



# HEART HEALTH

KEEP IN TOUCH AND STAY ON TRACK!!

**5th Annual**



## Building Healthy Communities

**5K Run/Walk & Wellness Expo**

**May 19, 2019 - 9:00am**

**Hampton Park, Downtown Charleston**

**IMPORTANT INFORMATION:**



SCHEDULING  
(843) 876-0444  
MAIN OFFICE  
(843) 792-4717



[HEARTHEALTH@MUSC.EDU](mailto:HEARTHEALTH@MUSC.EDU)



All active Heart Health participants will receive a free ticket for the 5K (must be accompanied by one paid adult registration & free ticket will not include a t-shirt)

For more information and to register, visit:

<https://runsignup.com/Race/SC/Charleston/BuildingHealthyCommunities5K>

**April 7th is  
World Health  
Day!**



Put some **SPRING** in your step!  
Warmer weather is a good time to go outside, be active and achieve your exercise goals!

**Try these Spring fruits & veggies this month!**



## Meatballs for a Snack?

### April Fools - Try these yummy Chia Seed Energy Bites!

1 cup oats  
1/4 cup honey  
1/4 cup peanut butter  
2 Tbsp chia seeds  
1/4 tsp vanilla

Combine ingredients together until well mixed.

Refrigerate for 20 minutes.

Shape into bites.

Servings: 15 (1 energy bite per serving)



#### Nutrition Highlights (per serving)

CALORIES  
**73**

FAT  
**3g**

CARBS  
**10g**

PROTEIN  
**2g**



Did you know: Emerging research suggests that including chia seeds as part of a healthy diet may help improve cardiovascular risk factors such as lowering cholesterol, triglycerides and blood pressure!



## April Fit Kids

### Sessions:

### Regular Hours:

Monday-Friday 5:30-6:30 pm

Saturday 9:30-10:30 am

(All located in Park Circle in North Charleston)

Please sign up one week in advance

by email [hhexercise@musc.edu](mailto:hhexercise@musc.edu)

or call (843) 792-4717

(Please leave a message!)



### Group Sessions:

**All Group Sessions begin at 5:00 pm.**

#### April 4th: Power up with Breakfast!

We all know that breakfast is the most important meal of the day, but why? Learn why it's so important and get some healthy and yummy breakfast ideas.

#### April 11th: Good Mood Foods

Come learn about the different foods that can actually help to improve your mood!

#### April 18th: Handling Outside Influences

We are constantly interacting with people who can influence us. How will they influence YOU? Learn how to stick to your goals even when others might make it difficult.

#### April 25th: Fitness is Fun!

Exercise can help maintain a healthy body weight. And exercising together helps keep it fun! Come learn about ways to be more active in the warmer springtime weather.

**Group Sessions are Thursdays from 5-6pm at Miller Motte Technical College (8085 Rivers Ave.) in North Charleston in Room 101.**