



Summer Fruit Salad

An easy and tasty fruit salad that includes all the sweet flavors you love from summer!

Ingredients:

- 1 large mango, peeled and diced
- 2 cups fresh blueberries
- 2 bananas, sliced
- 2 cups fresh strawberries, halved
- 2 cups seedless grapes
- 2 cups raspberries
- 2 nectarines, unpeeled and sliced
- 1 kiwi fruit, peeled and sliced

Honey Orange Sauce

- 1/3 cup unsweetened orange juice
- 2 Tbs. lemon juice
- 1 1/2 Tbs. honey
- 1/4 tsp. ground ginger
- Dash of nutmeg

Directions (3 easy steps):

1. Prepare the fruit.
2. Combine and mix all ingredients for sauce in a small bowl.
3. Pour Honey Orange Sauce over fruit just before serving.

Nutrition per serving: 99 calories; 1 g fat; 2 mg fiber



FitCity on TV
FitCity has style - Indy Style. Tune into WISH TV, 9-10

FitCity Focus: Purdue University Extension Office

[Purdue Extension](#) is "knowledge to go." With educators, specialists and volunteers in all 92 Indiana counties, Purdue Extension provides information and expertise when and where you are. They offer tailored programs and services to meet the needs of Hoosiers.

FitCity enjoys a great relationship with the staff of Purdue Extension. In fact, Christina Ferroli, Food/Nutrition Specialist, Purdue Extension is our nutrition expert for the FitCity IndyStyle television segments.

FitCity is excited to share the many resources Purdue Extension provides statewide, including several nutrition programs:

- [Dining with Diabetes](#): targeted to diabetics
- [Eat Your Way to Better Health](#): a program aimed at third-graders to help increase fruit and vegetables consumption by introducing a school garden activity
- [Exploring MyPyramid with Professor Popcorn](#): curriculum for youth in grades 1-6
- [Raising Healthy Eaters](#): geared for parents of children ages 2-5



[Click here](#) for a full list of programs and resources available.



The Pacers Summer Hoops Tour Coming Soon

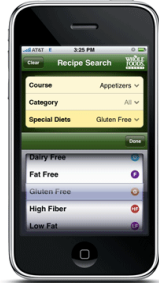
The Indiana Pacers and the Pacers Youth Basketball Program are bringing the Pacers Summer Hoops Tour at five Indianapolis locations, July 12-16. The Pacers Summer Hoops Tour is FREE and limited to the first 100 registered participants at each site.

Youth, ages 8 to 14, can learn basketball drills and basic fundamentals with Pacers legend Darnell Hillman and members of the current Pacers and Fever teams. Participants will receive a t-shirt, prizes, Pacers giveaways, lunch and more. The clinics include small group instruction, competitive games and

a.m., Monday, June 21 for fitness tips and healthy recipes from our fitness and nutrition experts. You can watch last month's FitCity segments online: [ways to get your kids moving](#) and [healthy snacks for the Indy 500](#) (or any party).

Recipes in Your Pocket

Whole Foods Market makes it easy to find recipes and create shopping lists if you like cooking with natural and organic foods. Download the [Whole Foods Market Recipes App](#)



FREE from the iTunes app store. The App lets you find recipes, build shopping lists and filter by categories, including "Cooking with Kids." You also can use the store locator to find the Whole Foods closest to you.

If you don't have an iPhone, just visit [FitCity](#) for great recipes!

Get Fit Indy

On June 2, Mayor Greg Ballard announced a citywide wellness initiative aimed at encouraging healthy lifestyles for kids and families who stay active and eat nutritiously. A [new website](#) was introduced as a city resource. FitCity is a proud partner of Get Fit Indy!

Teens Workout for Free

In an effort to fight teen obesity, [Lifestyle Family Fitness](#) is opening its doors to teens, 12 to 17 years old, for the summer at NO CHARGE! Teens will receive membership privileges including use of cardio and strength equipment and classes. Program runs through August 15.

Boomer's Boot Camp Invite Boomer to your next party. Boomer explores proper

the Pacers Fan Van.

Dates and locations:

- July 12: Jewish Community Center
- July 13: Covenant Christian High School
- July 14: Greenwood Community Center
- July 15: Benjamin Harrison YMCA
- July 16: Washington High School

[Click here](#) to register or call (317) 917-2500. Deadline for registration is Friday, July 2.



Skateland Summer Roller Rink Challenge

Did you know roller skaters travel one mile every 11-15 laps around the average-sized skate floor? So, grab your skates, get ready to have some fun and get in your day's

workout!

FitCity and [Skateland Indy](#) have teamed up to offer FREE ADMISSION to Skateland on Thursday nights beginning June 10 and lasting all summer long! Visit at least six Thursday nights, get your Roller Rink punch card punched and you could win some great prizes from Skateland Indy and FitCity, including a Skateland Deluxe Party for 10.

FitCity Facebook fans are picking the June 10 playlist! The first five songs at the June 10 Skateland Indy night will be from our fans' suggestions. Visit us on [Facebook](#) and tell us what songs kept you movin' and groovin' and then visit Skateland on June 10 to hear the FitCity Top 5.

For more information visit [FitCity Challenge](#) or call Skateland at (317) 291-6795.

FitCity Calendar

- Saturday, June 5: [2010 Mayor's Bike Ride](#), 9 a.m. registration; 10 a.m. ride, Allisonville Elementary School, 4900 E. 79th St. This year's ride will highlight the newest bike lanes on Allisonville Rd. [Click here](#) to register.
- Saturday, June 12: [Beat the Heat Five Miler](#), 9 p.m., City Market, downtown. This night event is designed to be competitive, but also social and fun - a "night out on the town". For more information call (317) 884-4001.
- Saturday, June 19: [Fishers Farmers Market](#), 8 a.m. - noon, Fishers Train Station, 11611 Municipal Dr. Visit the market for fresh, local foods and speciality items. For more information call (317) 578-0700.
- Saturday, June 26: [Tortoise & Hair Run/Walk](#), 8:30 a.m., White River State Park, downtown. A 5K run/walk and 1-mile walk. For more information call (317) 407-8489.
- Saturday, July 3 & Sunday, July 4: Mark your calendar now for [Kids Racing for Kids](#), a triathlon designed just for kids. Location, times and distances vary. For more information call (317) 590-7522.

For more events and FitCity resources



food choices and exercise techniques while rocking to great dance music that will have your whole group on their feet! For more information call (317) 917-2882.

Let's Move Releases Report

The [Let's Move!](#) initiative, led by First Lady Michelle Obama, released an action plan from its Interagency Childhood Obesity Task Force, [Solving the Problem of Childhood Obesity within a Generation](#). This report provides a national road map designed to help solve the epidemic of childhood obesity in a generation so that children born today will reach adulthood at a healthy weight. [Click here](#) for the full report.

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!

Forward
to a Friend >

Click below to follow FitCity on Facebook and Twitter



This email was sent to: lisa@graciecomm.com

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

ExactTarget.
Learn More →

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

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