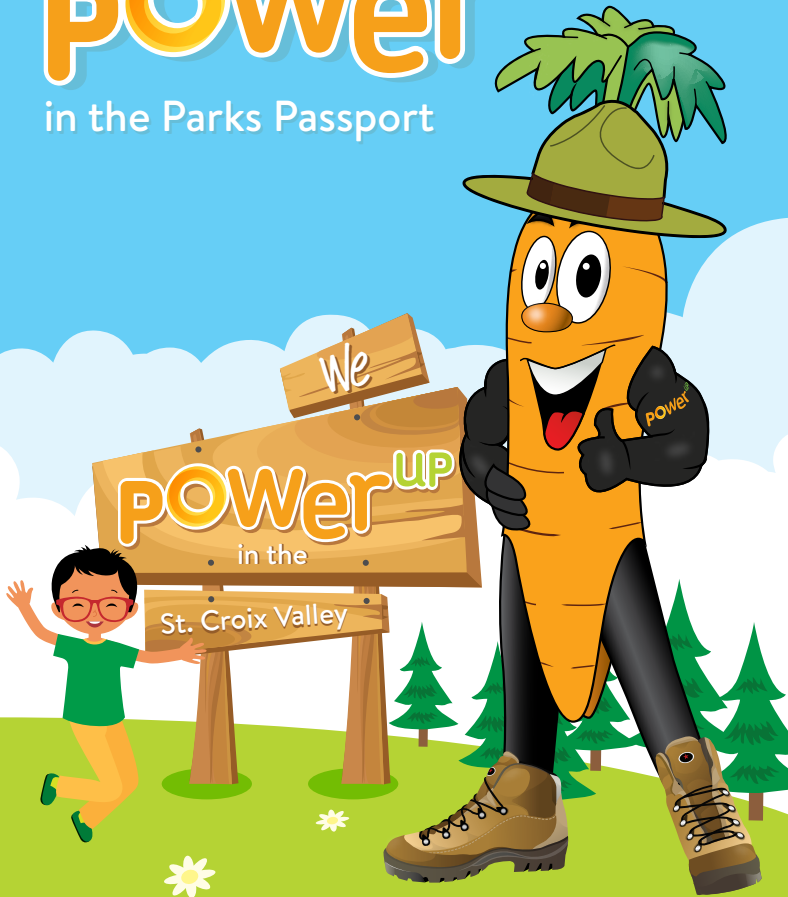


# powerUP

in the Parks Passport



Our parks and trails are fun places to explore, play and **PowerUp!**

**PowerUp** and the **St. Croix National Scenic Riverway** (Our National Park) have partnered to bring you this fun-filled passport.

This passport can help you discover the amazing, family-friendly parks and trails, right here in the St. Croix River Valley. Use this Passport to map out your own **PowerUp** adventure, and win prizes too.

Track your fun by completing the activities inside. Check the "I DID IT!" box as you complete each activity. Submit the completed postcard (on the back) to win cool prizes. Anyone can participate!

**For more information visit:**

[www.powerup4kids.org/ParksPassport](http://www.powerup4kids.org/ParksPassport)

On Facebook: [facebook.com/powerupkids](https://www.facebook.com/powerupkids)



HIKE PADDLE  
bike Explore  
play



Exploring the parks is a super fun way to **PowerUp!** Being active:

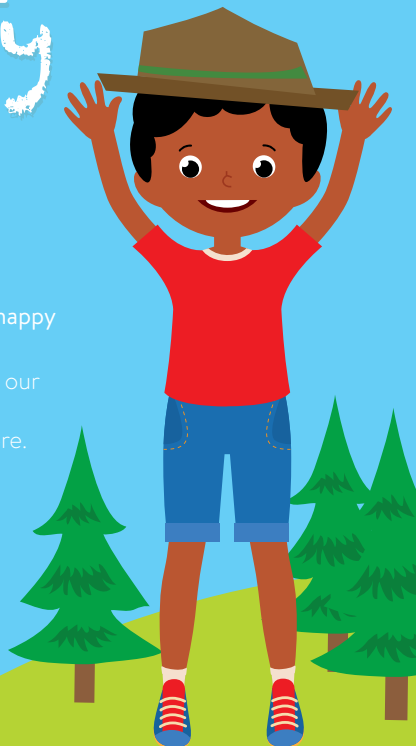
- Boosts your energy
- Keeps your body strong
- Helps you grow
- Makes you smile and feel happy

There is so much to see and do at our beautiful parks and on the trails. Check off all the places you explore.

- Hike a trail
- Pedal across a bridge
- See a waterfall
- Paddle the river

Check out the map inside to see all the places you can hike, bike, paddle, play and explore.

**I did it!** I explored the outdoors!



# Do!

- ✓ **Pack plenty of H2O to drink.** Water cools you down and keeps you going when playing outdoors.
- ✓ **Shade the sun.** Wear a hat, sunglasses and sunscreen (reapply often) to protect your skin.
- ✓ **Paddle safely.** Always wear a life jacket and plan your trip, including shuttles. Consider time, distance and be aware of river conditions. Paddle within your limits.
- ✓ **Dress for the weather.** Wear layers and bright colors to help others see you.
- ✓ **Always check the park rules.**



**I did it!** I learned how to play safely in the parks.

# Don't!

- ⊘ **Get Ticked!** Check yourself for ticks after every outdoor adventure.  

- ⊘ **Get into an "itchy" situation!** Steer clear of poison ivy.  

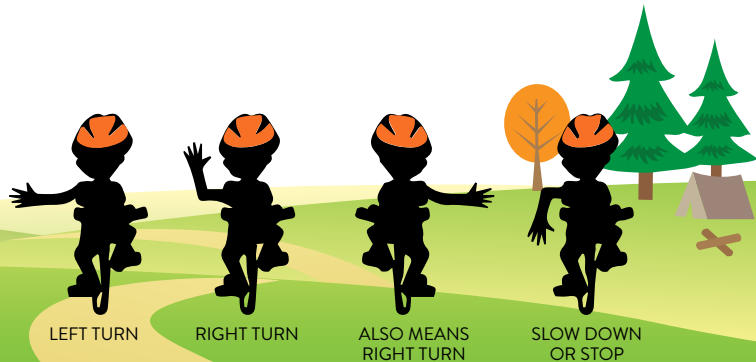
- ⊘ **Get Wild!** Respect the wildlife. Don't get too close. Hunting is permitted in some parks. Check park rules.
- ⊘ **Go it alone!** It's more safe and fun to explore with friends or family.

# POWER<sup>UP</sup> in the Parks Safely



## Ride Safe

- ALWAYS wear a **properly fitted helmet**
- Complete a **bike safety check**
- See and Be Seen.** Use lights, reflectors and wear reflective clothing or tape
- ALWAYS **use hand signals**



To learn more on bike safety to: [bikemn.org](http://bikemn.org) or [bfw.org](http://bfw.org).

# FUEL your fun!

Eating fruits and veggies helps to fuel your fun! How many of these tasty things can you do?



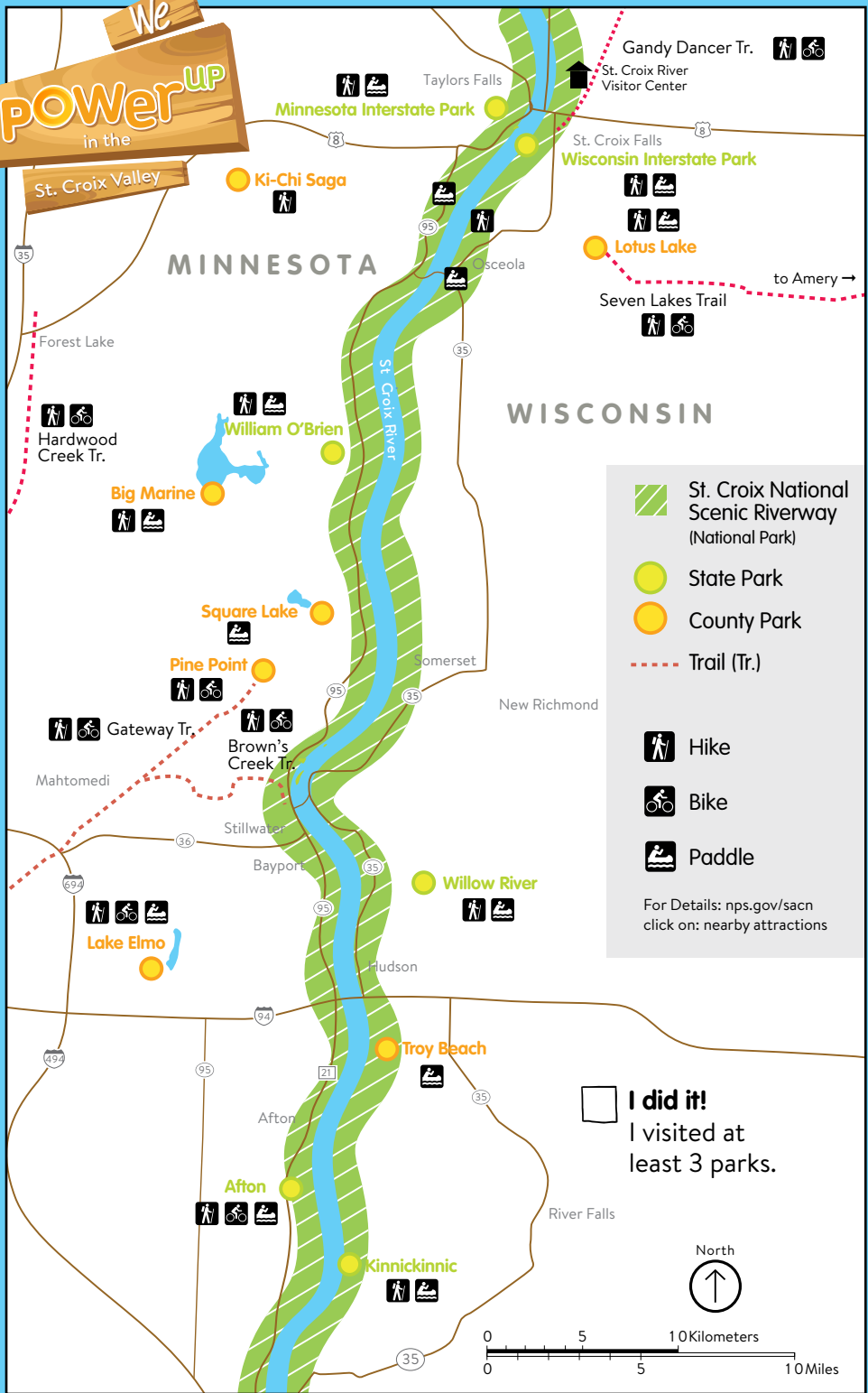
- Add fruit to your breakfast every day for a week
- Fill your plate with 4 colors or more (from fruits and veggies)
- Choose water or milk, instead of a sugary drink
- Try a new veggie
- Try a new fruit
- Pack a PowerUp picnic
- Color this fun picnic scene



Check out [powerup4kids.org](http://powerup4kids.org) for more tasty ideas and recipes!

I did it! I fueled my fun with fruits & veggies!

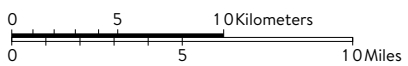
We **POWERUP**  
in the  
St. Croix Valley



- St. Croix National Scenic Riverway (National Park)
- State Park
- County Park
- Trail (Tr.)
- Hike
- Bike
- Paddle

For Details: [nps.gov/sacr](http://nps.gov/sacr)  
click on: nearby attractions

**I did it!**  
I visited at  
least 3 parks.



# Adventure bingo

Kids of all ages take a BINGO adventure! Cross off the activities on the BINGO card as you complete them. Then check the "I DID IT!" box when you get a BINGO – across, down or all four corners.

*Have fun!*

**I did it!**  
I completed Adventure BINGO!



b



Ride your bike on a park trail

Try a new veggie



Watch a sunset at the river's edge

Have a picnic at the park with family or friends



i

Play I Spy!  
(with binoculars)



Leave the TV & other electronics OFF for a whole day



Wear your life jacket



Try a new fruit

n

Put your toes in the river

**FREE**

Drink water or milk, instead of sugary drinks for a week

Shade the sun  
Wear Sunscreen



g



Climb a hill



Go for a hike



Choose a fruit or veggie for a snack



Spot the Big Dipper in the sky

o



Learn to paddle a watercraft  
(like a canoe, kayak or paddle board)



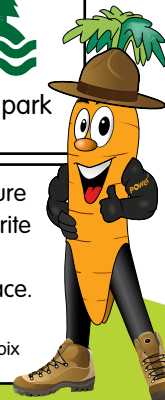
Find a bug on a trail and snap a picture



Play at a park

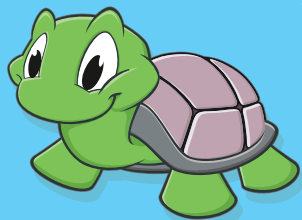
Snap a picture at your favorite park or outdoor space.

Share it at:  
#PowerUpStCroix



# Animal Aerobics

PowerUp your body while having fun doing these wild animal aerobics! They're even more fun to do outside at a park or when hiking on a trail. Check off the "I DID IT!" box when you complete all 6.



## Wood Turtle Stomp

Stomp your feet 10 times



## Crayfish Crunch

Do 10 sit-ups



## Red Fox Pounce

Jump straight up 10 times

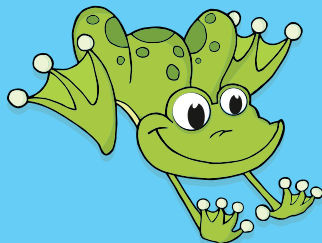


## Eagle Eye Fly

Stretch your arms out like eagle wings and pretend to fly

## Leopard Frog Leap

Hop like a frog 10 times

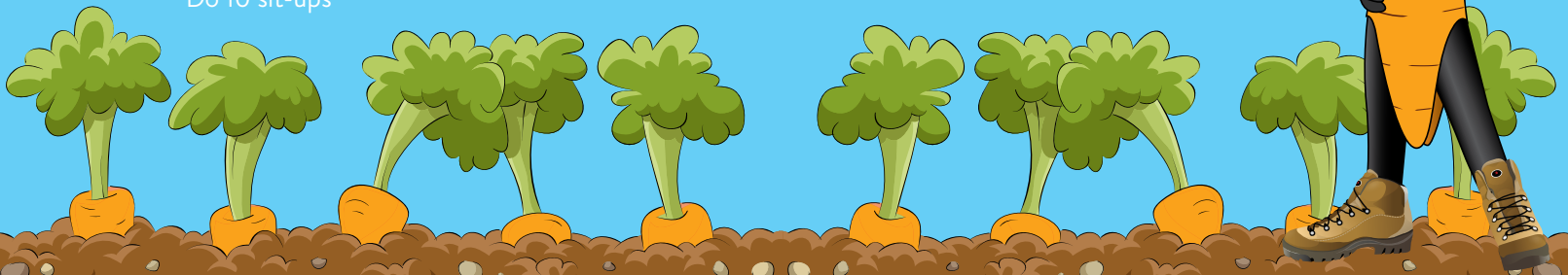


## PowerUp like Chomp

Pretend to pick 10 carrots from the ground



I did it! I played Animal Aerobics



WIN Prizes when you...



# PowerUP

in the Parks

Complete all 6

“I Did It!” activities and  
receive a PowerUp tote,  
map and park patch.



# POWER<sup>UP</sup> in the Parks I Did it!

Check off all the fun ways you powered up in the parks or on the trails. Then submit to win cool prizes!

- I explored the outdoors
- I learned how to play safely in the parks
- I fueled my fun with fruits and veggies
- I visited at least 3 parks
- I completed Adventure BINGO
- I played Animal Aerobics



## TO COLLECT YOUR PRIZES:

1. Fill in your contact information below.
2. Put in an envelope and send it in the mail to PowerUp, 927 Churchill St. W., Stillwater, MN 55082 OR Snap a photo of your completed page and contact information and send by email to [info@powerup4kids.org](mailto:info@powerup4kids.org).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_



# powerUP in the Parks

brought to you by these partners:



Lakeview Hospital  
Stillwater Medical Group  
Amery Hospital & Clinic  
Hudson Hospital & Clinic  
Westfields Hospital & Clinic



St. Croix  River  
ASSOCIATION

 National  
Park Foundation.

