



FitCity, a division of Learning Well, Inc., is a community-wide **CHILDHOOD OBESITY FIGHTING** campaign founded and supported by The Health Foundation of Greater Indianapolis.

FitCity is committed to assisting **LOCAL WELLNESS PROGRAMS** and to providing messages to children and adolescents in communities that traditionally are undeserved, lacking access to the income and resources to maintain good nutrition and physical fitness and at increased risk for higher rates of obesity.



MAKE A HEALTHY MOVE BY KNOWING YOUR FOOD

- A serving of turkey is the same size as a deck of cards
- A serving of cheese is the same size as four dice
- A serving of stuffing is the same size as one golf ball
- One slice of bread is one serving
- Regular peanut butter is heart healthy
- Mustard and ketchup are healthy choices and tasty, too

