

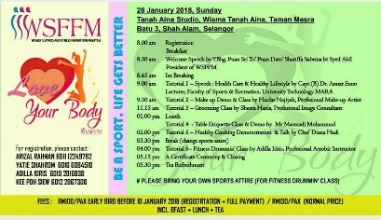
Website: [www.wsffm.com](http://www.wsffm.com) & Facebook

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| Be A Sport, Life Gets Better March 2018 / Q1 |

Hi Everyone,

The start of 2018 has indeed been a busy one. And the good news is that WSFFM has organised a free Fitness Drummin’ class every Wednesday at Tanah Aina Studio, Jalan Mesra, Shah Alam. It is a ‘free for all’ class. All are welcome!

The New Year kicked off with preparation for our workshop on health and beauty to be held on 28th January 2018.

The workshop ’Love Your Body’ was attended by 45 participants. It was a beneficial and a worthwhile workshop. It was also very interactive and fun. There was Fitness Drummin’ class led by the very energetic Adilla from WSFFM.

Our President, Puan Sri To’ Puan Datuk Shariffa Sabrina Syed Akil took this opportunity to launch another of her new exercise creation 'SAB20/30'. This exercise routine is a fusion of aerobics, taichi and qigong exercises. SAB 20/30 welcomes everyone to Tasik SUK, Shah Alam from 7.45 am – 8.15 am, Mondays to Sundays. Together with a balance diet, this daily exercise can help one lose up to 10kg in 6 months. This free exercise is for everyone, male and female. You can view the exercises in a video in WSFFM’s whatsapp and website.

The durian season had finally arrived at Raub. Tan Sri Syed Yusof and Puan Sri Shariffa Sabrina hosted a durian party in January 2018 at Tanah Aina Soraya for their families, friends and business associates

Puan Sri To’ Puan Datuk Shariffa Sabrina received numerous awards locally and from overseas for her Tanah Aina Chain of Resorts. She went to Sao Paulo to receive “The Winner 2018 Trophy” award which was given to companies which have contributed to the growth of their countries. Tanah Aina Resort chain also received award from Tourism Pahang and Tourism Malaysia for being an outstanding product and for its quality service. Puan Sri Sabrina also received the "Inspiration Women 2018" award from Klang Municipal Council (MPK) on 26th March 2018 in conjunction with 'World Women's Day 2018".

WSFFM had a "Yee Sang" tossing ceremony during our Exco meeting to mark the 'Chinese New Year Celebration" on 27th February 2018 at Tanah Aina Cafe's meeting room.

WSFFM was invited to grace the occasion for Persatuan Keluarga Polis DiRaja Malaysia (PERKEP) to celebrate International Women’s Day which was on 8th March. Our president, YBhg. Kol. Bersekutu (PA) Puan Sri To' Puan Shariffa Sabrina Binti Syed Akil was invited as the guest of honour and she presented a talk on, “Inspiration for the Family - Shaping a Sustainable Society”. Fitness Drummin’ was the highlight of the day. The event was held at 'Padang Kawad IPD' Putrajaya.

Puan Sri To' Puan Datuk Shariffa Sabrina continues to contribute her write-up in KOSMO! every 2 weeks. Her article is on forest conservation and protection of natural environment especially our pristine rainforest.

Stay fit and healthy. Keep moving, start by taking small steps.

Kee Poh Siew

Editor

**Events in January, February and March 2018**

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|  | Workshop on 'Love Your Body' on 28th January 2018 at Tanah Aina Studio, Shah Alam. The program included: 1} Health Care and healthy lifestyle by Capt {B} Dr. Anuar Suun 2} Make up demo by Haidar Najiyah 3} Grooming class by Sheera Hanis 4} Table etiquette and demo by Mr Mohd Azim b Abd Rahim 5} Healthy cooking demo by Chef Diana Hadi 6} Fitness Drummin' by Adilla Idris  Our President, Puan Sri Shariffa Sabrina took this opportunity to launch her new exercise creation 'SAB20/30'. |
|  | Awards bestowed upon Tanah Aina Resorts for being an outstanding product, its quality service and its contribution to our tourism industry and to our country.   1. The winner trophy 2018, Sao Paulo 2. Trophy from Tourism Pahang 3. “Malaysia Tourism Award 2018” 4. “Inspiration Women 2018” award from MPK (Klang) |
|  | WSFFM had a "Yee Sang" tossing ceremony during our Exco meeting to mark the 'Chinese New Year Celebration" on 27th February 2018 at Tanah Aina Café’s meeting room. The cafe served the most delicious vegetarian 'yee sang' dish. |
|  | YBhg. Kol. Bersekutu (PA) Puan Sri To' Puan Shariffa Sabrina Binti Syed Akil was invited as guest of honour by Persatuan Keluarga Polis DiRaja Malaysia (PERKEP) to celebrate International Womens' Day (8th March 2018). The event was held at 'Padang Kawad IPD' Putrajaya. Puan Sri Shariffa Sabrina gave a talk on: Inspiration for the Family - Shaping a Sustainable Society' |
|  | Free Fitness Drummin' class at Tanah Aina Fitness Studio. Time: 8.30pm, every Wednesday. Tanah Aina Studio is located at Wisma Tanah Aina, Jalan Mesra 1, Taman Mesra Batu Tiga, Shah Alam. For further enquiries please contact: Rizal-011122449782. |
|  | Y.Bhg.Kol. Bersekutu (PA) Puan Sri To' Puan Datuk Shariffa Sabrina bt Syed Akil's (PEKA and WSFFM's President) fortnightly write up in KOSMO!. Her article is mainly on preservation and protection of our natural rainforest, on eco-tourism and other environmental issues. |
|  | PEKA successfully completed its 6th annual,  ”Save Our Rainforest Race” or SORR on 24th March 2018. This year’s event was held at “Hutan Simpan Gading”, near Kuala Kubu Baru.  There were about 2000 participants. Each pair of participants had to plant a tree sapling at check point 2. There were lots of prizes and lucky draws. |