

# Wellness Works

(formerly Heart Health)

## June 2023



### It's summer!

Now that your time will no longer be spent doing school, make sure to utilize it by being active!

- Pick an activity you enjoy (bike riding, swimming, walking with friends) and do that for 30 minutes or more everyday.
- Try to get outside when you can (wear sunscreen if longer than 15 minutes), but remember that physical activities can be done indoors, too.

### June is the 6th month of the year, so here are six ways to be healthier this month:

1. Hydrate with at least 40 ounces of water each day.
2. Change your perspective! Think what you CAN have rather than what you can't.
3. Eat fruit for dessert! A banana with a tablespoon of peanut butter is a sweet treat.
4. Set limits on how much screen time you do. For every 30 minutes of screen time, do 10 minutes of exercise (indoors or out).
5. Get into a routine! Set a wake up and bedtime schedule and stick with it (yes, even on summer break).
6. Ask yourself what you WILL achieve today. Keeping a positive attitude and using positive words is very helpful when trying to make healthy changes.

### Stay Hydrated

Bored with water? Eat honeydew melon, cantaloupe, or watermelon. These foods have high water content and are very healthy! Avoid drinks with sugar or caffeine.

# Recipe of the Month Raspberry Creamsicle

## Ingredients

- 1.5 cups vanilla Greek yogurt
- 2 cups raspberries (fresh or frozen)
- 1 medium ripe banana
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon vanilla

## Instructions

1. Add all ingredients to the blender.
2. Blend until smooth
3. Fill popsicle molds
4. Place in the freezer for approximately 20-30 minutes (or until set)
5. Enjoy!

## Tools

- Blender
- Popsicle Molds

# Program Updates

1. Clinic visits are conducted in-person and virtually. When scheduling, please specify which you would prefer for your appointment.
2. The Group education sessions are on hold currently due to staffing difficulties. In the meantime, please read your Heart Health text updates for more information on [our private Facebook Group page](#). Here, we post helpful resources, along with important announcements.
3. Our Fit Kids group exercise sessions are offered in-person and virtually! In-person sessions are held at 1125 E Montague Ave., North Charleston on Monday, Wednesday, and Friday at 5:30 pm, and Saturday at 9:30 am. The virtual sessions are held on Tuesday and Thursdays at 5:30 pm via zoom: [Fit Kids Virtual](#).
  - To attend an in-person session, please reserve your spot by emailing [hhexercise@musc.edu](mailto:hhexercise@musc.edu) or leaving a message at 843-792-4717 with your child's name and the day(s) in which you wish to sign up. Please note that we will only receive sign-ups that are one week in advance. For Fridays, your reservation must be in by 5:00 pm.

## Important Information

Scheduling: 843-876-0444

Heart Health Team: 843-792-4717

Make sure to leave a message

[HeartHealth@MUSC.edu](mailto:HeartHealth@MUSC.edu)

[www.musckids.org/heart/health](http://www.musckids.org/heart/health)





## Take a step toward better health!

Join Coastal Pediatric Associates for this **free**, fun, walking program. What better way to start your weekend than making strides toward a healthier lifestyle?

Every 4th Saturday of the month\*  
9:00 a.m. to 10:00 a.m. at the gazebo at  
Hampton Park: 30 Mary Murray Street\*\*

At the Walk, you will:

- Learn about important health topics
- Have your questions answered by local healthcare providers
- Build new friendships
- Enjoy an informal, relaxed and fun walk at your own pace



\*November and December Holiday Dates: 11/18/23, 12/16/23

\*\*Inclement Weather Location: Goose Creek Community Center (519A North Goose Creek Blvd.

\*\*\*December and February Walks will be at Goose Creek Community Center due to cold weather



Scan this QR Code to sign our waiver before your first walk!

Our Chapter Number: 10517

### Questions?

Call 843 573 2535 or email  
[psreekumar@cpakids.com](mailto:psreekumar@cpakids.com)