



Featured Recipes

Celebrate National Blueberry Month any time of the day with these delicious recipes:

- [FitCity's Blueberry Muffin Smoothie](#)
- [Low-fat Blueberry Bran Muffins](#)
- [Blueberry-Beef Burgers](#)
- [Low-fat Blueberry Cobbler](#)

Special JCC Deal for FitCity Friends

It's not too late to take advantage of a great offer from [JCC Indianapolis](#). Purchase a one-month family membership for just \$64 now through the end of the month and you'll also receive a \$25 coupon toward classes, programs - even camp. Call (317) 251-9467 and let them know you are a FitCity Friend.

A Plate Replaces the Pyramid

After decades of the food pyramid, nutrition experts have chosen a plate as its new symbol to represent healthy eating. Split into four sections: fruit, vegetables, grains and protein, [MyPlate](#) is a quick, simple way to help people be more mindful of the foods placed on their plate each time they sit down for a meal. [Read more](#) about the new design and its benefits.



New Fitness Facility

July is National Blueberry Month

According to the [U.S. Department of Agriculture](#), July is National Blueberry Month (there's even a [Proclamation](#)).



Did you know?

- Blueberries are grown in 35 out of 50 states and supply 95% of the entire world's crop.
- Blueberries are in full seasonal swing between April through October, but July is prime season.
- Blueberries are often included in the Top 10 Lists of the healthiest foods because they are rich in fiber, low in calories and boast Vitamin C and other important antioxidants.

[Learn more](#) about the little blue berries, including shopping and storage tips, recipes and more.

There's a (Healthy) App for That!

iTunes has pulled together a list of their [top 50 free Health and Fitness applications](#). Below are just a few you'll find:



- [Fooducate](#): Scan and choose from over 200,000 healthy grocery food items.
- [iMapMyRIDE](#): A GPS ride tracker and training app.
- [Fast Food Calories](#): An easy way to find out how many calories, fat, protein and carbs are in prepared meals from fast food restaurants.
- [Daily Ab Workout](#): A 5-10 minute daily ab routine that steps you through ab-sculpting exercises.

Android phone users also can stay fit and healthy with their [Top 10 Free Android Apps](#).

Are you using apps to maintain your health and fitness? We'd love to hear from you. [Email us](#) your favorite app and we'll feature it on our Facebook page for others to know about.

FitCity Calendar

Below are just a few of the many events taking place around the

Opens

Two former college football stars, Dale Speckman (UIndy) and Matt Hasbrook (Notre Dame), have teamed up to open a new state-of-the-art fitness facility in Indianapolis. [Athletic Revolution](#) is now open on Indy's northeast side. Call (317) 755-1763 and mention FitCity for two weeks of boot camp style classes for free.



Free Summer Skating

Free admission at [Skateland Indy rolls](#)

through Aug. 2. Enjoy affordable family fun - and a great alternative to exercise, every Tuesday, 7-10 p.m.

Follow FitCity on Facebook and Twitter



city to get you moving more.

- **Saturday, July 9:** [Unite 2 Fight: Get Moving 2 Beat Cancer](#), 9 a.m.-noon, American Legion Mall
- **Monday, July 11:** [Kids Can Cook Week Long Series](#), noon-2 p.m., Kiss Z Cook, in Carmel
- **Saturday, July 16:** [Mayor's Bike Ride](#), 9 a.m.-noon, Garfield Park
- **Wednesday, July 20:** [Anti-Aging Foods](#), 6-7 p.m., Broad Ripple Park
- **Saturday, July 23:** [Indianapolis Sprint Triathlon](#), 8 a.m., Eagle Creek Park

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!

Forward
to a Friend >