

We are very pleased to share with you the fourth quarterly newsletter.

In this Spring edition, we focus on promoting safe physical activity during COVID-19. We feature stories of how WoW! Groups got back into action after lowered Lockdown regulations. And how the WoW! Programme is adapting to remain accessible to existing and new WoW! Wellness Champions.


**Stay Happy! Stay Healthy! Stay WoW!**

## Promoting Regular Physical Activity: The New Norm

Regular physical activity benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers - all conditions that can increase susceptibility to COVID-19 (WHO, 2020).

Complete the quick on-line [WoW! COVID-19 Quiz for Physical Activity Group Sessions](#) to check if you are up-to-date with the information you need to know for safe group physical activity.

Follow the guidance below to promote safe group physical activity during COVID-19.




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### #wowaction

## Group Physical Activity During COVID-19

Ideally, exercise outdoors and in open public spaces!



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Coronavirus Hotlines:

021 928 4102 or  
080 928 4102;  
0800 029 999  
WhatsApp "Hi" to  
0600 123 456

Please DO NOT join the Exercise Programme if you have:

- COVID-19 symptoms
- Fever/High Temperature
- Cough
- Shortness of Breath/ Difficulty Breathing
- Or are in isolation/quarantine for COVID-19


📞 021 483 8842  
✉️ wow@westerncape.gov.za  
📞 066 390 6646,  
send Join WoW! +  
Name & Surname

During Exercising, please:

- Wear a face mask, covering your nose and mouth.
- Wash hands with soap and water or sanitize before and after physical activity.
- Maintain at least a 2 metre distance from other participants.
- Don't share exercise equipment, water bottles or towels.
- Frequently touched surfaces must be cleaned/wiped down before and after group physical activity.

Follow the Golden Rules of Good Hygiene to Stop the Spread of Coronavirus

1. Leave home only when necessary.
2. Wear a cloth mask when leaving home. Never share a mask!
3. Keep at least 1,5 metres apart from others.
4. Wash your hands often for at least 20 seconds with soap and water. Do not touch your face with unwashed hands.
5. Cough or sneeze into a tissue or your elbow. Safely throw away the tissue
6. Stay home if unwell. Contact a hotline or your health workers.



Visit the **WoW! Website** (<https://www.westerncape.gov.za/westerncape-on-wellness/>) and **Facebook Group** (WoW! WesternCape on Wellness) and join the **WhatsApp Broadcast list** (send Join WoW! & your name + surname to 066 390 6646) for more information and regular updates.

## FREE #BeSugarSmart Challenge 1-30 Nov.

**Free**  
**#BeSugarSmart**  
**Challenge**  
**1 -30 November**

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**What is it all about?**

- Reducing added sugar intake. (sugar added to food, drinks, processed food, etc.)
- Making healthier lifestyle choices.

**What will I gain from participating?**

- Free healthy recipes and assessment tools.
- Physical activity tips. A free virtual fun walk/run.
- Tips to stay motivated.

**How do I join?**

Join the #BeSugarSmart Challenge on either:

- Facebook (Group): WoW! WesternCape on Wellness
- WhatsApp broadcast list:  
Send: #BeSugarSmart & your name + surname to 066 390 6646.

**How will I stay motivated?**

- You will set at least one very specific goal by choosing to cut out an added sugar food/drink.
- You will receive 3 Healthy Lifestyles Promoting messages per week via WhatsApp & daily Facebook posts.
- Share your success & challenges on social media using #BeSugarSmart

## WoW! Active Public

### WoW! goes Virtual!

Due to COVID-19 restrictions we can't get together in big groups, but we can still be active where we live/work/play.

Team WoW! will be hosting free walking events in Cape Town and encourage all WoW! Champions, Groups, Supporters and Followers around the world to arrange events in their own community at the same time on these days:

- **Saturday 31 October 09:30 – 11:30**, Tafelberg Road (below Table Mountain).
- **Saturday 14 November 09:30 – 11:30**, Pipe Track Table Mountain to commemorate World Diabetes Day.
- **Saturday 28 November 09:30 – 11:30**, venue to be announced.

\* Event details might change. Updates will be posted on [www.westerncape.gov.za/wow](http://www.westerncape.gov.za/wow) & WoW! WesternCape on Wellness on Facebook.

Share your event photos on Facebook: WoW! WesternCape On Wellness with #wowaction

Social distancing, the wearing of face masks and good hygiene to be followed at all times.

## Healthy WoW! Recipe of the Month: **Colourful slaw with ginger and peanuts**

### DRESSING INGREDIENTS:

- 60 ml olive or canola oil
- 45 ml red grape or apple cider vinegar
- 30 ml soy sauce
- 20 ml finely grated fresh ginger
- 1 small red chilli, seeded and finely chopped, or to taste (optional)
- 45 ml chopped fresh coriander or parsley
- 60 ml finely chopped unsalted peanuts
- lemon juice and black pepper to taste

### SALAD INGREDIENTS:

- 500 ml each shredded white and red cabbage (or more white)
- 1 large spinach leaf, shredded
- 2 carrots, peeled and coarsely grated
- ¼ cucumber, quartered and thinly sliced
- 1 medium pineapple, quartered and thinly sliced
- 1 celery stalk with the leaves, thinly sliced
- ½ red or green pepper, seeded, quartered and thinly sliced

### METHOD:

**Dressing:** Stir all the ingredients together in a mixing bowl.

**Salad:** Mix all the slaw ingredients together in a large bowl. Pour the dressing over and toss well. Allow salad to stand for 10-15 minutes before serving it. This will allow the salad to marinate. **Serve** slaw as a side dish at a braai.

**Serves: 8 to 10 people**  
**Preparation time: 20 minutes**



### CREDIT:

Cooking from the Heart, 4<sup>th</sup> Edition: Braai, Salad.  
<https://cookingfromtheheart.co.za/recipes/colourful-slaw-with-ginger-peanuts/>



## WoW! Activities

### Spring into Action in Athlone

The WoW! Team, in partnership with the Athlone WoW! Group hosted its first Spring into Action event on 4 Sept 2020. Everyone enjoyed getting back together, with a healthy spring in their step.



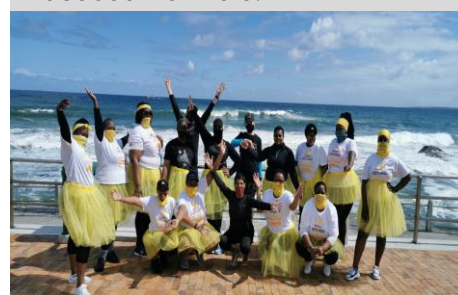
### First Monday Wellness

WoW! is supporting Minister Mbombo with her Wellness Promotion campaign each first Monday of the month. She visited the SUNWELL WoW! Group in Cloeteville on 5 October 2020.



### WoW! Virtual Walk

After a very long winter, WoW! was ready to get into #wowaction with its first virtual walk on 26 Sept 2020. Various walks took place across the Western Cape. Visit WoW! WesternCape on Wellness on Facebook for more.



### WoW! Webinar

WoW! hosted its first webinar on physical activity during and beyond COVID-19 to create healthy communities in Africa. The webinar was presented and attended by local and international guests.  
[www.westerncape.gov.za/westerncape-on-wellness/physical-activity-health-africa-webinar](http://www.westerncape.gov.za/westerncape-on-wellness/physical-activity-health-africa-webinar)



### WoW! Annual Report

The 2019 Annual WoW! Community Report highlights the collective wellness-promoting achievements of WoW! Wellness Champions and Partners. The report is available on the WoW! website:  
[www.westerncape.gov.za/westerncape-on-wellness/wow-annual-community-report-2019](http://www.westerncape.gov.za/westerncape-on-wellness/wow-annual-community-report-2019)



### UbuntuCare Masks

In response to the COVID-19 pandemic, WoW! went into a public private partnership to provide quality cloth masks and at the same time create employment for community seamstresses. Visit the website for more information:  
<https://ubuntuclothmasks.shopstar.co.za/>



### Stikland Hospital is WoW!

Stikland Hospital WoW! Group hosted a spring walk challenge with the goal of walking 60km in 4 weeks. Staff and management showed great commitment and support in building a well, healthier and more connected Stikland community.



### Retreat CHC keeps moving!

Retreat Community Health Centre WoW! Group kept physically active during COVID-19 in various ways, including composing a new song and dance "Ooo Corona" to encourage behaviour change and promote healthy living.



### Gardening in Khayelitsha

Seven WoW! Community Groups, from different parts of Khayelitsha, received gardening material and training through a WoW! pilot project in partnership with Fresh Life Produce.



## 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 and 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**

## Valued WoW! Partners

(in alphabetical order)

44ten Media	OCAL Global
Age-In-Action	Omega Bonteheuwel
Bfit	Pain Management Unit Anaesthesia and Perioperative Medicine
BLAC	Perfect Fit 360
Bonteheuwel Walking Ladies	Pharma Dynamics
Capsicum Culinary Studio	Philani
Caring Network	Qhubeka
Chrysalis Academy	Radio786
Coconut Jazz	Rennie Property
CoCT (City of Cape Town)	Right to Care
Consulate General of India	Rusthof Old Age Home
CPUT (Cape Town University of Technology)	RX Radio (Red Cross Children's Hospital Radio)
DeafSA	SACLA
Die Son	SASP (South African Society of Physiotherapy)
Eskom	Sinovuyo Old Age
Fresh Life Produce	South African Health Qigong Association
Fuller Music	SSGC Projects
Great Commission Network	SSISA (Sports Science Institute of South Africa)
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
Infection Control Africa Network (ICAN)	The Health Foundation Trust
Iziko Museums South Africa	The Mhani Gingi Trust
Jazzart Dance Theatre	The Truth About Relationships
Khet'Impilo	Touching Nations
Livemax Media & Streaming	Ubuntu Touch Project
Metrorail	UCT (University of Cape Town)
New Flats Langa	UWC (University of the Western Cape)
NWU (North West University)	Your Wellness Matters/44ten Media

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