

Hi Everyone,

This is the last newsletter for this year. Hope you have enjoyed reading them as much as I have enjoyed writing them. As we come to a close for the year 2018 we wish to thank all of you for your continuous support of WSFFM and our programs. We look forward to 2019 with more fitness and outdoor programs for everyone to enjoy. Here is wishing all our friends and supporters a "Merry Christmas" and a blessed 2019. May it bring lots of happiness, good health and good wishes upon you and your family".



2018 has been a busy year for our president, Puan Sri To' Puan Datuk Shariffa Sabrina Syed Akil. She received numerous awards including the EcoTourism award for her Tanah Aina resort chain. According to the Collins English dictionary, ecotourism means 'tourism that is designed to contribute to the protection of the environment or at least minimize damage to it, often involving travel to areas of natural interest or participation in environmental projects'. She also cares deeply for our natural rainforest. Her strive to save the environment and to preserve their natural habitat has seen her lobbying for prevention of illegal logging. Whilst she is busy with PEKA she still takes responsibility to keep fit and stay healthy and also encourages others take part in sporting activities.

SAB20/30 is a unique exercise created by Puan Sri Sabrina. It is a combination of some qigong, taichi and aerobic movements. It continues to make headway around Shah Alam. Apart from Taman Bukit SUK, the main station, SAB20/30 has branches in Bukit Jelutong and Section 18, Shah Alam. This exercise has proven to help some overweight individuals to shed some weight.

There were several team-building events and the latest was at Tanah Aina Fahad, Ulu Dong. Puan Sri Sabrina generously sponsored the two days one night stay at her resort on 29th and 30th December 2018. The activities included jungle trekking, river activities and SAB20/30 exercise in the morning.

Tentative programs for next year:

1. Once a month exercise program with Pekawanis
2. WSFFM collaboration with PEKA for the 'Save Our Rainforest Race 2019' at Taman Botanical, Melaka – 30th March 2019 (Saturday)
3. Eco-challenge – July 2019
4. Publication of new booklet on:
 - Introduction & Guideline book for SAB 20/30 exercise
 - Research and survey report on the effectiveness of SAB20/30 exercise

Events in October, November and December 2018



'Hari Sukan Negara' held at Dataran Kemerdekaan, Shah Alam on 14th October 2018 in conjunction with 'Majlis Bandaraya Shah Alam' (MBSA)'s 'Car Free Sunday'. WSFFM started SAB20/30, followed by Stick2stix and finally Fitness Drummin' led by its founder Puan Sri To' Puan Datuk Shariffa Sabrina Syed Akil.



It was DIGI's 'Health and Safety' week (30th & 31st October). WSFFM was invited to have a Fitness Drummin' session with Digizens. Our president, Puan Sri To' Puan Datuk Shariffa Sabrina was on the floor drumming whilst on stage were our lively and energetic Adilla, Dr Saniah, Jasmine and Datin Ros leading the crowd.





Malaysian Diabetes Educators' Society together with Universiti Tunku Abdul Rahman, WSFFM and in conjunction with MBSA's car free Sunday – 11th November 2018 - conducted a community health awareness program. There were free blood sugar testing, blood pressure and BMI monitoring, counselling on healthy eating and educational booths for children and adults.

WSFFM did SAB20/30 exercise to start off the day. Exercise plays an important role in diabetes management.

The program was a huge success and recorded more than 200-250 participants.



WSFFM and PEKA's retreat at Punggai, Johor 16th -18th November 2018.

Puan Sri Sabrina has kindly sponsored the use of her villa at the beach.



Our president Puan Sri To' Puan Datuk Shariffa Sabrina Syed Akil was invited as a guest speaker by the Malaysian Institute of Planners {MIP} at their National Planning Congress 2018 held at Majestic Hotel today, 29th November 2018. Her panel topic was on 'Rainforest Conservation and Protection of our Natural Heritage', a subject close to her heart



Pekawanis (Pertubuhan Amal dan Kebajikan Wanita Selangor) in collaboration with WSFFM provided some exercise routines for its members at Dewan Megawati, official residence of the 'Menteri Besar' Selangor on the 1st December 2018. This keep fit program is to be held once a month from 9am - 12 noon. YABhg Puan Masdiana Muhamad, wife of Menteri Besar Selangor, was present to spearhead the exercise.



Retreat for WSFFM and PEKA's excos at Tanah Aina Fahad, Ulu Dong - 29th & 30th December 2018. It was a treat from our president Puan Sri To' Puan Datuk Shariffa Sabrina Syed Akil. She also took this opportunity to officiate the opening of the new suspension bridge at the 'glamping' resor. Thank you Puan Sri Sabrina for your kind generosity and hospitality.





- 1) Tanah Aina Sdn Bhd was awarded 'Best Eco Tourism Resort' from the Malaysia Tourism council. Congratulations to Puan Sri To' Puan Datuk Shariffa Sabrina Syed Akil, owner of Tanah Aina chain of resorts, president of PEKA and WSFFM.
- 2) Our President Puan Sri To' Puan Datuk Shariffa Sabrina Binti Syed Akil was awarded the SME & ENTREPRENEURSHIP for the Environmental Activist Entrepreneur Award. Congratulations Puan Sri Sabrina for another feather in your cap.
- 3) Congratulations to pur President, Puan Sri To' Puan Datuk Shariffa Sabrina Syed Akil for being one of the 'superwomen' in 'Nona'



'Save Our Rainforest Race 2019' (SORR 2019) at Taman Botanical, Melaka, 75450, Ayer Keroh. – 30th March, 2019. (Saturday)