

powerup



POWERUP PRESS | SEPTEMBER 2018

Your Passport to FALL FAMILY FUN

The colors and crisp air make fall a fabulous season to enjoy outdoor adventures together!

Leap into leaves, go apple picking and check out fun ways you can PowerUp in the parks by printing out your own PowerUp in the Parks Passport at powerup4kids.org/parks.



PLAYING OUTDOORS ALL YEAR AROUND – IT'S AS COOL AS SCHOOL!

Even with busy back-to-school schedules and the chill in the air, there are lots of ways to get outside for active, family fun this fall. Being active outdoors helps kids (and adults) keep their bodies and their minds healthy. A quick 20-minute walk outside before homework time can help kids think and concentrate better.

It's easier to stay active all year long when you get outdoors. It's fun and just makes you feel good, too! What's the secret to staying active outdoors when it's cold?

- Dress like an “onion”, with layers to stay warm. Peel them off as needed.
- Keep feet warm and dry. Wear wool socks and find boots that are waterproof with good grip, so it's safe to walk and play.
- Top it off with hats, neck warmers and gloves. These layers keep you warm and dry.



POWERUP PARTNER SPOTLIGHT: DIRO OUTDOORS

DIRO Outdoors is a PowerUp partner, helping kids have fun and move more outdoors! DIRO Outdoors is a family-owned business helping others try new activities, like paddle-boarding, kayaking, fat tire biking, snow shoeing and more. Oie and Darren Dobier, owners of DIRO, have a vision to “create a community of active and healthy outdoor enthusiasts.” Together we are doing just that! Look inside to find upcoming DIRO Outdoors PowerUp classes this fall.



In Minnesota and Wisconsin, there are many parks that offer lots of fun and safe ways to be active outside all year. From snow shoeing to fat tire biking or family hiking, there's something for everyone no matter your age or fitness level. Many parks are free!

On days when being active outdoors just isn't possible, remember there are ways you can move indoors. Throw a dance party or venture out to an open gym in your community. Inside this newsletter is a whole list of open gyms, plus a calendar full of other fun ways to PowerUp together this fall!

POWERUP YOUR FAMILY CALENDAR

ALL EVENTS are FREE or low cost.

TUESDAY **2**
 Westfields Community Fall Fest •
 11 a.m. to 2 p.m.
 New Richmond, WI

SATURDAY **6**
 DIRO Fat Tire Biking Class •
 Stower Seven Lakes State Trail | Amery, WI
 *(requires registration)

SATURDAY **6**
 BearPower 6.24K Run/Walk •
 9:30 a.m. to Noon
 White Bear Lake, MN
 *(requires registration)

THURSDAY **11**
 Kids Cooking Class
 3:30 to 5 p.m.
 Farm Table | Amery, WI
 *(requires registration)

SATURDAY **13**
 Trail Challenge •
 9 a.m. to Noon
 Willow River State Park Hudson, WI
 *(requires registration)

SATURDAY **13**
Open Gym
 1 to 3 p.m.
 Pony Activity Center Stillwater, MN

FRIDAY **19**
Open Gym
 6 to 8:30 p.m.
 Pony Activity Center Stillwater, MN

SATURDAY **20**
 DIRO Fat Tire Biking Classes
 10 to 11 a.m. | 11:30 to 12:30 p.m.
 Lake Elmo Park Reserve
 *(requires registration)

FRIDAY **26**
Open Gym •
 6 to 8:30 p.m.
 Stillwater Middle School | Stillwater, MN

SATURDAY **27**
Open Gym
 9 to 11 a.m.
 Early Childhood Education Center Stillwater, MN

OCTOBER

NOVEMBER

THURSDAY **1**
 Candy Trade-In
 * For times and locations, visit powerup4kids.org

FRIDAY **2**
 Candy Trade-In
 * For times and locations, visit powerup4kids.org

FRIDAY **2**
Open Gym
 6 to 8 p.m.
 Starr Elementary New Richmond, WI

FRIDAY **2**
Open Gym
 6:30 to 8:30 p.m.
 EP Rock Elementary Hudson, WI

SATURDAY **3**
Open Gym
 1 to 3 p.m.
 Pony Activity Center Stillwater, MN

WEDNESDAY **7**
Open Gym
 5:30 to 7:30 p.m.
 Normandy Park Education Center White Bear Lake, MN

THURSDAY **8**
 Kids Cooking Class
 3:30 to 5 p.m.
 Farm Table | Amery, WI
 *(requires registration)

FRIDAY **9**
Open Gym •
 6:30 to 8:30 p.m.
 EP Rock Elementary Hudson, WI

SATURDAY **10**
 Kids Cooking Class
 9 to 10 a.m. | 11 a.m. to Noon
 Cooks of Crocus Hill Stillwater, MN
 *(requires registration)

SATURDAY **10**
 PowerUp 5K Race
 8:30 to 11 a.m.
 New Richmond Area Centre
 *(requires registration)

WEDNESDAY **14**
Open Gym
 5:30 to 7:30 p.m.
 Normandy Park Education Center White Bear Lake, MN

FRIDAY **16**
Open Gym
 6 to 8:30 p.m.
 Stillwater Middle School Stillwater, MN

FRIDAY **16**
Open Gym
 6:30 to 8:30 p.m.
 EP Rock Elementary Hudson, WI

SATURDAY **17**
Open Gym •
 9 to 11 a.m.
 Early Childhood Education Center Stillwater, MN

SUNDAY **18**
Open Gym
 1:30 to 3:30 p.m.
 Amery Intermediate School Amery, WI

WEDNESDAY **28**
Open Gym
 5:30 to 7:30 p.m.
 Normandy Park Education Center White Bear Lake, MN

FRIDAY **30**
Open Gym
 6 to 8:30 p.m.
 Stillwater Middle School Stillwater, MN

● CHOMP APPEARANCE

*Visit powerup4kids.org to register for classes or find more details on open gyms, cooking classes, events and recipes!

BECOME A POWER CHEF BY TRYING ONE OF THESE FUN, KID-APPROVED RECIPES.

SIZZLIN' TACO STUFFED SQUASH

Serves: 12

INGREDIENTS

- 6 small-medium yellow squash (or zucchini)
- 2 large bell peppers, any color, diced
- 1/2 medium onion, diced
- 2 garlic cloves, minced
- 1 tablespoon canola or grapeseed oil
- 1 pound lean ground meat
- 1 tablespoon chili powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 1/2 teaspoon cumin
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/8-1/4 teaspoon crushed red pepper flakes
- 1 cup shredded cheese of choice



INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Preheat oven to 350 degrees and bring a large pot of water to a boil with enough water to submerge squash.
2. Heat oil on large skillet and add onion and garlic to skillet and cook until translucent, about 5-7 minutes.
3. Add in diced bell peppers and cook for another 5 minutes.
4. Add ground meat and seasonings, mixing well and cooking until meat is browned.
5. Once the pot of water is boiling, take about 2 squash at a time and submerge into the water with a pair of tongs, put on lid and boil for 5-7 minutes. Remove carefully with tongs and place onto a cutting board; repeat with all squash. Let the squash cool until able to handle, about 5 minutes, then cut each in half lengthwise.
6. Spoon out the inside of each squash (the seedy part) and place onto a cutting board; place the scooped out squash half into a baking dish (this recipe will use 2 9"x13" baking dishes).
7. Chop up the scooped out insides and add to the meat mixture.
8. Spoon the meat mixture into each squash half. Sprinkle with cheese and bake for 30 minutes.

RECIPE FROM THE POWERUP KITCHEN

SUNRISE SKILLET SCRAMBLER

Serves: 3 - 4

INGREDIENTS

- 1 tablespoon canola oil
- 1 clove garlic, diced
- 1/2 medium onion, diced
- 1 large or 2 small yellow, red, or orange bell peppers, diced
- 1 medium sweet potato, peeled and shredded
- 1/2 teaspoon salt
- 3 eggs, beaten
- 1/2 cup cheese of choice: feta, shredded sharp cheddar, shredded mozzarella



INSTRUCTIONS

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.

1. Heat oil on a large skillet on med-low.
2. Add onion and garlic and cook until translucent, about 5-7 minutes.
3. Add diced bell pepper and cook for 5 minutes.
4. Add shredded sweet potato and salt and cook for about 15 minutes, stirring occasionally.
5. Once the sweet potato has darkened in color and softened, push all contents to the outer edge of the skillet, leaving an open circle in the middle. Pour in the beaten eggs and cook until done, about 5 minutes. Use a spatula to scramble eggs as they cook, eventually stirring everything in the pan together.
6. Top with choice of cheese and serve.

RECIPE FROM THE POWERUP KITCHEN

SHARE TO WIN!



WE WANT TO HEAR FROM YOU!

We want to hear from you! Take our survey and let us know how our PowerUp Press is doing. What do you want more of? What do you want less of? Let us know by taking our 1-minute survey by October 31 at surveymonkey.com/r/PowerUpPressSurvey. Everyone that takes the survey will be entered to win an annual MN or WI State Park Pass and a grocery gift card!

POWERUP ANIMAL AEROBICS

PowerUp your body while having fun doing these wild animal aerobics! They're even more fun to do outside at a park or when hiking on a trail.

- Hop 10 times like a frog
- Run fast like a cheetah
- Pretend to fly like an eagle
- Gallop like a horse
- Dance like a monkey
- Jump 10 times like a kangaroo
- Wiggle like a worm as fast as you can for 10 seconds
- Stomp up and down like an elephant
- Waddle like a penguin
- Walk like a crab

