



FitCity

Recipe

Cool off this summer with [Banana and Cherry JELL-O Pops](#).

These Pops are a great healthy alternative to sugary frozen treats. Visit [FitCity's recipes archives](#) for more ideas.

Free Summer Skating

FitCity is excited to partner once again with [Skateland Indy](#) to provide families an affordable and fun alternative to exercise this summer - Rollerskating! Free admission at Skateland Indy every Tuesday, 7-10 p.m., June 21 thru Aug. 2.

Get Fit at the Fitness Farm

Learn healthy habits from the POWER team during one (or both) of the remaining sessions at the Fitness Farm! Get cooking tips, play fun games and more. Plus, if you attend at least 2 sessions, you can earn free workout gear! [Find out more.](#)

Dealing with Diabetes

[NIFS](#) is offering a program to help individuals with diabetes

Have a Fit and Fun Father's Day

This Father's Day, encourage dad to think about his health. You can help him make healthy changes by experiencing fun and fitness together with a few of these ideas:

- Play a sport together: football, soccer, baseball or basketball.
- Hike or swim at one of the many [parks and pools](#) in and around Indianapolis.
- Turn your backyard into an active playground with an obstacle course, scavenger hunt or a game of hide-and-seek.
- Blow up balloons and play indoor volleyball or an outside water fight.



No matter how you spend your Father's Day, FitCity encourages you to get up and get moving.

A Special Offer from the JCC



Take advantage of this special first-time membership offer from the [JCC Indianapolis](#). Now through July 31, purchase a one-month membership for \$64 and you will receive a one-month household membership (\$149 value) and a \$25 coupon good toward any JCC class or program during the 30-day membership period -- including camps! Call the JCC at (317) 251-9467 and mention you are a FitCity Friend to receive your special one-month JCC membership offer.

If you join the JCC during your 30-day trial period, the JCC will waive the entire \$300 enrollment fee and you will receive a "Get Started" package, which includes two free sessions with a JCC certified personal trainer. Note: You must activate your membership by July 31.

learn balance and control. Find out who should join this program and the life changes you can expect. [Click here](#) for more information.

We "Like" IndyStar Health [IndyStar Health is on Facebook](#). "Like" them and learn what you need to know to help make the right choices when it comes to your physical, mental, and emotional well-being.

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FitCity Calendar

- **Every Monday & Wednesday in June:** [Youth Class in Action](#), 7-8 p.m., 1355 W. 96th St.
- **Saturday, June 4:** [Mayor's Bike Ride](#), 9 a.m., Fishback Creek Public Academy
- **Thursday, June 9:** [Fun with Indiana Corn](#), 6:30-8:30 p.m., Kiss Z Cook in Carmel
- **Saturday, June 11:** [Pack the Pools](#), 11 a.m.-6 p.m., Indy Parks pools
- **Saturday, June 18:** [Indianapolis Sprint Triathlon](#), 8 a.m., Eagle Creek Park
- **Sunday, June 26:** [Indianapolis Kids Triathlon](#), 8:30 a.m., JCC

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 