

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

How to Keep up With Your Goals Over Winter Break:

- Boost movement during the holidays with activities that get your heart pumping
- Prepare nutrient-dense dishes that keep you full & satisfied while providing vitamins & minerals
- Make sure to get in your fruits & vegetables but also treat yourself in moderation
- Get the adequate amount of sleep to fuel your body
- Start thinking about some heart-healthy goals to bring into the new year

Program Updates

- Clinic visits are being conducted both <u>virtually</u> & in person. Please specify when scheduling if you would like a virtual or in-person appointment.
- Group education sessions are currently on hold due to staffing difficulties. Please read your Heart Health
 text updates and look for more information on our <u>private Facebook Group Page</u>. The Facebook Group is
 where we post helpful resources and include important announcements.
- Fit Kids group exercise sessions are now offered both in-person & virtually! Sessions are held in person Monday, Wednesday & Friday at 5:30 p.m. and Saturday at 9:30 a.m. at 1125 E Montague Ave., North Charleston. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 p.m. via Zoom. If your child would like to attend in-person sessions, you will need to reserve your spot by either emailing hhexercise@musc.edu or leaving a message (843-792-4717) with your child's name and the days you want to sign him/her up. We will only take sign-ups for one week in advance and you must have your reservation in by 5:00 p.m. on Fridays.
- Please continue to read your Heart Health text messages for updates.
- If you feel like you may have Covid symptoms or need to see a provider, please utilize the <u>FREE MUSC</u> <u>virtual care</u>.

Recipe Of the Month:

Roasted Brussel Sprouts with Pomegranate and Hazelnuts

Nutrition Information Yields 4-6 servings

Calories: 295
Total Fat: 17 grams
Saturated Fat: 1 gram
Cholesterol: 0 milligrams
Sodium: 162 milligrams

Carbs: 35 grams
Fiber: 9 grams
Protein: 8 grams
Sugar: 18 grams



Ingredients:

1 1/4 pounds Brussels sprouts, trimmed & halved

2 tablespoons canola oil

Kosher salt and freshly ground pepper

3 tablespoons pomegranate molasses

Seeds from 1 pomegranate

1/2 cup coarsely chopped toasted hazelnuts

Finely grated zest of 1 lime

1 tablespoon finely grated orange zest

Directions:

Preheat the oven to 375 degrees.

Put the Brussels sprouts in a medium roasting pan; toss with the canola oil and season with salt and pepper.

Roast in the oven until light golden brown and a knife inserted into the center goes in without any resistance, about 45 minutes.

Transfer the sprouts to a large bowl and add the pomegranate molasses, pomegranate seeds, hazelnuts, and lime and orange zests. Season with salt as needed.

Full Recipe from The Food Network



8th Annual



Building Healthy Communities

5K Run/Walk & Wellness Expo

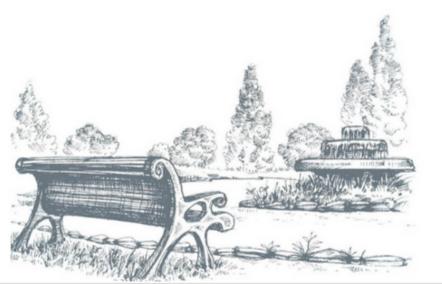
February 11, 2023 - 9:00am

Hampton Park, Downtown Charleston

Well-marked USATF Certified Course
Fabulous prizes 3 deep for overall & age group winners

For more information and to register, visit: www.runsignup.com/Race/SC/Charleston/BuildingHealthyCommunities5K





Check-in, on-site registration and expo will begin at 8:00am. Race starts at 9:00am.

All proceeds benefit the MUSC Heart Health Program \$35 per person*

*Heart Health participants can enter for FREE with the code HHFREE2023

www.MUSCKids.org/Heart/Health www.Facebook.com/MUSCkidsHeartHealth