

MY POWERUP DAY

PowerUp is all about caring for our bodies and minds. Those two parts of us are linked, always intertwined. Eating better, moving more and feeling good are ways to try. To discover what is right for you, your goals and your “why.”



EAT BETTER



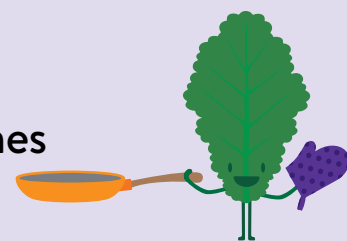
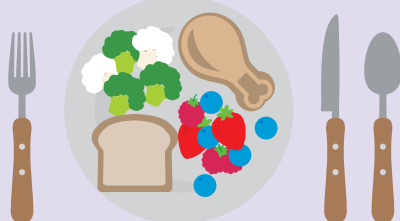
- Drink water throughout the day

- Try fruits and vegetables

- Cook new foods together

- Stay nourished with meals and snacks

- Talk and connect with others during mealtimes



HOW DO YOU WANT TO POWERUP YOUR DAY?

Try and check off ideas below to get you on your way.

FEEL GOOD

- Take breaks with hobbies you enjoy

- Spend time and check-in with loved ones

- Spread kindness to others

- Recharge with a sleep routine and relax before bed

- Find ways to unplug from screens



MOVE MORE

- Play outdoors

- Try new ways to be active

- Make up fun games to play

- Move your body in ways you enjoy

- Give thanks for what your body can do

