

PowerUP

PowerUp PressFor Families

Find recipes, open
gyms & classes at
powerup4kids.org

Spring into Action with the PowerUp Countdown!

PowerUP Countdown

- 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!

The sunshine of spring is a reminder that change is in the air, and a great time to PowerUp with the PowerUp Countdown. There are lots of fun and easy ways to bring the countdown to life at home. Here are just a few ideas:

5: Try a new fruit or veggie each day this week

4: Let kids plan a meal that has 4 colors or more (from fruits and veggies)

3: Plan special family mealtimes

2: Pick a day or two to go screen-free

1: Go on an outdoor scavenger hunt

0: Let kids create cool fruit and veggie water combos. Then have a taste test.

Pick a way to PowerUp this week and see how much fun it can be. Tell us how you PowerUp at info@powerup4kids.org and win a prize!

Everyone can PowerUp! Here are just a few ways local partners PowerUp

- Schools throughout the Valley Try for 5 fruits and veggies with the PowerUp School Challenge!
- Great Harvest Bakery in Stillwater serves NO sugary drinks...ever!
- Smart Start Child Care hosts farmer's markets, Zumba and cooking classes!
- Fury Motors clears the community ice so kids can ice skate!
- Lake Elmo Elementary School's carnival keeps the fun, while losing all the sugary foods and drinks!
- Kids learn to cook, eat and ENJOY fruits and veggies at PowerUp Kids Cook Classes (register at powerup4kids.org/classes)
- Hudson Elementary Schools students create their own energetic videos



Any season is a good season to PowerUp!



No matter what the weather, there's not much "screen time" at the Kowalsky family home. Instead, they spend time together and PowerUp year round, right in their own backyard in Hudson. In the winter, the Kowalsky's yard gets put to good use with a homemade ice rink, which is converted to a garden in the summer. Jen, mother of three, says "The rink is a great way for our family to be active and is actually the perfect winter kid magnet. There are constantly kids or 'rink rats' in our backyard, playing and having fun on the ice."

When the weather starts to warm up, the rink becomes a garden where they grow all types of vegetables. The kids get involved in the fun with planting, weeding, picking, eating and sharing the veggies with others.

Check out powerup4kids.org to learn how your family can PowerUp any time of the year!

MAY 9 - 16

powerUP for kids week



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!

Meet Chomp and PowerUp all week long!

- **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



GET INSPIRED!

Family Cooking on a Budget

*with Lisa Rambo,
Biggest Loser Contestant*

Saturday, May 9th
10-11 a.m.

Stillwater Junior High

register online at
powerup4kids.org/week



for kids and families

*Supervised open gym, climbing wall, activities, crafts
and more in the Stillwater Junior High gyms!*

9-11:30 a.m.