

HEART HEALTH

JANUARY 2023



Recipe of the Month

Banana Split Breakfast Parfait

Ingredients:

- 1 banana
- ½-1 cup Greek yogurt, coconut cream, coconut yogurt, or cottage cheese
- ¼ cup healthy granola or trail mix
- 1 cup mixed berries
- 1 Tbsp peanut butter or nut butter of choice
- drizzle of honey or maple syrup
- cherry on top

Steps:

- Slice banana in half lengthwise and lay in shallow bowl.
- Add some berries in between the banana halves to create a cavity.
- Use an ice cream scoop to scoop yogurt into the middle of the banana boat.
- Distribute fruit and sprinkle with granola, or whichever toppings you like!
- Melt peanut butter and drizzle on top with honey.
- Serve topped with a cherry (or a few) if desired!
- Yields 1 banana split breakfast parfait.

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 5K Walk/Run

Please join us for the 8th Annual 5k Walk/ Run & Wellness Expo

When:
February 11, 2023 at 9:00 am
Arrive by 8:30am to check in

Where:
Hampton Park, Downtown Charleston



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

FREE ENTRY FOR ALL HEART HEALTH FAMILIES

Coupon Code:
HHFREE2023



<https://runsignup.com/Race/SC/Charleston/BuildingHealthyCommunities5K>





Program Updates



- Clinic visits are being conducted both virtually 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 1125 E Montague Ave., North Charleston. 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 Fit Kids 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.

