

# powerup

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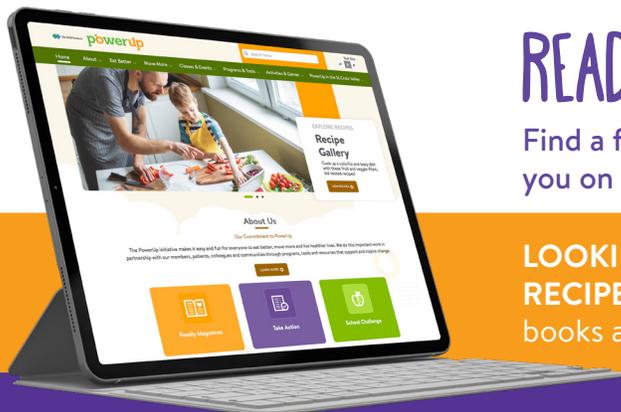
## THE POWERUP WEBSITE GETS A MAKEOVER!!

WITH THE NEW YEAR, COMES A NEW AND REFRESHED [POWERUP4KIDS.ORG](http://POWERUP4KIDS.ORG) WEBSITE.

With the updated look and feel to the PowerUp website, it is easier than ever for all kids and families to find fun ways to eat better and move more. In addition, the website now reaches kids and families in all HealthPartners communities beyond the St. Croix Valley, where PowerUp was born. The site is designed to be a resource for anyone, anywhere. Plus, it's mobile-friendly, too!

### What will you find when you visit the site?

- **Recipe Gallery** filled with delicious, kid-approved fruit and veggie recipes
- **Video Library** power-packed with videos on eating better, moving more and all things PowerUp
- **Programs, tools and resources** for schools, teens and families
- **Activities and games** to help kids and families PowerUp
- **News and blog posts** with the latest in Community Health
- **AND many more fun ways to PowerUp!**



## READ ON!

Find a fun **SCAVENGER HUNT** that will take you on a PowerUp Website Adventure!

**LOOKING FOR KID-APPROVED POWERUP RECIPES?** Check out our new PowerUp recipe books at: [powerup4kids.org/mealtimemagic](http://powerup4kids.org/mealtimemagic)



## HEALTHPARTNERS POWERUP SCHOOL CHALLENGE 2021

NEW YEAR. SAME GOAL.  
CHOOSE YOUR CHALLENGE!

**2021 marks the 10th year of the HealthPartners PowerUp School Challenge!** This year, we've made it easy and flexible for schools, families, or anyone working with elementary-aged kids to take the challenge. So, get ready to get kids excited and curious about **trying for 5 fruits and veggies and moving their bodies in fun, new ways every day.** Also, new to the program, we've added a section to help kids **feel good and recharge** with brain breaks and calming relaxation techniques.

Whether in-person or virtually, schools and families now have the flexibility to choose the interactive program tools and activities that work best for the kids in their life. Learn more about the 2021 **PowerUp School Challenge** at [powerup4kids.org/schoolchallenge](http://powerup4kids.org/schoolchallenge).



**power  
up**  
eating better,  
moving more.



# POWERUP WEBSITE SCAVENGER HUNT

ARE YOU READY TO SET OUT ON AN ONLINE ADVENTURE?

**GET READY... to DISCOVER** fun ways to eat better and move more.

**GET SET... to EXPLORE** and navigate the new PowerUp website for kids, families and the whole community.

**GO TO... powerup4kids.org** and find:



### KIDS IN THE KITCHEN

Master the chef skills to become a Power Chef.

### POWERUP VIDEO GALLERY

Move and groove to the Chomp Stomp.



### MEALTIME MAGIC

Whip up kid-approved recipes found in our recipe books and gallery.

### OUTDOOR PLAY

Explore the outdoors with Cool Weather Play or the PowerUp Adventure Map.

### POWERUP FAMILY MAGAZINES

Find recipes, food science experiments, mazes and more in these power-packed magazines for kids and families.

### BOREDOM BUSTERS

Try go-to moves to help bust boredom.



### CHOMP CHALLENGES

Test your speed, strength and balance with fun challenges.

### POWERUP SCHOOL CHALLENGE FOR FAMILIES

Challenge your family to eat better, move more and feel good.



Find PowerUp on Facebook  
@Powerup4kids

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