



FROM MALORA'S DESK

Moving on Up!

It's heartwarming to see all the team and solo participation from everyone who participated in Wilderness Move Month. Looking at all the photos of hikes, bushwalks, aerobics classes and yoga poses, one could only imagine the laughter, jokes and banter that went on behind the scenes!

We had a number of very inspirational marathon champs, all of who reached an impressive 42 km or more over the month of May. We saw individuals who ran along Table Mountain, urban jungles and across Namibian desert landscapes. Some regions went even further and facilitated physical health checks and practical first aid courses for overall physical wellbeing. We are encouraged to hear that this campaign prompted some routine activity, such as weekly Zumba classes at the Vic Falls office, and hikes around Maun.

[View a round-up of the images here.](#)

Now to announce our Yoga Pose winners – this was such a tough one as there were just so many amazing contributions to consider, which is why we left the voting to you. Two camps were perhaps overenthusiastic clickers and unfortunately did not adhere to the 'one vote per person' rule, so for the sake of fairness we had to discount these duplicated votes.



I am excited to announce our

YOGA POSE WINNERS:

1st : Kings Pool

2nd : Vumbura Plains North

3rd : Cape Town



We also decided to award two teams, who we felt displayed the most technically correct yoga poses...drum roll please for Mombo and Linkwasha! Congratulations, we will be in touch soon to inform you of your prizes!
[View the Yoga gallery here.](#)

Thank you all for your participation, we hope you had some fun with this challenge and that it inspired you to keep moving and be active. Please continue to share any activity stories and achievements, whether you have reached a personal goal or a team goal – we'd love to celebrate them all.

With the fantastic response, we will definitely repeat this campaign in future.

As much as exercise is King, nutrition is Queen, so watch this space for our next wellness campaign.

“The only bad workout is the one that didn't happen”.- Anonymous ;)

Stay warm, stay safe, stay healthy.

Malora

