first then moving on to the tougher ones.

Our president has added a new resort to her existing Tanah Aina chain. Tanah Aina Fareena Café & Restaurant is situated along the Karak Highway and it boasts of an attractive restaurant and a hiking trail.

We have many events lined up for the near future. They are Self Defense Workshop, Power Walk with UITM Shah Alam, Lifestyle Workshop, Eco-Challenge and Recognition of Our National Athletes Gala Night. So stay in touch. We will keep you posted.

Kee Poh Siew
Editor

Events in July, August and September 2018



Hiking at Tanah Aina Fareena with lunch and DURIANS.

Date: 15th and 25th July 2018

Time: 8am

Venue: KM 54.3 Karak Highway, Bentong-KL.



Hill Climbing & Wellness Talk at Bukit Sapu Tangan on 22 July 2018. Participating teams are from WSFFM, PEKA, SAB20/30, KOCHERAH (Kelab jogging dan Reakriasi Bukit Cerakah) and also SAB20/30 from other branches (Taman Bukit SUK, Bukit Jelutong and Sec 18 Shah Alam).





Orang Asli from the Temiar Community in Kelantan handing a memorandum to the Prime Minister explaining their predicament on land encroachment by illegal parties. Dr. Mahathir said he sympathized with their plight and the government would do their best to solve their problems.

PEKA was led by Puan Sri To'Puan Datuk Shariffa Sabrina Syed Akil.



Yatie's birthday in August. We had a get together and there was a beautiful cake for her made by 'Farhana's Kitchen'.



WSFFM was invited to take part at the SKVE Holdings carnival day (28th August 2018). SAB20/30 team rendered the workout exercise in the morning followed by tree replanting around the SKVE rest stop, Tanjung Dua Belas (Arah Timur).



August is also Dr Saniah's birthday. Dr Saniah heads the SAB20/30 team. Happy birthday to you and may you always be happy, healthy and wealthy. Her birthday coincided with our Merdeka Day so it was double celebrations.



WSFFM performed SAB20/30 exercise during the 'Walk for Health' event, organised by Persatuan Wanita Kelantan at Lake Gardens from 8.00am - 10.00am (1st September 2018).



Inaugural SAB20/30 workout led by Dr Saniah, Datin Rosmawati, Dr Norhati and Aishah at 'Padang C', Dataran Kemerdekaan, Shah Alam in conjunction with MBSA Car free Sunday - 2nd September 2018. Some of our members and also participants from the public came with their families for the exercise. SAB20/30 exercise is an encouragement for the public to take part in exercise programs which are free for the whole family.

There was also sale of SAB20/30 T-shirts, no added sugar fruit juice and fruits (bananas, mangoes and pineapples).



Ms Fadhilah's achievement and benefit from SAB 20/30 exercise! Well done and keep it up.

BIODATA

Name: Fadhilah Binti Abdul Rashid
Add: Shah Alam
Age: 28
Hobi: watch Korean drama

WEIGHT LOSS:

Before joining sab20/30 weight (Jan): 93kg
After joining sab20/30 weight (current): 86kg

ROUTINES

Exercise 6 days a week. She starts the day with a slow walk or jog for 20 minutes then continue with SAB20/30 workout.

Congratulations Fadhilah Abdul Rashid on your achievement.

BE A SPORT LIFE GETS BETTER 🏃





SAB 20/30 Trainers' Workshop Part 2 was held on 15th September (Saturday) 2018 at Tanah Aina Studio.



The recent "SORT" (Save Our Rainforest Trail) hiking at Tanah Aina Farrah Soraya - 16th & 17th September 2018.



Exco meeting to discuss future WSFFM's programs and we had a birthday cake surprise for those born in the month of September.

There are many new events coming up in the next few months. Tentative programs include:

1. Self Defense course
2. Eco challenge
3. Power Walk with UITM
4. Lifestyle Workshop
5. Recognition of our country's sportsman/sportswoman gala evening - joint event with PEKA.

Stay tuned.





TANAH AINA FAREENA
CAFE & RESTAURANT
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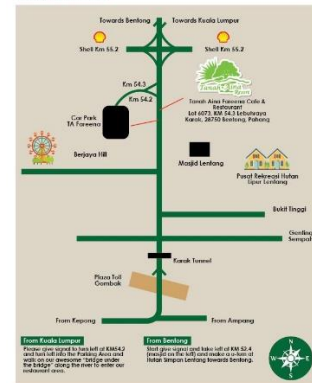


The new Tanah Aina Cafe & Restaurant in Lentang, 54.2, Karak Highway, Bentong.

There is a lovely waterfall nearby. Hiking can be arranged and let the trails take you on a rewarding and relaxing adventure

'Baca Doa' was held on the 22nd September 2018.

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Doa Selamat Tanah Aina Fareena Cafe & Restaurant

When: 22nd September 2018 (Saturday)

Time: 6pm

Where: 54.3km Karak Highway, Lentang

Waze: Tanah Aina Fareena

Please RSVP by 18th September