

powerUP

PowerUp Press ...For Families

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LAKEVIEW
HEALTH

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Welcome Back!



Back-to-School...with PowerUp Countdown



Now that we are back to school, it's time to hit the reset button and PowerUp your family routine, including lunches and snacks!

While there are many foods to choose from, Powering Up may be easier than you think.

You can get out of that "same-old, same-old" food rut when you to think outside the lunch box.

"Wow" kids with color! Pack colorful fruits and veggies that are cut up into fun shapes. They are easy to eat and encourages kids to dig in (not to mention boosts their body and brain power).

Let kids help create what they eat! Getting kids in the kitchen, it's a sure-fire way to build-up your family recipes and connections. Make lunches the night before and enjoy "kitchen time" together.

Let kids catch you Powering Up. Choose water or milk over sugary drinks. Eat and enjoy fruits and veggies. They will follow your lead.



Parent-to-Parent...

"For the last year, I have been working with PowerUp to educate teachers and parents on the importance of better choices for our kids. The great news is that teachers at my school are changing to nonfood rewards and celebrations! Last year I also worked to get 4 exercise balls into each classroom K-3. To top it off, when my first grader came home from school, he told me that his favorite part of the day was "Dancing and singing to the PowerUp songs in the cafeteria!" Small victories, but they make a difference! I really hope PowerUp keeps going strong in our community, and I am so glad to be part of it!"

-Meggan, mom of three boys

More ways to "Think Outside the Lunch Box"

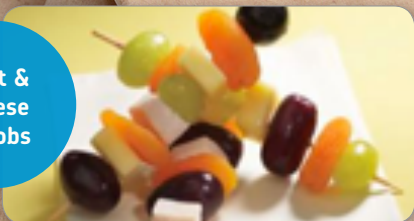
Colorful veggies, crackers & hummus



Sweet Potato Sticks with Cinnamon Honey Yogurt



Fruit & Cheese Kabobs



PB* & Banana Berry Cakes



Popcorn & Dried Fruit



For these and more PowerUp Lunch Box and Snack Bite ideas, go to powerup4kids.org/back-to-school

*If you're allergic to peanuts or tree nuts, try sunflower butter.



PowerUp Candy Trade-In!

What's better than a bag of candy? PowerUp Prizes!

Bring your bag of candy to one of the Stillwater Medical Group locations. We will trade your candy for cool prizes! Everyone can choose their own prize and register to win a 4 pack of passes to **Just Jump** or **Sky Zone**!
For times & locations visit www.powerup4kids.org/halloween.



Color Your Plate Contest!

Calling all kids and families...

time to turn up your creativity and have fun decorating a plate showing all the ways you eat better, move more and PowerUp!

What you'll need:

Ceramic Plate (or a paper plate will do), any size (hint: use a plate from home or find one at your local Dollar or discount store)

Permanent markers (or crayons, if using a paper plate)

Your Imagination!

How to Enter:

Decorate your plate showing how you PowerUp. The more creative and colorful — the better!

Take a photo of you and your Colorful PowerUp plate. Submit it to PowerUp for a chance to win a prize.

For complete contest details go to powerup4kids.org/coloryourplatecontest



Let's Countdown & pOWER^{UP}!

Unscramble the words to complete the countdown!



FIVE rufist, roots, and seggiev!



FOUR locsor or more.



THREE lsmea every day.



TWO HOURS of enscer tmei... or less each day.



ONE hour of ylpa!



ZERO. gasuyr drinks!

Answer key:

5. Fruits, Veggies 4. Colors 3. Meals 2. Screen time 1. Play 0. Sugary

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