

# January

## 2020

### Keep in Touch and Stay on Track

#### Important Contact Information

Scheduling: (843) 876-0444

Main Office: (843) 792-4717

*(be sure to leave a message)*

Email: [HeartHealth@musc.edu](mailto:HeartHealth@musc.edu)



Please join me in welcoming our new dietitian, Ms. Elise Rodriguez!

Elise comes to us from Missouri, where she completed her dietetic internship. She has had a lot of experience working with kids and teens and really enjoys them. She is a great fit for our Heart Health team! You will get to meet her at your next clinic visit.

### Tips & reminders for the New Year

- Rethink Your Drink

The winter months are filled with lots of warm and fun beverages. Be careful with drinks like hot chocolate with marshmallows, which contains more sugar than water or any sugar free beverages. Make the switch to room temperature water instead of ice cold water to keep up with your recommend daily water intake.

- Check Your servings

Are you getting enough fruits & vegetables? Here's how you can tell: The recommendation is 2-3 servings of fruits and at least 2 servings of vegetables. A serving is one medium size piece of fruit or 1/2 cup of cut up fruit or vegetables, or one cup of raw leafy greens.

- Switch Up Your Routine

Bringing in the new year comes with a lot of challenges but switching up your exercise routine can make it less challenging to stay active. Too cold to walk outside? Do some dance videos or find an indoor track to get in your daily exercise.

# Recipe of the month

## Sheet Pan Bruschetta Chicken

### Chicken

- 1 tbsp of olive oil
- 4 chicken breasts
- 1 zucchini, sliced
- 1 head of broccoli, chopped
- 1 tbsp Italian seasoning

### Brushetta

- 1 tbsp olive oil
- 5 plum tomatoes, diced
- 4 cloves of garlic, minced
- 1/4 cup of freshly chopped basil
- 1/2 tsp pepper & 1/2 tsp salt



1. Preheat oven to 400 degrees. Drizzle chicken breasts with 1/2 tbsp of olive oil, season with salt and pepper and 1/2 tbsp of Italian seasoning. Bake on baking sheet in oven for 15 minutes.
2. Combine all ingredients for bruschetta, then set aside.
3. Remove chicken from oven and place broccoli and zucchini on baking sheet, tossing with 1/2 tbsp of Italian seasoning, pepper and salt. Bake another 12 minutes until chicken is fully cooked.
4. Remove baking sheet from oven and top chicken with bruschetta mixture.

### Group Session

All group sessions began at 5:00 PM

January 2 : No Group--Happy New Year!!

January 9 : Gearing up for the New Year

Make your New Year's Resolutions into realistic goals and learn how to maintain momentum and motivation throughout the year.

January 16 : Portion Control & Label Reading

Come learn more about these cornerstones of eating right.

January 23 : Dining Out Healthfully

Dining out is enjoyable, but it can be challenging to find healthy choices on the menu. Learn some strategies for staying on track when dining out.

January 30 : Stoplight Foods

Practice categorizing Green, Yellow & Red Light foods — a quick & easy way to plan healthy meals and snacks.

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

### January Fit Kids Session

Regular Hours:

Monday-Friday 5:30-6:30 PM

Saturday 9:30-10:30 AM

(All located in North Charleston at Park Circle)

**\*Sessions are cancelled:**

**January 1-4\***

Please sign up one week in advance

by email or phone message

hhexercise@muscc.edu

or call (843)-792-4717

(please leave a message)