



My Nutty

Chocolate Valentine

This [Whole Foods Market](#) recipe has heart-healthy nuts and no artificial colors or flavors.

Ingredients:

2 (3-oz.) 365 Everyday Value Organic Swiss Dark Chocolate bars, chopped
1 (1-pd.) bag 365 Everyday Value Fruit & Nut Trail Mix, divided

Directions:

Line a large sheet tray with parchment paper; set aside. Gently melt chocolate, stirring frequently, in a medium pot over medium-low heat, 1 to 2 minutes. Stir in all but 1/4 cup of the trail mix and spread the mixture on the lined sheet tray. (Spreading to edges is not necessary.) Sprinkle remaining trail mix on top. Chill in the refrigerator until chocolate is set, about 30 minutes. Set aside until room temperature, break into pieces and store in an airtight container at room temperature. Serves 16.

Nutrition per serving (about 1oz.): 140 calories (40 from fat), 4.5g total fat, 1.5g saturated fat, 0mg cholesterol, 45mg sodium, 23g total carbohydrate (2g dietary fiber, 17g sugar), 2g protein



FitCity Focus: American Heart Association

While many central Indiana residents are decked out in blue today in support of the Indianapolis Colts, you may see fans with a splash of red in honor of National Wear Red Day. During American Heart Month, the [American Heart Association](#) and its Go Red for Women movement urge everyone to support the fight against heart disease in women by wearing red Feb. 5. The red dress and the color red are symbols for women and heart disease and the American Heart Association's Go Red for Women movement.

February is the month for hearts. At the American Heart Association, that means drawing attention to heart disease, America's #1 killer, and raising awareness of risk factors through American Heart Month. The American Heart Association offers these steps to staying healthy and strong:

1. Eat a nutritious diet:

- Eat more fruits and vegetables
- Add fiber to your diet with whole grain breads and beans
- Take in less sugar by drinking water instead of soft drinks or juice

2. Stay active:

- Dance to your favorite music
- Climb stairs
- Play indoor basketball using a soft ball and a trash can

Make plans today to attend the [Go Red Luncheon](#), Feb. 26, at the Indianapolis Marriott Downtown. [Click here](#) for more information about the American Heart Association and Go Red.



A Little More Conversation, A Little More Action

Join the 1st Indy Fit Chat

February is traditionally the month when fitness resolutions start to fade. That's why FitCity and the YMCA are teaming up for a healthy conversation about beating workout burnout. On Tuesday, Feb. 9, from 6:30 - 7:30 p.m., we will host our first

FitCity Hits the Street Mardi Gras Style

FitCity will participate in the annual [AYS Mardi Gras Mambo](#) on Saturday, Feb. 13. Activities and events are taking place in Noblesville and Indianapolis - and FitCity will be at both.

- 10 a.m.-noon: North Elementary School, 440³. N. 10th St., Noblesville
- 3-5 p.m.: YMCA at the Athenaeum, 401 E. Michigan St., Indianapolis

Dads & Lads Sports Spectacular

On Friday, Feb. 19, dads and sons can shake off the winter chills and enjoy a night of sports games and competitions.

[Register now](#) for everything from dodgeball to wiffle ball, bowling to rock climbing and much more. Games are open to dads and boys in grades 3-8. All money raised will benefit the Lawrence Township School Foundation. For more information call (317) 423-8300.

Fight for Air Climb
Don't run. Don't walk.

Climb! On

Saturday, Mar. 6, join hundreds of Hoosiers at the first annual [Fight For Air Climb](#) at the Market Tower building, downtown. Participants will climb 30 flights (1,300 steps) to reach the top of the building. Climb once, twice or even three times depending on how challenging each climber wants the trip up to be. Often called a "vertical road race," the American Lung Association's climb is a fundraiser and fitness event -- and guaranteed to be the climb of your life! Visit www.fightforairclimb.org for more information.



Indy Fit Chat on Twitter. For an hour, we'll talk with Matt Larson, Wellness Director, from the Indy YMCA (Ransburg branch) about how to keep up with your new year's exercise habits.

Here's how to join the conversation:

1. Follow [@fitcityindy](#) on Twitter.
2. Search for #indyfitchat posts between 6:30 - 7:30 p.m.
3. Send us your questions in advance to comments@fitcityindy.org or via Twitter.

If you have a question or advice, add #indyfitchat to the end of your post so everyone can see it. That's it! We look forward to having you be a part of the discussion. Together, we can all keep our exercise habits growing strong through the cold winter!

Thanks for Raising \$3,000 for FitCity!

FitCity would like to extend a BIG thank you to [Whole Foods Market](#) for donating 5 percent of net sales to FitCity for our Community Day at Whole Foods last week. And another big "thank you" to all of the shoppers who helped us raise nearly \$3,000.

FitCity Calendar

- Saturday, Feb. 13.: [Skirt Chasers 5K Run/Walk](#), 7:30 a.m., Intelliplex Conference Center, 2150 Intelliplex Drive, Shelbyville. Women start the course 5 mins. ahead of male runners and walkers. For more information call (317) 392-0835.
- Tuesday, Feb. 16: Gluten Free Store Tour, 6-7:30 p.m., [Whole Foods Market](#), 1300 E. 86th St. Learn about Gluten Free products, how to read labels, and enjoy samples too. RSVP required. For more information call (317) 706-0900.
- Saturday, Feb. 20: [Polar Bear](#), 8:30 a.m., City Market, 222 E. Market St. A 3- and 5-mile run, also featuring a mini expo. For more information call (317) 884-4001.
- Sunday, Feb. 27: [Fishers High School Tiger Trot](#), 9 a.m., Fishers High School, 13000 Promise Rd. A 5K run to benefit the girls track and cross country teams. For more information call (317) 915-4290.

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!



Click below to follow FitCity on Facebook and

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