



powerup

MAY 8-14

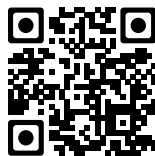
9th Annual

PowerUp Week

Gather your family and friends for **7 days of fun!**

SCAN THE
QR CODE

with your phone
camera to learn
more and sign up.





9th Annual PowerUp Week

JOIN US! MAY 8-14

This is a special week to come together to celebrate with fun family-friendly activities and events to **eat better, move more, feel good and create strong, healthy communities!**

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Kick-off PowerUp Week with a Family Adventure

Join Us! The Family Adventure is seven days of fun and inspiring ways to celebrate PowerUp Week with a theme of the day and chances to WIN cool prizes! No planning required! All you have to do is:

- 1 **SIGN UP** to get started
- 2 **Choose your own adventure**, for one day or all seven
- 3 **WIN** prizes!



WIN FUN PRIZES!



Sign Up to Unlock the Family Adventure!

Sign up at powerup4kids.org/week or scan the QR code to get the daily adventure email that will guide your family through PowerUp Week with virtual, in-person and at-home adventures. Turn the page to get a sneak peek of the week!



SCAN ME!



What will you find in the daily adventure email?

- Virtual and outdoor PowerUp Week events and activities
- Crafts and kitchen science
- Storytime with Chomp
- Ideas to PowerUp at home
- Daily prize entry
- And much more FUN!

Stay updated on PowerUp Week by liking PowerUp on Facebook and visiting powerup4kids.org/week.

 HealthPartners

powerup



PowerUp with the Family Adventure!

This 7-Day Adventure maps out a week of ideas to make eating better, moving more and feeling good extra fun! Just follow along with the theme-of-the-day.

7-DAY POWERUP FAMILY ADVENTURE

MAY 8	MAY 9	MAY 10	MAY 11	MAY 12	MAY 13	MAY 14
SCREEN FREE SUNDAY	MOVE MORE MONDAY	TRY IT TUESDAY	WHAT'S FOR DINNER WEDNESDAY	THIS OR THAT THURSDAY	FEEL GOOD FRIDAY	PLAY OUTSIDE SATURDAY
<p>Power down screens. PowerUp your body and connect with family.</p> <ul style="list-style-type: none"> • Build a fort • Play catch • Play a board game • Enjoy a book together 	<p>Make moving more fun.</p> <ul style="list-style-type: none"> • Throw a dance party • Play tag • Make an obstacle course 	<p>Try something new today.</p> <ul style="list-style-type: none"> • Try juggling • Volunteer • Try a new fruit or veggie <p><i>Ever tried a winged bean or a rambutan?</i></p>	<p>Add a fun PowerUp twist to your meal. Let kids help.</p> <ul style="list-style-type: none"> • Pack a picnic • Cut fruits into fun shapes • Wrap a rainbow of colorful veggies into a spring roll or onto a stick (kabob) 	<p>Compare two things. Vote on your favorite.</p> <ul style="list-style-type: none"> • Sugar snap peas or carrots • Jumping rope or jumping into puddles • Paint or draw 	<p>Do something that makes you feel good.</p> <ul style="list-style-type: none"> • Color a picture • Watch a sunset • Write a note to thank someone special 	<p>Play the day away and breathe in the fresh air.</p> <ul style="list-style-type: none"> • Play at a park • Go on a nature walk • Do a scavenger hunt

Write or draw what you did to celebrate the theme of the day.



To unlock the full 7-Day Family Adventure, visit powerup4kids.org/week to sign up to get the daily email and enter to win cool prizes throughout the week.

POWERUP SPRINGTIME SCAVENGER HUNT

HOW MANY OF THESE SPRINGTIME ITEMS CAN YOU FIND?



For more fun ways to PowerUp this spring and summer, check out the newest **PowerUp Family Magazine** at powerup4kids.org/familymagazine or scan the QR code with the camera on your smartphone.

