



**What do family meals, green beans, drinking water, skipping rope and turning off the TV have in common?** They are all part of PowerUp, a new community-wide effort to make it easy and fun for kids to eat better and be more active.

PowerUp means making some changes in what we eat, drink and do, and it's also fun! Lakeview Health, in partnership with clinics, businesses, schools, restaurants, families, parks and the entire community, is working to PowerUp the St. Croix Valley! We believe that by working together, we can help our kids reach their full potential in life! Does your family want to PowerUp? If so, then let's countdown together and make sure our kids and families have the power they need for today and the future!

**Check out PowerUp recipes, ideas, activities and more at [www.powerup4kids.org](http://www.powerup4kids.org)**

### Count Down for Powered Up Kids and Families:



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#### **FIVE Fruits, Roots, and Vegetables!**

Find fabulous fruits like melon, citrus, grapes, berries, and apples. Try yummy roots like potatoes, sweet potatoes, carrots and turnips and super vegetables like beans, peas and greens.

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#### **FOUR Colors or more.**

Make a rainbow on your plate with **RED** apples, grapes, beets, cherries, peppers, papaya. **BLUE/PURPLE** blueberries, plums, eggplant, figs, pomegranate, **YELLOW/ORANGE** corn, squash, carrots, mango, melon, oranges, **GREEN** broccoli, spinach, kiwi, avocado, leeks, zucchini!

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#### **THREE MEALS every day.**

Don't skip! Breakfast and other meals give an energy boost and help you eat better and are great for connecting with your family.

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#### **TWO HOURS of SCREEN TIME...or less each day.**

Power down the computer, television, cell phone, electronic games, notebooks and tune in to talking, playing, and moving more. Keep an eye on the clock (or use a timer) and enjoy family time without the screens!

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#### **ONE hour of PLAY!**

Dance, run, skip, kick, tag...just get moving and have some fun! Take a family walk, play a yard game, collect rocks or leaves or play tag...just get moving to power up your mind and your body!

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#### **ZERO. Sugary Drinks!**

Skip the soda, sports drinks, sweet tea or fruit "drinks". Refresh with water, milk (1% or skim), or a small glass of 100% fruit juices.

**Blast Off! Let's PowerUp!**

### PowerUp coming events:

**Oct. 22-Nov. 5:** Enter the PowerUp Prize drawing online at [powerup4kids.org](http://powerup4kids.org) or "like" us on Facebook.



**Brian Cress, MD,**  
Stillwater Medical  
Group Pediatrician

"PowerUp is a chance for our community to think about kids first and focus on what we can do to help kids be healthy and at their best.

The PowerUp countdown is a fun way to remember the really powerful changes we can make to impact kids' health. Powering up also helps kids do better in school, sports, music and life.

Families...you are a key to powering up kids. We hope that the tips and resources found in this issue will help you get started. If you have specific questions or concerns about your child's activity or nutrition, be sure to discuss it with your health care provider at your next visit. As families and a community, we hope you'll join all of us as we PowerUp our community to do what's best for our kids."



## How can our family PowerUp?

1) Look at the PowerUp countdown and choose a change to try with your family.

**Change comes one step at time, and you could start by deciding to:**

- Skip the soda and serve milk or water with meals.
- Plan for more family meals this week.
- Try a fall family walk.
- Play flashlight tag instead of TV and computer time.
- Try a PowerUp recipe.

2) Plug in to PowerUp for more ideas, events and resources! From October 22-November 5 "like" us on Facebook at [www.facebook.com/PowerUpKids](http://www.facebook.com/PowerUpKids) and/or register at [www.powerup4kids.org](http://www.powerup4kids.org) and you'll be entered in a drawing to win great prize!

3) Stay tuned for a new PowerUp Press newsletter each month, delivered through most area schools, or sign up to receive it directly by e-mail at [www.powerup4kids.org](http://www.powerup4kids.org). Each issue promises PowerUp tips, recipes, events and more!



Contact us with questions or ideas at [powerup4kids@lakeview.org](mailto:powerup4kids@lakeview.org)

Ask your child the following questions to see what their thoughts are on fruits, veggies and active play!

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If you were a vegetable, what vegetable would you be? \_\_\_\_\_



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Name your favorite PURPLE fruit or veggie. \_\_\_\_\_

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Not including a donut, what do you like to eat for breakfast? \_\_\_\_\_



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What do you like to do for fun (NOT including computer, TV, video games or anything with a "screen"? \_\_\_\_\_

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What is your favorite way to play outside in the fall? \_\_\_\_\_



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When you are really thirsty, what is the best thing to drink to PowerUp? \_\_\_\_\_

(Water or milk! No bubbles, no sugar....it just helps you PowerUp!)

**LAKEVIEW  
HEALTH**

THE HealthPartners Family of Care

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