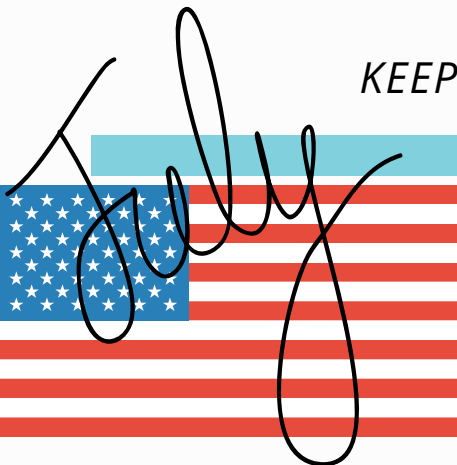


# HEART HEALTH

IMPORTANT  
INFORMATION:  
SCHEDULING  
(843) 876-0444  
MAIN OFFICE  
(843) 792-4717  
[HEARTHEALTH@MUSC.EDU](mailto:HEARTHEALTH@MUSC.EDU)

KEEP IN TOUCH AND STAY ON TRACK!!



## Be HEALTHY in the HEAT!

### 5 WAYS TO KEEP YOUR KIDS HEALTHY THIS SUMMER



#### Food is Key!

- Packing a lunch for your kids is always a great idea, even if they're not in school! They can take it along to any outdoor activities, summer camp, the pool or the park!
- Keep healthy choices on hand and easy to grab. Load their lunch box with fruits, vegetables, whole grains, protein, and water!

#### Creating New Routines!

- Avoid those lazy summer days by engaging in activities that will keep your kids healthy. Try signing your child up for fun, local activities such as swim lessons, day camps, story time, playgroups, and many more!

#### Keep a Bedtime!

- Make sleep a priority! Getting the right amount of sleep plays a critical role in our health, including our immune system, metabolism, mood, memory, and learning.

#### Get Outside & Get ACTIVE!

- There's no better time than the summer to keep kids moving! Instead of focusing on calorie burning, let them know moving is fun!
- Consider signing up for a camp or a local summer league.
- Try some of these fun, family-friendly activities together:
  - Go on a family walk
  - Ride bikes together
  - Play tag in the backyard
  - Play jump rope or hula hoop
  - Go to the park
  - Play soccer, dance, or swim

#### Limit Screen Time!

- To your kids, marathon sessions of TV, movies and video games may seem like an easy way to pass a hot summer day. However, try to limit screen time to 2 hours per day.





# HEALTHY BAKED CHICKEN NUGGETS

JULY'S  
Recipe of  
the Month!

## Ingredients:

- 2 chicken breasts- cut into 2-inch pieces
- ½ cup plain breadcrumbs
- ¼ cup grated parmesan cheese
- 1 tsp. dried parsley
- ⅓ cup extra-virgin olive oil
- Optional: black pepper
- Olive oil cooking spray

## NUTRITION INFORMATION

**Yield:** 4 servings, **Serving Size:** 4 oz chicken

### Amount Per Serving:

Calories: 188 calories; Total Fat: 4.5g;  
Saturated Fat: 1g; Cholesterol: 57mg;  
Sodium: 427mg; Carbohydrates: 8g;  
Fiber: 0g; Sugar: 0.5g; Protein: 26g

## Instructions:

1. Preheat oven to 400 degrees. Lightly spray a baking sheet with cooking oil.
2. Cut chicken breasts into 1 or 2-inch pieces.
3. In a tray or bowl, pour the olive oil.
4. In a second tray, combine breadcrumbs with cheese and parsley.
5. Dip all chicken pieces into the olive oil, toss using kitchen tongs or use your hands. Then toss into the breadcrumbs.
6. Place chicken nuggets onto baking sheet. Lightly spray them with cooking spray on top.
7. Bake for 20 minutes, or until golden brown. Remove and serve!!

## May Fit Kids Sessions:

### Regular Hours:

\*\*\*\* July 4th - CANCELED \*\*\*\*

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!)

### Group Sessions:

All Group Sessions begin at 5:00 pm.

**\*\* July 4th - NO GROUP SESSION \*\***

**July 11th: 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.

### July 18th: 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!!

### July 25th : Spotlight Foods

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

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