

Heart Health

September 2020

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

Building Healthy Communities Virtual Fitness Challenge

The Heart Health 5k has been converted to a virtual fitness challenge this year! The event will begin September 27 and end November 7. All Heart Health participants can sign up for free with purchase of an adult registration! For more details and to sign up, go to:
<https://runsignup.com/buildinghealthycommunities>

You can also find more information and the coupon code for Heart Health participants in our Facebook group. Below is the link for the private Heart Health Facebook group:

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

*The Facebook group is only for Heart Health families. Your child's name and date of birth must be provided for your request to join the group to be accepted.

If your child is enrolled in Heart Health and you would like to receive Heart Health text messages, please contact us at hearthealth@musc.edu or leave a message at 843-792-4717.

World Heart Day

September 29, 2020

World Heart Day is celebrated on September 29th! Remember to take care of your heart today and every day by making healthy food choices and getting plenty of exercise!

Recommendations for keeping your heart healthy:

- Choose only water or sugar free drinks
- Eat 5 servings of vegetables and fruits a day

- Choose whole grains, lean meats and low-fat dairy products
- Get 60 minutes of exercise a day

Recipe of the Month

Homemade Chunky Applesauce

Prep Time: 5 minutes

Cook Time: 20 minutes

Servings: 4

Ingredients

- 4 fresh apples peeled, cored and chopped into chunks
- 1/4-1/2 cup water
- 1/2 teaspoon ground cinnamon
- Pinch of nutmeg (optional)

What are the best apples for applesauce?

Try to choose apple varieties that are naturally sweet. This eliminates the need to add extra sugar. Examples: McIntosh, Cortland, Lobo, Gala, Jonathan, Fuji and Red Delicious.

Directions

1. In a medium saucepan, combine apples and water. (There should be just enough water to cover the bottom of your pan).

2. Cover and bring to a boil.

3. Reduce the heat to medium low and simmer, covered, for approximately 10 minutes. Stir occasionally and make sure that there is always a thin layer of water at the bottom of your pan.

4. Add cinnamon (and nutmeg if using) and continue to cook for another 10 minutes or so. Once the mixture has softened, you can mash the mixture with a fork or a potato masher, until your desired consistency is achieved. Alternatively, you can use an immersion blender for a smoother consistency.

5. Serve warm, at room temperature or chilled.

Recipe can be found at: <https://www.shelovesbiscotti.com/easy-homemade-chunky-applesauce/>

Nutrition Facts: Serving: 1 serving | Calories: 95 | Carbohydrates: 25g | Sodium: 1mg | Potassium: 194mg | Fiber: 4g | Sugar: 18g | Vitamin A: 100IU | Vitamin C: 8.3mg | Calcium: 11mg | Iron: 0.2mg

Covid-19 Heart Health update

- 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 are also conducting virtual educational sessions at 4:00pm on Mondays and Thursdays via Webex: <https://musc.webex.com/meet/catjan>.
- **We are now offering group exercise sessions on Mondays and Wednesdays at 5:00pm and Saturdays at 10:00am!** Join 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/>

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!