

Heart Health  
July 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](http://www.musckids.org/heart/health)

### **July is Social Wellness Month!**

Take time to get outside, meet new people, move your body, and take care of your own social well-being this month.

### **Tips for Staying Active in the Summer Heat**

Grab a friend and go on a bike ride  
Find a local pool  
Check out the Heart Health Fit Kids exercise classes  
Try out a new online dance, fitness, or wellness video  
Take a trip to the beach  
Always remember to stay hydrated!

### **What is Social Wellness?**

Social wellness relates to our relationship with others as well as the positive connections we form with people.

How can I achieve social wellness?

Check in with yourself on how you feel in certain situations:

Do the people you surround yourself with make you feel encouraged, positive, and happy?

Do the social activities you participate in leave you feeling energized? Fruitful? Joyous? Do they make you feel drained, tired or sad?

Take these thoughts into account when decide how and with whom to spend your time this month!

### **Recipe of the Month**

Watermelon Salad with Feta and Cucumber

Makes approximately 4 Servings

Ingredients:

3 cups watermelon, cubed or balled  
1 ½ cups cucumber, sliced with seeds removed  
2 tablespoons mint, thinly sliced or small mint leaves  
1/3 cup feta cheese, crumbled  
3 tablespoons olive oil  
1 tablespoon lime juice  
Salt and pepper to taste

#### Instructions:

Place the watermelon, cucumber, and mint in a large bowl.

In a small bowl, whisk together the olive oil, lime juice, and salt and pepper

Drizzle the dressing over the melon mixture and toss to coat. Sprinkle with feta and serve.

#### Nutrition:

Calories: 168kcal

Carbohydrates: 10g

Protein: 2g

Fat: 13g

Saturated Fat: 3g

Cholesterol: 11mg

Sodium: 142mg

Potassium: 209mg

Fiber: 1g

Sugar: 8g

Vitamin A: 845IU

Vitamin C: 12.8mg

Calcium: 83mg

Iron: 0.6mg

#### Clinic Updates

Clinic visits are being conducted both virtually (via the following link:

<https://MUSC.doxy.me/hearthealth> and 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 <https://www.facebook.com/groups/134995866512355/>. The Facebook Group is where we post helpful resources and include important announcements.

**Fit Kids group exercise sessions are now offered both in-person and virtually!!** Sessions are held in person Monday, Wednesday, and Friday at 5:30 PM and Saturday at 9:30 AM at Quarterman Park. Sessions will continue to be held virtually on Tuesdays and Thursdays at 5:30 PM via Zoom:

<https://zoom.us/j/9875590743?pwd=aVVna3NKt2ZKcThtWTdYdjZiNHRqUT09>.

**\*If your child would like to attend in-person sessions, you will need to reserve your spot by either emailing [hhexercise@musc.edu](mailto: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 PM 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: <https://campaigns.muschealth.org/virtual-care/index.html>