

Important Numbers:
Scheduling
(843) 792-3300

Janet Carter, MS, RD, LD
Dietitian &
Heart Health Coordinator
(843) 792-4717

Heart Health

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



Don't Let the Turkey Get You Down!



Ok, let's get serious. Thanksgiving and the holiday season are quickly approaching and it's time to get into the right MINDSET about staying healthy during the holidays. Here are a few tips to keep you mentally prepared for success these next few months.



It's not all the turkey's fault! Don't be fooled that it is just Thanksgiving dinner that tempts during the holidays. In fact, the days following and leading up to Thanksgiving Day can do more damage. Be on the lookout for extra snacking during football games, munching during family time, and midnight slices of grandma's pecan pie.



Don't get discouraged! Often, people will throw in the towel five-minutes into Thanksgiving dinner and decide to wait until the New Year to get back on track with their healthy habits. Don't let this happen to you! It IS possible to lose weight during the holidays (or at least not gain), you just have to believe you can do it! Don't allow yourself to slip into the mindset that the holidays are a two-month exception to your normal eating habits!



Get active as a family! Be on the offensive when it comes to your health this holiday season. Instead of sitting around catching up with friends and family, take group trips to a local park, or play a family game of pick-up football.

Looking for a fun activity to get out & do as a family?



Every Saturday morning the MUSC Lean Team gets out and walks the bridge. Meet on the corner of Cooper and East Bay streets (on the peninsula side of the bridge) and help the Lean Team circumnavigate the world by 2012!

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.



*ART of Healthy
Cooking*

On Sale Now!

Cookbook features:

- ☆ Hardcover 3-ring binder
- ☆ 500 healthy recipes
- ☆ \$26--\$10 is tax-deductible and 1/3rd of 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

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

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.

November 2nd: NO GROUP!

November 9th: Goals, Rewards and Motivation

Staying on track can be easier when you have goals to guide you, rewards to excite you, and motivation to keep you pluggin' along!

November 16th: Healthy Holiday Eating

Don't let the holidays take you off track! Learn some strategies that will help you stay on track & still enjoy yourself.

November 23rd: Stoplight Foods

Practice categorizing Green Light, Yellow Light & Red Light foods—a quick & easy way to plan healthy meals and snacks.

November 30th: Trying New Foods

The most popular group! Try some new healthy foods. You never know, you might end up with a new favorite!

Weekday Evening Fitness Sessions

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

Fitness Session days/hours are:

Monday-Thursday 5-6 and 6-7, Fridays 5-6 only

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

Busy Bodies sessions are:

Tuesday and Thursday 5-6

(this is for children 7 and under and any-age siblings of HH participants; sessions are drop-off—no sign-up needed; automatically cancelled in inclement weather—you will not be notified)

****All sessions cancelled Nov 11, 18-25****

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.

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!

Recipe of the Month

Crunchy Pear and Celery Salad

From: Eating Well, November 2006



Ingredients:

4 stalks celery, trimmed and cut in half crosswise
2 tablespoons cider, pear, raspberry or other fruit vinegar
2 tablespoons honey
1/4 teaspoon salt
2 ripe pears, preferably red Bartlett or Anjou, diced
1 cup finely diced white Cheddar cheese
1/2 cup chopped pecans, toasted
Freshly ground pepper, to taste
6 large leaves butterhead or other lettuce

Directions:

Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into 1/2-inch pieces. Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, cheese and pecans; stir to combine. Season with pepper. Divide the lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled. Make 6, 1-cup servings.

Nutrition facts per serving:

Calories	215	Carbohydrates	20g
Total Fat	13g	Protein	5g
Sat Fat	5g	Cholesterol	20mg
Fiber	4g	Sodium	240mg

Your Questions Answered...



Who is the new girl?

That's right, Heart Health has added a new member to its team!

Maggie McDaris, RD will be joining Miss Janet as one of the Heart Health Dietitians. She graduated with a B.S. in Nutrition from Samford University and completed her Dietetic Internship at MUSC. She became a Registered Dietitian in July, 2011 and began working with Heart Health shortly after. Maggie loves encouraging kids and teens to pursue healthy habits and is excited to work with all of the wonderful Heart Health families. Look for her at your individual visits, Group Sessions, and on occasion the Fitness Sessions.

Welcome, Maggie!