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Info

Friend Activity (1+)

Insights

Thanksgiving Giveaway

Events

Photos

Videos

Fit Friends

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FitCity Indianapolis ▸ Thanksgiving Giveaway

 Non-Profit Organization · [Edit Info](#)

This promotion is over. Thanks for participating!



Leave the Thanksgiving Dinner to Us!



We know busy moms can use a little help with providing healthy meals for their families—especially on Thanksgiving. Here is your chance to win a healthy, made-from scratch Thanksgiving dinner for 8! Enter the contest, by completing the information below:

CONGRATULATIONS to sweepstakes winner Jenny Lindbloom!

Dinner for 8 to be provided by Avec Moi, a new Indianapolis carryout spot committed to making yummy meals from scratch with fresh ingredients.

No purchase necessary. Open to residents of Greater Indianapolis, age 21+ only.

Admins (2) [?]

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Use Facebook as FitCity Indianapolis

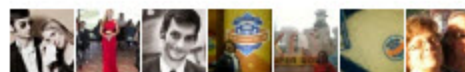
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You and FitCity Indianapolis



60 friends like this.

2 friends have worked here.

Skateland, Action for Healthy Kids, The Children's Museum of Indianapolis

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Steven Shattuck, Tony Faustino and Tyler Burgardt like HubSpot.

MAKE A HEALTHY MOVE



FitCity
A division of Learning Well, Inc.

INDIANAPOLIS CALL 2-1-1



**MOMS
BLOG**

**MOVE
MORE.**



**EAT
HEALTHY.**



**CHALLENGE
YOURSELF.**



**GET
CONNECTED.**

Sun	Mon	Tue	Wed
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25



For Lunch, Think Outside the Brown Bag

Posted by Eleather Baker on August 3, 2009 in [Fitness and Health Tips](#), [Healthy Recipes](#), [Nutrition](#)

Before I left for vacation this week, I asked Christina Ferrolli at [Purdue Extension – Marion County](#) to share her perspective on the all-important mid-day meal, lunch. She reminds us below that packing a good lunch is not just kid stuff. It is important for moms to get a good lunch too.

I used to approach lunches from the perspective of it being the in between meal – between breakfast and dinner – until I decided to turn lunch ...

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Posted in [Fitness and Health Tips](#), [Healthy Recipes](#), [Nutrition](#) | [No Comments »](#)



Weekly News Links Week of July 27

Posted by Eleather Baker on July 29, 2009 in [Outdoor Activities](#), [Weekly Links](#)

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What's happening?

Timeline

[@fitcityindy](#)[Activity](#)[Searches](#)[Lists](#)**YumYucky** Josie YumYucky

Waiting while GreedyKid2 is getting his braces on right now. Im about to write a large check. Gah!

**DoltIndy** DoltIndy - Ben&Tolin

Can you believe this weather!? It IS winter, right? Take advantage of it Indy!

**naptownbuzz** Brian Groce

Anyone else see how clean the interstates & major roads in #Indy are? I like it!!!

**GreenwoodAngel** Angela Singh

No power at work

**IndyCM** Indy City Market

[@zigged](#) Try parking in the lot across the Market on Alabama...\$6

Your Tweets **3,042**

2 hours ago : RT [@GreenBEANInd](#) Good Morning! Does...

Following **2,439**Followers **2,939**Who to follow · [refresh](#) · [view all](#)**FAGEUSA** FAGE Yogurt (USA) [Follow](#)

[Promoted](#) · Followed by [@CUSDNutrition](#) and others

**AmerMedicalAssn** AMA · [Follow](#)

The American Medical Association helps doctors help...

**UrbanElementIN** Mike H · [Follow](#)

Urban Element blends the relaxed comfort of a coffee...

Trends: Indianapolis trends · [change](#)[#5dollarfootlongs](#) [Promoted](#)[Don Cornelius](#)[#3WordsThatWomenHate](#)[#IDoNotUnderstand](#)[#BlackHistoryMonth](#)[Soul Train](#)



MAKE A HEALTHY MOVE

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INDIANAPOLIS CALL 2-1-1

FitCity is a community-wide collaboration between programs, funders, organizations and community groups all dedicated to one cause - making Indianapolis and surrounding counties the healthiest place to live, work and grow.



There are 1,440 minutes in a day. Use 30 for daily exercise.

MOVE MORE.



EAT HEALTHY.



CHALLENGE YOURSELF.



GET CONNECTED.

Sun	Mon	Tue	Wed
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	



JUST FOR PARENTS!



JUST FOR KIDS!

TIP OF THE WEEK

Get healthy, stay healthy. Try this easy tip and come back next week for a different healthy tip.

Hold Up: Before sitting for kids' recital, stand with your heels, butt, shoulders & head against a wall. You will stand/sit up straighter.

More Tips..

Read the FitCity MOMS BLOG