



# powerup

10 years  
of PowerUp!



POWERUP PRESS | SPRING/SUMMER ISSUE

## CELEBRATING 10 YEARS OF POWERUP!

PowerUp turns 10 this year and there's lots to celebrate!

The families, communities and you – that make PowerUp so great.

From classes and community events to worksheets and activities, You've joined us for hundreds and hundreds of PowerUp festivities.

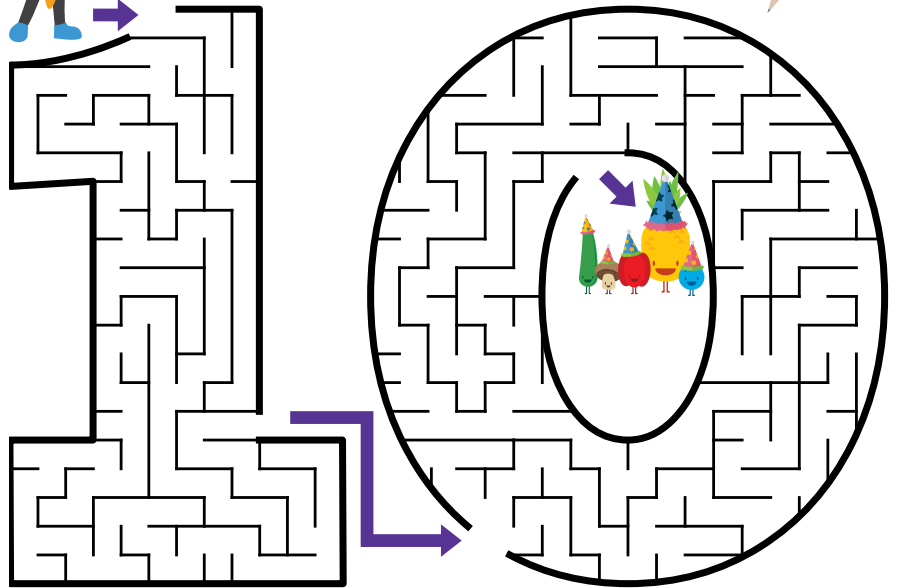
Families and communities keep sharing what they want to be seeing, And it's creating new and fun traditions to boost health and well-being.

Doing what's best for kids is more important than ever,

So join us for another 10 years on this exciting PowerUp adventure!



Help Chomp go through the maze to join the party with his friends!



## CELEBRATE WITH US!



Find PowerUp at events throughout the year! See the calendar at [powerup4kids.org/classes](http://powerup4kids.org/classes)



Check out the PowerUp 10 Year Report to the Community at [powerup4kids.org/10years](http://powerup4kids.org/10years)



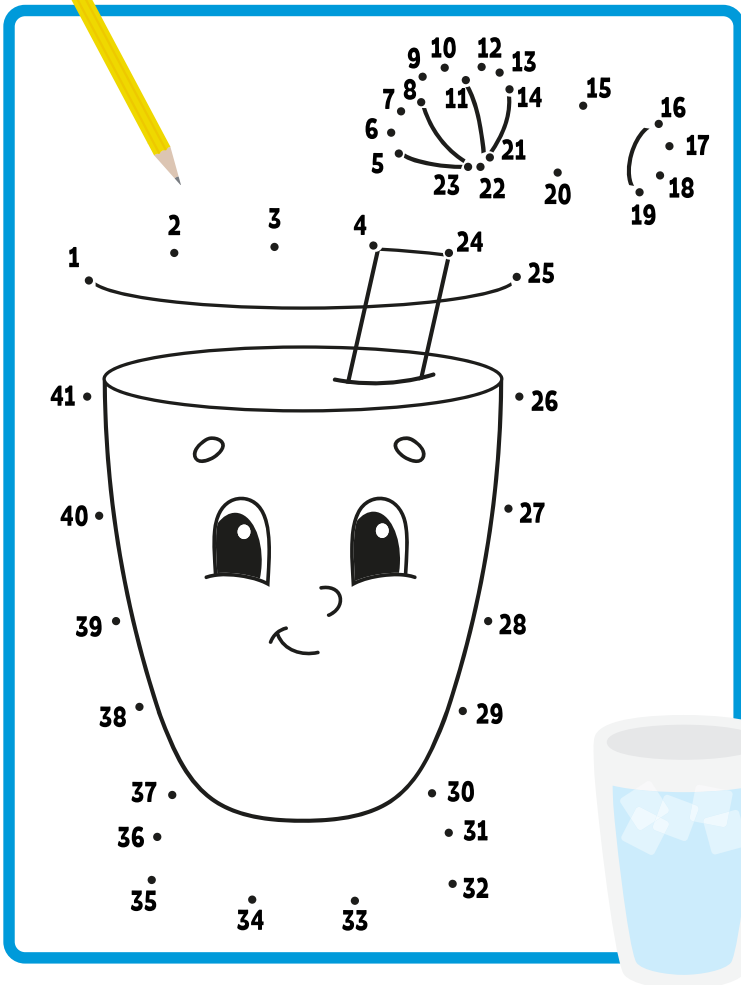
# WAY COOL WATER



When you're on the move and temps are getting hotter, your body will signal you to drink some way cool water!

There are so many ways to make your water far from boring, Check out the ideas below that will keep you pouring!

Connect the dots to find out what to drink first when you have a thirst!



## ORANGE AND STRAWBERRY TOP FLAVOR POP

Get a pop of flavor and stretch your berry budget.

Strawberry tops



+

Orange slices



=



### TASTE TEST

- Tried it  
 Liked it

## PINEAPPLE MINT TASTE BUD TINGLER

Fresh, frozen or canned – all forms of pineapple work in this blend.

Pineapple



+

Mint



=

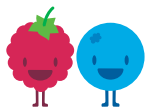


### TASTE TEST

- Tried it  
 Liked it

## TRY FROZEN FRUIT, TOO!

No fresh fruit? Add frozen fruit to your water for a quick and colorful cooldown!



## GIVE IT A TRY!

Drinking ice water can help calm you down. When you feel nervous, anxious or stressed, stop for a moment and drink some way cool water. How did you feel afterward?

# FROM TRASH TO SPLASH

There's new life to be had for things we may put into the trash.  
Plastic jugs, containers and caps can really make a splash!



## BOTTLE CAP BOATS

### What you need:

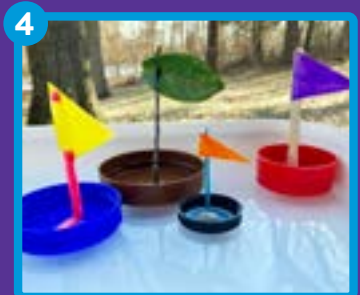
- Bottle caps (larger sizes from milk, juice and nut and seed butter work well)
- Toothpicks, pipe cleaners, popsicle sticks or small twigs
- Paper or leaves
- Tape or glue
- Putty or play dough (optional)



Ask an adult for help and permission before trying this activity.

### Steps:

1. Cut a triangle shape out of paper or find leaves in nature to be the sail.
2. Attach the sail to the mast of your choice (toothpick, pipe cleaner, popsicle stick or small twig) with glue or tape or simply thread through.
3. Using tape, glue or a small amount of putty or play dough, attach the sail and mast to the bottle cap.
4. Test out how your boat floats in the bath, sink, bowl of water or puddle!



## DIY SCOOPER

1. Using a permanent marker, draw a line across the side of the bottle from the handle down the side.
2. With the help of an adult, cut on the line to remove bottom of the jug. Check for sharp edges and trim.
3. Then you're ready to scoop some water or sand!



# OUTDOOR SUMMER MISSION

Summertime feels extra special, especially when you get outside!  
The outdoors become the best playground, with nature beaming far and wide.  
Being outside can leave you feeling great from head to toe.  
Make it your mission to play outdoors each day; are you ready to give it a go?



LAUNCH YOUR OUTDOOR SUMMER MISSION BY USING IDEAS BELOW OR ADD YOUR OWN!



Write in your own ideas:

|                          |                          |
|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> |
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Ask an adult for help and permission before trying this activity.

HealthPartners

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