



HEART HEALTH

KEEP IN TOUCH AND STAY ON TRACK!

October

2019



IMPORTANT INFORMATION

SCHEDULING (843) 876-0444
MAIN OFFICE (843) 792-4717
HEARTHEALTH@MUSC.EDU



TIPS FOR A HEALTHIER HALLOWEEN NIGHT

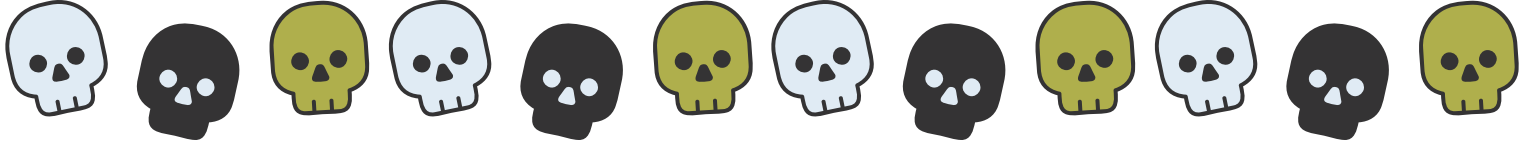
Being healthy doesn't mean giving up all of the treats, so remember:

- **Balance:** Portion candy with other healthy alternatives such as fruits, vegetables, crackers, low fat milk, and granola bars.
- **Eat Dinner:** Remember to feed your child a well-balance dinner prior to trick or treating. This will prevent candy from substituting for dinner as well as overeating of treats.

SENSIBLE TREATS FOR TRICK-OR-TREATERS

- Sugar-free gum
- Fun toys/trinkets-- glow toys, slime, bubbles, etc.
- Stickers
- Granola Bars
- Teddy Grahams
- Chex Mix
- Rice Krispie Treats
- Animal Crackers
- Popcorn
- Raisins





RECIPE OF THE MONTH

Ingredients (Serves 8)

- 2 green apples, each quartered
- sunflower or natural peanut butter
- sunflower seeds
- strawberries, sliced
- **OPTIONAL:** 1-2 candy googly eyes OR sugar free chocolate chips

Spooky Apple Bites From Fork and Beans



Directions:

1. Cut the middles out of each quarter of the apple to create the mouth. Don't worry about perfection; you are filling the gap with sunflower butter anyway.
2. Coat the inside of the gap with your nut butter.
3. Place 4 sunflower seeds on the top of the "mouth" for the teeth.
4. Place 1 sliced strawberry inside the mouth for the tongue.
5. "Glue" each eye above the mouth with a dab of nut butter to stick.
6. Serve with a smile.

Nutrition Facts (1 Apple Bite)

Calories: 40 Sodium: 1mg Carbohydrates: 4g Protein: 1g
 Sugar: 5g Fat: 1g Fiber: 1.4g

Group Sessions

All Group Sessions begin at 5:00 pm



Oct 3rd: Trying New Foods: The most popular group! Try some new healthy foods. You never know, you might end up with a new favorite!

Oct 10th: Relax & Recharge - Stress Management Strategies: We all can feel stressed at times. Learn healthy ways to handle life's stresses.

Oct 17th: Meal Planning for the Whole Family: Take the stress out of getting lunches packed for school and getting dinner on the table. Learn how to create a meal plan around the goals of eating healthier, simplifying meal prep, saving time and saving money.

Oct 24th: Get Creative with Exercise: Eating right is important for health, but so is exercise. Exercise CAN be fun, and it doesn't have to be painful or hard!

Oct 31st: Halloween Party: Come dressed up (if you'd like) and ready to have some fun!

October 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

or call

(843) 792-4717

(Please leave a message!)

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

