



Kids
Cook
Monday
Recipe
Challenge

FitCity has teamed up with [The Kids Cook Monday](#) and the [Center of Wellness for Urban Women](#) on our latest [Recipe Challenge](#). It's easy to enter: Just send us the ingredients, directions and a photo of your favorite cook-as-a-family recipe along with a quote from the young chef(s) in your family by November 11.

For complete contest rules, [click here](#).

Featured Recipes

Prepare and enjoy these tasty Thanksgiving recipes for a healthier holiday feast:

- [Herb-Roasted Turkey](#)
- [Good-for-you Cornbread](#)
- [Low Fat Pumpkin Bread Pudding](#)

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



Enter to Win a Free Thanksgiving Dinner

FitCity Facebook fans (new and old) can enter to win a healthy made-from scratch Thanksgiving dinner for eight from [Avec Moi](#). Now through November 18, anyone who "likes" the FitCity Facebook page can enter to win a delicious dinner from Indy's newest carryout spot. [Click here](#) to enter.

Not a fan of FitCity yet? Go to our [Facebook page](#), click on the "Like" button and you can enter too!

FitCity Focus: Pomegranates

November is National Pomegranate Month. This delicious, red, seed-filled fruit is celebrated for its many antioxidants and health benefits. Fresh pomegranates are available from September through January. Pomegranates are one of the few fruits whose juice is just as beneficial as its fruit or seeds. Health benefits include:



- Lowers the risk of heart disease
- Full of antioxidants
- Reduces cholesterol

[Click here](#) for ideas on how to celebrate pomegranates.

FitCityCalendar

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

- **Saturday, November 5:** [Indianapolis Monumental Marathon](#). Look for FitCity along the course taking pictures for our "Every Body is Beautiful" blog.
- **Sunday, November 6:** [JCC's Kroger Day of Wellness](#), 9

Winter Farmers Market Opens

November 12

Just in time for buying fresh, local and in-season ingredients for your locally inspired Thanksgiving dinner, the [Indy Winter Farmers Market](#) kicks off the season in the west wing of the [Indianapolis City Market](#) on Saturday, November 12, 9 a.m. - 12:30 p.m.

Comcast Features FitCity

Look for FitCity Indianapolis on Comcast. Two different FitCity public service announcements will air later this month and throughout 2012.

Dining Out Options

If you eat out at restaurants, are trying to maintain or lose weight and don't have the time to sort through the nutritional information, [Feel Good Nutrition](#) has a website that can help you.

[Click here](#) for their online version of "eat this, not that."

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and Twitter**



a.m. - 4 p.m., JCC.

- **November 7-January 9:** [NIFS](#) Maintain not Gain, an eight-week program designed to encourage you to stay active and keep you motivated to maintain your weight through the holidays.
- **Saturday, November 19:** [Outback Scramble](#), 5 mile wacky cross-country course, 9:34 a.m., Eagle's Crest, 7201 Fishback Rd.
- **Saturday, November 19:** [Gluten Free Thanksgiving Sampling Event](#), 2 - 4 p.m., Whole Foods Market, 1300 E. 86th St.
- **Thursday, November 24:** [Drumstick Dash](#), 9 a.m., Broad Ripple Station, 1079 Broad Ripple Ave.

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 