

Hi Everyone,

This is my first newsletter for the year 2019.

2019 started off on a very good note for WSFFM. We collaborated with PEKA in some of their programs. WSFFM provided mainly staff members to assist in their projects. PEKA started the year with a fashion show to help with their donation drive towards their strive to save the environment. Next on their agenda will be "SORR 2019" which will be held in Malacca on the 30<sup>th</sup> March 2019. Another of their donation drive will be "Odissi on High" which will be on 14<sup>th</sup> April 2019. Part of the ticket sales go towards PEKA.



We have been involved with MBSA's Car Free Sunday at Dataran Kemerdekaan by way of contributing and promoting our 2 brands of exercises namely Stick2stix and SAB20/30. We have also been invited to perform at the 2 days carnival at FitMalaysia Selangor starting 23<sup>rd</sup> and 24<sup>th</sup> March. The Minister of Youth and Sports, Syed Saddiq Syed Abdul Rahman was there to grace the opening ceremony for the carnival. Ms Adilla our very talented exercise-cum-aerobics instructor took to the stage on the first day at 5.00pm. 2 booths have been allocated to WSFFM and PEKA to promote "SORR 2019" and WSFFM's brands of exercises such as SAB20/30, Stick2stix and Fitness Drummin'.

SAB 20/30 is already quite established in some areas of Shah Alam. Taman SUK is the main station at Shah Alam. We are also doing a survey on how much weight loss can one achieved in a few months of continuous daily workout of SAB20/30 plus eating a healthy diet. Every Friday there is a weighing in at Taman Suk for participants who are taking part in this project. There is also an encouragement to eat healthily by providing some form of 'super food' samples which are sold at a very reasonable price.

Dr Saniah and Datin Rosmawati do their utmost to upgrade the present SAB20/30 coaches and continue to train more coaches for other stations. The training now entails a practical test. They are also involved with the publication of 'Introduction & Guideline' and 'Research and Survey Report on the Effectiveness of SAB20/30 Exercise' booklet.

WSFFM continues to render SAB20/30, Stick2stix and Aerodance to the members of Pekawanis once a month at the Menteri Besar's residence. The turnout for the programs has been very encouraging and it is a positive step leading towards a healthy lifestyle. Keep it up girls....! We will be bringing our Fitness Drummin' soon into their program.

Our president Puan Sri To'Puan Datuk Shariffa Sabrina Syed Akil continues with her undying effort to raise funds for PEKA to support in the preservation of the environment.

## Events in January, February and March 2019



PEKA hosted their first Fundraising Fashion Show For Nature with Nature on the 26<sup>th</sup> January 2019 at Tanah Aina Fareena. The fashion show would help to raise funds for the preservation of the environment.

A big thank you to WSFFM excos who rendered their assistance and support during the event.



27th January 2019 was a very special day for our vice president Betrina Yeo. It was her eldest son, Boon Kee's wedding. The wedding reception was held at Setia Alam Convention Centre.

Congratulations to Betrina and Stanley Yeo on your happy occasion and best wishes to Boon Kee and Xin Hui.



Congratulations to Tan Sri Syed Yusof and Puan Sri Shariffa Sabrina on their 36th wedding anniversary - 29<sup>th</sup> January 2019





We are doing a survey to find out how effective SAB20/30 exercise has on individuals. Respondents have their baseline statistic measurements taken e.g. height, weight, blood pressure total body water and fat, muscle fat, etc, every Friday. Presently there is a small group of about 20 participants taking part in this survey.

Please come take part every Friday at Taman SUK, Shah Alam.

For further enquiries please contact:

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2. Zarinah - 0143361224



A good turnout of Pekawanis (Pertubuhan Amal dan Kebajikan Wanita Selangor) members for their monthly 'keep fit' – 'Jom Sihat' program - 16th February 2019.

YABhg Puan Masdiana Muhamad, the president of Pekawanis and the wife of the Menteri Besar of Selangor came to officiate the opening of the first event for 2019 and she stayed on to join the members in their workout.



The morning started with Aerodance led by Adilla followed by SAB20/30 led by Dr Norhati, Azimah and Aishah. The sessions ended with Jazz jamming with Adilla on stage.

It was indeed a fun-filled workout but strenuous for some.



WSFFM's participation at MBSA's Car Free Sunday at Dataran Kemerdekaan – 13<sup>th</sup> January, 10<sup>th</sup> February and 10<sup>th</sup> March 2019. The exercises performed were SAB20/30 and Stick2stix.



**WSFFM**  
WOMEN'S SPORTS AND FITNESS FEDERATION MALAYSIA





Helping the 'Children of Republic of Yemen' (CRY) was a project whereby WSFFM collected donations to help the children of Yemen who are in Malaysia. This humanitarian aid was done with the help of Malaysian Relief Agency (MRA).

The food packages were handed over to the children at Yemen School, Wisma Minlon, Seri Kembangan on 22nd February 2019. All monetary donations collected were handed over to MRA.



A small group of SAB20/30 participants attended a workshop to become coaches for SAB20/30 exercise - 2nd March 2019.

The goals of this workshop were to improve further the skills of the present leaders and to train the new ones to effectively instruct and guide the exercise routines, part 1 and part 2.

Dr Saniah was the head coach assisted by Datin Ros and Zarinah. This leadership coaching served to instil confidence and to ensure the new leaders are capable of communicating the right techniques and procedures to reduce injuries during practice. Each participant was given a certificate of attendance but to be proficient they would be assessed on their practical skills when they lead in the next SAB20/30 exercise at Taman SUK, Shah Alam.



Stick2stix was on live TV - 17th March 2019 for RTM 1 on 'Selamat Pagi Malaysia' and Asmarani was the spokeswoman for PEKA, promoting SORR 2019

These activities and many others are part of the promotion for FitMalaysia Selangor by Encik Sabran Abd Bahar, Director of Youth and Sports of Selangor with Cik Musyirifah Elias, Deputy Director of Sports Division, Selangor.

FitMalaysia Selangor will be held on 23 and 24 March 2019 at Dataran Kemerdekaan.







FitMalaysia Selangor attracted over 10,000 people for the 2 days' event. There were activities for everyone including the senior citizens, the OKUs, and families.

The Minister of Youth and Sports, Syed Saddiq Syed Abdul Rahman was there to officiate the opening of the 2 days carnival. He said he was pleased to see the overwhelming response to the carnival, and this was a positive sign that Malaysians were moving towards a healthy lifestyle.

WSFFM's Stick2stix started from 5.00pm - 6.00pm. Our ever energetic and experienced instructor Adilla was on stage to lead the exercises.

PEKA had a booth to register participants for 'SORR 2019'.



PEKA's 'Save Our Rainforest Race 2019' (SORR 2019) at Taman Botanical, Melaka, Ayer Keroh. - 30<sup>th</sup> March, 2019. (Saturday)

1000 participants took part in the 14.5 km race. The race was flagged off by YB Datuk Tey Kok Kiew (Exco - Housing, Local Government, Environment and Green Technology), Puan Sri To'Puan Datuk Shariffa Sabrina, president of PEKA Malaysia and WSFFM and Tuan Azni Abdul Rahman (Pegarah Perhutanan Negeri Melaka).

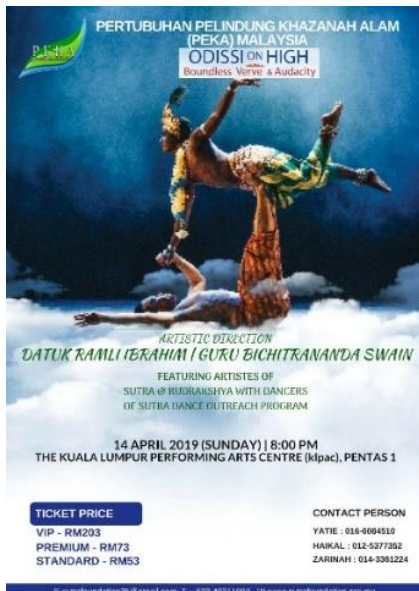




The alumni of Petronas in collaboration with WSFFM had a 'Jom Sihat' program at Taman Lembah SUK, Shah Alam this morning (31st March 2019).

This is an inaugural SAB20/30 exercise workout for the alumni. Hopefully this will encourage more members to be active and come for future workouts.

The alumni had 'picnic baskets' laid out for their morning breakfast after the workout.



This is a fund-raising project by PEKA (Pertubuhan Pelindung Khazanah Alam Malaysia). Please support PEKA to champion their cause in the preservation of our environment especially our beautiful rainforest.