



FitCity Recipe

This month's recipe features the winner of the Make Your

Own Smoothie Challenge contest. Congratulations to Nathan Miller for his [Chaco Berry Monkey Smoothie](#). Grab your blender, some fruit, Almond Breeze Milk, cocoa powder and honey and enjoy!

Garden on the Go

Indiana University Health and Green B.E.A.N. Delivery are bringing fresh, affordable fruits and vegetables to neighborhoods in Marion County. Find out when and where [Garden on the Go](#) will be making its weekly deliveries.

Walk with Winnie

Step into shape with Indy Parks and First Lady of Indianapolis Winnie Ballard during the weekday walking series now through July 1. [Find out more](#) about the 30-minute morning and evening walks and where they take place.

Camps for Kids

Enrollments are open for these cool camps:



Take the Pledge for Healthy Living

FitCity is excited to introduce you to [Together Counts](#) - a nationwide program designed to inspire active and healthy living. The idea is to get families and community members to take a simple pledge: **Eat at least 1 meal and do at least 1 activity together every week.**

The ways to fulfill the pledge are endless. They can be as creative as organizing a neighborhood potluck followed by a game of football - or as simple as sharing a meal, then going for a walk. The important thing is that you do them together.

If you [take the pledge](#) as a family, involve your kids: let them choose activities they enjoy and let them choose what's on the menu. This way they'll gain a sense of ownership and look forward to together time.

The goal is to find a balance between the calories we consume and those we burn, to strike this balance regularly and to have some fun. This way, getting more active and healthy becomes easy - easy as a dinner date followed by a walk with the people you care about most.

[Read one FitCity mom's blog](#) about signing the pledge.

Family Fitness Challenge

FitCity has partnered with a couple of its fit friends - U.S. Senator Richard G. Lugar and Purdue Extension - to create a five-week Family Fitness Challenge to help your whole family get and stay healthy. [Sign up](#) for weekly tips, activities, recipes and resources.



Chase 500 Festival Rookie Run: May 15

- **Dwight Freeney Football Camp:** June 8 & 9, North Central High School. For youth 7-14. [Click here](#) to register; enter coupon code FREENEY2011 for a \$20 discount.
- **Forever-Fit Summer Camp:** June 13-July 29, The Children's Better Health Institute's Fitness Farm. For youth 8-12 who are coping with being overweight and obesity. Call 317.634.1100.
- **Danny Granger Basketball Camp:** August 4-6, Park Tudor School. For youth 7-18. [Click here](#) to register; enter coupon code DANNYG33 for a \$25 discount.

Funding for Playgrounds



KaBOOM! is a national nonprofit working to ensure every child has a great place to play within walking distance. KaBOOM! is currently offering several grant opportunities to help organizations begin or complete playspace projects. [Visit their website](#) to learn about grants currently available.

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The Rookie Run, which compliments the OneAmerica 500 Festival Mini-Marathon, is a great way for kids to stay physically fit and to be a part of the 500 Festival festivities. [Online pre-registration](#) for this non-competitive fun run is open for kids ages 3-12. The run takes place just north of Monument Circle, on Ohio and Meridian St., at 1 p.m.

FitCity Calendar

- **Wednesdays, May-Oct.:** [Original Farmers' Market](#), 9:30 a.m.-1:30 p.m., Indianapolis City Market
- **Wednesday, May 14:** [Juicing and Smoothies](#), 11 a.m., Optimal Wellness Center of Indiana, Zionsville
- **Friday, May 20:** [Indianapolis Bike to Work Day](#), bike parking corrals open on Monument Circle, 7 a.m.-5 p.m.
- **Saturday, May 21:** [Head for the Cure](#), 9 a.m., West Park, Carmel
- **Monday, May 30:** [Kids Tri for Kids](#), 8 a.m., Southport High School

Save the Date

- [Mayor's Bike Ride](#), June 4, 10 a.m., Fishback Creek Public Academy, 8301 W. 86th St.
- [Free Skate at Skateland Indy](#), every Tuesday June 21-Aug. 2, 7-10 p.m., 3902 N. Glen Arm Rd.

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 >