

Find out more about all the ways to celebrate PowerUp 4 Kids Week at powerup4kids.org/week

PowerUp 4 Kids Week - Word Find

Can you find all the fun ways to celebrate and play during PowerUp 4 Kids week?

A	Z	J	K	B	Y	O	F	J	A	F	X	O	H	D	G	U	J	U	N
Q	F	C	B	N	W	O	D	T	N	U	O	C	P	U	R	E	W	O	P
U	K	A	R	E	D	N	L	J	U	N	E	K	S	Z	P	I	V	B	X
W	E	I	M	E	S	K	I	D	C	G	M	J	H	T	O	R	E	S	W
T	I	R	S	I	C	V	G	H	G	A	E	A	B	J	O	Y	B	T	X
M	N	U	G	C	L	O	K	G	D	M	T	J	I	C	C	R	S	A	X
P	L	M	H	X	A	Y	N	J	T	E	X	E	K	I	O	D	K	C	Z
R	F	L	U	M	T	C	M	X	T	S	W	C	E	Z	C	V	T	L	O
I	H	R	M	C	H	M	J	E	L	O	L	F	S	O	L	H	K	E	L
G	H	R	A	M	L	I	O	B	A	I	L	X	A	E	D	S	T	C	U
K	N	E	N	E	E	C	G	C	M	L	R	T	F	K	C	L	D	O	C
U	Q	S	F	G	H	O	E	B	C	V	S	L	E	O	I	L	N	U	B
O	P	I	O	D	F	L	I	L	N	P	E	X	T	E	Q	U	S	R	T
P	Y	J	O	N	M	N	V	R	G	W	R	E	Y	K	V	X	I	S	O
E	W	R	S	J	G	K	L	U	W	I	N	P	R	I	Z	E	S	E	R
N	K	C	B	W	O	Y	D	S	E	T	V	B	O	P	G	H	T	C	I
G	D	H	A	P	P	R	S	E	P	O	C	V	D	E	Y	L	U	I	F
Y	C	L	L	E	X	T	R	V	E	G	G	I	E	V	O	T	E	D	R
M	L	N	L	A	L	O	C	S	R	J	P	M	O	H	C	T	E	E	M
S	E	I	G	G	E	V	E	E	R	F	A	K	P	J	A	Y	H	M	T



Find these words!

- Meet Chomp
- Bike Safety Rodeo
- Veggie Vote
- Rock Climbing Walls
- PowerUp Countdown
- Human Foosball
- Obstacle Course
- Fun Games
- Free Veggies
- Open Gyms
- Family Meals
- Win Prizes

Tell us how you are going to PowerUp this week: _____

email to info@powerup4kids.org or mail to PowerUp, 927 Churchill St. W, Stillwater MN 55082



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

MAY 9 - 16



Join the celebration to eat better, move more and PowerUp! This special week will bring our communities together to do what's best to help our kids grow up healthy and strong. Everyone - from kids and families to schools and local businesses - can join in and celebrate with lots of fun ways to eat better and move more. Here are just a FEW ways you can join the fun, right here in our communities...

All events are free!

PowerUp Partner Success Story

Hudson Elementary Energizes and Powers Up!

Ashley Magee, K-5 Physical Education teacher at Houlton Elementary and EP Rock Elementary, knows how active kids lead to better learning in the classroom, so she found a fun way to combine the two. Fifth-grade students team up to create and star in their own 2-minute energizer video. The goal is to create a routine that is fun, easy, can be done by a desk and is 2 minutes long. All these videos get added to their YouTube library where any classroom can access and use them as an energizer break throughout the day. What a cool way to PowerUp!

Meet Chomp and PowerUp all week long!

- **May 9th: Kick OFF Event**
Stillwater Junior High
 - *Family Cooking on a Budget* with Lisa Rambo, Biggest Loser Contestant from 10-11 a.m.
 - *for Kids & Families:* supervised open gym, climbing walls, activities, crafts and more! 9-11:30 a.m. in Junior High gyms
- **May 12th** from 4-7 p.m.
Stillwater Medical Group, Somerset
 - Free veggies, meet Chomp and more fun!
- **May 13th** from 4-7 p.m.
Stillwater area community locations
 - Meet Chomp and win prizes
- **May 15th** from 6-8:30 p.m.
Hudson Middle School
 - PowerUp Human Foosball, open gym, meet Chomp, and prizes
- **May 16th** from 10 a.m.-1 p.m.
Westfields Hospital & Clinic, New Richmond
 - PowerUp Giant Obstacle Course, Bike Safety Rodeo and health fair
- **May 16th** from 1-4 p.m.
Wildwood Elementary School, Mahtomedi
 - Bike Safety Rodeo, open gym, games, and prizes