



Budget-Friendly Recipes

Try one of these tasty fall recipes:

- [Health Starts Here Dried Apple Slices](#)
- [Mini-Meatball Noodle Soup](#)
- [Easy Marinated Roasted Chicken](#)

[Visit Whole Foods Market](#) for more budget-friendly fall recipes.

Lose the Sweet Drinks



Join the "Life's Sweeter Challenge" and help limit sugary drinks in communities, workplaces, and homes to help fight the country's obesity epidemic. Learn how [you and your family](#) can have a sweeter life. [Sign up](#) for the Challenge today!

Family Day: September 26

Learn more about a national initiative designed to remind parents that what your kids really want at the dinner table is YOU! [Family Day](#) ... a day to eat dinner with your children.

Online Perspiration Inspiration for Kids

Are you ready to Get Sweaty? GetSweaty.com is a new innovative resource designed to help get kids fit and healthy.

FitCity Focus: Childhood Obesity Awareness Month

This September, during National Childhood Obesity Awareness Month (COAM), take a stand and fight childhood obesity. Get involved with these three simple steps:



1. [Download the online toolkit](#) for ideas and information about how you can organize a local event.
2. [Download ready-made images](#) to use on Facebook and other social media to show support of America's kids.
3. [Apply for the 2011 PLAY award](#) and receive recognition for the work you're doing to encourage children to adopt healthy habits.

[Learn more](#) about COAM and how you can create Healthier Kids, Brighter Futures.

Another Reason to Celebrate: Yoga



September is also National Yoga Month. Anyone, at any age, in any body can practice yoga to achieve many health benefits. The Half Spinal Twist Pose (pictured left) is FitCity's fitness consultant Taylor Bennett's favorite pose. To try this pose or others, check out this [online resource](#) for the practice of yoga.

Hoosier Outdoor Experience: September 17-18

The [3rd Annual Hoosier Outdoor Experience](#) will be held September 17-18 at Fort Harrison State Park. At this free event, you and your family can try fishing, archery, kayaking, canoeing, mountain biking, hiking, backpacking, rock climbing, outdoor cooking, camping and much more!

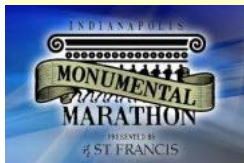


[Read one FitCity mom's blog](#) and see why she believes it's the one event every family must attend.

FitCity Calendar

Kids can log in, record workouts and win prizes. Teachers can find group physical activities for their classes and qualify for "Cash for Cash" bonuses. Parents can discover daily workouts to keep their kids active. [Click here](#) to GetSweaty today!

FitCity Discount for Monumental Marathon



The [Indianapolis Monumental Marathon](#) is partnering with FitCity to give our FitFriends an opportunity to get moving at a discount! [Click here](#) to register for the November 5 event, enter the Promo Code **FitCity** and receive \$10 off your entry fee. Discount good for the marathon, half marathon or 5K.

Follow FitCity on Facebook and Twitter



Below are just a few of the many events taking place around the city to get you moving more.

- **Saturday, September 10:** [Eskenazi Health Run/Walk and Community Fair](#), 7-11 a.m., Wishard Memorial Hospital, downtown.
- **Friday, September 16:** [Speaking of Women's Health](#), 8 a.m. - 3 p.m., Indiana Convention Center.
- **Saturday, September 17:** [Dick Lugar Run and Health Fair](#), 7-11 a.m., Butler University.
- **Saturday, September 24:** [Ovarian Cancer Run/Walk](#), 9 a.m., City Market.

Mark your calendar for these early October events:

- **Sunday, October 2:** [Step Out Walk to Stop Diabetes](#), Noon, Celebration Plaza at White River State Park.
- **Sunday, October 2:** [Walk from Obesity](#), 1 p.m., Fort Harrison State Park.
- **Saturday, October 8:** [Indiana AIDS Walk](#), 11:30 a.m., University Park, downtown.

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 