

Important Information:

Scheduling: (843) 876-0444

Heart Health team: (843) 792-4717

(be sure to leave a message)

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

[www.musckids.org/heart/health](http://www.musckids.org/heart/health)

# MAY 2020

## HEART HEALTH

Keep in Touch and Stay on Track!

### New Date!

6th Annual

Building Healthy Communities

5K Run/Walk & Wellness Expo



**September 13, 2020 - 9:00am**

Hampton Park, Downtown Charleston

**\*All Heart Health participants can sign up for FREE using the code: HeartHealth**

*\*must be accompanied by at least one paid adult registration*

Special discounts for groups of 4 or more (see registration website) and veterans (use code: MILVET)

**Sign up today!**

**[www.runsignup.com/Race/SC/Charleston/BuildingHealthyCommunities5K](http://www.runsignup.com/Race/SC/Charleston/BuildingHealthyCommunities5K)**



## Updated 5K Training Plan

Never completed a 5K before? No problem!

Done one before, but need to get back in shape? We have you covered!

We have created a **specialty-designed 20-week program** to help you complete our Heart Health 5K in September.

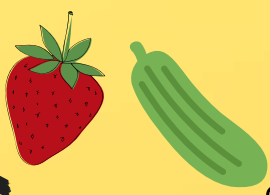
You can find the link to the training plan on our website:

[www.musckids.org/heart/health](http://www.musckids.org/heart/health)

OR

You can email a request to receive the plan to:

[hearthealth@musc.edu](mailto:hearthealth@musc.edu)



## Recipe of the Month

### Strawberry, Cucumber and Basil Salad

4 cups strawberries, quartered  
2 Tbsp basil, thinly sliced  
2 tsp balsamic vinegar  
1 tsp sugar  
2 cucumbers, peeled & sliced  
1 tsp fresh lemon juice

4 servings, 1.5 cups per serving

#### Preparation:

1. Combine first 4 ingredients in a large bowl and toss gently to coat.
2. Combine cucumbers and lemon juice; toss.
3. Add cucumber mixture to strawberry mixture and toss to combine. Serve immediately.

Nutrition Facts per 1.5-cup serving:  
Calories 49, Fat 0.5g, Protein 1.1g  
Carbohydrate 11.6g, Fiber 3.1g

## CORONAVIRUS (COVID-19) HEART HEALTH UPDATE

The Coronavirus (COVID-19) pandemic has impacted all of us in many unpredictable ways. Because of the recommendations for gatherings and social distancing by public health officials, **Thursday group sessions and Fit Kids sessions are cancelled until further notice.** Clinic visits are now converted to virtual visits (you will have the choice of video or phone). We also will be conducting virtual educational sessions. Please sign up for our Facebook Group page, where we will be posting helpful resources and making important announcements:

<https://www.facebook.com/groups/134995866512355/>

**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!