



Sweet Potato Pancakes

These pancakes are healthy, tasty - and incorporate one of the Flu Fighter Foods. Recipe from www.allrecipes.com.

Ingredients:

- 1 pound sweet potato
- 2 cups rolled oats
- 2 Tbsp. olive oil (optional)
- 1 Tbsp. dark molasses (optional)
- 4 eggs
- 1 egg white
- 2 tsp. vanilla extract
- 2 tsp. ground cinnamon
- 1 cup plain yogurt

Directions:

Pierce the sweet potato a few times with a fork. Wrap in a paper towel and microwave for 5 mins. or until tender. Cool slightly and remove the skin with a small knife. Meanwhile, process the oats in a blender until powdery. Transfer the oats to a large bowl. Break the sweet potato into chunks, and place in the blender. Blend until smooth. Transfer to the bowl with the oats, and stir in the olive oil, molasses, eggs, egg white, vanilla, cinnamon and yogurt. Heat a lightly greased skillet over medium heat. Pour 1/4 cup of the batter onto the skillet when hot, and cook until bubbles appear on the surface. Flip, and cook on the other side until browned. Continue with

Sign Up for Fit Friends

We are inviting kids, moms, families and long-time friends to be Fit Friends through FitCity. At FitCity, we believe exercising and eating right is easier with a friend. Friends keep us on track and provide us with the motivation we all need to get and stay healthy. We call those Fit Friends! All you have to do is [sign up](#) and FitCity will send you:



1. An easy-to-follow How To Guide with tips on how to be a good Fit Friend
2. Weekly video tips
3. Events and activity suggestions
4. Other ways for you to stay inspired this spring as you have fun and stay fit.

The program kicks-off January 17. Sign up today. It's fun. It's free. It's fitness between friends.



FitCity Flu Fighters!

It's the time of year when those uninvited guests (colds and flu) make an unwanted appearance - and if your immune system isn't ready, those guests will stay! FitCity wants to help keep you healthy this cold and flu season. Try incorporating some of these foods into your meals to strengthen your immune system and fight off viruses.

- Sweet Potatoes: Just one sweet potato has over 262% of your needed beta-carotene, which your body converts into Vitamin A.
- Garlic: It's anti-microbial, anti-viral and anti-bacterial, which basically means it's good.
- Butternut Squash & Pumpkin: These winter squash do double-duty by providing you with Vitamin C and Vitamin A.
- Cranberries: Each little berry is a powerhouse of antioxidants.
- Oranges: Just one orange contains over 115% of your needed Vitamin C.
- Echinacea: Take it at the first sign of a cold to help



remaining batter.

Nutrition per serving: 179 calories;
6.2 g fat; 86 mg cholesterol

Ten Affordable and Healthy Lunchbox Ideas



From the BFL (Breakfast for Lunch) to the Un-salad, these [10 quick and healthy lunchbox items](#) are not only tasty and affordable, but they help you sneak nutrients into your child's lunchbox.

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 on February 15. For contest rules and more information visit Indiana Humanities Council [Food for Thought](#).



Why Start! Walking?

Heart disease is the #1 killer in the U.S. Exercising as little as 30 minutes each day can reduce your risk. Visit the [American Heart Association's Website](#) to discover new walking paths, track your travels, find helpful resources and sign-up for a Start! Heart Walk near you.

2011 Mini-Marathon Training Programs

Whether you're a beginner or a seasoned racer, runners and walkers benefit (and have fun) during Mini-Marathon trainings. [NIFS Mini-Marathon Training Program](#) meets Wednesdays, 6 p.m., January 26-May 11. To register call Cassie at 317.274.3432.

[Bricks To Bricks](#) is another training program, with runs and

keep that cold at bay. (hint: you can find echinacea in tea at your grocer).

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

Six Weeks of Food Bliss

Kick-start 2011 with healthier eating habits. Chef and Food Journalist, Wendell Fowler, and RAW/living foods Chef and Health Motivator, Audrey Barron, will provide healthy eating and vibrant living ideas - along with a full meal with each class. It's as much knowledge and fun as you can fit into two hours! Topics include Easy Grab and Go Meals and Adventures in Protein. The series of six classes begins January 19 and runs each Wednesday through February 23. Class is held 6:30-8:30 p.m. at Mother Nature's Sun, 6516 Ferguson St. [Visit their blog](#) to learn more.

FitCity Calendar

- January: [ABC's of Diabetes](#), a free four-part series covering topics on medication, nutrition, exercise, monitoring and more, Wednesdays, 1:30-3:30 p.m., Shelby Public Library, 2502 Shelby St. Registration is required. For more information call (317) 221-2094.
- Wednesday, Jan. 12: Community Support Day: Shop [Whole Foods Market](#) all day and 5% of the stores sales will support [Kids Tri for Kids](#)! For more information call (317) 590-7522.
- Thursday, Jan. 13: [NIFS](#) Lite 'N Up program begins and runs through March 3. The program includes 8 week classes, group fitness classes, fitness evaluations, a diet analysis and more. For more information call (317) 274-3432.
- Saturday, Jan. 22: [Bop to the Top](#), run or walk the 36 floors of the One American Tower to benefit Riley Hospital for Children, 8:30 a.m. For information call (317) 733-3300.
- Saturday, Jan. 27: Gluten Free Store Tour, 9-10:30 a.m., Whole Foods Market, 1300 E. 86th St. Discover gluten free products, learn how to read labels, find out what resources are available and enjoy samples. RSVP by calling Customer Service at (317) 706-0900.

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

walks scheduled at various locations and times. The program runs January 25-May 10. For more information call Ken Long & Associates at (317) 884.4000.



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