

## How to join the WoW! Movement

Visit the [website www.westerncape.gov.za/wow](http://www.westerncape.gov.za/wow) for information/tips, healthy and delicious recipes and much more. \* Join the **WoW! Active Public sessions** (details on page 2) or start a WoW! Active Public movement.

- \* **Become a Wellness Champion** and **start a WoW! Group**. Email [wow@westerncape.gov.za](mailto:wow@westerncape.gov.za) for more information.
- \* Subscribe to the **WhatsApp** or **SMS platforms** and receive three healthy lifestyles-promoting messages per week.
- \* **To subscribe to sms**, email your Name, Surname and Cell number to [wow@westerncape.gov.za](mailto:wow@westerncape.gov.za).
- \* **To subscribe to WhatsApp** send "Join WoW!" with your Name & Surname to 066 390 6646.
- \* Join the Facebook Group: **WoW! WesternCape on Wellness**

### WoW! Celebrations

WoW! hosted a Healthy Meeting for Champions and Partners in the Company's Garden. It included reflection on achievements, goal setting for 2019, group exercises and an inspiring motivational talk.



### WoW! Seniors

100 Seniors Citizens from Macassar participated in a WoW! Seniors event. They participated in dancing and group sessions on physical activity, healthy eating and diabetes management.



### Disability Awareness

WoW! supported the Disability Awareness Day hosted by the South African Police Service (SAPS), Western Cape. Attendees participated in the WoW! dance, Zumba and Afroblics.



## Be SunSmart this Summer!

CANSA reminds all South Africans to be SunSmart throughout the year and especially during summer. Sunburn can occur within fifteen minutes, and the damage caused is permanent, irreversible and adds up with each exposure to the sun.

Skin cancer is the most common cancer worldwide and SA has one of the highest monitored ultra violet (UV) levels in the world, resulting in one of the highest skin cancer rates globally.

### THROW SHADE AT SKIN CANCER THIS SUMMER

REDUCE YOUR CANCER RISK



Avoid direct sunlight between 10:00 and 15:00 when the sun's rays are most dangerous. Stay in the shade or under an umbrella as much as possible

Take special care to protect children - babies younger than one year should never be exposed to direct sunlight



UV rays reflect off cement, water, sand, glass and grass and can therefore cause sunburn in the shade. UV rays are not the same as heat. You can get overexposed even in cool weather - so take care on windy or overcast days



Protect the eyes by wearing sunglasses with a UV protection rating of UV400

Avoid sunlamps and tanning beds



## WoW! Festive Wishes

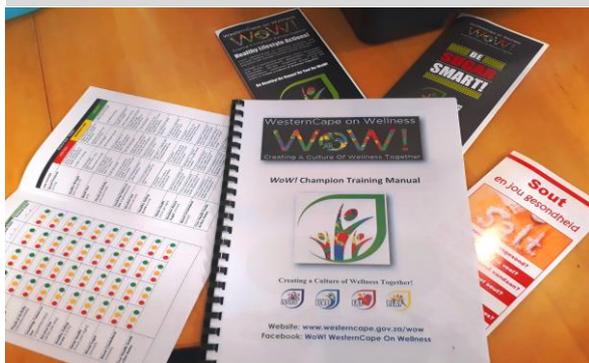
Thank you very much for your valued support during 2018.  
**The WoW! Team wishes for you and your family a Healthy and Prosperous 2019.**

**Be Happy, Be Healthy, Be You and Be WoW!**

### Learn

Find your balanced, healthy lifestyle by learning how to make smart behavioural choices throughout your life cycle.

Continue learning about actions you can take immediately towards living a healthier, happier and longer life.



### Live

Take a moment every day to do something that makes you feel good.

A change of scenery can help put things in perspective and allow you to get some distance from a stressful situation.

Speak up, Get help, Don't suffer alone!



### Eat

Choose healthier cooking options, such as fresh, grilled, baked or steamed foods.

Cut down on food and drinks with added sugar. Drink more water.

Limit salt to 5g / 1 teaspoon per day.

Control your food portions, especially over the Festive Season.



### Play

Do at least 30 min of physical activity daily or 150 min per week. Have fun!

Exercise during the coolest time of the day and drink water.

Sit less, move more!

Walk more, walk faster!

Ask family, friends and neighbours to join you for regular walks.



## Healthy WoW! Recipe of the Month

### Frozen Pineapple Ice Pops

#### INGREDIENTS

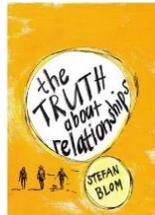
- 450 g tin pineapple slices in juice
- Cake pop or lolly sticks
- Optional extras:
  - 200 g low fat yogurt
  - 100 g dark chocolate
  - 100 g desiccated coconut

#### METHOD

- Line a small baking tray with grease-proof or baking paper (being sure to check that the tray fits into your freezer first!).
- Drain the pineapple rings.
- Place the pineapple rings on the lined baking tray, with a small space in between each one. Carefully push a cake pop or lolly stick into each pineapple ring, going all the way through to the other side (this will help it stay put on the stick).
- Place the tray in the freezer for a couple of hours or overnight until the rings are frozen through. Serve immediately as they are or try one of the variations below:
- Yogurt  
Follow the steps as above. Once the rings are frozen, pour 200g yogurt of your choice into a shallow bowl. Dip the frozen rings into the yogurt, return to the tray and freeze again until the yogurt has frozen through and set.
- Dark Chocolate  
Follow the steps as above. Once the rings are frozen, melt 100g dark chocolate in a small bowl. Dip the frozen rings into the chocolate, return to the tray and freeze for 15 minutes until the dark chocolate has completely set.
- Coconut  
Follow the steps as above, but after draining the pineapple, pour desiccated or shredded coconut onto a plate and dip each pineapple ring in it to cover on both sides. Place the coconut covered pineapple rings on the lined baking tray, push in the cake pop sticks and freeze as above.



# WoW! Partners



Keeping an inclusive approach, new partners with commitment and expertise in the field are welcome and encouraged to join the growing partnership.