



Heart Health

December 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

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 [virtually](#) & 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](#). 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 [FREE MUSC virtual care](#).

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](#)



musc
Children's Health
Medical University of South Carolina

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

