



Calzones
This February, say "I love you" with a healthy heart-shaped calzone that kids will enjoy.

Ingredients:

- package refrigerated pizza dough (such as Pillsbury)
- 2 Tbsp. honey mustard or Dijon mustard
- 1/4 pound sliced turkey breast
- 1/4 cup shredded cheese
- 15 to 20 slices turkey pepperoni (optional)

Directions:

Preheat oven to 375° F. Sprinkle cornmeal (or flour) on a cutting board, so the pizza dough won't stick. Roll out the pizza dough into a large rectangle, about 12 x 8 inches and cut two equal sized hearts. Spread honey mustard over the dough, leaving a 2-inch border all the way around.

Top one heart evenly with sliced turkey breast. Sprinkle the cheese over the turkey breast, then top with the turkey pepperoni, if using. Place the second heart-shaped dough on top and fold together. Bake 20-30 mins., until golden brown. Serve with marinara sauce for dipping.

Nutrition per serving: 269 calories, 9 g fat, 33 mg cholesterol, 32 g carbohydrate, 1 g fiber, 15 g protein

Healthy Dining Finder

Sideline Super Bowl Snacking

According to the [Calorie Control Council](#), Americans will eat 30 million pounds of snacks during the Super Bowl. That breaks down to 11.2 million pounds of potato chips, 8.2 million pounds of tortilla chips, 4.3 million pounds of pretzels, 3.8 million pounds of popcorn and 2.5 million pounds of nuts - and that doesn't count meals.



Sideline these unhealthy snacking habits with these easy tips:

- Add fresh vegetables and low-fat dips to your party tray.
- Limit the amount of snacks you bring into the house (if it's not there, you can't eat it).
- Choose fat-free or low-fat potato chips.
- Drink water instead of sugary drinks.
- Burn extra calories by playing your own game of football during halftime.

Check out the Calorie Control Council's [appetizer recipe section](#) to find a list of healthy spreads and dips perfect for your Super Bowl party.

Fit Friends Meet Up = FREE WORKOUT!

Join physical trainer Taylor Bennett on Tuesday, February 8, 7 p.m., for a free workout at the Lifetime Family Fitness in Fishers, 11691 Fishers Corner Blvd. You must RSVP for this Meet Up by 3 p.m. TODAY to participate. Call (317) 536-1216 or e-mail comments@fitcityindy.org to register.



Sweet Ways to Celebrate Valentine's Day

Think outside the (chocolate) box this Valentine's Day with these creative ways to celebrate:

- Decorate: While your kids are sleeping, hang pink, red and white streamers from the ceiling and place balloons on the floor so they wake up to a spirited bedroom.
- Bake: For breakfast cut toast into hearts or color eggs pink. For a special Valentine's Day dinner, bake your favorite healthy meal together.
- Write it: Leave a sweet note on the bathroom mirror or place an "I think you're special" note in your child's

From fast food to fine dining, healthydiningfinder.com makes dining out a delicious part of a healthy lifestyle with dietitian-approved menu choices. "Like" them on [Facebook](https://www.facebook.com/healthydiningfinder) for giveaways, resources and the latest information.



Harvest Sprouts at Home

Grab some seeds, make a sprouting jar and follow these [online directions](#)

from Be Bliss. In less than a week your sprouts will be ready to eat.

Cooking Classes

[Kiss Z Cook](#) offers innovative, hands-on cooking classes to help bring out the chef in you. Classes include For the Love of Vegetables, Cooking with Tomatoes, Sushi 101 and Girls Night Out. They also offer fun and interactive parties. Don't just cook, create (and then enjoy).

Win a FlipCam or iPad
Students in grades 4-12 can win a Flip Video™ Camcorder or an Apple iPad by sharing how Indiana agriculture plays a positive role in the lives of Hoosiers. Entries for the "Our Food, Our Farmers" Ag Essay Contest are due February 15. For contest rules and more information visit Indiana Humanities Council [Food for Thought](#).

New Site. New Information.

INShape Indiana has launched a [new website](#). With a new look, more information and greater resources, including some great FitCity recipes, the website helps Hoosiers eat better and move more.

Sesame Street is a Healthy Street

Watch Grover's workout video or try the Mango Tango. [Click here](#) to learn about healthy foods and

lunchbox.

- Hit the dance floor: Dancing is a great way to have fun - and burn calories. 30 minutes of dancing burns almost 150 calories.
- Enjoy heart-healthy treats: Enjoy guilt-free holiday treats in moderation, like low-fat strawberry ice cream, fruit dipped in dark chocolate and heart-shaped sugar cookies.

To find out more, visit [FitCity's Entertaining Ideas](#).

Fitness Myth and Fact

MYTH: The healthiest method to gauge your progress is weighing yourself.



FACT: The healthiest way to gauge your progress is by making sure your strength levels increase when performing resistance exercise and that your endurance improves through cardiovascular exercise. Rather than weighing yourself, simply gauge how you feel.

FitCity Calendar

- Tuesday, Feb. 8: [Hendricks Regional Health YMCA](#) "Y Family Event for All", 6:30-8 p.m., Ben Davis High School. Mini Zumba class, arts & crafts, sports clinics and more. For information call (317) 484-YMCA.
- Tuesday, Feb. 15: Preventing Cancer through Nutrition, 6-7 p.m., Whole Foods Market, 1300 E. 86th St. Learn about wholesome foods and how they can benefit your body. For more information call (317) 706-0900.
- Saturday, Feb. 19: [Day of Dance](#), 9 a.m.-2 p.m., Primo West Banquet & Conference Center, 2353 E. Perry Rd. A fun-filled day of music and dance, hosted by Sarah Fisher. For more information or to register call (317) 782-4422.
- Friday, Feb. 25: [Go Red For Women Luncheon](#), noon, JW Marriott Indianapolis, 10 South West St. Get inspired, get informed and take steps for a better heart health. For information call (317) 732-4728.

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 Twitter

healthy habits with everyone's favorite Sesame Street characters.



This email was sent to: lisa@graciecomm.com

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