



Corn & Pepper Jack

Quesadillas

Tasty quesadillas you can grill up quickly! [Recipe](#) from Good Housekeeping.

Ingredients:

- 3 large ears corn, husks and silks removed
- 4 (8- to 10-inch diameter) low-fat burrito-size flour tortillas
- 4 oz. reduced-fat Monterey Jack cheese, shredded (1 cup)
- 1/2 cup mild or medium-hot salsa
- 2 green onions, thinly sliced
- 1 head romaine lettuce, thinly sliced
- 1 Tbsp. olive oil
- 1 Tbsp. cider vinegar
- 1/2 tsp. coarsely ground pepper
- 1/4 tsp. salt

Directions:

Prepare grill and set for medium-high heat. Place corn on hot grill rack. Cover grill and cook corn 10 to 15 minutes or until brown in spots, turning frequently. Remove corn. When cool, cut kernels with a sharp knife from cobs. Place tortillas on work surface. Evenly divide Monterey Jack cheese, salsa, green onions and corn on half of each tortilla. Fold tortilla over filling to make 4 quesadillas. Place quesadillas on hot grill rack. Cook quesadillas 1 to 2 minutes or until they are



FitCity Focus: 4,000 Steps A Day Challenge

"FitCity challenges you to walk 26,000 steps in one week"

Did you know 26,000 steps = the number of steps it takes to complete the [One America 500 Festival Mini-Marathon](#)? FitCity is giving you a week to walk or run a full 13.1 mile Mini-Marathon. From May 10 through May 16, all you have to do is log your steps. If you average 4,000 steps a day, you've walked an entire mini-marathon!

To get you started, FitCity will be handing out free pedometers from 2 - 4 p.m. on Saturday, May 8 at [Garfield Park](#) and [Broad Ripple Park](#). (Available for ages 5 and older, limit of one per person, while supplies last.)

Are you up to the 4,000 Steps A Day Challenge? It's easy.

- [RSVP](#) for the 4,000 Steps a Day Mini-Marathon on Facebook.
- Share your daily steps with us on [FitCity's Fan Page](#).
- [Send in photos](#) and tell us when you take step # 26,000 so we can all celebrate YOU!

Bike to Work

Hoosiers have several opportunities to participate in this year's Bike to Work Week. So grab your bike, strap on your helmet and get ready to ride.

[Bicycle Indiana](#), [IndyGo](#) and the [City of Indianapolis](#) are hosting [Indianapolis Bike-to-Work Day](#) on Friday, May 21. Bicyclists can commute to Monument Circle from 11 different locations around the city. Organized rides, led by experienced cyclists, will begin at 6:30 a.m. and will arrive no later than 8 a.m. All participants receive free bike parking, breakfast, giveaways and information about regular bicycling commuting. For the start location nearest you, please click [here](#).

[Bicycle Garage Indy \(BGI\)](#) will sponsor the [Corporate Challenge](#) - a competition open to all public and private corporations,



browned on both sides, turning over once. Remove; cut each into 3 pieces.

In large bowl, toss romaine with oil, vinegar, pepper, and salt. Serve quesadillas with romaine salad on the side.

Nutrition per serving: 330 calories; 11 g fat; 20 mg cholesterol; 47 g carbohydrates; 16 g protein; 7 g fiber; 940 mg sodium.

Move During "May Month"

The [President's Council on Physical Fitness and Sports](#) is challenging Americans to get moving for health during National Physical Fitness and Sports Month (May). Walk, run, climb, jump - just get up and move around, away from your desk, the television and computer games.

Meet FitCity's Newest Moms



[Jennise Rodriguez](#) is a busy mother of two tweens and a six-month old. She works full-time, she has a passion for cooking and

she likes trying new foods. Find out how she wants to help her children with their Health Legacy.

[Rhonda Bayless](#) is

a single mother of a 19-year-old college student, she works full-time - and knows a healthy lifestyle is a full-time job. Find out how she's starting to take small steps, like jogging and reducing her meat intake to keep her healthy.



You can keep up with Jennise, Rhonda and all of the FitCity Moms at the [FitCity Moms Blog](#) or [sign up](#) to receive the Weekly Moms Blog in your e-mail in-box.

Serving Size Savvy

FitCity wants you to become serving size savvy. Do you know what one serving of Grains

businesses, organizations and government agencies. BGI Corporate Challenge winners are determined according to the total miles ridden by company employees. Because some riders cannot geographically ride a bike for their entire commute, riders may use public transportation for a portion of their trip and ride a bike for the remainder. Points will be awarded in the following manner: 1 mile of bicycle riding = 2 points; 1 mile of transit riding = 1 point.

Ride on into June with [The Mayor's Bike Ride](#), June 5. Join Mayor Greg Ballard on the 4-mile or 12-mile route, featuring the new bike lanes on Allisonville Rd. The family-friendly event begins at 10 a.m. at Allisonville Elementary, 4900 E. 79th St. Onsite registration begins at 9 a.m. or [pre-register on-line](#).

FitCity in the City

[FitCity](#) will be a part of several city-wide events throughout the month of May. Stop by the FitCity booth for fun fitness activities, healthy recipes and tips to help you make a healthy move.

- Friday, May 14: [Major Taylor Fitness Fest](#), 9:30 a.m. - 2 p.m., Indiana State Museum, 650 W. Washington St. FitCity will be among the many interactive fitness, health and nutrition-related activities. For more information call (317) 232-1637.
- Saturday, May 22: Shepherd Community Center Health Fair, 9 a.m. - noon, 4107 E. Washington St. Shepherd Middle School students are hosting a fair for the community - and FitCity will be there. For more information call (317) 375-0203.

If you would like to have FitCity participate in your event, send an e-mail to comments@fitcityindy.org.

FitCity Calendar

- Saturday, May 15: [Head for the Cure](#), 9 a.m., West Park, 2700 W. 116th St., Carmel. A 5K run/walk and 1-mile family walk to benefit the American Brain Tumor Association. For more information call (317) 733-3300.
- Saturday, May 22: New Augusta's [Fabulous Phoenix 5K Run/Walk & Fitness Fun Fair](#), 8 a.m., New Augusta South, 6450 Rodebaugh Rd. For more information call (317) 388-7781.
- Monday, May 31: [Kids Racing for Kids Triathlon](#), 9 a.m., Southport High School, 971 East Banta Rd. Kids 7-14 will swim, bike and run different distances based on age. For more information call (317) 590-7522.
- Saturday, June 5: Mark your calendar now for the [2010 Lung Walk](#), 9 a.m., The Monon Center, Carmel. A 5K or 1-mile walk to benefit the American Lung Association. For more information call (317) 819-1181.

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](#)

looks like?

1 cup of cereal flakes = fist
1 pancake = compact disc
1/2 cup of cooked rice, pasta or potato = 1/2 baseball
1 slice of bread = cassette tape
1 slice of cornbread = bar of soap

[Click here](#) for more information on serving sizes.



FitCity on TV
FitCity has style - Indy

Style. Tune into [WISH TV](#), 9-10 a.m. on May 24 and June 21. Our fitness and nutrition experts will share fitness tips and healthy recipes. You can watch last month's FitCity segments online: [easy exercises you can do at home](#) and a [quick skillet meal](#).

[Central Indiana, Marion County Health Department and Connect2Help 2-1-1.](#)

Make a healthy move and share the FitCity News!

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429 East Vermont Street Indianapolis, IN 46202 USA



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