

Important Numbers:
Scheduling
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Heart Health

Keep in touch and stay on track!!
May 2011 Newsletter



Important Announcement

Fitness Session Summer Hours
Beginning May 9th
Monday-Thursday 4-5 and 5-6 (no Fridays)

Your Questions Answered

How can I help my child have a healthy body image?

The way we see ourselves and how we think others see us is influenced by many factors: mood, self-esteem, events that happen in our life, our beliefs about beauty, the media, etc. Parents, there are many things you can do to help your child have a healthy body image.

- 👉 **Talk with your child about the media, and the unrealistic standards of beauty that are portrayed.** Include information about the pictures of models being airbrushed, the unhealthy habits that many models practice to be excessively skinny, how important being good to your body is, etc.



- 👉 **Discuss that there are many things that make a person who they are.** Emphasize their talents and positive personality traits like kindness, sense of humor, generosity, etc. It is these traits that make someone beautiful.

- 👉 **Be a family about it.** Try to practice what you preach by being confident in your own wonderful qualities. As for health & wellness, practice as a family by walking together, preparing meals together, etc.



- 👉 **Watch what you say about others.** Try not to criticize others, but emphasize the positive things that other people do, also. Your child will be more likely to think that others are focusing on their good traits as opposed to bad.

- 👉 **Compliment whenever possible.** Building your child's self-esteem every chance you get is the best way to help him or her have a healthy body image. Think about how much *you* enjoy being complimented!



Answering Your Questions

As you've noticed, there is a regular column in the Monthly Newsletter—"Your Questions Answered". If you have a question about health, nutrition and fitness that you would like featured, please submit them to Janet Carter 843-792-4717 or catjan@musc.edu

Be an MUSC Research Hero!

Did you know that Heart Health members ages 4 to 21 are eligible for a **free**, state-of-the-art assessment through the Pediatric Metabolic Syndrome Study? Did you know that overweight **family and friends** of Heart Health members may also be eligible for the free assessment?

Please let Miss Janet know if you are interested
792-4717 or catjan@musc.edu!
Parking is **free** and **compensation** is available!

Heart Health is online!



Facebook

Search for Heart Health in Groups (the picture is a cartoon heart making a muscle—the same as on the top of this newsletter)



Twitter

Twitter.com/MUSCKids

Look for "Healthy Bytes"

Website

www.MUSCKids.com/Heart/Health

Just remember to limit your screen time to no more than 2 hours per day. This includes computer time, TV, movies, video games.

Wednesday Group Session Schedule

All Wednesday Group Sessions begin at **5:00 pm**. Come to the Pediatric Cardiology Clinic waiting room and you will be taken to the session.

May 4th: What does it take to lose weight?

We all know losing weight isn't easy. Come learn the basics and some helpful tips—even if you think you've heard it all!

May 11th: Positive Self Talk/Healthy Body Image

Your attitude, self-esteem and the way you "talk" to yourself (in your mind) play a big role in your ability to lose weight. Come learn ways to get all these things on the right track!

May 18th: Nutrition Game Day!

Have tons of fun, learn a lot, and win prizes! Nutrition education games for all ages (parents, too!).

May 25th: Kids & Parents Working Together

Parents, ever feel like you're the "bad cop" with your kids? Learn helpful strategies for parents and kids to work together toward the common goal of good health.

Weekday Evening Fitness Sessions

Please call 792-4717 or email catjan@musc.edu to sign up for your slot.

Beginning May 9th Fitness Session days/hours are:

Monday-Thursday 4-5 and 5-6, no Fridays

****Sessions must be scheduled a week in advance****

****Fitness Sessions are cancelled May 5th and 6th****

Heart Health parents, want to work out at The Citadel?

The Citadel is extending a fantastic offer to Heart Health parents

One-day pass for \$5 OR

4-month membership for only \$80!

(normally \$100)

This is an incredible rate!

*Siblings of Heart Health participants are not eligible for a membership at Deas Hall.

**Discount will no longer apply if your child drops out of the Heart Health program, or if your child is removed from the Fitness Session portion of the program.

Recipe of the Month



Summer Berry Crisp

From ART of Healthy Cooking

Contributed by Amy Mendez, Registered Dietitian



Ingredients:

4 cups mixed berries—strawberries, blueberries, blackberries, etc.

2 Tbsp Splenda

1 Tbsp cornstarch

1 ½ cup dry old-fashioned oats

¼ cup flaxseed meal

¼ cup Splenda

1/8 tsp salt (optional)

1/3 cup soft margarine—cold

Directions:

Toss fruit with 2 Tbsp Splenda and cornstarch. Place in 2- or 3-quart casserole dish. In a medium-sized bowl, mix together the oatmeal, flaxseed meal, Splenda, and salt. Use a pastry blender or a fork to cut in margarine until mixture is crumbly. Spread over the top of fruit. Bake at 350 degrees for about 45 minutes until bubbly. Serves 8.

Nutrition Facts per serving

Calories	210	Cholesterol	0mg
Total Fat	9g	Carbohydrate	29g



ART of Healthy Cooking

Contact Miss Janet for your copies today!
792-4717 or email catjan@musc.edu

On Sale Now!

Cookbook features:

- ☆ Hardcover 3-ring binder
- ☆ 500 healthy recipes
- ☆ \$26--\$10 is tax-deductible and proceeds come back to the Heart Health program!
- ☆ Nutrition facts on all recipes
- ☆ Beautiful full-color artwork
- ☆ Helpful nutrition and cooking tips
- ☆ Book stand included