

IMPORTANT
INFORMATION:
SCHEDULING
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MAIN OFFICE
(843) 792-4717
WWW.MUSCKIDS.ORG/
HEART/HEALTH

HEART HEALTH



Keep in touch and stay on track!!

Happy American Heart Month!



Follow these helpful tips to keep your heart healthy this month!



Cut back on saturated fats

You will find these fats in fried foods and animal products such as:

- Red meats, the skin of chicken and turkey, cheese, high-fat milk and dairy, butter, pastries, chocolate etc.

Check labels and try to stay under 20 grams for the whole day!



Beware of Trans Fat

These fats are mostly found in packaged and processed foods, such as:

- Crackers, cookies and margarine that is in stick form (the tub is okay).

Check labels and shoot for zero grams for the day!



Choose Unsaturated Fats Instead!

These fats help to protect your heart when you eat them in place of foods that have saturated or trans-fat. These foods can be found in:

- Liquid vegetable oils, fish, nuts, seeds, tub margarine, and avocado



In addition to eating healthy, it is important to do **cardiovascular exercise!** That means activities that make your heart **stronger!**

For example:

- Walking briskly while pumping arms
- Jump rope
- Jumping Jacks
- Soccer, basketball and any sport that requires movement & running

**Did you know:
Your heart will
beat about
115,000 per
day!**

Want to know how big your heart is? Make a fist & hold it up to your chest!

Group Session Schedule:

All Group Sessions begin at 5:00 pm.

Feb 7th: Smart Substitutions

Making your favorite recipes with lower calorie, lower fat substitutions can help you stick to your healthy habits.

Feb 14th: Valentine's Day Party

Let's show ourselves and our bodies some LOVE on this special day! Come ready to have some fun!

Feb 21st: All About Fats

Knowing about fats is very important when you are trying to keep your body healthy. Learn all you need to know!

Feb 28th: Healthy Snacking

Do we need to snack? What are healthy snacks options? Come have all your questions answered.

Group Sessions are Thursdays from 5-6pm at Miller Matte Technical College (8085) Rivers Ave. in North Charleston in Room 390.



RECIPE OF THE MONTH: ZUCCHINI PIZZA BITES

Ingredients:

- 2 Large Zucchini
- $\frac{1}{2}$ a cup of pizza or tomato sauce
- 1 teaspoon of oregano
- 2 cups of reduced-fat mozzarella cheese
- $\frac{1}{2}$ cup of Parmesan cheese
- Pizza toppings that are desired

Cooking Instructions:

1. Preheat oven to 450. Line a baking sheet with foil and set aside.
2. Wash zucchini and cut into $\frac{1}{4}$ " thick and arrange on prepared baking sheet.
3. Top zucchini with tomato sauce, oregano, cheese, and any desired pizza toppings.
4. Bake 5 minutes until zucchini is tender. Broil 5 minutes or until cheese is melted and bubbly.

Nutrition information:

- Serves 6
- Serving size: 6 zucchini bites
- Calories: 145
- Total fat: 9g
- Saturated fats: 5g
- Carbohydrates: 4g
- Protein: 10g



**Here's a great way to get
your cardiovascular
exercise!**

February FitKids 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
or call (843) 792-4717 (Please leave a message!)

