

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

HEARTHEALTH  
@MUSC.EDU

# HEART HEALTH

KEEP IN TOUCH AND STAY ON TRACK!

Hello  
SEPTEMBER



## 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:

1. 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](mailto:hhexercise@musc.edu)

or call (843) 792-4717

(Please leave a message!)