



## Featured Recipes

January is Oatmeal Month. Did you know oatmeal is high in fiber and protein and low in fat? Warm up this winter with one of these delicious and healthy oatmeal recipes.

- [Red Delicious Apple Oatmeal](#)
- [Oatmeal Creme Brulee](#)
- [Overnight Oatmeal](#)

[Click here](#) for more recipes from FitCity.

## Super Fitness Events in January

Be a part of one of the opening events of Super Bowl XLVI. The [Legacy Loop 5K Run/Walk](#), an event of the 2012 Indianapolis Super Bowl Host Committee, will be held Saturday, January 28, 9 a.m. The race starts and finishes at Arsenal Technical High School.

After the race, warm up inside at the HealthBowl's interactive health fair, 9 a.m.-2 p.m. in the

## Tips for Reaching Your Fitness Goals

If you made a New Year's resolution to incorporate healthier habits into your daily routine, consider these simple tips from the American Heart Association:

- Plan for success one day at a time and remember each day is a new opportunity to make healthy choices.
- Find out your calorie needs. Learn how much food your body needs to thrive and how much is too much.
- Learn the proper serving sizes and pay attention to the nutrition facts panel on foods. Take in fewer calories by controlling portions.
- Get active. Even when you're short on time, finding ways to squeeze in short bouts of physical activity for at least 10 minutes three times each day is good for your heart health and your mind.
- Record your achievements and efforts, no matter how small. You can do this one day at a time, and by keeping at it, you will achieve your goals.



## IUPUI Powers a Super New Fitness Center for Indy's East Side



As part of its commitment to improve the quality of life for residents in our community, the [IUPUI School of Physical Education and Tourism](#) is partnering with the Chase Near Eastside Legacy Center to open the new Fitness Zone in February. For a nominal fee, people young and old can participate in health screenings, health and wellness classes, personal training, group exercise classes, and individual workouts. All of these options are conducted under the supervision of exercise science, fitness management/personal training, and fitness studies students from IUPUI. [Click here](#) to learn more about the Legacy Fitness Zone, its benefits, rates, specials and policies.

**In honor of Super Bowl XLVI, all guests may use the [Chase Near Eastside Legacy Center](#), including the Fitness Zone, during the month of February for Free!**

Arsenal Technical High School gym. Meet NFL players. Check out free health screenings and experience fitness challenges football style! The event sounds *Super* fun!

### Family Fitness Tip

January is National Family Fit Lifestyle month. Start the entire family on a healthy path to good living by going grocery shopping and choosing healthy foods together. Make physical fitness a part of your daily routine by playing games and staying active as a family. Visit [fitcityindy.org](http://fitcityindy.org) for more ideas, tips and resources to help your family become fit.

### Win Pantry Staples for a Year

Whole Foods Market is giving away cool stuff, including \$50 Whole Foods gift cards, pantry staples for a year and a customized elfa pantry system from The Container Store. To be eligible for their random drawings, [send an email](#) and tell Whole Foods what healthy foods are "must haves" for your pantry. Deadline is January 31. Winners will be selected in February.

### Mini Marathon Training Programs

If you plan on running

## Do This. Not That

**Instead of:**  
Not eating the foods you love!

**How about:**  
Trying new healthy recipes of those foods you love.



**Instead of:**  
6 piece chicken nuggets  
Small French Fry  
Small Coca-Cola  
(860 calories)

**How about:**  
Hamburger  
Apple dippers with Caramel Dip  
Water or diet soda  
(405 calories)

**Instead of:**  
Having a plate full of brown and yellow foods.

**How about:**  
Making your plate as colorful as you can. Try to get one food of each color!



source: [Riley POWER program](#)

## FitCityCalendar

Below are just a few events taking place around the city to get you moving more and eating healthy.

- **Throughout January:** [The ABCs of Diabetes](#) kicks off its free self-management classes in January. Call (317) 221-2094 for a list of times and locations.
- **Saturday, January 14:** [MBA = Mind. Body. Awareness.](#) 2-4 p.m., Invoke Studio, 970 Fort Wayne Ave., Suite C, downtown.
- **Saturday, January 21:** [Bop to the Top](#), 8:30 a.m.-12:30 p.m., OneAmerica Tower, One American Square.
- **Sunday, January 29:** [Indoor Triathlon](#), 8 a.m.-noon, JCC, 6701 Hoover Rd.
- **Tuesday, January 31:** [Dealing with Diabetes Workshop](#), 6-7 p.m., NIFS, 250 University Blvd.

For more events and FitCity resources visit [www.fitcityindy.org](http://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!**

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or walking this year's 500 Festival Mini-Marathon, consider participating in one of the many training programs throughout town.

- [500 Festival Training Series](#)
- [Indy Runners Mini Training Program](#)
- [NIFS Mini-Marathon Training Program](#)

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