

Keep in Touch and Stay on Track!

Important Information:

Scheduling (843) 876-0444

Main Office (843) 792-4717

(be sure to leave a message)

Email: HeartHealth@musc.edu

www.musckids.org/heart/health

**HEART
HEALTH
FEBRUARY
2020**

Helpful Ways to Get Active

At Lunch/Recess:

- Play a game of tag, soccer, dodge ball, or basketball

After School:

- Take the dog for a walk
- Try a new sport or practice your favorite sport
- Have a friend come over to play outside

After Dinner:

- Dance to music while you wash dishes
- Go for a walk with your family or friends
- Try to fit in one more activities before you go to bed



Group Session Schedule:

All group sessions begin at 5:00 PM

Feb 6 - Goals and Rewards

Staying on track can be easier when you have goals to guide you, rewards to excite you, and motivation to keep you pluggin' along!

Feb 13 - Valentine's Day Party!

Feb 20 - Managing Stress and Emotions

We often turn to food when we are stressed or emotional. Come learn better ways to handle these situations.

Feb 27 - Create Your Plate

Learn how to create balanced meals, visualize proper portions and to determine if foods are healthy or not.

Group Sessions are Thursdays from 5-6 PM

Located at Miller Motte Technical College

(8085 Rivers Ave.) in North Charleston

Recipe of The Month:

Frozen Yogurt Bark with Berries

Ingredients:

2 cups nonfat plain yogurt
1/4 cup agave or honey
1/2 teaspoon pure vanilla extract
1/4 teaspoon fresh lemon juice
pinch salt
strawberries (sliced)
blueberries
raspberries
chopped pecans (optional)

Cooking Instructions:

1. Line a baking sheet with wax paper and set aside.
2. In a large mixing bowl, combine yogurt, agave (or honey), vanilla, lemon juice, and salt. Whisk together until combined.
3. Pour the yogurt mixture into the baking sheet and spread until it is an even thickness.
4. Top with the berries and nuts (optional).
5. Freeze for 2-3 hours or until firm.
6. Cut into equal pieces and serve.

Nutrition Information:

Servings: 8
Serving Size: 1 piece
Calories: 80
Total Fat: 0g
Carbohydrates: 15g
Sugar: 12g
Protein: 3g



February 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)

***Sessions are cancelled:**

February 17th*

Please sign up one week in advance
email (preferred): hhexercise@muscd.edu
or call (843) 792-4717 (please leave a message
with your child's name and the days you wish to
bring him/her--you will not get a call back)