

Important Information:

Scheduling
(843) 876-0444
Main Office
(843) 792-4717
www.musckids.org/heart/health

Heart Health

Keep in touch and stay on track!!

January **2019** Newsletter



Heart Health Wishes you a Happy New Year!



Make your New Year count!

"Small steps over time produce long and LASTING results."
--Anonymous



The start of a new year is an exciting time for a fresh start! Our motivation is strong and our expectations are high for succeeding in our health goals.

How can you bottle up this energy to keep it going throughout the year?

First, make a list of all your motivating reasons for making healthy choices. Continually remind yourself of all these benefits. Then when you make a mistake, don't lose hope or give up. Review your list and get back on track right away and you'll see success the whole year long!



WAKE UP EVERY
MORNING AND TELL
YOURSELF:
"I CAN DO THIS!"



Want to be able to say, "I did a 5K?"

FREE 5K training program for all Heart Health kids!

Details:

- Training is from January 7th until May 19th. **May 19th is the day of our 5th annual Heart Health fundraising 5K.** All Heart Health participants will receive a ticket for free entry into the 5K (redeemable with one paid adult entry).
- Once per week in-person training session (two day & time options available—Mondays at 5:30 or Saturdays at 9:30)
- Location: 4800 Park Circle, North Charleston 29405
- Calendar of weekly workouts
- Requirement for successful completion (and to receive prizes): attend at least 13 of the 18 in-person sessions and log 80% of the planned workouts
- **Prizes** for those who complete the requirements:
 - \$10 Target gift card
 - Commemorative t-shirt
 - Special prize given at 5K event
 - Special recognition at 5K event

Please contact us if you are interested or if you have any questions

HeartHealth@musckids.org or 843-792-4717



Group Session Schedule

All Group Sessions begin at 5:00 pm.

January 3rd: Gearing up for the New Year

Make your New Year's Resolutions into realistic goals and learn how to maintain momentum and motivation all throughout the year.

January 10th: What is a Calorie?

Achieving a healthy body weight depends a lot on knowing about calories. Come to this fun session & you may be surprised by what you learn!!

January 17th: Health Body Image and Positive Self Talk

Your attitude, self-esteem and the way you "talk" to yourself (in your mind) play a big role in your ability to lose weight.

January 24th: Nutrition Myths BUSTED

Do you hear or read about "weight loss secrets" that seem too good to be true? Come learn where to find reliable nutrition information and how to identify false claims.

January 31st: Nutrition Game Night

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

Group sessions are Thursdays from 5-6pm at Miller Motte Technical College (8085 Rivers Ave.) in North Charleston in Room 380.

Stay connected:

Ask us about our NEW optional texting program!

Sign up to receive motivational tips, reminders and important Heart Health announcements.



When you sign up, you agree that:

- The text messages will NOT contain any protected health information about myself and/or my child(ren) and will consist of motivational tips and program reminders only.
- This consent to text message communications is not required to receive services from MUSC Health, MUSC Children's Health, or the Heart Health Program.
- Data usage and other charges may apply.
- The text messages are NOT appointment reminders for my appointments or my child(ren)'s appointments at MUSC.
- Text messages will be sent in English.
- I will continue to receive the text messages until I am (if I am the patient participant) or my minor children are (if he/she/they is/are the patient participant(s)) no longer actively attending Heart Health program visits.
- I may opt out of the text message delivery at any time by notifying the Heart Health Program Manager or by following the "opt out" instructions contained in each text message.

Ms. Janet and Ms. Keely can set you up at your next clinic appointment.

Recipe of the Month

Easy Baked Cauliflower Tots

Recipe from foodhero.org



Ingredients (makes 15 tots, serves 3):

- 2 cups cauliflower
- 1 egg
- 3 tablespoons all-purpose flour
- 1/4 cup low-fat cheddar cheese
- 1/4 teaspoon salt

Directions:

1. Preheat oven to 400 degrees. Spray a baking sheet or line with parchment paper or foil.
2. Grate cauliflower on large holes of a box grater.
3. In a medium bowl, combine the grated cauliflower, egg, flour, cheese, and salt; mix well.
4. Press mixture together to make about 15 small balls or logs; Place on the baking sheet with space between each ball or log.
5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.

Serving Size: 5 tots

Nutrition Facts (per serving):

Calories: 70	Carbohydrates: 8g
Fat: 2.5g	Protein: 5g
Sat Fat: 1g	Fiber: 2g



Compare to regular tater tots

Nutrition per serving (5 tots):

Calories: 160	Carbohydrates: 13g
Fat: 10g	Protein: 1g
Sat Fat: 3g	Fiber: 2g

January Fitness Sessions

****Canceled sessions****

January 1, January 21

As of Jan 2nd: We resume normal hours (5:30-6:30pm on weekdays and 9:30-10:30am on Saturdays in Park Circle).

Please email hhexercise@musc.edu or call 843-792-4717 to sign up one week in advance.

