



### Ham and Cheese Breakfast Wrap

This is a healthy on-the-go breakfast - great for kids heading back to school.

#### Ingredients:

- 3 tsp. unsalted butter
- 2 eggs, beaten
- 4 oz. sliced deli ham, chopped
- 2 Tbs. chopped mushrooms
- 2 Tbs. salsa
- 2 (8-inch) whole wheat flour tortillas, warmed
- 2 Tbs. diced avocado
- 4 Tbs. shredded Swiss cheese



#### Directions:

Melt butter in a skillet over medium heat. Pour eggs in skillet and cook, stirring only occasionally, until fully cooked. Mix ham, mushrooms and salsa into eggs and cook until heated. Lay tortillas flat and fill each with egg mixture. Top with avocado and sprinkle with cheese. Roll and slice in half to serve.

### FitCity in the City

FitCity will be at several events this month, featuring healthy tips, fitness fun and more. Look for us at these events:

Saturday, August 14:  
[Martindale Church of Christ Community Day](#), 10 a.m. Stop by for health screenings, food,



### Get Fit at the Fair

We know what you're thinking ... how can I be healthy at the Fair? For the thousands of Hoosiers who will be packing up their families and heading to the Indiana State Fair, the answer may be easier than you think. In fact, four FitCity moms plan to blog about their healthy experiences at the Fair, including how to eat healthy. Subscribe to the [FitCity Moms Blog](#) and learn how.

[INShape Indiana](#) and the [Indiana State Fair](#) have teamed up on other fun, healthy ways you can enjoy this year's Fair. Try one (or all) of these ideas:

- Pick up the [Fair Fit Challenge Walking Map](#) to walk 3,482 steps around the fairgrounds and look for the FitCity logo along the walking trail. Make it to each stop along the way and enter to win a variety of prizes.
- Stop by the State Fair Farmer's Market Café, in the Ball State Ag/Hort building, for fresh salads and sandwiches made with Indiana produce.
- Visit Governor Daniels' [INShape Indiana SummerFit Plaza](#), August 6- 9, and start dancing, rowing, jumping roping, kickboxing and biking your way to better health.
- Participate in the [Heartland Walk for Health](#) on Saturday, August 14, 8:30 a.m. Join First Lady Cheri Daniels for a two-mile walk around the Track of Champions at the Indiana State Fairgrounds.

The Indiana State Fair runs through Sunday, August 22.



### Meet FitCity's New Fitness Consultant

As a certified fitness instructor and personal trainer, Taylor knows the great benefits of physical fitness, and she enjoys sharing her knowledge and love of fitness with kids and adults of all ages and abilities.

When she isn't representing FitCity at community events or [answering your fitness questions](#), Taylor can be found around town teaching pilates, aquatics, group strength, indoor cycling, step and yoga. FitCity is excited to welcome Taylor Bennett to the team.

### FitCity's Five Favorite Family Fitness

KIDS'S ID cards and clothing and school supply give-aways.

Thursday, August 19: Back to School Carnival Celebration, 6-9 p.m., Julian Coleman Academy School #110, 1740 E. 30th St. A fun night of family games and great information. Call (317) 250-4879.

## Get Your Personalized Nutrition Plan from NIFS



Do you have questions about nutrition? Are you struggling

to incorporate proper dietary habits into your daily lifestyle? Let NIFS help with Personal Nutrition Coaching (PNC).

PNC is a comprehensive, individualized, one-on-one consultation that provides expert advice from a registered dietitian who can help answer your nutrition-related questions and get you started - or back on, a path to healthier eating habits. If you want to know more, contact [Angie Scheetz](mailto:Angie.Scheetz@nifs.org) at (317) 274-3432.

### Healthy Living is Far From Boring

Fitness and healthy eating doesn't have to be boring. From [FitCity Bingo](#) to [Animal Exercises](#), FitCity offers a lot of great games and ideas to help you and your kids move more and learn about the value of good health. [Click here](#) for more ideas.

### Make the Commitment

The [Healthy Weight Commitment Foundation](#) has the latest ideas on fun ways for your family to stay healthy and fit by balancing calories consumed with physical activity. As part of their new campaign, they are encouraging families to

## Ideas

FitCity has a lot of great ideas to get your family up and moving together, but these are a few of our latest favorites.



1. Plan a weekly sports night. Use [FitDeck](#) to find fun exercises - or create your own deck of cards with your favorite family-friendly exercises. Family members can take turns each week to pick a card.
2. Walk, run or bike for charity. Team up with your children for a fundraising race. Exercise while giving back and having fun.
3. Turn up the tunes and dance. Move your furniture and make space for a dance floor, use a flashlight for a strobe light and get fit while getting down.
4. Sneak in fitness with other activities. Have your children walk instead of riding in the cart at the grocery store, make it a race to the end of the driveway to get the mail - and you've heard it before, but take the stairs whenever possible.
5. Turn TV commercials into fitness breaks. Challenge your children to get moving during commercials and reward the one who completes the most sit-ups, jumping jacks or push-ups.

## FitCity Calendar

- Sunday, August 8: Irvington Farmers Market, noon-3 p.m., Ellenberger Park, 5301 Saint Clair St.. Choose your favorite fruits and veggies from local farmers. For more information call (317) 327-PARK.
- Saturday, August 14: [Race Away from Domestic Violence](#), 8 a.m., IU Michael A. Carroll Stadium, IUPUI campus. A 5K run and family fitness run/walk/roll to help end domestic violence. For more information call (317) 917-3685.
- Sunday, August 15: Gluten Free Sampling: Kid Favorites, Whole Foods Market, noon-2 p.m. at [86th St. store](#), 1300 E. 86th St. store; 4-6 p.m. at [Carmel store](#), 14598 Clay Terrace Blvd. Stop in for samples of Gluten Free chicken nuggets, bagels, brownies and more.
- Sunday, August 22: [Triathlon for Kids](#), 10 a.m., Lawrence North High School, 7802 Hague Rd. Open for kids ages 7 to 14. Swim, bike and run distances vary based on age. For more information call (317) 590-7522.
- Saturday, August 28: [NCAA College Colors Day Run/Walk](#), 8 a.m., NCAA Hall of Champions, 700 W. Washington St. A 5K run/walk benefiting the Myles Brand Chair in Cancer Research. For more information call (317) 884-4001.

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 the Commitment." A few simple suggestions: eat and cook more meals as a family, make healthy fun and make just one dietary change at a time. [Click here](#) for more ideas and information about the campaign.

Make a healthy move and share the FitCity News!

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