

PowerUp Press  
....For Families

## Summer Fun!



**PowerUp with...1 hour of active play every day!**



**Did you know that kids need at least 1 hour of play each day?** With busy schedules and more “screen time” than ever, many kids are not active enough. The great thing is—kids (and adults) were built to play and move! We just need to create the opportunity to play and PowerUp each day!

**When you think about play...think FUN!**

The dictionary says that play means: To be active for enjoyment and recreation, rather than a serious purpose.

**But even if it is just for FUN, play is a great way to PowerUp.**

Plus, it helps kids (and adults) to:

- **Connect.** Sharing laughter and fun “bonds us” together and helps create empathy, caring and trust.
- **Learn.** Play sparks curiosity, discovery and creativity. It helps kids learn how to “play by the rules”, win and lose, cooperate and use teamwork.
- **Be Active...without even knowing it.** Active play is the best “work out” ever...because it doesn’t feel like work at all.

**Whatever “playing” means for your family – the key is taking time to play all year round!**

## PowerUp the Summertime Slump

**Did you know... kids may actually be less active during summer break?**

Shake things up this summer. Plan a fun PowerUp adventure they won’t forget! Explore the St. Croix Valley in a canoe, a campsite or on a scavenger hunt. Try archery, geocaching or Frisbee golf. For more ideas for summer fun, right here in the Valley, visit [powerup4kids.org](http://powerup4kids.org).



**Play...It’s not just for kids**

Somewhere between childhood and becoming a busy adult it can be easy to forget to take time to PLAY. It may seem easier to watch a movie or “watch” the kids play at the park or on the field. **The great news is that we don’t have to just “watch”! Don’t sit on the sidelines....make it a point to have some “playtime” today!**

“Our whole family, ages 13 to 56, enjoys having fun and being active together in our weekly curling league.”

-Jim, 56



**powerUP**  
Kids Cook

One session cooking classes for kids and parents of all ages! **Cost:** \$10 per kid (adults free), \$20 per family/class

**Ages Prek-2nd grade - 10-11:30 am**  
**Stillwater Early Childhood Center**

June 20: Summer Sweets and Treats

July 30: PowerUp Picnics

August 14: Fun with the Farmer’s Market

**Entering Grades 3-6 - 10-11:30 am**

**Cooks of Crocus Hill, Stillwater**

June 22 : Chop Chop - Chop, Slice and dice better for you foods.

July 20 : Whisk it Up - Get whisked away, creating dinner together.

August 3: Mix it Up - A pizza made for all ages and tastes!

**To receive this newsletter electronically, visit [powerup4kids.org](http://powerup4kids.org)**

# WOW!

## CHOMP Helps PowerUp the Valley!

There is a new Superhero in the Valley...Chomp! Chomp was introduced at the **We PowerUp the Valley Kick-off** on May 4th and is here to inspire kids and adults to PowerUp! Chomp joined the fun and helped make the **May 4th PowerUp Kick off** a huge success! More than 725 kids and adults braved the cold wet weather and attended; plus more than 1000 people registered! Plus:

- **At least 495 people (ages 0 to 70+) did the official Cha-Cha slide** Guinness World Record attempt! While we didn't break that record— we probably hold some kind of record for the most PowerUp people dancing at a wet 36 degrees!
- **Kare 11 broadcasted the event LIVE!**
- **Radio Disney and Lisa Rambo** of the Biggest Loser came out to inspire families to eat better, move more and take the **We PowerUp Pledge!** The Pledge is a way to show that you want to make a change for our kids and more than 400 people have already taken it!



## Join Us — and take the We PowerUp Pledge!

- To take the Pledge —simply visit [powerup4kids.org/pledge](http://powerup4kids.org/pledge)
- Take the pledge and receive a PowerUp starter kit! Plus, you'll be entered in a prize drawing to win cool PowerUp gear!

Thanks for helping launch the PowerUp movement in the St. Croix Valley! For more information about Chomp, May 4th, or PowerUp visit [powerup4kids.org](http://powerup4kids.org), or “like” us on Facebook!

We

powerUP

pledge

LAKEVIEW  
HEALTH

HealthPartners Family of Care

## WE'VE DECIDED...

- to do better for our kids
- to make a change
- to PowerUp!

We pledge each day to look for ways to make it easier to eat better and move more.

We do this because we care about our kids and our community's health.

5

FIVE Fruits, Roots, and Vegetables!

4

FOUR Colors or more.

3

THREE MEALS every day.

2

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

1

ONE hour of PLAY!

0

ZERO. Sugary Drinks!

We join together with others and take this pledge to PowerUp on this day: \_\_\_\_\_

Name(s)

Signature(s)

Email \_\_\_\_\_

For ideas on how to PowerUp visit [www.powerup4kids.org](http://www.powerup4kids.org)

“Being active and moving keeps our family healthy and makes life more fun! Our best stories happen when we are going for a hike, racing each other, or walking to the park. Exercise doesn't have to be boring- it can just be playing!”  
- Mandi & Jim Leonard, parents of two girls

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STILLWATER AREA  
PUBLIC SCHOOLS

Unique and fun play ideas from real PowerUp families: