

Based on feedback from our readers, we are very pleased to share with you the new look and first quarterly newsletter to bring you more wellness-promoting information!

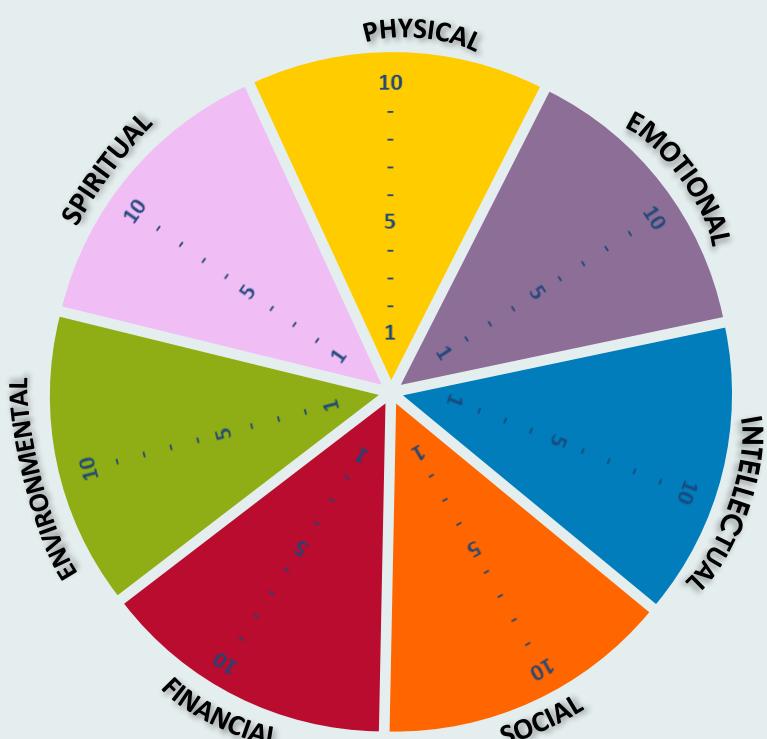
In this Spring edition, we introduce you to the Wheel of Wellness. Each quarter we will focus on a different dimension of wellness and provide you with links to extra resources.

We also feature a Wow! transformation story and activities from various Wow! Groups.

7 Dimensions of Wellness

Wellness is not merely the absence of disease but instead the ability to maximise personal potential in all spheres of life. Wellness is commonly viewed as having seven dimensions. Each dimension contributes to our own sense of wellbeing, and each dimension overlaps and affects the others.

The Wheel of Wellness can be a helpful tool for you to assess areas where you feel competent and a strong sense of wellbeing and identify areas for change. Using a scale from 1-10, where 1 is the lowest feeling of wellbeing, and 10 represents the highest feeling of wellbeing, rate your sense of wellbeing on each dimension. Draw a line to connect your scores in each dimension. The aim is to work towards achieving a full circle which means a score of 10 in each dimension.



Suggested Criteria for Wellness

Physical Wellness

- Healthy eating (food and drinks).
- Regular physical activity.
- Healthy sleep.

Emotional Wellness

- Emotional resilience (manage stress).
- In touch with feelings (awareness).
- Express and manage feelings and related behaviours.
- Responsibility for own feelings and actions.
- Acceptance of feelings of self/others.

Intellectual Wellness

- Lifelong learning.
- Expanding knowledge and skills.
- Openness to new ideas.
- Ability to think/make decisions.
- Self-talk.
- Positive attitude.
- Power of the mind.

Social Wellness	Financial Wellness	Environmental Wellness	Spiritual Wellness
<ul style="list-style-type: none"> • Meaningful relationships. • Ability to interact with people. • Connectedness. • Inclusiveness. • Mutual trust. • Support System. 	<ul style="list-style-type: none"> • Understanding and managing personal situation. • Having a budget. • Spending according to budget. • Live within your means. • Improving your financial situation. 	<ul style="list-style-type: none"> • Maximise safety of self and others. • Minimize harm of your environment and nature: <ul style="list-style-type: none"> - Use of water. - Eating and drinking habits. - Pollution. • Re-think, reduce, re-use, recycle. 	<ul style="list-style-type: none"> • Personal values & beliefs. • Act to better yourself & others. • Search for meaning & purpose. • Time to be quiet & reflect, e.g.: <ul style="list-style-type: none"> - Prayer/Meditation - Spiritual Dancing - Tai Chi • Love & Forgiveness.

Physical Wellness Dimension

Complete the [WoW! Wellness Monitor](#) and [WoW! Wellness Passport](#) quarterly, to identify and better self-manage any risk factors you might have.

In past editions, we focused on physical activity and healthy eating. These resources are available on the [WoW! website](#). In this edition, we give you tips to promote Healthy Sleep.

1. **Wake at the right time.** Don't press the snooze button.
2. **Exposure to natural light.** Natural sunlight for 30min regulates daily sleep patterns.
3. **Get moving right away.** Movement speeds up the waking process.
4. **Be awakened by light.**
5. **Be careful of alcohol and caffeine.** Too much can interfere with deep sleep.
6. **Exercise** Regular physical activity promotes better sleep patterns.
7. **Eat a small to medium dinner.** Too much food can make it harder to fall asleep.
8. **Limit fluids.** Drinking too much liquid will result in frequent waking up.
9. **Clear your mind.** Try to resolve your worries or concerns before bed time.
10. **Limit nap time.** Long daytime naps can interfere with night-time sleep.
11. **Create a sleep routine.** Sleep at least seven to nine hours daily

Adapted from: www.mayoclinic.org www.sleepfoundation.org

A Wow! Transformation Story

Pumeza Solani is a Wow! Wellness Champion at Valkenberg Hospital.

In 2016 she went to the doctor due to excessive sweating while sleeping. When she got on the scale, she got the shock of her life when she saw that she weighed 122kg. On the 23rd of November 2016 she decided to make a change. She changed her eating habits and started exercising. Almost 3 years later she is looking amazing.

The journey hasn't been easy, but she has stuck with it. Pumeza, you are Wow!



Healthy Wow! Recipe of the Month: *Creamy Hummus!*

INGREDIENTS:

- 1 tin chickpeas drained (or half cup chickpeas soaked overnight and cooked until tender)
- 30ml brine from the tinned chickpeas (increase to taste)
- 30ml water (increase to make hummus creamy according to taste)
- 2 cloves of garlic (medium size), chopped finely
- 1 tsp cumin
- 1 tsp paprika (smoked adds additional flavour)
- 2 tsp fresh lemon/lime juice (increase to taste) black pepper to taste

METHOD:

- Put drained chickpeas in a mixing bowl.
- Add all other ingredients to the mixing bowl.
- Mix with blender or potato masher or fork until a smooth paste.
- Add more water or brine to make the hummus creamier.
- Transfer the hummus to a bowl, sprinkle/dust with Paprika (smoked if available) and serve with pita bread, crackers or cut raw vegetables for a healthy snack.

VARIATION:

- Add 2 medium size cooked beetroots to the basic hummus recipe.
- Replace the chickpeas with butterbeans, black beans, or kidney beans, etc.
- Experiment with different flavours and spices.



Serves: 6 people (as a snack)

Credit: fox recipes

OPTIONAL:

- Add ½ tsp chilli to the hummus for a spicy taste.
- Add 1 tbsp Tahini to the hummus for a creamer look and taste.
- Top the mixture with Harissa for additional rich flavour before serving.

WoW! Activities

WoW! in Abbotsdale

The WoW! Group in Abbotsdale participated in a plant-based recipe competition. The winners received a versatile Wonderbag sponsored by Wow!. The winning recipes will be featured in the new WoW! Cookbook.



WoW! Amazing Race

The WoW! Omega Bonteheuwel Community Health Care Workers hosted an Amazing Race teambuilding event with activities promoting healthy eating, fun physical activities and highlighting the need to care for the carer.



West Coast

The WoW! Group at Elandskloof Farm in Citrusdal received outdoor gym equipment sponsored by the farm owners. This group also has home and community food gardens.



Monthly WoW! Walk

Free WoW! Walks take place every first Saturday of the month in a different area. Find more info on:
1) Facebook: WoW! WesternCape on Wellness.
2) www.westerncape.gov.za/wow



Youth Walk

A WoW! Walk, commemorating Youth Day, in partnership with the Chrysalis Academy, Department of Community Safety and various WoW! Groups took place in July at Mouille Point.



Silent Walk

Wow! Supported DeafSA with their annual Silent Walk in Newlands. Awareness was raised about the world of the Deaf and the importance of co-creating an inclusive and supportive culture.



First Monday Wellness

Wow! is supporting Minister Mbombo with her Wellness Promotion campaign each first Monday of the month. In September she visited the WoW! Mhani Gingi Group at the Saartjie Baartman Centre in Manenberg.



NOW!

North-West University, in partnership with the Western Cape and North-West Departments of Health, adopted Wow!, called NOW! (North-West on Wellness). Below is the Minister of Health with some of the trained NOW! Champions.



#BeSugarSmart Challenge

The #BeSugarSmart Challenge is taking place in November. Join the challenge!
1)Facebook: Wow! WesternCape on Wellness or
2)WhatsApp: send your name & surname to 066 390 6646 or
3) www.westerncape.gov.za/wow.



#BeSugarSmart
this November!

How to join the Wow! Movement

- * Visit the [website](http://www.westerncape.gov.za/wow) www.westerncape.gov.za/wow for information/tips, healthy and delicious recipes and much more.
- * **Become a Wellness Champion** and **start a Wow! Group**. Email wow@westerncape.gov.za for more information.
- * Subscribe to the **WhatsApp Broadcast List** to receive three healthy lifestyles-promoting messages per week.
To subscribe: send a WhatsApp message “**Join Wow!**” with your **Name & Surname to 066 390 6646**.
- * Join the Facebook Group: **Wow! WesternCape on Wellness**

Valued Wow! Partners

(in alphabetical order)

44ten Media	Perfect Fit 360
Age-In-Action	Pharma Dynamics
Bfit	Philani
BLAC	Qhubeka
Bonteheuwel Walking Ladies	Radio786
Capsicum	Right to Care
Caring Network	RX Radio (Red Cross Children's Hospital Radio)
Chrysalis Academy	Rennie Property
CoCT (City of Cape Town)	Rusthof
CPUT (Cape Town University of Technology)	SACLA
DeafSA	SASP (South African Society of Physiotherapy)
Eskom	Sinovuyo Old Age
Fuller Music	SSISA (Sports Science Institute of South Africa)
Great Commission Network	SSGC Projects
Green Monday SA	SU (Stellenbosch University)
Heart & Stroke Foundation South Africa	SUNWELL
Humane Society International	Sweet Life
iKyaya Loxolo Old Age Home	TB/HIV Care
Iziko Museums South Africa	The Health Foundation Trust
Jazzart Dance Theatre	The Mhani Gingi Trust
Jing-An Wellness Sanctuary	The Truth About Relationships
Khet'Impilo	Touching Nations
Metrorail	Ubuntu Touch Project
New Flats Langa	UCT (University of Cape Town)
NWU (North West University)	UWC (University of the Western Cape)
Omega Bonteheuwel	

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

Wow! LEARN LIVE
EAT PLAY