

Heart Health

January 2022

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

January is a time for resolutions, and one way to do that is through setting SMART goals!

Remember:

SMART stands for Specific, Measurable, Attainable, Relevant, and Time-Based.

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“Specific” means identifying one thing you want to accomplish.

“Measurable” means determining a clear way to know whether you’ve met the goal or not.

“Achievable” means considering how likely you really are to complete the goal considering your current strengths and weaknesses.

“Relevant” means considering how this smaller goal will affect and relate to your overall and future goals.

“Time-based” means using deadlines or amounts of time to motivate you and to hold you accountable.

Examples:

-exercise for at least 30 minutes at least 5 days a week

-eat at least one ½-cup serving of vegetables at least 4 days a week

Information retrieved from: https://www.ucop.edu/local-human-resources/_files/performance-appraisal/How%20to%20write%20SMART%20Goals%20v2.pdf

Recipe of the Month

Sweet Potato and Black Bean Chili

Ingredient Checklist

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 4 teaspoons ground cumin
- 1/2 teaspoon ground chipotle Chile (can be omitted for a milder taste)
- ¼ teaspoon salt
- 2½ cups water
- 2 15-ounce cans black beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 teaspoons lime juice
- ½ cup chopped fresh cilantro

Directions

Step 1: Heat oil in a Dutch oven (or any pot) over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

Step 2: Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

Nutrition Facts:

Serving Size: about 2 cups

Per Serving: 323 calories; protein 12.5g; carbohydrates 54.7g; dietary fiber 15.6g; sugars 13.1g; fat 7.6g; saturated fat 1.1g

Recipe retrieved from <https://www.eatingwell.com/recipe/250222/sweet-potato-black-bean-chili/>

Clinic Updates

- Clinic visits are being conducted both virtually (via the following link: <https://MUSC.doxy.me/hearthealth>), and 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 private Facebook Group page <https://www.facebook.com/groups/134995866512355/>. The Facebook Group is where we post helpful resources and include important announcements.
- **Fit Kids group exercise sessions are now offered both in person and virtually!!** Sessions are held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM in Park Circle. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 PM via Zoom: <https://zoom.us/j/9875590743?pwd=aVVna3NKT2ZKcThtWTdYdjZiNHRqUT09>. **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 PM 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 FREE MUSC virtual care: <https://campaigns.muschealth.org/virtual-care/index.html>