



Ham & Cheese

Breakfast Casserole

A healthy breakfast with plenty of flavor, half the calories and one-third the fat of the original ham-and-cheese breakfast. [Recipe](#) from Eating Well.

Ingredients:

- 4 large eggs
- 4 large egg whites
- 1 cup nonfat milk
- 2 Tbsp. Dijon mustard
- 1 tsp. minced fresh rosemary
- 1/4 tsp. freshly ground pepper
- 5 cups chopped spinach, wilted (see Tip)
- 4 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes (about 4-6 slices)
- 1 cup diced ham steak, (5 ounces)
- 1/2 cup chopped roasted red peppers
- 3/4 cup shredded Gruyère or Swiss cheese

Directions:

Preheat oven to 375°F. Coat a 7- by 11-inch glass baking dish or a 2-quart casserole with cooking spray. Whisk eggs, egg whites and milk in a medium bowl. Add mustard, rosemary and pepper; whisk to combine. Toss spinach, bread, ham and roasted red peppers in a large bowl. Add the egg mixture and

FitCity Focus: National Public Health Week

"A Healthier America: One Community at a Time"

Living healthy - and staying healthy - isn't easy, but it is possible. The Marion County Health Department, Indy Parks and Recreation, and the National Institute for Fitness and Sports want to help Hoosiers get *Back to Basics* during National Health Week, Apr. 5-11.

With free classes and opportunities, Indy Parks offers something for everyone. Belly dancing, Zumba, yoga, organic balance, and more will be offered for free Apr. 5-28 at the following Indy Park locations:



- [Broad Ripple Park](#): 1550 Broad Ripple Ave.
- [Christian Park](#): 4200 English Ave.
- [Garfield Park](#): 2345 Pagoda Dr.
- [Krannert Park](#): 605 S. High School Rd.
- [Raymond Park](#): 8575 E. Raymond St.
- [Riverside Park](#): 2420 N. Riverside East Dr.
- [Washington Park](#): 3130 E. 30th St.
- Two senior centers: [Christamore House](#), 502 N. Tremont and [Hawthorne Community Center](#), 2440 W. Ohio St.

These classes provide a sample of new ways to move more. Classes are open to all ages. Visit www.mchd.com or call (317) 221-3122 to learn more about National Health Month.



Roller Derby Workout

Roller derby is one of the fastest-growing amateur sports to hit the streets. Not only is it fun, but it's a great workout.

While a brisk Sunday-afternoon skate burns around 400 calories an hour, that same 60 minutes spent playing derby - where you race, jump, bump, and duck opponents - burns 600-900 calories, depending on your weight and intensity. Members of the all-girl [Circle City Socialites](#) and the all-guy [Race City Rebels](#) stay fit with these strength-training moves:

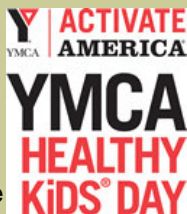
toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil. Bake until the custard has set, 40-45 minutes. Uncover, sprinkle with cheese and continue baking until the pudding is puffed and golden on top, 15-20 minutes more. Transfer to a wire rack and cool for 15-20 minutes before serving.

Tip: To wilt spinach, rinse thoroughly with cool water. Transfer to a large microwave-safe bowl. Cover with plastic wrap and punch several holes in it. Microwave on High until wilted, 2-3 minutes. Squeeze out excess moisture before adding the spinach to the recipe.

Nutrition per serving: 286 calories; 10 g fat (4 g sat, 3 g mono); 167 mg cholesterol; 23 g carbohydrates; 23 g protein; 4 g fiber; 813 mg sodium; 509 mg potassium.

Put play
in your
day!

Enjoy fun and active family time by visiting your local Y on Saturday, April 24, 10 a.m. - 1 p.m., for YMCA Healthy Kids® Day. The nation's largest health day for children and families, YMCA Healthy Kids Day offers families a chance to play together and learn more about wellness and healthier living. YMCA Healthy Kids Day events are free and open to all. For more information, visit www.indymca.org.



APPS FOR HEALTHY KIDS Win \$40,000 in Prizes Software

developers, game designers, students, and other innovators can win \$40,000 in prizes for developing fun and engaging software tools and games that drive children to eat better and be more physically active. [Apps for Healthy Kids Competition](#) is part of First Lady Michelle

- Wall-squats, sitting against a wall with legs at a 90-degree angle for intervals of at least one minute, repeated five to eight times.
- Squatting as low to the ground as possible while skating.
- Wearing skates while doing leg lifts, Pilates-style abdominal exercises, and other feet-off-the-ground workouts.

If you want to see roller derby or try it yourself visit www.circlecitysocialites.com. The teams kick off their 2010 home season at the Forum in Fishers on Saturday, Apr. 10.

FitCity in the City

Over the next few months, [FitCity](#) will be a part of several city-wide events. Stop by the FitCity booth for fun fitness activities, healthy recipes and tips to help you make a healthy move.

- Saturday, Apr. 24: Arsenal Tech Challenge, 11 a.m. - 4 p.m., Arsenal Tech High School, 1500 E. Michigan St. The FitCity Obstacle Course will be one of the many activities including Flag Football, Bocce Ball and Cornhole. For more information, contact: Tessie Lloyd-Jones tesskim.lj@gmail.com.
- Saturday, May 1: Mark your calendar now for the [Healthy Kids Expo](#), 11 a.m. - 4 p.m., Progressive Baptist Church Family Life Center, 4625 W. 59th St. FitCity will be among the many healthy activities and screenings.

If you would like to have FitCity participate in your event, contact Eleather Baker at ebaker@fitcityindy.org.

Kids LOVE Tennis

If you're looking for low-cost tennis instruction that your children will love, look no further than the National Junior Tennis League of Indianapolis (NJTL). In addition to tennis, NJTL offers children, 5-18 years old, life skills instruction, Go Healthy challenges, a Love to Read program, and participation in the national Arthur Ashe Essay and Art Contest.



The summer schedule is now available on-line. To register visit www.indynjtl.org or call (317) 429-9965.

FitCity Calendar

- Thursday, Apr. 16: Going Green: Vegetarianism 101, 6-7:30 p.m., Whole Foods Market, 1300 E. 86th St. A program to help people considering vegetarian eating. RSVP required. Call (317) 706-0900.
- Saturday, Apr. 17: [Komen Indianapolis Race for the Cure](#), 9 a.m., IUPUI Library Lawn, downtown. A 5K run/walk and 1-mile family walk to benefit breast cancer research. For more information call (317) 638-CURE.
- Sunday, Apr. 18: [Carmel Sprint Triathlon](#), 8:30 a.m., Carmel High School, 520 E. Main St. For more information contact traithlon@carmelclub.org.
- Saturday, Apr. 24: [Matt Breman Memorial Fun Run](#), 9 a.m., Buggs Temple, downtown. A 5K Run/Walk to

Obama's *Let's Move!* campaign to end childhood obesity. Deadline for submission is June 30. [Click here](#) to register.

Traffic Skills 101: Apr. 10

Should two cyclists ride next to each other? What should cars and cyclists do when they meet at an intersection? These questions and more will be answered on Apr. 10, during a day-long class designed to give cyclists the confidence they need to ride safely and legally in traffic. If you want to learn cycling rules, bicycle safety, how to fix a flat and more, this class is for you.

The class takes place 8 a.m. - 5 p.m. at [IndyGo](#), 1501 W. Washington. The fee is \$25. [Bicycle Indiana](#) members receive a \$5 discount. Participants will receive a \$25 gift card from [Matthews Bicycles](#). [Click here](#) to register. Deadline is Apr. 8.

benefit child abuse prevention. For more information call (317) 542-7002.

For more events and FitCity resources visit 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!

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to a Friend 

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