

# powerup

POWERUP PRESS | WINTER 2022



## LET IT SNOW!

WARM UP THIS WINTER WITH FUN WAYS TO POWERUP!

Don't let the cool weather chill your thrill. Jump right in with fun winter ways to eat better, move more and feel good this season.

## EAT BETTER

With apples in season ... throw an apple-tizer party!  
Who can make the most creative and tasty apple-tizer?

PICK YOUR APPLES  
AND SLICE THEM



THEN TOP THEM WITH  
A MIX OF YUMMY  
TOPPINGS

TRY THEM AND VOTE ON YOUR FAVORITES



ALMOND BUTTER  
SLICED ALMONDS  
SHREDDED COCONUT



YOGURT  
STRAWBERRIES  
PEPITAS  
(PUMPKIN SEEDS)



YOGURT  
MANDARIN ORANGES  
GRANOLA



SUNFLOWER BUTTER  
RAISINS  
CINNAMON



RICOTTA  
CRUSHED PINEAPPLE  
DRIED CRANBERRIES



YOGURT  
PEAR  
MINT



DOES YOUR FAMILY USE POWERUP PROGRAMS,  
ACTIVITIES AND RESOURCES?

Tell us what you think for a chance to win a PowerUp prize. Complete the 2022 PowerUp Family Survey at [powerup4kids.org/familysurvey](https://powerup4kids.org/familysurvey).



Turn the page to find fun winter ways to move more and feel good!

DAY 10

YOU DID IT!

DAY 9

DAY 8

DAY 7

DAY 6

DAY 5

DAY 4

DAY 3

DAY 2

DAY 1

MOVE MORE

# WINTER Warm-up CHALLENGE

Grab your family and friends and warm up by finding new and fun ways to move your body more each day.

**FOR 10 DAYS**, color in the thermometer every day you move more.

**WATCH THE THERMOMETER WARM UP!**



IS YOUR FAMILY READY TO JUMP INTO THE WINTER WARM-UP CHALLENGE? To get started, download and print your Winter Warm-up Thermometer at [powerup4kids.org/winterwarmup](http://powerup4kids.org/winterwarmup).



## What does it mean to move more?

It's anything fun that gets your body moving, your heart pumping faster and warms you up. Here are a few ideas to help get you started.

- Play tag in the snow.
- Have a snow sculpture competition with friends.
- Go on a walk to welcome winter. What do you see? Hear? Smell?
- Have a family dance party.
- Shovel snow for someone in need.

## WANT MORE FUN WAYS TO WARM UP THIS WINTER?

Check out the PowerUp Cool Fun for Everyone booklet at [powerup4kids.org/familymagazine](http://powerup4kids.org/familymagazine).



Find classes, recipes, activities and more at [powerup4kids.org](http://powerup4kids.org)



# FEEL GOOD

## Read

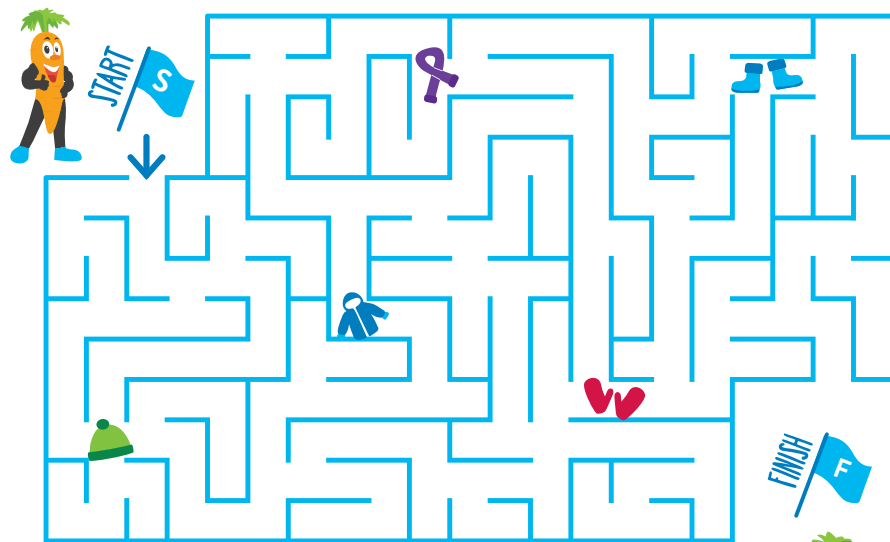
Cozy up with a book from Chomp's Book Club. A fun way to relax, laugh and feel good.  
[powerup4kids.org/bookclub](http://powerup4kids.org/bookclub)

## Play

Help Chomp, our PowerUp superhero carrot, stay warm by picking up winter clothes as he moves through the maze.

## Laugh

- Q. How does an onion stay warm in the winter?
- A. By dressing "in layers," so it can "peel" them off or add more, to stay warm.



Giving thanks is a great way to feel good. Check out some simple ways to express gratitude at [powerup4kids.org/gratitude](http://powerup4kids.org/gratitude).



Find PowerUp on Facebook  
[@powerup4kids](https://www.facebook.com/powerup4kids)

[powerup4kids.org](http://powerup4kids.org)