



## Grilled Peach Sundae

Fruit on the grill? Why not. Heat up this dessert from

[Eating Well](#). Try grilling pineapple too.

### Ingredients:

- 2 peaches, halved and pitted
- 1 tsp. canola oil
- 2 scoops nonfat vanilla frozen yogurt or fruit sorbet
- 1 Tbs. toasted unsweetened coconut

### Directions:

Pre-heat grill to high. Brush peach halves with oil. Grill until tender. Place 2 peach halves in each bowl and top with a scoop of frozen yogurt (or sorbet) and coconut.

Nutrition per serving: 154 calories; 4 g fat; 0 mg cholesterol; 28 g carbohydrates; 4 g protein; 2 g fiber; 41 mg sodium; 319 mg potassium

## FitCity in the City

FitCity will be at Indiana Black . Expo's [Summer Celebration](#) Children's Day, Monday, July 12. Stop by FitCity's booth from 10 a.m. - 3 p.m. for a fun-filled mini-bootcamp. This free event will be held at the Indiana Convention Center, 100 S. Capitol Ave.

## Learn to Make Sushi

Sushi is an extremely versatile food, with many

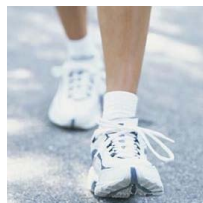
## FitCity is HOT this Summer!

FitCity knows Hoosiers are on the go this summer so we have some things planned to make your "go time" healthy and fun. Check out what we have planned:



- Where is FitCity out in the City? We'll post pictures of our healthy travels around Indianapolis and if you guess where we are and what we are up to you can win some great prizes!
- Shopping List Sundays. We'll post new ingredients on Thursday, you add them to your Sunday grocery list and viola! A new, healthy and easy meal for you to enjoy. Rate the recipe and you could win another meal on us.
- Workout Wednesday Tips. Fitness experts will share a tip or idea to shake up your summer workout routine.
- FitCity Challenges. From skating and food journaling to running and a family fitness challenge, FitCity is putting together fun activities for the summer - some for the whole family and some just for you.
- What Food is That? Our nutrition partners are helping us pack healthier picnics, including new fruits and veggies. If you can identify the food, we'll reward you with free groceries.

The easiest way to keep up with all we have planned is to "like" [FitCity on Facebook](#).



## Walk Your First 5K with FitCity

FitCity and OnTrack Fitness want to help you train for a 5K (3.1 miles) this summer. For six weeks you will be joined by a [personal trainer](#) from OnTrack Fitness who will help you walk or run at a pace you want to race.

Participants will receive a t-shirt and will be eligible for great prizes.

Runners and walkers will meet at 6:30 p.m. on Thursdays



### [health benefits](#)

, but how is it made? Join Cindy Lucas at [Whole Foods Market](#) on July 29 to find out. Participants will learn to make sushi and sample sushi rolls and dipping sauces. All samples are vegetarian. The class takes place from 6-7:30 p.m. at the Carmel location, 14598 Clay Terrace Blvd. Limited seating available. RSVP by calling (317) 569-1517.

### FitCity on TV

Tune into Fox 59 and WTTV 4 this month to see FitCity on Indy's MarketPlace. The segment airs at 11:30 a.m. weekdays on WTTV 4 and 8-9 a.m. Saturdays on Fox 59. If you miss the FitCity feature on TV, check it out [online](#).



### Gardens Galore

During the summer months, local farmer's markets bring fresh Indiana foods to neighborhoods throughout the city. [Click here](#) for a complete list of locations and times. Community gardens also are popping up around the city. [Click here](#) to find a garden near you!

### Input for INShape

The INShape Indiana website will be changing soon, but they need your help in order to become a better, more valuable resource. What would motivate you to eat better, move more and avoid tobacco? Send your ideas to [inshapehelp@isdh.in.gov](mailto:inshapehelp@isdh.in.gov).

### Quick Fit Reminders

-FitCity and [Skateland Indy](#) are offering FREE ADMISSION to Skateland on Thursday nights throughout the summer. For more information visit [FitCity Challenge](#) or call Skateland at (317) 291-6795.

-[Lifestyle Family Fitness](#) is opening its doors to teens, 12 to 17 years old, for the summer at

throughout the city.

- July 15 & 22: [Freedom Park](#)
- July 29: [Eagle Creek Park](#)
- August 5: [Freedom Park](#)
- August 12: [Downtown Canal](#)
- August 19 [Fort Harrison State Park](#)

[Click here](#) for more information. Space is limited to 20 people so email [Emily](#) today to reserve your spot.

### Share Your Favorite Food Story and Win

Write a short story about one of your Indiana food memories and you could win up to \$750 from the Indiana Humanities Council and the Indiana State Fair. It could be about a special occasion, a funny incident, a favorite dish, or an ethnic specialty. Winners may be asked to re-create a recipe to be displayed at the Indiana State Fair. Submissions are due July 24. [Click here](#) for more information.



Read Sheryl Vanderstel's [sugar cookie memory](#) or Victoria Wessler's [sauerkraut and love](#) story for inspiration.

This contest is a part of the Indiana Humanities signature program, [Food for Thought](#), which engages Hoosiers in discussions about food and how it helps define Indiana's culture.

### FitCity Calendar

- TOMORROW (Saturday, July 10): [Mayor's Bike Ride for Kids](#), 10 a.m., Garfield Park, 2432 Conservatory Dr. Participants will meet at MacAllister Amphitheater. All participants must wear a helmet.
- Thursday, July 15: [BGI Evening Cruise](#), 6:30-8:30 p.m., BGI North, 4130 E. 82nd St. Join BGI for a casual, fun and social 15-20 mile bike ride to Ft. Benjamin Harrison State Park. For more information call (317) 777-9630.
- Wednesday, July 21: Indy Parks - Family Fun Night, 6-9 p.m., [Rhodius Park](#), 1720 Wilkins St. A fun night of family games, prizes and extended evening swimming hours. For more information call (317) 327-7191.
- Saturday, July 24: [Call Me A! 5K Run/Walk](#), 8 a.m., St. Alphonsus Catholic Church, 1870 W. Oak St., Zionsville. The course winds through scenic Zionsville and includes a festival at the church following the race. For more information call (317) 733-3300.
- Wednesday, July 28: Hendricks County Fun Run, 6:30 p.m., Swinford Park, Plainfield. A 5K and 1-mile run, sponsored by the [Plainfield Parks Department](#). For more information call (317) 839-7665.

For more events and FitCity resources visit [www.fitcityindy.org](http://www.fitcityindy.org) or call 2-1-1.

**NO CHARGE!** Teens will receive membership privileges including use of cardio and strength equipment and classes. Program runs through August 15.

*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!

Forward  
to a Friend >

Click below to follow FitCity on Facebook and Twitter



This email was sent to: [lisa@graciecomm.com](mailto:lisa@graciecomm.com)

This email was sent by: FitCity, a division of Learning Well, Inc.  
429 East Vermont Street Indianapolis, IN 46202 USA



We respect your right to privacy - [view our policy](#)

[Manage Subscriptions](#) | [Update Profile](#) | [One-Click Unsubscribe](#)