

## **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

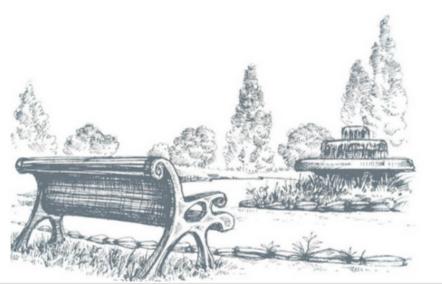
February 11, 2023 - 9:00am

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: <a href="https://www.runsignup.com/Race/SC/Charleston/BuildingHealthyCommunities5K">www.runsignup.com/Race/SC/Charleston/BuildingHealthyCommunities5K</a>





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