

IMPORTANT  
INFORMATION:  
SCHEDULING  
(843) 876-0444  
MAIN OFFICE  
(843) 792-4717

HEARTHEALTH@MUSC.EDU

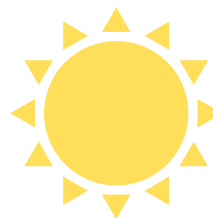
# HEART HEALTH

KEEP IN TOUCH AND STAY ON TRACK!!



## Heart Health Summer Camp 2019

Sign up  
today!



Spots are  
limited!

Date: **June 17-21** (ages 8-12)

**June 24-28** (for ages 13+)

Time: **8am-4pm** Monday-Friday

Location: **MUSC Campus**  
in Downtown Charleston

Price: **\$90** for the week  
(includes **lunch** provided daily  
and a **T-shirt**)



## Special thanks to our 5K sponsors!

Platinum level: Lucey Mortgage,

Made2Move, Charleston RiverDogs, GEICO

Gold level: TriEverything, Select Health

Silver level: SeaCoast Sports & Outfitters  
& Joints in Motion



# Recipe of the month

## Frozen Watermelon

### Push Pops

#### Ingredients

- 2 kiwi fruits or 1/2 cucumber\*
- 1 thick round/slice of watermelon



#### Instructions

1. If using kiwi fruit, peel the fruits and slice each one into three thick slices, discarding (or eating!) the rounded ends. Using a circle cutter of a slightly smaller size than your push pop container, cut the kiwi slices into circles to fit.
2. If using cucumber, slice into thick rounds and cut into circles as above.
3. Pop one kiwi or cucumber slice into the bottom of each push pop container.
4. Push the pop container through the watermelon slice to fill it with a round of melon (see photo below). If your watermelon slice is too thin to fill the container, repeat until the push pop container is completely full of melon.
5. Pop the lid on, remove the stick if you can and pop into the freezer for a couple of hours or overnight until frozen solid.
6. Remove from the freezer, add the stick back onto the push pop and serve.



**Did you know:**  
Watermelon is 92% water - it is the perfect fruit to stay hydrated during the hot weather!

### May 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)

**\*Fit Kids is CANCELLED**  
**Monday, May 27th**

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

#### May 2nd: Salt & Blood Pressure

Maybe you've heard that salt can affect your blood pressure. But what are some of the things that make it hard to avoid, and how can we lower blood pressure with diet?

#### May 9th: Managing Cravings

Do you feel the hunger in your stomach, or could it be in your head? Learn how to battle the "munchies".

#### May 16th: Kids and Parents Working Together

Parents, ever feel like you're the "bad cop" with your kids? Learn helpful strategies for parents and kids to work together toward the common goal of good health.

#### May 23rd: Dining out Healthfully

Dining out is enjoyable, but it can be challenging to find healthy choices on the menu. Learn some strategies for staying on track when dining out.

#### May 30th: Whole Grains

Why are there so many different types of grains and which ones are healthier? Come learn the WHOLE story to make the best choice.

*Group Sessions are Thursdays from 5-6pm at Miller Matte Technical College (8085) Rivers Ave. in North Charleston in Room 401.*