

## 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 WhatsApp** send "Join WoW!" with your Name & Surname to 066 390 6646.

\* **To subscribe to sms**, email your Name, Surname and Cell number to [wow@westerncape.gov.za](mailto:wow@westerncape.gov.za).

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

### Wellness Champion Training

36 New Wellness Champions from the Northern Tygerberg Sub-Structure attended the 3-day WoW! training. These Champions are now starting WoW! Groups in their settings.



### Nurses Wellness Training

57 First Year Undergraduate Nursing and Midwifery Students from Stellenbosch University are undergoing Wellness Champion training. They will start WoW! Groups on campus soon.



### PhysiFun Training

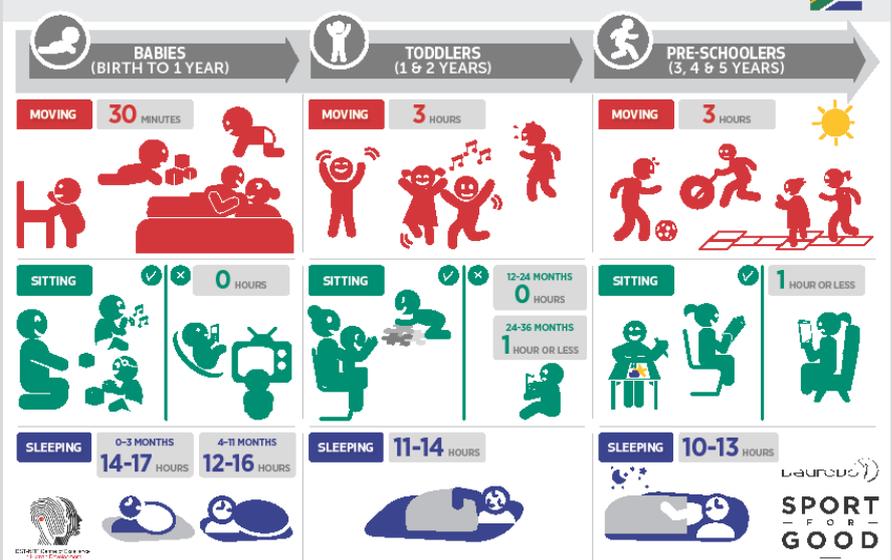
Wellness Champions attended a 1-day PhysiFun Elective. The training focusses on safe ways to bringing structured fun and movement back into the classroom and at home.



## June is Children and Youth Month

The early years (3-6 years) are fundamental to physical, social, emotional and cognitive development. It is in these years that the foundations are built. This includes the foundation for being active and developing those sports skills. For this reason, it is of the utmost importance that children receive the opportunity to be active, to play and to learn and practice gross motor skills.

### A HEALTHY 24-HOUR DAY INCLUDES...



Credit: DST-NRF Centre of Excellence in Human Development & Laurus Sport for Good South Africa



### WoW! Newsletter

This edition of the newsletter will be the last monthly issue. We are changing to quarterly, seasonal issues. This will allow WoW! Groups more time to submit their stories. We will also be adding new additions to the newsletter to provide you with more exciting reading material. Look out for the Spring Edition in September.

### WoW! WhatsApp

As reported previously, the phone used for WoW! WhatsApp was stolen and we were unable to communicate with subscribers.

The good news is, that we have a new phone and our old number! Subscribe (or resubscribe) now to receive 3 health promoting messages per week.

**To subscribe send "Join WoW!" with your Name & Surname to 066 390 6646.**



### WoW! at Stikland Hospital

The WoW! Champions of Stikland Hospital hosted a Move for Health Day for staff. The programme included lots of fun physical activities and a healthy food and snacks competition.



### WoW! in Vredendal

The Vredendal WoW! Group and its valued partners, arranged a fitness, self-defence and martial arts session for the youth of Matzikama. 125 children attended this educational session.



### Shoes2Move

Dedicated members from a WoW! Group in Ikhwezi, Khayelitsha, received their Shoes2Move training shoes that they had won at the 2018 WoW! Awards Ceremony.



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

**Activity:** Beach Walk: Youth Month  
5km or 10km at you own pace.  
**Date:** Saturday 15 June  
**Time:** 09:00 - 11:00  
**Venue:** Mouille Point Lighthouse

**Activity:** Tai Chi  
**Date:** Wednesday 19 June  
**Time:** 13:15 - 14:00  
**Venue:** The Whale Well, SA Iziko Museum, Cape Town



**Other WoW! Activities during May.**

(photo's by the WoW! Team)

## Healthy WoW! Recipe of the Month

### SPICY SAMP AND BEANS (UMNGQUSHO)

#### INGREDIENTS

- 1 cup (250ml) uncooked samp
- 1 cup dried sugar beans
- 2 bay leaves
- 2 tsp (10ml) sunflower oil
- 2 onions, chopped
- 4 carrots, sliced
- 1 tbsp (15ml) curry powder (or to taste)
- 3 tomatoes, chopped
- ¼ medium cabbage, cut into strips
- 4 spinach leaves, cut into strips
- 1 tsp (5ml) salt (to taste)
- lemon juice (to taste)
- black pepper (to taste)

#### METHOD

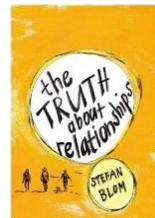
- Soak the samp and beans overnight in enough water and drain well.
- Place in a large pot with bay leaves and cover with 4 cups of fresh water. Bring to the boil, reduce the heat, cover and simmer for 2 hours or until tender. Add more water if necessary.
- Heat oil in a pot and fry onions, carrots and curry powder.
- Add tomatoes and simmer for 10 minutes.
- Drain samp and beans if necessary. Add with cabbage, spinach and salt to onions and simmer for another 10 minutes.
- Season to taste with lemon juice, and pepper.
- Serve warm.

#### NOTES

- Credit: adapted from *Cooking from the Heart* (picture: Green Monday SA)



# WoW! Partners



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