

powerup

7th Annual
PowerUp Week

POWERUP PRESS | MAY 2021

LET'S GET READY FOR POWERUP WEEK! MAY 9-15, 2021

Since 2013, we've celebrated this fun-filled week of eating better, moving more and feeling good. Even during this challenging time, families told us they are craving new ways to PowerUp in a fun and safe way. And this year, that's what PowerUp Week is all about.

Join us in celebrating this special week with a fun **7-day PowerUp Family Adventure!**

Visit powerup4kids.org/week to stay up to date on PowerUp Week.

Each day will be a themed adventure that will get your family exploring new ways to PowerUp, including virtual and outdoor events, ideas to PowerUp at home, Chomp's daily adventures and more. **Check out the daily adventure calendar on the next page.**

WHERE IS CHOMP?

PowerUp Week is a celebration of Chomp's birthday and he's excited to visit some of his favorite places to PowerUp during this week! Stay tuned in to your daily email to see where Chomp's adventure will take him next.



HOW TO JOIN THE 7-DAY FAMILY ADVENTURE:

It's as easy as **1 - 2 - 3!**

- 1 SIGN UP** to receive the 7-Day PowerUp Family Adventure daily email (May 9-15) at powerup4kids.org/week or **SCAN THE QR CODE** with your phone camera.
- 2 POWERUP WITH THE THEME OF THE DAY.** Watch your inbox for the daily email with fun ways to PowerUp.
- 3 WIN!** Check in to WIN. Open your daily Family Adventure email and click the "check-in" button to be entered for a chance to WIN fun PowerUp prizes.



Pogo Stick, Scooter, Air Fryer and more!



HealthPartners
Amery Hospital & Clinic
Hudson Hospital & Clinic
Lakeview Hospital
Westfields Hospital & Clinic

POWERUP FAMILY ADVENTURE!

SIGN UP at powerup4kids.org/week to receive the 7-Day Family Adventure daily email. Get more fun ideas to PowerUp throughout the week along with chances to **WIN** fun prizes.



WHERE IS CHOMP?

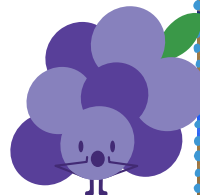
Check your daily email to see where Chomp's adventure will take him each day.

MAY 9

SCREEN-FREE SUNDAY

Power down screens and PowerUp your body

Indoor Laser Maze and more boredom busters.



click or scan

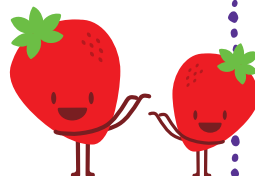


MAY 10

MOVE MORE MONDAY

Pick a fun way to move more today

Move & Groove to the Chomp Stomp



click or scan

Tune in to **the Teen Showcase**
6 – 7:30 pm

click or scan



MAY 11

TRY IT TUESDAY

Try a new food or fun way to move

Watch how fun it can be to **try new fruits and veggies.**



click or scan



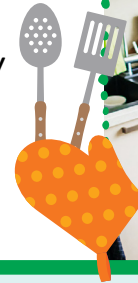
MAY 12

WHAT'S FOR DINNER WEDNESDAY

Try kid friendly recipes at powerup4kids.org/recipes

Let's Cook!

With Chef Tracy and PowerUp Dietitian Katy



click or scan

MAY 13

THIS OR THAT THURSDAY

Explore different ways to PowerUp

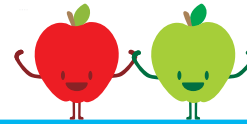
Tune in to **PowerUp Sports Nutrition: Fuel Your Performance**

7 – 8 p.m.

click or scan



Throw an **“Apple-tizer” Party!** Which is your favorite? Green or red? Sweet or tart?



click or scan

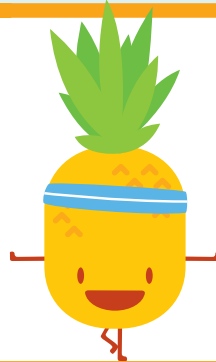
MAY 14

FEEL GOOD FRIDAY

Do something that makes you feel good

Relax and Recharge

click or scan



MAY 15

PLAY OUTSIDE SATURDAY

Play outside and breathe in the fresh air



Explore a park or trail! Grab the PowerUp Parks Passport to help guide your adventure.

click or scan

