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

HEART HEALTH

KEEP IN TOUCH AND STAY ON TRACK!



# Ideas for healthy lunchboxes:

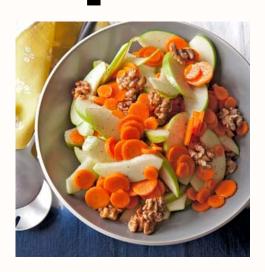


#### Get Creative!

- Whole wheat pitas with tuna or chicken salad
- Fruit kabobs
- Salad with a whole wheat roll
- Fruit or veggie pizzas
- Fruit and yogurt parfait

- carrot & celery sticks
- raisins
- trail mix
- peanut butter & jelly sandwich
- fresh fruit
- single-serve applesauce
- peanut butter on whole grain crackers
- string cheese
- pretzels or baked chips
- dry cold cereal

### Recipe of the month



#### Carrot & Apple Salad

From Rachel Ray

#### **Ingredients (Serves 4):**

- 2 tablespoons honey
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 green apple, cored and thinly sliced
- 2 carrots, peeled and cut into coins
- ¼ cup walnut pieces, toasted OR slivered almonds

#### **Directions:**

- Toast walnuts in a pan over medium heat.
- 2. In large bowl, whisk honey, oil and lemon juice; season.
- 3. Toss apple and carrots with dressing. Sprinkle with nuts.

#### **Nutrition Facts (per serving):**

Calories: 183 Carbohydrates: 20g

Fat: 11g Protein: 2g Sat Fat: 1g Fiber: 3g

#### **Group Sessions**

All Group Sessions begin at 5:00 pm

September 5: Relax & Recharge--Stress management strategies We all can feel stressed at times. Learn healthy ways to handle life's stresses.

#### September 12: Portion Control and Label Reading

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

#### September 19: Motivation, Pass it On!

Staying on track can be easier when you have motivation to keep you pluggin' along! Come to discuss ways to increase motivation

#### September 26: Handling Outside Influences

We are constantly interacting with people who can influence us. How will they influence YOU? Learn how to stick to your goals even when others might make it difficult.

## September 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 Matte Technical College, 8085 Rivers Ave. in North Charleston in Room 401