



power^{UP}

2016-2017 STUDENT AMBASSADORS

ANDREW & ALEX WEIGEL

ANNA WILLEMAN

KATIE PATEE & SOPHIA THOMMES

**THE ANATOMY & PHYSIOLOGY STUDENTS
FROM HUDSON HIGH SCHOOL**



Lakeview Health Foundation
Lakeview Hospital
Stillwater Medical Group
Hudson Hospital & Clinic
Westfields Hospital & Clinic



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PowerUp and BearPower Student Ambassadors Program

Are you a student in grades 7-12 who wants to help your school or community eat better and be more active?

Do you have a great idea to create a healthier school and community?

Here is your chance to put that idea into action!

PowerUp and BearPower want to hear your creative ideas, and help make them happen with the Junior Ambassadors Program! Students in grades 7-12 are invited to design a project that helps make better eating and physical activity easy and fun in our schools and community. You could get support for supplies to make your project happen AND compete for the best ideas to create community health.

For more information or to apply visit www.powerup4kids.org/juniorambassador . You can also contact Julia Johnson at julia.a.johnson@lakeview.org with any questions.



FUEL UP
WITH



5

Fruits and Veggies
boost your energy
and help defend and
protect you from
getting sick.

Try filling your
plate with
**4 colors or
more!**



FOUR



PowerUp with **3**
meals a day, plus 2
to 3 snacks!
What you eat lays the
foundation for your day.

Keep screen time
to **2 HOURS**
(or less) a day.



POWER
DOWN
2



Be physically
active **1 hour** or
more every day.

Zero Sugary Drinks.
Grab water instead. Teens
need **8-11 cups** a day.
The more active you are
the more you need.



Fixin' Food For Families

"Our PowerUp Student Ambassador project helped us learn that it is really hard to put an initiative into action, even if it seems like it would be simple. Now I have an appreciation for the politicians and activists that dedicate their lives to a cause."- Andrew and Alex

Reach: Several students expressed interest. The Facebook page gained 10 followers, and 400 viewers.

Sustainability: "We plan to continue, and really work on bringing Fixin' Food for Families to students through different means."



About: Andrew and Alex created a Facebook page to engage students and families at Stillwater Area High school and Stillwater Junior High school to make monthly PoweredUp meals for or with their families.

Water Challenge

"I think that this project was a fun experience. I liked how I was able to be a leader. I also think that this was a good opportunity for me to interact with my community. I believe this was a fun way to promote PowerUp and drinking more water." - Anna Willeman

Reach: The Water Challenge reached 425 students, staff, and school board members at Osceola Middle School.

Evaluation: " Respondents who said they didn't drink any sugary beverages in a day went from 45% before the challenge to 65% after the challenge"



About: Anna provided Osceola Middle School with water bottles and educated them on the benefits of drinking water and reducing the amount of sugary drinks. She also started Fruity Fridays where people can fill up their water bottle with fresh fruit slices to naturally flavor their water!

Aquaponics, Hydroponics & Veggie of the Month

"This was an amazing opportunity for our school to show what we have to offer to our community. We appreciate the opportunities that we have had with PowerUp and look forward to future opportunities. " - Katee Patee

Sustainability: " We have an outstanding group of students coming in next year to be senior leaders! We see so much potential for growth and have a lot in store the next few years."

Reach: "Our education efforts and produce reached the entire the New Richmond community and all 5 schools (8000).



About: Katie and Sophie lead the efforts to grow lettuce for school lunches in hydroponic and aquaponic systems in the Agriscience Department at New Richmond High School. They shared farm to table concepts with peers and younger students through STEM education nights and Veggie of the Month.

Family, Fun and Fitness Night

"We had fun interacting with students and we learned a lot about putting on a health fair. Chomp the Carrot was enjoyed by everyone!"

Sustainability: " We hope to partner with Houlton Elementary again next year. We would also like our activities to continue being used over the spring and summer, such as the exercise chart, jump rope, recipes and toothbrushes!"

Reach:The Family, Fun and Fitness night reached 200 students and family members at Houlton Elementary.



About: The Anatomy & Physiology students from Hudson High School joined forces with Houlton elementary school to promote eating well, good hygiene habits, and moving more. The students planned a Family Fun Night where they educated families about the PowerUp countdown messages through interactive stations.

Summary

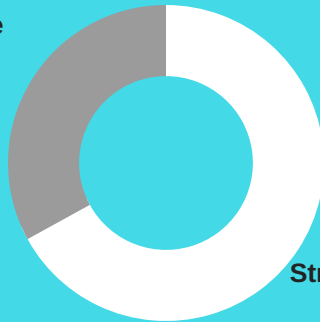
Total Ambassador reach across four communities:

8635

Being a PowerUp Student Ambassador was meaningful.

100% agree that being a PowerUp Student Ambassador was meaningful and it allowed them to engage more with their community.

Agree
33%



Strongly Agree
67%

Favorite part of being a PowerUp Student Ambassador?

"Working with my school and being a leader"

"Getting to share our project and what we accomplished"

"Interacting with the community"

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PowerUp is a community-wide youth health initiative to make better eating and active living easy, fun and popular, so that our youth can reach their full potential

Want to join in on the fun and become a student ambassador? Application available at:

powerup4kids.org/juniiorambassador



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