

December 2020

Heart Health

Keep in touch and stay on track.

Important Information

Scheduling: (843) 876-0444

Heart Health Team (843) 792-4717

- Be sure to leave a message.

HeartHealth@MUSC.edu

www.musckids.org/heart/health

Healthy Tips for Your Holiday Season

1. Maintain normal eating patterns: Keeping your normal eating schedule helps you stay on track and allows you to enjoy your holiday favorites without overeating.
2. Concentrate on portions: Keep portions small, eat slowly and pay attention to your body.
3. Include your kids in meal preparations: Getting your kids involved with meal prep teaches them cooking skills and can teach them about healthy food choices.
4. Find ways to keep active: Try planning a family activity like taking a walk or playing outside.
5. Get plenty of sleep: Maintaining a consistent sleep routine is important to stay healthy.
6. Wash your hands: Reduce the spread of germs by washing your hands for at least 20 seconds with soap and warm water.

For additional information, please visit:

<https://www.childrens.com/health-wellness/surviving-the-holidays-how-to-support-your-kids-healthier-nutrition-habits-during-the-holidays>

Happy Holidays!

Cranberry-Oat Energy Balls

Serving size: 1 ball

Servings: 32
Total time: 25 minutes

Ingredients:

- 1 cup rolled oats
- $\frac{3}{4}$ cup dried cranberries
- $\frac{3}{4}$ cup dried figs
- $\frac{1}{2}$ cup nut butter
- 3 tablespoons hemp seeds
- 2 tablespoons honey
- 1 $\frac{1}{2}$ teaspoons vanilla extract
- 1 pinch salt

Directions:

- Combine oats, cranberries, figs, nut butter, hemp seed, honey, vanilla, and salt in a food processor. Pulse until finely chopped, 10 to 20 times, then process for about one minute, scraping down the sides as necessary, until the mixture is crumbly but can be pressed into a firm ball.
- With wet hands (to prevents the mixture from sticking to them), squeeze about 1 tablespoon of the mixture tightly between your hands and roll into a ball. Place in a storage container. Repeat with the remaining mixture.

Recipe can be found at:

<http://www.eatingwell.com/recipe/281106/cranberry-oat-energy-balls/#nutrition>

Nutrition Facts: Calories: 64; Protein: 1.4g; Carbohydrates: 9.1g; Dietary fiber: 1.1g; Sugars: 6g; Fat: 2.9g; Saturated fat: 0.3g; Added sugar: 1.4g

COVID-19 Update

- **Clinic visits are being conducted both virtually (via the following link: <https://MUSC.doxy.me/hearthealth>), and in person. Please specify when scheduling if you would like a virtual or in person appointment.**

- Because of the recommendations for gatherings and social distancing by public health officials, **all Thursday group sessions and Fit Kids sessions are now virtual:**
 - Group education sessions are at 4:00pm on Thursdays via Webex: <https://musc.webex.com/meet/catjan>
 - Fit Kids group exercise sessions are at 5:30pm on Mondays and Wednesdays and 10:00am on Saturdays us via Zoom: <https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThtWTdYdjZiNHRqUT09>
- Please sign up for our private Facebook Group page, where we will be posting helpful resources and making important announcements: <https://www.facebook.com/groups/134995866512355/>. Also, please read your Heart Health text messages for updates.
- For information on Coronavirus, please refer to the CDC website. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- If you feel like you may have symptoms or need to see a provider, please utilize the FREE MUSC virtual care: <https://campaigns.muschealth.org/virtual-care/index.html>

Stay safe and healthy and we will see you all soon!