

# HEART HEALTH

KEEP IN TOUCH AND STAY ON TRACK!



Important Information  
Scheduling: (843) 876-0444  
Main Office: (843) 792-4717  
Email: [HeartHealth@MUSC.edu](mailto:HeartHealth@MUSC.edu)



## HOLLY JOLLY HEALTHY

Courtesy of the Pennsylvania Department of Health

Use These Tips to Help Breeze Through the Holidays !

1. Everything in Moderation: Fill your plate with smaller portions to avoid overindulging.
2. Avoid Empty Calories: Make choices like water or low-calorie drinks instead of soda.
3. Get Moving: Any movement counts! Enjoy a walk with family and friends.
4. Get Plenty of Sleep: Getting sufficient sleep is necessary to stay healthy.
5. Wash your Hands: Reduce the spread of germs by washing properly.
6. Manage Stress: Take time to Relax .



# RECIPE OF THE MONTH

## Christmas Frozen Yogurt Bark by Healthy Little Foodies

### Ingredients:

- 2 cups of Greek yogurt
- 3 kiwi
- 5 strawberries (chopped into small pieces)
- 1 tbsp of dried cranberries



### Instructions:

1. Thinly slice the kiwi and then, using a tree shaped cookie cutter, cut a tree from each slice.
2. Line a rimmed baking tray with baking paper.
3. Pour yogurt into the center of the tray and spread evenly.
4. Place the kiwi trees, strawberries, and cranberries as desired onto the yogurt. Freeze until completely solid (approximately 4 hours).
5. Cut into sections and serve.
6. Place sections into a zip lock bag and store in the freezer.

### Nutrition Facts

Amount Per Serving (1 of 18 squares)

Calories: 49 Fat 1.6 g Sodium 10.5 mg Carbohydrates: 6.5g Protein 2.9g



## Group Sessions

### All Group Sessions begin at 5:00 pm

#### • December 5: 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.

#### • December 12: Nutrition Game Night

Have tons of fun, learn a lot, and win prizes! Nutrition & wellness games for all ages (parents, too!).

#### • December 19: Healthy Holiday Cooking with Special Guest

Come learn how to prepare and sample a healthy recipe with a cooking demo led by our friends at the MUSC Urban Farm!

#### • December 26: No Group Session--Happy Holidays!

Group Sessions are Thursdays 5-6pm at Miller Motte Technical College, 8085 Rivers Ave. in North Charleston in Room 401

## December 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!)

**Sessions are cancelled:**

**December 23-31**

Please encourage your child(ren) to exercise on their own during this time.