



### FitCity Recipe

This month, celebrate Minority Health Month by trying [this recipe for a Breakfast Egg and Bean Burrito](#). Burritos are just one of several delicious Hispanic recipes, cooked with flair, that can be found in [FitCity's recipe archive](#).

### Smoothie Challenge

Take the latest FitCity Challenge.



Submit an original smoothie recipe and you could win \$75 and a chance to make your winning smoothie on IndyStyle with registered dietician Annessa Chumbley. You have until April 8 to submit your Smoothie to the judges. [Find out more](#).

### No April Fool's Joke!

-52.3% of all Hoosiers do not participate in moderate physical activity (i.e. aerobic exercise three times a week for 20 mins.).  
-78% of Hoosiers eat less than five servings of fruits and vegetables daily.

FitCity wants to help you eat healthy and move more. Visit our website for tips, resources, recipes and more.

### Avoid Vending

## National Minority Health Month

April is National Health Month and the Office of Minority Health is focusing on the link between minority health and school food. With an increase in the number of children eating school meals, including breakfast, lunch and occasionally snacks, it's important that we focus on healthy habits in schools.



Whether you bring it or buy it, here are a few online resources to help you and your student pass the grade in the lunchroom.

- [School Lunches](#): tips from KidsHealth that will help students make healthy choices.
- [The LunchBox](#): filled with healthy tools to help all schools transform school food into healthy food for its students.
- [What's on Your Tray](#): a fun website for kids to explore their lunchtime personality, interactive games and more.

[Read more](#) and learn more about Minority Health Month.

## A Tri for Tots and Teens

Children ages 3-14 are invited to participate in the JCC's 4th annual Indianapolis Kids Triathlon on Sunday, June 26. Whether your triathlete is a toddler or a teenager, a first-timer or a veteran youth triathlete, this event promises to be fun for kids of all athletic abilities and levels. Bonus: the [JCC water park](#) is open to all triathlon participants and their guests after the event. [Find out more](#) about the event and how to register.



## FitCity Calendar

- Wednesday, April 6: [National Start! Walking Day](#)
- Thursday, April 7: [Complimentary TRX Intro Class](#), 6-6:30 p.m., NIFS
- Saturday, April 9: [Healthy Cooking Class Series](#), 1-2:30 p.m., Broad Ripple Park
- Saturday, April 16: [Komen Central Indiana Race for](#)

## Machines

Why? Because nutritious snacks and juices are less expensive at grocery stores. With a little organization and creativity you can save money and still eat healthy foods. [Find more tips on eating healthy on a budget.](#)

## Indy Parks Turns 100

Celebrate 100 years of Indy Parks by taking their challenge to visit 100 parks or go 100 miles in Indy Parks by October 31. [Take the challenge.](#)

Follow FitCity on Facebook and Twitter



[the Cure](#), 9 a.m., IUPUI Library Lawn

- Saturday, April 30: [Talk Walk Run](#), 9 a.m., Fort Harrison State Park
- Sunday, May 1: [Kids Tri for Kids Race Series](#), 9 a.m., IUPUI.

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!

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