

How to join the WoW! Movement

Visit the **website** 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 WoW! Champion and **start a WoW! Club**. Email wow@westerncape.gov.za for more information.

Subscribe to the **WhatsApp** or **SMS platforms** and receive three healthy lifestyles-promoting messages per week.

To register for SMS, email your **Name, Surname** and **Cell number** to wow@westerncape.gov.za

Join the Facebook Group: **WoW! WesternCape on Wellness**

Healthy Lifestyles Awareness

Members from the WoW! Group in Paarl East attended a Healthy Eating and Vegetable Cooking Workshop presented by WoW! in partnership with HSI/Green Monday SA.



Small Business Skills Training

Members from the WoW! Group in Gugulethu attended a Small Business Skills Workshop presented by WoW! in partnership with Great Commission Networks and the Department of Agriculture.



WoW! Grabouw Clinic

The newly established Grabouw WoW! Group offers regular physical activity sessions for the staff at the clinic. This promotes the importance of combating chronic diseases, a healthy diet and regular exercise.



July is Mental Health Awareness Month

5 Ways to Improve Your Mental Well-Being

- ✓ **CONNECT** with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.
- ✓ **BE ACTIVE.** Take a walk, go cycling or play games. Find the activity that you enjoy and make it part of your life.
- ✓ **GIVE TO OTHERS,** even the smallest act counts. Volunteering at local organisations can improve your mental well-being and help you build new social networks with like-minded people.
- ✓ **KEEP LEARNING** new skills that can give you a sense of achievement and confidence.
- ✓ **BE AWARE** of the present moment, including your feelings and thoughts and the world around you. This can positively change the way you feel about life and how you approach challenges.

source: www.capementalhealth.co.za/



International Nelson Mandela Day – 18 July

Whether it is working at a soup kitchen, visiting an old age home or helping out at a local animal shelter, giving your time to those in need is incredibly fulfilling. Having a positive impact on someone else could enhance your sense of well-being by changing your outlook and attitude.

By caring for the well-being of others, all of us can
 Create a Culture of Wellness Together!

Men's Wellness with Eskom

Dr Jeroen Swart from UCT Sport Science Institute highlighted the importance of regular health screening, eating a balanced diet and the benefits of at least 30 minutes of physical activity per day.



WoW! Safe Play Streets

WoW! participated in the first ever Safe Play Streets in Woodstock on Youth Day. The street was closed for 2 hours to allow children, and adults, to play safely on the street outside their homes.



WoW! Active Public

Two WoW! Active Public sessions were offered in June: The Art of Living facilitated a Yoga session in the Iziko Museum and MITS did a Spinning Challenge at Cape Town Station.



Newsflash! WoW! Active Public - Join us for the next event

Activity: Pilates

Date: Wednesday 4 July **Time:** 13:15 – 14:00

Venue: The Whale Well, SA Iziko Museum, 25 Queen Victoria Street, Cape Town

Activity: Pilates

Date: Wednesday 1 August **Time:** 13:15 – 14:00

Venue: The Whale Well, SA Iziko Museum, 25 Queen Victoria Street, Cape Town



WoW! Active Public, WoW! Safe Play Streets and Healthy Eating Demonstration.
 Photos by the WoW! Team

Healthy WoW! Recipe of the Month

Chilli with Beans, Corn, Tomato & Spinach

INGREDIENTS

- 1x cup stock (1 cube mutton stock mixed into 1 cup of hot water)
- 1x onion, peeled and finely chopped
- 1½ x teaspoon garlic, minced
- 2x teaspoons ground cumin spice
- 2x teaspoons paprika spice
- 1x teaspoon turmeric spice
- 4x chopped tomatoes
- 1x tin baked beans (410 grams can)
- 3x packed cups spinach (150 grams), washed, cored and sliced into strips
- ¼x teaspoon salt and pepper (for taste)
- 1x tin corn, drained (410 grams can)
- 1x teaspoon chilli flakes (more if you want a spicy kick)
- 2x tablespoons (50 grams sachet) tomato puree

METHOD

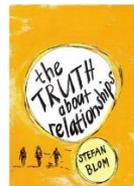
- In a large pan/ pot, fry the chopped onion in 2 tablespoons of stock over medium heat until soft and sweet (about 10 minutes). Add more stock (2 tablespoons at a time) every time you see the onion starts to stick to the bottom of the pan.
- Add the garlic and spices (cumin, paprika, and turmeric). Add more stock (2 tablespoons at a time) and mix well to create a paste in the pot. Continue until all the stock is done.
- Add the chopped tomatoes, baked beans and spinach. Mix well and let it simmer on the stove over low heat until the spinach is cooked (about 10 minutes). Add the salt and pepper for taste. Stir continuously.
- Add the tin of corn, chilli flakes and tomato puree and stir well. Cook for another 5 minutes.
- Serve hot with starch (cooked rice, mash potato, pap, couscous or samp corn) or with steamed vegetables.

NOTES

- Serves: 5-6 people
- Preparation time: 30 minutes
- Recipe credit: Green Monday SA <http://greenmonday.co.za/author/leozette/>



WoW! Partners



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