

Heart Health
June 2022

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

Tuesday, June 21st
Marks the start of World Wellbeing Week and Summertime officially begins!

World Wellbeing Week

June 21st-30th is World Wellbeing Week! Focus on some extra self-care this month in preparation for the international celebration of your health!

Cool down with these healthy snacks this month

Watermelon is an excellent choice to snack on when you are out in the sun. It will keep you hydrated and is low in calories. For extra hot days, freeze cubed up watermelon and toss into a blender with carbonated or plain water for a sweet, cooling slushy.

Sliced Cucumber is a perfect snack for a hot summer day. Its low in calories and rich in nutrients. It is also extremely hydrating. If you are a big fan of salt and vinegar chips, try slicing up cucumber and sprinkling salt and white vinegar on top for a crunchy and crave-satisfying snack.

Recipe of the Month

Grilled Romaine Lettuce Salad with Protein of Choice

Ingredients:

3 to 4 Romaine hearts
3 tablespoons extra virgin olive oil
1 tablespoon red wine vinegar or apple cider vinegar)
2 teaspoons chopped fresh herbs (rosemary, thyme, or oregano)]
1/4 teaspoon salt
Pinch of freshly ground black pepper
Grilled Chicken or Shrimp

Step 1: Prep the Romaine Hearts:

Pull off any old leaves. Chop off the top 1 or 2 inches of the lettuce head, and shave the browned part of the root end, leaving the root end intact so that the lettuce head stays together

Step 2: Prepare your grill

Turn your gas grill to high or get your charcoal coal grill very hot

Step 3: Prepare the vinaigrette:

Put the oil, vinegar, herbs, salt and pepper in a small bowl and whisk with a fork to combine.

Brush the lettuce hearts with the vinaigrette

Step 4: Grill the lettuce

Grill the romaine hearts until lightly browned on all sides turning every minute or two until done

Step 5: Serve immediately

Serve immediately. You can either serve the hearts whole or chop them and toss them for a salad.

Top with grilled chicken or shrimp

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 at Quarterman Park. 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>