



Transcript from July 27, 2010 to July 28, 2010

All times are Pacific Time

July 27, 2010

- 12:52 pm INShapelIndiana: Join us on #indyfitchat tonight @ 7pm with @FitCity & @IndyStateFair talking about being healthy at the fair! Chance to win 4 FREE fair tix.
- 1:42 pm fitcityindy: @INShapelIndiana & @IndyStateFair Ready to hear about fitness classes, Fair Fit Challenge & more. See you @ 7p ET for #indyfitchat.
- 4:45 pm CMV420: Join @fitcityindy tonite for #indyfitchat @ 7pm, Learn where Healthy info & fun activities are @IndyStateFair; You could win 4 free tickets
- 8:05 pm kidshealthtips: RT @fitcityindy: Join #indyfitchat Tues @ 7pm ET & you could win 4 #free #IN State Fair tiks. @INShapelIndiana & @IndyStateFair
- 10:45 pm fitcityindy: #indyfitchat with @INShapelIndiana will begin in 15 mins. Do you have your questions on how to be healthy at the @IndyStateFair ready?
- 10:53 pm INShapelIndiana: Getting ready for #indyfitchat with @fitcity and @indystatefair. Ask us questions about being healthy at the fair this year.
- 10:55 pm IndyStateFair: Yes, you can have a healthy visit to @indystatefair. Ask us how during #indyfitchat in 5 mins.
- 11:01 pm fitcityindy: It's time for the #indyfitchat! Welcome Abby from @INShapelIndiana! Also joining us tonight is Andy Klotz from @IndyStateFair. Hi Andy!
- 11:01 pm fitcityindy: If you have joined the Chat, introduce yourself pls! Remember to add #indyfitchat to your tweets so we can see your questions & comments.
- 11:03 pm JenStringer10: Jen is in on the #indyfitchat.
- 11:03 pm LeahShopp: watching for the #indyfitchat tonight!
- 11:05 pm INShapelIndiana: Hello #indyfitchat participants. We're ready to answer your healthy fair questions!
- 11:06 pm fitcityindy: Q1: So what is happening at the @INShapelIndiana Summer Plaza at the State Fair this year? #indyfitchat
- 11:07 pm INShapelIndiana: Fairgoers can join in Zumba, pilates, rowing, belly dancing, crossfit, bootcamps and much more @indystatefair #indyfitchat
- 11:08 pm INShapelIndiana: The SummerFit Plaza @indystatefair will also have registered dieticians on hand to answer all your food questions #indyfitchat
- 11:09 pm fitcityindy: RT @INShapelIndiana: Fairgoers can join in Zumba, pilates, rowing, belly dancing, crossfit, bootcamps & much more @indystatefair #indyfitchat
- 11:10 pm lisavielee: Will the SummerFit Plaza be open the entire fair? #indyfitchat
- 11:11 pm INShapelIndiana: We want you to join us at the SummerFit Plaza @ the fair, so check out our website for details <http://cot.ag/b1w5KO> #indyfitchat
- 11:11 pm OnTrackFitness: Hi, just wanted to let you know I'm here now, too! #indyfitchat

pm

11:12 fitcityindy: RT @INShapelIndiana: Check out our website for details on the SummerFit Plaza
http://cot.ag/b1w5KO #indyfitchat

11:12 IndyStateFair: RT @fitcityindy: RT @INShapelIndiana: Fairgoers can join in Zumba, pilates, rowing, belly
dancing, crossfit, bootcamps & much more @indystatefair #indyfitchat

11:12 OnTrackFitness: RT @INShapelIndiana: We want u to join us at the SummerFit Plaza @ the fair, check out our
website http://cot.ag/b1w5KO #indyfitchat

11:12 IndyStateFair: RT @INShapelIndiana: We want you to join us at the SummerFit Plaza @ the fair, so check out
our website for details http://cot.ag/b1w5KO #indyfitchat

11:13 fitcityindy: Hi @OnTrackFitness, @JenStringer10 - do you have any specific questions for
@INShapelIndiana about being healthy at the fair? #indyfitchat

11:14 OnTrackFitness: what are you offering people at the fair to get healthy?! #indyfitchat

11:15 JenStringer10: Where will SummerFit Plaza be? Is there a schedule of activities? #indyfitchat

11:16 fitcityindy: @IndyStateFair Do you want to address this one? RT @OnTrackFitness: what are you offering
people at the fair to get healthy?! #indyfitchat

11:16 IndyStateFair: Participants in @INfirstlady Cheri Daniels' Heartland Walk for Health on 8/14 get free T-shirts,
other little goodies. #indyfitchat

11:18 OnTrackFitness: Cool! RT @IndyStateFair: Participants in @INfirstlady Cheri Daniels' Hartlnd Wlk for Hlth 8/14
get free Tshirts, other goodies. #indyfitchat

11:18 eternallizdom: Zumba at the Fair! Sweet! #indyfitchat

11:19 OnTrackFitness: Yeah, Zumba is really a great workout & FUN! RT @eternallizdom: Zumba at the Fair! Sweet!
#indyfitchat

11:19 eternallizdom: Hi @fitcityindy and INshape! Liz here! #indyfitchat

11:19 INShapelIndiana: The SummerFit Plaza is on the Hoosier Lottery Grandstand Side Lot next to the racing pigs
exhibit #indyfitchat

11:19 OnTrackFitness: Bellydancing sounds awesome, too! #indyfitchat

11:20 lisavielee: Gotta love the racing pigs! RT @INShapelIndiana: SummerFit Plaza is near the Hoosier Lottery
Grandstand near racing pigs exhibit #indyfitchat

11:21 fitcityindy: Hi @eternallizdom! So does that mean you are going to Zumba at the Fair? What else will you
try? #indyfitchat

11:24 fitcityindy: Here is a link for more information on some prizes - http://bit.ly/c7tPes @INShapelIndiana: New
is the Fair Fit Challenge map. #indyfitchat

11:24 OnTrackFitness: Great idea! RT @INShapelIndiana: @ the Fair this yr INShape Fair Fit Challenge. Walk 3,482
steps around the fairgrnds for rizes! #indyfitchat

11:25 AshleyAffeldt: RT @amyleemartin: Great job spreading the healthy word! #indyfitchat

11:26 fitcityindy: We are having some technical difficulties with the #indyfitchat hashtag tonight. If we have missed
your question, send it to @fitcityindy

11:27 IndyStateFair: Did you know that each lap you walk on main road @Indystatefair is about 1.5 miles? That's
burning good calories! #indyfitchat

11:28 fitcityindy: I did not know that! RT @IndyStateFair: Did you know that each lap you walk on main road

- pm @Indystatefair is about 1.5 miles? #indyfitchat
- 11:28 INShapeIndiana: Now that's Fair Fit! RT @IndyStateFair Walking on main road @Indystatefair is about 1.5 miles? pm That's burning good calories! #indyfitchat
- 11:29 OnTrackFitness: Wow, I didn't know that RT @IndyStateFair: Did you know that each lap you walk on main road pm @Indystatefair is about 1.5 miles? #indyfitchat
- 11:29 OnTrackFitness: I'd love to try the bellydancing #indyfitchat pm
- 11:31 IndyStateFair: Sorry @INShapeIndiana... you are next to G's stand, not BSU Ag/Hort. Still, Farmers' Mkt Cafe is pm a must-stop for healthy eaters! #indyfitchat
- 11:32 fitcityindy: @IndyStateFair Will you be offering Pedal and Park again this year at the Fair? #indyfitchat pm
- 11:33 fitcityindy: @AshleyAffeldt @amyleemartin Welcome to the #indyfitchat pm
- 11:33 OnTrackFitness: What's that, sounds interesting? RT @fitcityindy: @IndyStateFair Will u be offering Pedal & Park pm again this year at the Fair? #indyfitchat
- 11:34 JenStringer10: Any other must-stops? RT @IndyStateFair Farmers' Mkt Cafe is a must-stop for healthy eaters! pm #indyfitchat
- 11:35 IndyStateFair: Yes! Save \$1 on adm. this way RT@ fitcityindy @IndyStateFair Will you be offering Pedal and pm Park again this year at the Fair? #indyfitchat
- 11:36 fitcityindy: @IndyStateFair Where are the bike racks if you decide to pedal and park at the Fair and save pm \$1? #indyfitchat
- 11:36 IndyStateFair: Pedal & Park: ride bike and park in rack outside Gate 18 on Monon Trail and save a buck on pm admission! #indyfitchat
- 11:37 OnTrackFitness: RT @IndyStateFair Farmers' Mkt Cafe is a must-stop for healthy eaters! #indyfitchat pm
- 11:37 INShapeIndiana: @BicycleIndiana partners with Pedal and Park and will be giving free bicycle skills/safety courses pm at our booth @indystatefair #indyfitchat
- 11:38 fitcityindy: Let's switch gears. Who thinks you can eat healthy at the State Fair (Farmers Mkt or other pm ways)? Tweet your opinion. #indyfitchat
- 11:38 JenStringer10: What's on the menu at the Farmers' Mkt Cafe? #indyfitchat pm
- 11:39 OnTrackFitness: RT @IndyStateFair: Pedal & Park: ride bike and park in rack outside Gate 18 on Monon Trail & pm save a buck on admission! #indyfitchat
- 11:39 JenStringer10: RT @fitcityindy Who thinks you can eat healthy at the State Fair (Farmers Mkt or other ways)? pm Tweet your opinion. #indyfitchat
- 11:39 fitcityindy: RT @eternallizdom: My tip... \$2 Tues. Save \$\$ and have smaller portions with \$2 food offerings pm at the @IndyStateFair . #indyfitchat
- 11:40 OnTrackFitness: I'd like to know the healthy food options, I always hear about the fried foods only! #indyfitchat pm
- 11:41 IndyStateFair: Farmers Mkt Cafe will have fresh fruits, salads, veggie trays, etc. Local produce a staple here! pm #indyfitchat
- 11:42 INShapeIndiana: Eat healthy @indystatefair @ the Farmer's Market Cafe - salads, deli sandwiches and fresh pm produce. #indyfitchat
- 11:42 marybiever: RT @IndyStateFair: Farmers Mkt Cafe will have fresh fruits, salads, veggie trays, etc. Local pm produce a staple here! #indyfitchat
- 11:43 INShapeIndiana: How about getting corn on the cob without the butter @indystatefair? #indyfitchat

pm

11:43 eternallizdom: Look for grilled food vs fried at Fair. #indyfitchat

pm

11:44 theindychannel: RT @IndyStateFair: Pedal & Park: ride bike and park in rack outside Gate 18 on Monon Trail and save a buck on admission! #indyfitchat

pm

11:44 fitcityindy: Yummm...sweet corn...RT @INShapelIndiana: How about getting corn on the cob without the butter @indystatefair? #indyfitchat

pm

11:44 IndyStateFair: Ever had a quesadilla from Beef Cattlemen's Tent? Awesome! I add the sauce and sourcream, but it's healthy if you eat it plain. #indyfitchat

pm

11:45 fitcityindy: Did you know one lucky #indyfitchat participant will win 4 free tickets to the @IndyStateFair ? Get your comments in to be eligible!

pm

11:46 barbaraeperson: @fitcityindy And I was telling what I do, not giving advice! Sorry about that! Yes, sweet corn is sweet enough! #indyfitchat

pm

11:46 INShapelIndiana: Supprt our local Indiana pork and beef producers @indystatefair. Great food that's good for you. #indyfitchat

pm

11:47 IndyStateFair: Pork Tent has lots of lean cuts of pork... more good, healthy eating. #indyfitchat

pm

11:47 Rhonnybay: @fitcityindy Is the chat over? #indyfitchat

pm

11:47 fitcityindy: RT @INShapelIndiana: Support our local Indiana pork and beef producers @indystatefair. Great food that's good for you. #indyfitchat

pm

11:48 Rhonnybay: @INShapelIndiana I'm doing to my best to find all the healthy goodies at the @indystatefair #indyfitchat

pm

11:48 lisavielee: I'm surprised no one has mentioned the dairy barn! A nice cold glass of milk is awesome. #indyfitchat

pm

11:48 fitcityindy: @Rhonnybay We are still chatting! What is your favorite (healthy) fair food? #indyfitchat

pm

11:49 Rhonnybay: @fitcityindy I'm believe I'm going to split my food choices with my daughter cutting the portion size #indyfitchat

pm

11:50 Rhonnybay: @fitcityindy I haven't been the fair since I was 16 and I was working there. Its going to be a great adventure! #indyfitchat

pm

11:50 fitcityindy: Great idea RT @Rhonnybay: @fitcityindy I'm believe I'm going to split my food choices with my daughter cutting the portion size #indyfitchat

pm

11:50 OnTrackFitness: @fitcityindy the fresh fruit/produce sounds great, especially on a hot day! #indyfitchat

pm

11:50 that_girl_lola: we choose to sample a few "bad" choices but share everything in between 3 of us #indyfitchat

pm

11:51 that_girl_lola: One of my favorite healthy things at the fair is the fresh honey and all the honey products #indyfitchat

pm

11:51 IndyStateFair: Don't forget: Clarian Dance for Health Stage near Gate 6 (Fall Creek Pkwy) has line-dancing, etc. to participate in. #indyfitchat

pm

11:52 INShapelIndiana: Great idea! RT @that_girl_lola we choose to sample a few "bad" choices but share everything in between 3 of us #indyfitchat

pm

11:52 fitcityindy: @IndyStateFair With all the food talk, it is good to remind us how to work it off at the Clarian Dance for Health Stage. #indyfitchat

pm

11:53 IndianaPork: Try the boneless chop sandwich! @IndyStateFair Pork Tent has lots of lean cuts of pork... more

pm good, healthy eating. #indyfitchat

11:54 pm eternallizdom: Also, don't get caught up in empty liquid calories. I stick with bottled water or unsweetened iced tea. #indyfitchat

11:54 pm INShapelIndiana: Remember to register for the Heartland Walk for Health with @INFirstLady on Aug. 14th, too <http://cot.ag/9JglSr> #indyfitchat

11:54 pm eternallizdom: Work it off- walk more, tram less! #indyfitchat

11:54 pm fitcityindy: @INShapelIndiana @IndyStateFair What is the recipe trail? We heard something about that but I don't have the details. #indyfitchat

11:55 pm eternallizdom: For my kids- We like @IndianaPork because they have applesauce. Don't know how much sugar it is but better than fried stuff! #indyfitchat

11:56 pm fitcityindy: RT @that_girl_lola: I save the cal's for the more fun stuff! :) Plus as hot as it is- H2O good for staying hydrated #indyfitchat

11:58 pm OnTrackFitness: RT @INShapelIndiana Remember to register for the Heartland Walk for Health w @INFirstLady Aug. 14th <http://cot.ag/9JglSr> #indyfitchat

11:59 pm fitcityindy: Final question: What other things are going on with @INShapelIndiana this fall? #indyfitchat

July 28, 2010

12:01 am IndyStateFair: Indiana Humanities Council has Food For Thought (Food Trail) info at the FFA Pavilion. #indyfitchat

12:01 am INShapelIndiana: We have lots going on after the Fair. Keep checking back with us to see where we'll be next! www.inshape.in.gov or fan us on FB #indyfitchat

12:02 am fitcityindy: RT @INShapelIndiana: We have lots going on after the Fair. www.inshape.in.gov or fan us on FB #indyfitchat

12:02 am CourtneySampson: @IndyStateFair Isn't there a way to sample select food items on Tuesdays? That way, you can have automatic portion control! #indyfitchat

12:05 am IndyStateFair: Last comment: come walk, laugh, dance and space out your fried food intake - you'll stay healthy and have a great time! #indyfitchat

12:05 am fitcityindy: Let's go ahead and announce our winner of the 4 Fair tickets...@that_girl_lola!!! Let us know @ your healthy fair experience! #indyfitchat

12:07 am fitcityindy: Don't forget to ?like? FitCity or @INShapelIndiana on Facebook for more chances to win fair tickets as part of our Summer of Go! #indyfitchat

12:07 am fitcityindy: Thanks Andy and Abby for sharing all the great healthy Fair news! #indyfitchat

12:08 am INShapelIndiana: Thank you for having us @fitcityindy. We can't wait for the Year of the Pigs @indystatefair. #indyfitchat

12:09 am IndyStateFair: Thanks for hosting @fitcityindy! Thanks everyone. See you @Indystatefair Aug. 6 - 22! #indyfitchat

12:11 am proudporkmom: RT @IndyStateFair: Pork Tent has lots of lean cuts of pork... more good, healthy eating. #indyfitchat. & its @IndianaPork 's Year of the Pig

12:13 am that_girl_lola: COOL! Thank you! RT @fitcityindy Let's go ahead and announce winner of the 4 Fair tickets @that_girl_lola!!! #indyfitchat

12:17 am eternallizdom: @that_girl_lola CONGRATS!! Maybe I'll see you there!! @fitcityindy @IndyStateFair #indyfitchat

12:46 pm FLYWON: RT @indy passionlady: I can't wait for the @IndyStateFair now how much walking will I need to

am do to burn off the fair food? #indyfitchat

2:25 am AshleyAffeldt: @fitcityindy thank you! RT@AshleyAffeldt @amyleemartin Welcome to the #indyfitchat

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