

# powerdp

#### May 9-16 is PowerUp week!

It's a special time for kids and families to PowerUp by eating, moving and having fun at home, outdoors and online together! 6<sup>th</sup> Annual
PowerUp Week

**POWERUP PRESS** | M

MAY 2020

### WAYS TO CELEBRATE: **POWERUP WEEK**

Find new PowerUp family fun at home at **powerup4kids.org/week**:

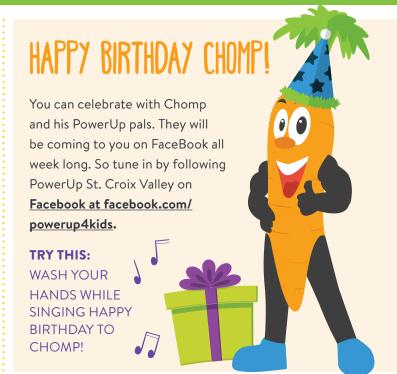
- Kick up your heels with the **CHOMP STOMP DANCE VIDEO**
- Sing and play along with **CHOMP STOMP SHEET MUSIC**
- Enjoy family meal with **TABLE TALK** conversation starters
- Get kids in the kitchen with **POWERUP RECIPES**
- Read together from **CHOMP'S BOOK CLUB** list
- Join us for **POWERUP PLAYTIME** (on FaceBook) including games, cooking demos, recipes and stories to share.



## PLUS...LOOK INSIDE TO FIND YOUR POWERUP ADVENTURE MAP

Grab your map and start exploring with PowerUp adventures along the way. Find ways to PowerUp in your own neighborhood and hidden landmarks throughout the St. Croix River Valley area! **Turn the page and start your outdoor adventure!** 

For more ways to PowerUp, visit: powerup4kids.org/week.





#### DID YOU KNOW THAT TEENS CAN POWERUP TOO?

Meet our PowerUp teen leaders and see how they PowerUp, stay healthy and feel good on Facebook at facebook.com/powerup4kids.

Learn how you can become a teen leader, visit powerup4kids.org/youthleadership.



### POWERUP ADVENTURE MAP

Get ready to plan your own PowerUp adventure!



View and print the PowerUp Adventure Map at <a href="mailto:powerup4kids.org/adventuremap">powerup4kids.org/adventuremap</a>

Thanks to Discover Stillwater for their partnership in helping to create this map.

FIND all 8 items on the map, and check them off as you go. Then go outside and hike, bike or roll through the St. Croix Valley area, or a park or neighborhood near you.

park or neighborhood near you.	
1. HISTORIC LIFT BRIDGE	7. PLENTY OF PARKS
Why is the bridge green?*	Did you know there are more than 20 parks in the St. Croix Valley Ar Which one has:
What green fruit or veggie do you like?	A) A Waterfall?*
2. ST. CROIX CROSSING BRIDGE  How many school buses lined up bumper to bumper would equal the lenth of this bridge? Can you walk, run, skip or roll that far?*	B) A portion of the St. Croix River running through it with some of the best canoeing/kayaking in the nation?*
	C) Two state parks with the same name that are neighbors on the Minnesota-Wisconsin border?*
3. TERRIFIC TRAILS  Hint: Find all 3  Guess how long each trail is?*	Milinesora-Wisconsin border:
A) St. Croix River Crossing Loop Trail	Pack a PowerUp picnic with your family. What favorite foods would
B) Browns Creek State Trail	you pack?
C) Stower Seven Lakes State Trail	8. HEALTHCARE HEROS
4. AMAZING ANIMALS	Spot 6 places on the map where they work?*
Find these animals on the map: Dog. Fox. Deer. Cow. Seagull. Owl. Fish. Squirrel. Rabbit. What animals can you spot on your adventure?	

**5. ROARING RIVER** 

6. BIRD WATCHING

rocks, other?

The St. Croix River is a protected National Scenic Riverway. What's your favorite river water activity? Paddling, fishing, swimming, skipping

Find the state bird on the map for

B) For Wisconsin. What's its name?\*

A) Minnesota. What's its name?\*

. Latevatew Hospital, Stillwater Medical Group Clinic (also in Mahtomedi), Amery Hospital & Clinic, Hudson Hospital, Westfields Hospital & Clinic, Stillwater Medical Group Clinic - Somerset

. Parks: A) Willow River State Park , B) William O'Brien State Park, C) MM & WI Interstate Park

> 6. State Birds: A) Minnesota = Loon B) Wisconsin = American Robin

3. The length of each trail: A) 4.7 miles; 3B) 6.4 miles; C) 14 miles

bridge. One mile is also equal to 2,000 s

 It would take about 175 school buses (each bus is 30 feet long) lined up across this one mile (5,250 feet) bridge. One mile is also equal to 2,000 steps.

1. Historic Lift Bridge was repainted green in 2020 because that was its original color when it was



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Find PowerUp St. Croix Valley on Facebook @ Powerup4kids Show us how you PowerUp everyday in May. Enter into the drawing daily to increase your chances to WIN. Here's how it works:

- 1. Do something to PowerUp, by eating better, moving more, having fun or feeling good.
- 2. Tell us how you PowerUp, by submitting the online form at powerup4kids.org/week
- 3. Share on social media using #howipoweruptoday and encourage your friends to do the same.
- 4. PowerUp again tomorrow!

GRAND PRIZE: Bike and helmet, donated by Art Doyle's Spokes and Pedals

**2ND PLACE:** Ripstick and helmet **3RD PLACE:** Scooter and helmet



Chomp will be sure to deliver every THANK YOU he gets to our healthcare heroes!

### THANK OUR **HEALTHCARE HEROES!**

Chomp is feeling grateful! So he is collecting "Thank You" notes for our healthcare workers, and you can join him:

- 1. Write a Thank You note or draw a picture
- 2. Snap a photo of it and email it to: <a href="mailto:info@powerup4kids.org">info@powerup4kids.org</a>
- 3. Or mail your Thank You to: Chomp at PowerUp, 927 Churchill St. W., Stillwater, MN 55082