

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**

World Day for Physical Activity

WoW! Safe Play Streets took place in Gugulethu on World Day for Physical Activity. The street was closed for 2 hours to allow children, and adults, to play safely on the street outside their homes.



World Day for Physical Activity

The WoW! Bonteheuwel Walking Ladies, together with staff and clients from Vanguard Day Hospital, participated in a World Day for Physical Activity event.



World Health Day

MEC for Health, Dr Nomafrench Mbombo and WoW! Bonteheuwel Walking Ladies celebrated wellness in action for World Health Day 2018. The ladies participated in physical activity sessions and health talks.



World No-Tobacco Day 31 May



Smoking almost triples the risk of heart disease and more than doubles the risk of having a stroke.

This happens because smoking narrows blood vessels, leading to raised blood pressure and expands blood clots, causing the cardiovascular equivalent of a traffic jam on the highway to your heart and brain. This leads to:

- Reduced blood flow to the heart which increases the risk of having a heart attack.
- Reduced blood flow to the brain which increases the risk of having a stroke.

For more information: <http://www.heartfoundation.co.za/stop-smoking/>



10 May is Move for Health Day

World Move for Health Day is a global initiative that encourages people to Get Moving! Go for a walk or run, join an exercise class, go dancing or swimming, or just commit to taking the stairs, not the lift. Just moving more and faster makes you stronger and fitter, helps to manage stress and helps you sleep better, and helps to manage a healthy weight. Whatever you do, do it for at least 30 minutes, and try and do it every day. Please send us pictures of **Your Move for Health Day!**

Start with Small Steps for BIG Benefits

New Champions Training

New WoW! Champions from communities and worksites in the Cape Town Metro were trained on 10-12 April. They are starting WoW! Clubs in their respective settings and are recruiting members.



WoW! Huis McCrone Clinic

The newly established HMC WoW! Club in Wellington offers regular "Stretch and Poise" sessions for the staff at the clinic. This promotes the importance of good posture and movement at work.



WoW! Active Public

A rejuvenating yet tranquil yoga session facilitated by The Art of Living Happiness was offered in the Company's Garden. Find more event details below and on www.westerncape.gov.za/wow



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

Activity: Spinning Challenge

Date: Wednesday 9 May

Time: 13h15 – 14h00

Venue: Cape Town Railway Station Forecourt, Cape Town Central

Activity: Pilates

Date: Wednesday 30 May

Time: 13h15 – 14h00

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



**Safe Play
Streets
Gugulethu**

Photos by the
WoW! Team

Healthy WoW! Recipe of the Month

Tuna Rice Salad

This easy tuna salad would make a delicious lunch for mom on Mother's Day.

INGREDIENTS

- 1 cup of brown rice
- 1 tablespoon red wine vinegar or lemon juice
- 2 tablespoons canola oil
- ½ teaspoon Dijon mustard
- 170g can tuna fish, drained
- 1 medium carrot, grated
- ½ cup diced cucumber
- 1 celery stick, sliced
- 1 avocado, chopped (optional)
- Salt and pepper to taste

METHOD

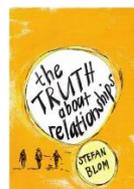
1. Cook the brown rice, following the instructions on the packet and then allow to cool. (Children should ask an adult to check the rice is cooked and take it off the cooker for them).
2. Mix the vinegar (or lemon juice), oil and mustard together, until smooth, in a large mixing bowl.
3. Add the remaining ingredients and mix well.
4. Put in the fridge for 15 minutes, to allow the flavors to marinade.

NOTES

- Serves 4
- Serve with fresh sliced tomatoes or salad leaves.
- Add some chopped pickled gherkins for extra flavor.
- Adapted from a recipe at GeniusKitchen.com



WoW! Partners



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