

Hi Everyone,

What a relief to be able to move around more freely but please continue to observe the SOPs like wearing masks, keeping your distance when in crowded areas and continue hand hygiene when necessary. Please be cautious because the virus is still flying around.

We had a long break during the 'MCO' and with the movement control being relaxed gradually, we are resuming some outdoor activities and our president, Puan Sri To' Puan Datuk Dr Shariffa Sabrina Binti Syed Akil has invented some new exercise.

Before we continue, we have good news. Our president Puan Sri To' Puan Datuk Dr Shariffa Sabrina Binti Syed Akil has been invited by the Ministry of Youth and Sports to sit on their committee for 'Women's Sports' section. Puan Sri Sabrina is proud that KBS (Kementerian Sukan dan Belia) believes in her ability to inspire and motivate growth and excellence in the field of sports.

A 'Keep Fit' event that was launched on the 22 August 2021 is a collaboration program between SAB 20/30 with community NGO IKRAM. It was a one-hour online SAB20/30 exercise from 8.30 am – 9.30 am. The hosts were Encik Zainal Alam Kamaruzzaman and Datin Rosmawati from WSFFM. SAB20/30 exercise is easy and enjoyable to follow, suitable for all ages and it is a very comprehensive set of exercise guarantee to be fun and it will help you lose some weight.

SAB20/30 has resumed at Taman Lembah Bt SUK and KGSAAS (Kelab Golf Sultan Abdul Aziz Shah). But the turnout is still on the low side. Most participants follow the online SAB20/30 classes. You can also follow us via our FB.

In this idle period of pandemic, I can assure you that Puan Sri Sabrina has not been idle. She has again created another set of sitting down exercise for everyone and it is suitable for those who are mobility challenged. It is 'Sit N Move....Anytime Anywhere' We cannot wait to see it. Coming soon.....

We want to thank all of you for your continuous support of WSFFM. Soon we hope to go back to our everyday routine and continue to be active in our daily lives. We shall keep you posted on our programs so tune in to our Facebook and website for further notice of our coming events.

Kee Poh Siew  
Editor

### Events in July, August and September 2021.

	<p>SAB20/30 'Keep Fit' online program with community NGO IKRAM. The program was on the 22 August 2021. It was a one- hour online exercise from 8.30 am – 9.30 am and specially for all the IKRAM followers. The hosts were Encik Zainal Alam Kamaruzzaman and Datin Rosmawati.</p>
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