

Sivuya kakhulu ukwabelana nawe nge-newsletter yokuqala apha ku-2021, ephuma rhoqa ngekota.

Le mbalelwano yaseHlotyeni ijolise ekukhuthazeni ukwenziwa kwemithambo yomzimba ngendlela ekhuselekileyo ngexesha leCOVID-19. Sifake amabali aMaqela eWoW! ebuyela ekwenzeni iintshukumo emva kokunyenyeswa kwemiqathango ye-lockdown, kwanendlela ethe yalungiswa ngayo iNkqubo esele iqhubeka kwanele intsha yeWoW! ukuze ihlale iyefikelelwayo ziiChampions zeWoW! Wellness.

I#PlantBasedFood Februwari

I#ShapeUp your lifestyle, yinkqubo ebessijolise kuyo ngoJanuwari kwaye sisaqhuba nayo njengoko sijonge kwi-#PlantBasedFood kaFebruwari. Le ndlela yokutya ayibalulekanga nje kuba inceda impilo yakho, koko ikwalungele neplanethi yethu. Eli liphulo elixhobisa ngolwazi nelikhuthaza ukuba unciphise kakhulu ekutyeni inyama okanye uzame ukuziqhelanisa nokutya izidlo eziyimveliso yezityalo.

Ukuba akukazibandakanyi namakhasi onxibelewano eWoW!, joyina eli phulo:

- WhatsApp: thumela u- "join WoW!" onegama nefani yakho ku-0663906646.
- Facebook Group: join WoW! WesternCape on Wellness

Ukfumana ezinye iinkcukacha nenkuthazo, joyina iphulo iProVeg 30-day Veggie Challenge:

- https://proveg.com/veggie-challenge/wow_za/

NgoMatshi sakunizela i#SaltAwareness Challenge ngamakhasi onxibelewano kwi-WoW! WhatsApp ne-Facebook.

I#PlantBasedFood Februwari -Ungalindela ntoni kwiPhulo iWoW!?

Kutheni kusensiwa iphuloi#PlantBased Food?

Ukulandela indlela esempilweni yokutya equka izidlo ezinemveliso eninzi yezityalo inceda impilo ngendlela eyodwa, kwaye loo ndlela iyilungele ngokukodwa indalo engqongileyo. Yiloo nto sikujolise oku kuFebruwari.



Lindela oku kulandelayo!

UKHUPHISWANO NGERESIPI

Ukhuphiswano ngeresiphi eyenziwe ngemveliso yezityalo aphi uya kufumana nee-hamper ezinokutya okuyimveliso yezityalo uzifumanele namabhaso ane-brand yeWoW!



IMIFANEKISO ENENGCOMBOLO (INFOGRAPHICS) ENINZI EXHOBISA NGOLWAZI

Apha kukho ingombolo ekulula ukuyiqonda malunga ne#PlantBased Eating.



IRESIPHI EMNANDI ENEMPIO

Iya kufumaneka kube kange ngeveki kuChef Cola (African Vegan on Budget), ekulula ukuyilandela kwaye iyafikeleleka.



AMACEBISO E#FITFRIDAY'S FABULOUS FITNESS

La macebiso ahambelana nomxholo wokuyigcina isempilweni indalo esingongileyo naphandle.



PROVEG VEGGIE CHALLENGE. Visit this link to sign up. https://proveg.com/veggie-challenge/wow_za/

Eli phulo lifundisayo leentsuku ezingama-30 lenziwa mahala, likukhuthaza ukuba shiya indela yokutya yakho yesiqhelo ulandelele kwentsha yokutya izidlo ezsimplweni zemveliso yezityalo unciphise ekutyeni ingama! Uya kufumana iiresiphi ezimandi, iingcebiso nenkxaso mahala iintsuku ezingama-30.

Ukhuphiswano ngeeResiphi

UKHUPHISWANO NGEERESIPHI EZENZIWE NGEMVELISO YEZITYALO LWE-WOW! www.westerncape.gov.za/wow

Top liresiphi ezi-4 eziya kuhamba phambili ezizezoMzantsi Afrika inye kuzo iya kufumana ihamper enokutya okunempilo okuyimveliso yezityalo nemveliso eneBrand yeWoW!

Thumela iiresiphi zakho ezenziwe ngemveliso yezityalo (zibe ninzi kangangoko), ungekadluli umhla wama-28 Feb '21. Abaphumeleleyo bayakwaziswa phakathi kuMatshi.

KUTHENI KUFUNeka SITyE IZIDLO EZIYIMVELISO YEZITYALO?

Xa sisitya iziqhamo nemfuno kakhulu sinciphise ekutyeni imveliso yezilwanyana (inyama, tshizi, ubisi, njnjil) siya kuba sinciphisa amafutha anganyibilliki ngokupheleleyo (saturated fat) esiwat�yato, koko sityé izinto ezine-antioxidants. Oku kunceda ekunciphiseni imingcipheko yokuhlaselwa sisifo sentlizayo, uType 2 diabetes, iiitlobo ezithile zomhlaza, ukutyeba kakhulu kwaye inceda ukomeleza amajoni akho omzimba.



INKQUBO ELANDELWAYO

Ukhuphiswano ngeresiphi eyenziwe ngemveliso yezityalo kunya neresiphi yakho:

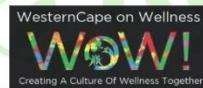
- Akufuneki ibe nenyama okanye izithako ezinemveliso yenyama (akufuneki lubisi, khrim, yogathi okanye nayiphi na imveliso yobisi).
- Kufuneka ibe yefikelelekayo, ekulula ukuyenz nenempilo.
- Kufuneka uyiyile ngokwakho ungayithathi kwenye into. Ukuba uyithathe kwenye into xixele loo
- resiphi ukuba uyithathe kwinto ethile.
- Ingasebenzisa nasiphi na isinongo nokuba loluphi na udidi lwentlanzi (ingaswiti okanye ibe yi-savoury).

Thumela iresiphiku:-

WhatsApp: 0663906646

Facebook: Wow! WesternCape on Wellness

Epos: wow@westerncape.gov.za



IResiphi eneMpilo yeNyanga: yeWoW! yi-Iced Tea ozenzele ekhaya

Le ti ihlaziya kakhulu kwaye inempilo ungasebenzisa yona kuneziselo ezibandayo ezihlwahlwazayo, ezineswekile. Gcina ijagi ye-Iced Tea efrijini eHlotyeni.

IZITHAKO:

- litea bag ze-rooibos ezisi-8
- Uluthana lwe cinnamon lube lu-1
- licloves ezipheleleyo zibe -4
- Izilayi ezingezikhulwanga zeginger zibezi-6
- likomityi (1 litre) zamanzi abilayo zibe-4
- likomityi ezi-4 (1 litre) yesiselo esiyijusi yegrape, eyeapile, eyeberry 100%, ebandayo.
- ilemon juice ukwenza incasa
- amagaqana eayisi, amaggatyana emint, izilayi zeziqhamo okanye izilayi zelemon xa uyilungiselela ukuselwa

INDLELA YOKWENZA:

1. Faka ii-tea bag, izipaysi neginger kwijagi enkulu yeglasi ugglele amanzi abilayo.
2. Zamisa uyiyeke sithuba seeyure ezi-2 iiphole.
3. Khupha ii-tea bags, iginger nezipaysi.
4. Galela ijsi etini yenze ibe mnandi nge-lemon juice.
5. Yisele ibanda, usenokuyigalela amaggatyana emint, ufake nziqhamo nelemon xa ufuna.

Ilingene: abantu aba-6
Ilunga kwisithuba: se-2hr 30 mins
(kuqukwa nexesa lokuba iphole)



IKHREDITHI:

Cooking from the Heart 2nd
[https://www.heartfoundation.co.za/
wp-content/uploads/2017/10/CFTH-2.pdf](https://www.heartfoundation.co.za/wp-content/uploads/2017/10/CFTH-2.pdf)

Imisebenzi yeWoW!

ligadi eAbbotsdale

iAbbotsdale WoW! Champion, u-Ursula Griffiths, waqalisa ukwenza igadi yemifuno eAbbitz Farm. Isivuno sakhe usithengisa emalikeni kanti siyasetyenziswa nakwi-Soup Kitchen. Akhona namalungu eWoW! Alimela ukutya emakhayeni awo.



Ukulunaela umnaeni!

iQela leWoW! iLanga VHWC limqale u2021 kakuhle kakhulu xa lalingenele ukhuphiswano lokuhamba/ukubaleka kwiintdawo ezihlayo nezunyukayo lweTitan, umgama oyi-5km kwiFama yeeNciniiba eMelkbos. Yayingamalungu angama-20 athatha inxaxheba kulo mcimbi. Amalungu ayekonwabele kakhulu ukwena imithambo ngendlela eqatha nenzima kangako.



Izifonyo zeUbuntuCare

Ukukhawulelana nobhubhane weCOVID-19, iWoW! yenza intsebenziswano necandelo elizimeleyo nelikarhulumente ukwenza izifonyo zelaphu laza kanjalo labe lidale amathuba emisebenzi kubathungi ekuhlaleni. Ngena kwiwebhusayithi ufumane ezinye iinkukacha: <https://ubuntuclothmasks.shopstar.co.za/>



Ikili entsha yeHlumani WoW!

Iqela leWoW! Elizinze elkhwezi eKhayelitsha, lafumana ikili yalo entsha eyayilibaso lemali elalivela kwiWoW! kuMsitho wokuWonga ngeeMbasa. Eli qela lalitshintsha igama lalo yanguHlumani ukuquka namanye amaqela angekho elkhwezi.



IGuas Divas zeWoW!

IQela leWoW! iGugs Divas belisoloko lihamba phambili kuwo wonke lo nyaka ka-2020 unzima unjalo. Bakwazile nokufumana amalungu amatsha amaninzi benza nemicimbi eyahlukeneyo njengokuhamba, ukubaleka nokunyuka iminqantsa (iindawo ezinyukayo) eyahlukeneyo.



iiChampion ezintsha zeWoW!

Kwathi ngenxa yemiqathango yeCOVID-19, inkubo yoqequesho yeWoW! Wellness Champion yensiwa ngeWhatsApp. iiChampion ezilithoba ezintsha ziye zakulungela ukuba kwiiChampion yaye zisebenzela ukuyila amanye amaqela aphantsi kwazo. Eli qela lingasezantsi liqela elitsha eliyi langena kwiWoW! eAtlantis.



Stikland ingcathu eSwekileni

ISibhedelele saseStikland sathatha inxaxheba kwi#BeSugarSmart Challenge yeWoW! yazisa inguqu kwiindlela zokuya zesibhedele nakubasebenzi. I-WoW! Champions lenzela bonke abasebenzi ilantshi rhoqo ngoolwezibini.



iVredendal Youth Group

Iqela leWoW! Champions laseVredendal North ijongene neqela labantu abadala kakhulu ngegesha kugqugqisa ubhubhane (icorona), ligqibe ekubeni lisungule iqela lolutsha ngeenjongo zokugcina abantwana bexakekile ngendlela enempilo.



i-Wellness iThetha neRadio 786

I-WoW! Sele inxesha elide kakhulu ibambisene neRadio 786. Mamela iWoW! Champions kunye naMahlakani ayo qho ngoolwezithathu bokujala nabokugqibela enyangeni phakathi ko19:00-19:30, ithetha ngemiba emalunga nokuhlala ngendlela enempilo,



Uzibandakanya njani neeNtshukumo zeWoW!

- * Ngena kwiwebsite www.westerncape.gov.za/wow ufumane ezinye iinkcukacha/amacebiso, iireshiphi ezinempilo nezimnandi nokunye okuninzi.
- * Joyina **iiseshini zeentshukumo zaseSidlangalalen zeWoW!** (iinkcukacha zikwiphepha lesi-2) okanye qalisa ukwenza iintshukumo zaseSidlangalalen zeWoW!.
- * **Yiba yiWellness Champion** uqale **iQela leWoW!**. Email wow@westerncape.gov.za ufumane ezinye iinkcukacha.
- * Sabskrayibha kwiqonga leWhatsApp okanye leSMS ufumane imiyalezo emithathu ngeveki ekhuthaza ukuhlala usempilweni.

Amahlakani aPhambili eWoW!

(abekwe ngokokulandelelana koonobumba)

44ten Media	Pain Management Unit Anaesthesia and Perioperative Medicine
Age-In-Action	Perfect Fit 360
Bfit	Pharma Dynamics
BLAC	Philani
Bonteheuwel Walking Ladies	Proveg International
Capsicum Culinary Studio	PAN South Africa
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	SHAWCO
Fresh Life Produce	Sinovuyo Old Age
Fuller Music	South African Health Qigong Association
Great Commission Network	SSGC Projects
Green Monday SA	SSISA (Sports Science Institute of South Africa)
Heart & Stroke Foundation South Africa	SU (Stellenbosch University)
Humane Society International	SUNWELL
iKhyaya Loxolo Old Age Home	Sweet Life
Infection Control Africa Network (ICAN)	TB/HIV Care
Iziko Museums South Africa	The Health Foundation South Africa
Jazzart Dance Theatre	The Mhani Gingi Trust
Khet'Impilo	The Truth About Relationships
Livemax Media & Streaming	Touching Nations
Metrorail	Ubuntu Touch Project
New Flats Langa	UCT (University of Cape Town)
NWU (North West University)	UWC (University of the Western Cape)
OCAL Global	Your Wellness Matters/44ten Media
Omega Bonteheuwel	

Ukusebenza ngendela equkayo, amahlakani amatsha azinikeleyo nanobuchule kule nkalo, yinto esoloko yamakelekile nekhuthazwayo ukuba azibandakanye kolu bambiswano ukuze kuqhutyelwe phambili.

