

Hi Everyone,

'Auld Lang Syne' to 2022 and welcome 2023. Hope the year of the Rabbit (the Chinese zodiac sign for 2023) brings peace, harmony and prosperity to all Malaysians and the world.



These past 4 months have indeed been a busy time for WSFFM. We spent time preparing for our inaugural 'Fitness Drummin' Championship' competition which was held on 26th November and the Fitness Fiesta which was on 27th November 2022. Fitness Drummin' is a Malaysian product invented by our president Puan Sri To' Puan Datuk Dr. Shariffa Sabrina Syed Akil. The FD (Fitness Drummin') team had to hold 2 workshops for the participants and 1 for the 9 judges to introduce the 'code of points'.

The CEO and assistant marketing manager of Subang Parade, Encik Nubly Zainuham and Muhammad Ikhwan gave away the certificates and medals to all the participants. Our president Puan Sri To' Puan Datuk Dr. Shariffa Sabrina Syed Akil and our Honorary Treasurer Datuk Seri Hj. Mohamed Nasir Meraslam, gave away the prizes.

WSFFM greatly appreciated and thanked the management of Subang Parade for use of their space at no charge.

13 groups entered the competition with 5 main prizes up for grabs.

The winners were:

The first prize of RM5,000 and challenge trophy - Next Generation.

The second prize of RM3000 and challenge trophy - Sweet Ladies

The third prize of RM2,000 and challenge trophy - Buas.

4th Prize of RM1,000 - Fireflies

5th prize of RM500 – Sinergi

Fitness Fiesta took place the day after FDC on 27th November 2022. This early morning exercises was to encourage the audience to be active and keep healthy. We had Stick2stix, SAB20/30, Sit 'N' Move, Anytime....Anywhere, winners of Fitness Drummin' Championship. These are all our president's own creation....truly a Malaysian Product. Besides that our very talented Betrina who is an aerobics teacher held the audience captive with her Line Dance and Leo with his Aerodance. It was a non-stop marathon of exercises for the young and old.

Some pending events for this year :

1. Bowling – early February 2023
2. 5 km Eco Walk – 3rd quarter of 2023
3. Netball – May / June 2023
4. Workshop for Fitness Drummin' (Master Class) – pending
5. Training for new trainers of SAB20/30 – pending
6. FDC will take place again in 2024

Events in October, November and December 2022



Fitness Drummin' Championship Workshop

16th October (Sunday)

WSFFM had the 2nd Fitness Drummin' Championship workshop to prepare participants for the competition. This workshop was complimentary for those who took part. Yazid explained the code of points and Adilla repeated the basic movements which involved drumbeat, the click, warrior pose, arm roll, march, step touch lifts and others.



Committee Meeting

27th October 2022 (Thursday)

Dr Sharifah Mazlina the first Asian woman to reach the South and North Poles. It was very encouraging to hear her motivational talk.



Train the Trainers

6th November 2022 (Sunday)

WSFFM was invited by KBS (Kementerian Belia dan Sukan) to upgrade their fitness and exercise trainers from levels 1,2 and 3 who have just finished their training program. KBS has specifically requested we use Stick2stix as a training tool. Stick2stix is a creation of our president Puan Sri To' Puan Datuk Dr. Shariffa Sabrina.

Participants were from Pahang, Kelantan, Terengganu and Johor. The aim of this 'Train the Trainers' program was to bring a variety of teaching techniques and skills to the present junior trainers.

The program took place in Kuantan from 4th -6th November 2022.



Fitness Drummin' Championship Competition

26th November 2022 (Saturday)

The competition at Subang Parade started at 9am and finished at 5pm.

13 groups entered the competition and there were 5 prizes.



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Fitness Fiesta at Subang Parade

27th November 2022 (Sunday)

Management of Subang Parade requested WSFFM to hold a Fitness Fiesta as an activity to encourage the shoppers as well as the vendors to have some early morning exercise.

We had Stick2stix, SAB20/30, Sit 'N' Move, Anytime....Anywhere, Fitness Drummin' (these exercises are our president's own creation....truly a Malaysian Product). And not forgetting our very talented Betrina who is an aerobics teacher, presented her Line Dance and Leo with his Aerodance.

It was a non-stop exercise for everyone.

