

# HEART HEALTH

Keep in touch and  
stay on track!!



IMPORTANT  
INFORMATION:  
SCHEDULING  
(843) 876-0444  
MAIN OFFICE  
(843) 792-4717  
[WWW.MUSCKIDS.ORG/  
HEART/HEALTH](http://WWW.MUSCKIDS.ORG/HEART/HEALTH)



## Happy National Nutrition Month!



Need some good ideas for  
some healthy & nutritious  
snacks? Here are some simple  
swaps you can try at home:

- Try frozen berries to top waffles or pancakes instead of using syrup
- Slice fresh fruit for peanut butter sandwiches instead of using jelly
- Instead of chips & dip, try putting together a fruit, cheese and whole grain crackers on a plate!



**Did you know:  
Physical activity is  
not only good for  
your heart health, it  
can actually help you  
sleep better, boost  
your mood & improve  
your focus!**



# Recipe of the month:

## Green Slime Smoothie:

Ingredients (Makes 2 servings):

2 cups of spinach

1 banana

2 cups of frozen strawberries

2 tablespoons of honey

1/2 cup of ice

Directions:

Blend everything together & serve immediately!

Nutrition facts:

Per serving: 100 calories

0.3g fat

1.3g protein

26g carbohydrates

0g cholesterol

16mg sodium



## Group Sessions:

All Group Sessions begin at 5:00 pm.

### March 7: Spotlight Foods

Practice categorizing Green, Yellow & Red Light foods—a quick & easy way to plan healthy meals and snacks.

### March 14: Label Reading and Portion Control

Come learn more about these cornerstones of eating right and losing weight.

### March 21: Mindful Eating

Often we eat without thinking about it. This might lead us to make unhealthy choices. Learn how to eat more mindfully.

### March 28: Be a Goal Getter!

Do you ever have a hard time finding motivation? Come get ideas about how to stay on track even when it gets tough and keep meeting your goals.

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

## March 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!)

## MyPlate tips for March:

Fruit can be a quick & easy way to make meals and snacks healthier and more colorful!

Try different kinds of veggies this month, maybe try it with a dip!

Make half your grains whole grains!

Limit highly processed poultry, fish & meat (like hotdogs and chicken nuggets)

Move to low-fat or fat-free milk & yogurt!

