

powerup

May 9-16 is PowerUp week!

It's a special time for kids and families to PowerUp by eating, moving and having fun at home, outdoors and online together!

6th Annual

PowerUp Week

POWERUP PRESS | MAY 2020

WAYS TO CELEBRATE: POWERUP WEEK

Find new PowerUp family fun at home at powerup4kids.org/week:

- Kick up your heels with the [CHOMP STOMP DANCE VIDEO](#)
- Sing and play along with [CHOMP STOMP SHEET MUSIC](#)
- Enjoy family meal with [TABLE TALK](#) conversation starters
- Get kids in the kitchen with [POWERUP RECIPES](#)
- Read together from [CHOMP'S BOOK CLUB](#) list
- Join us for [POWERUP PLAYTIME](#) (on FaceBook) including games, cooking demos, recipes and stories to share.



PLUS...LOOK INSIDE TO
FIND YOUR POWERUP
ADVENTURE MAP

Grab your map and start exploring with PowerUp adventures along the way. Find ways to PowerUp in your own neighborhood and hidden landmarks throughout the St. Croix River Valley area! **Turn the page and start your outdoor adventure!**

For more ways to PowerUp, visit: powerup4kids.org/week.

HAPPY BIRTHDAY CHOMP!

You can celebrate with Chomp and his PowerUp pals. They will be coming to you on FaceBook all week long. So tune in by following PowerUp St. Croix Valley on [Facebook at facebook.com/powerup4kids](https://www.facebook.com/powerup4kids).

TRY THIS:
WASH YOUR
HANDS WHILE
SINGING HAPPY
BIRTHDAY TO
CHOMP!



TEEN LEADERSHIP COUNCIL

DID YOU KNOW THAT TEENS CAN POWERUP TOO?

Meet our PowerUp teen leaders and see how they PowerUp, stay healthy and feel good on Facebook at [facebook.com/powerup4kids](https://www.facebook.com/powerup4kids).

Learn how you can become a teen leader, visit powerup4kids.org/youthleadership.

POWERUP ADVENTURE MAP

Get ready to plan your own PowerUp adventure!



FIND all 8 items on the map, and check them off as you go. Then go outside and hike, bike or roll through the St. Croix Valley area, or a park or neighborhood near you.

- **1. HISTORIC LIFT BRIDGE**
Why is the bridge green?*

- **2. ST. CROIX CROSSING BRIDGE**
How many school buses lined up bumper to bumper would equal the length of this bridge? Can you walk, run, skip or roll that far?*

- **3. TERRIFIC TRAILS**
Hint: Find all 3
Guess how long each trail is?*

- **4. AMAZING ANIMALS**
Find these animals on the map: Dog. Fox. Deer. Cow. Seagull. Owl. Fish. Squirrel. Rabbit. What animals can you spot on your adventure?*

- **5. ROARING RIVER**
The St. Croix River is a protected National Scenic Riverway. What's your favorite river water activity? Paddling, fishing, swimming, skipping rocks, other?*

- **6. BIRD WATCHING**
Find the state bird on the map for
A) Minnesota. What's its name?*

- **7. PLENTY OF PARKS**
Did you know there are more than 20 parks in the St. Croix Valley Area? Which one has:
A) A Waterfall?*

- **8. HEALTHCARE HEROS**
Spot 6 places on the map where they work?*

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Pack a PowerUp picnic with your family. What favorite foods would you pack?*

ANSWER KEY

1. Historic Lift Bridge was repainted green in 2020 because that was its original color when it was built in 1931.

2. It would take about 175 school buses (each bus is 30 feet long) lined up across this one mile (5,250 feet) bridge. One mile is also equal to 2,000 steps.

3. The length of each trail: A) 4.7 miles; 3B) 6.4 miles; C) 14 miles.

6. State Birds: A) Minnesota = Loon B) Wisconsin = American Robin

7. Parks: A) Willow River State Park; B) William O'Brien State Park; C) MN & WI Interstate Park

8. Lakeview Hospital, Stillwater Medical Group Clinic (also in Mahtomedi), Amery Hospital & Clinic, Hudson Medical Group Clinic & Clinic, Stillwater

View and print the PowerUp Adventure Map at powerup4kids.org/adventuremap

Thanks to Discover Stillwater for their partnership in helping to create this map.

power up

eating better,
moving more.

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Find PowerUp St. Croix Valley on Facebook @ [Powerup4kids](https://www.facebook.com/Powerup4kids)



POWERUP FOR A CHANCE TO WIN!

Show us how you PowerUp everyday in May. Enter into the drawing daily to increase your chances to WIN. **Here's how it works:**

1. Do something to PowerUp, by eating better, moving more, having fun or feeling good.
2. Tell us how you PowerUp, by submitting the online form at powerup4kids.org/week
3. Share on social media using #[howipowertoday](https://twitter.com/howipowertoday) and encourage your friends to do the same.
4. PowerUp again tomorrow!

GRAND PRIZE: Bike and helmet, donated by Art Doyle's Spokes and Pedals

2ND PLACE: Ripstick and helmet

3RD PLACE: Scooter and helmet



Chomp will be sure to deliver every **THANK YOU** he gets to our healthcare heroes!

THANK OUR HEALTHCARE HEROES!

Chomp is feeling grateful! So he is collecting "Thank You" notes for our healthcare workers, and you can join him:

1. Write a Thank You note or draw a picture
2. Snap a photo of it and email it to: info@powerup4kids.org
3. Or mail your Thank You to:
Chomp at PowerUp, 927 Churchill St. W., Stillwater, MN 55082