



## Featured Recipes

Looking for a recipe to warm you up this winter? Try one of the 100 new recipes from FitCity, including:

- [Winter Crisp](#)
- [Winter Squash Pancakes](#)
- [Winter White Chili](#)

[Click here](#) for more recipes from FitCity.

## Super Fitness Events in January

Be a part of one of the opening events of Super Bowl XLVI. The [Legacy Loop 5K Run/Walk](#), an event of the 2012 Indianapolis Super Bowl Host Committee, will be held Saturday, January 28, 9 a.m. The race starts and finishes at Arsenal Technical High School.

After the race, warm up inside at the HealthBowl's interactive health fair, 9 a.m.-2 p.m. in the Arsenal Technical High School gym. Meet NFL players. Check out free health screenings and experience fitness challenges football style! The event sounds *Super* fun!

## Give the Gift of Health

This holiday season consider your health - and the health of others - when planning your gift giving. FitCity offers these ideas for giving the gift of health, nutrition and fitness.



- **Here's to Your Health Basket:** Replace the cookies and candy with low fat treats, a low fat cookbook, a pedometer, fresh fruit and herbal tea.
- **A Healthy Subscription:** Give the gift of a year-long subscription to a health or fitness magazine.
- **Go Dark:** For those who like chocolate, give them dark chocolate. Reports indicate that dark chocolate helps lower high blood pressure.
- **Train with a Trainer:** Give the gift of a personal trainer consultation to help your friend find the right exercise routine for the New Year.

When shopping for the perfect gift, remember these FitCity tips:

- Park in the spot farthest from the door.
- Take the stairs rather than the elevator to sneak in a few extra steps.
- Drink plenty of water instead of high-calorie, sugary drinks.

[Click here](#) for more FitCity tips.

## Winter Markets

Even in the winter, it's easy to enjoy fresh produce. Here are a few places in central Indiana you can go to keep eating local when the weather chills.

- [Binford Indoor Holiday](#)



## FitCity Fan Wins Dinner for Eight



Congratulations to Jenny Lindbloom, the winner of the delish Thanksgiving dinner for eight from [Avec Moi](#). Thank you to all who entered our Thanksgiving dinner giveaway and a special thank you to Avec Moi.

## Holiday Fitness Tip

**Relax!** Don't obsess about your fitness and nutrition during the holidays. If you miss a day of exercise or over indulge, get back on track and make a mental note to do better next time. Stressing over it won't help. [Click here](#) for more healthy holiday tips. Source: [exercise.com](#)

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[Market](#), the first two Saturdays in December, 9 a.m.-noon, Hawthorn Plaza Shopping Center, 62nd and Binford Blvd.

- [Indy Winter Farmers Market](#), Saturdays, 9 a.m.-12:30 p.m., City Market, 222 E. Market St.
- [Winter Organic Green Market at Traders Point Creamery](#), Saturdays, 9 a.m.-12:30 p.m., 9101 Moore Rd., Zionsville

## FitCityCalendar

Below are just a few events taking place around the city to get you moving more and eating healthy.

- **Saturday, December 10:** [Bleed Blue Blood Drive and Health Fair](#), 9 a.m.-5 p.m., Lucas Oil Stadium. Look for FitCity along the concourse with other organizations offering free health information and screenings.
- **Saturday, December 10:** [Jingle Bell Run](#), 5K run/walk, 9 a.m., Conseco Fieldhouse, 125 S. Pennsylvania St.
- **Saturday, December 16:** [Santa Hustle](#), 5K run/walk, 9 a.m., White River State Park Celebration Plaza, 801 W. Washington St.
- **Sunday, December 17:** [Hanukkah Tasting Fair](#), noon-4 p.m., Whole Foods Market, 1300 E. 86th St.

For more events and FitCity resources visit [www.fitcityindy.org](http://www.fitcityindy.org) or call 2-1-1.

*FitCity is a community-wide childhood obesity fighting campaign of [Learning Well, Inc.](#), with support from [The Health Foundation of Greater Indianapolis](#), the [City of Indianapolis](#), [United Way of Central Indiana](#), [Marion County Health Department](#) and [Connect2Help 2-1-1](#).*

**Make a healthy move and share the FitCity News!**

Forward  
to a Friend 