

# BEARPOWER



## Take the Summer Challenge, and win!

1. Complete and check off 10 or more activities\* on your Passport.

2. Win great prizes!

- \* Super cool BearPower shoelaces
- \* A free pass to the White Bear Area YMCA



3. Find more ways to get BearPowered at [Facebook.com/BearPower4Kids](https://www.facebook.com/BearPower4Kids)

4. Claim your prizes! Bring your completed Passport to:

**White Bear Area YMCA** (2100 Orchard Lane).  
To use day pass, all children under 16 must be accompanied by an adult with a valid photo ID.

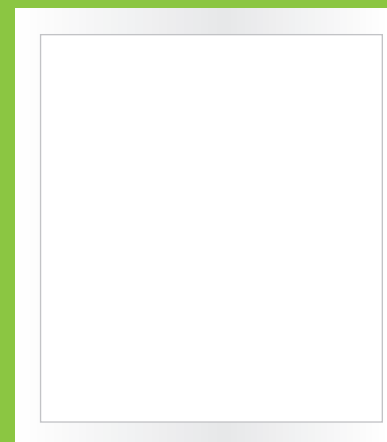
*\* Each child can complete up to 3 Passports and redeem them for prizes through Sep. 1 (Labor Day)!*

Look inside for lots of fun Summer Challenge activities!  
Complete at least 10. Turn in your Passport and win great prizes!

## BEARPOWER SUMMER CHALLENGE PASSPORT

### Need another Passport?

- Pick one up at:
  - White Bear Area YMCA (2100 Orchard Lane)
  - Family Fun Night (see details below)
  - Marketfest (downtown White Bear Lake, 6–9 pm, June 19, 26, July 10, 17, 24, 31)
- Attend BearPower Family Fun Night, June 25th, 6–8 pm at Lion's Park
- Email [BearPower@HealthPartners.com](mailto:BearPower@HealthPartners.com) and we will send you one!



Color a picture of yourself here.

POWERED BY



HealthPartners

Children's  
Hospitals and Clinics  
of Minnesota

WITH



# Take the Summer Challenge and Have an Adventure-Packed Summer!

Complete and check off at least 10 activities. Return your Passport to BearPower. Win prizes!

☐ **Go apple or berry picking.**  
Where did you go? \_\_\_\_\_

☐ **Go "screen free" for a week.** (No tv, computer, video games, tablet, etc.)

☐ **Taste-test something new with BearPower at Marketfest.** What did you try? \_\_\_\_\_

☐ **Eat breakfast every day for 1 week.**  
(Include a fruit or veggie.)

☐ **Catch butterflies or go toad hunting.**

☐ **Canoe, kayak or sail.**  
Where did you go? \_\_\_\_\_

☐ **Keep track of how far you can bike, walk or rollerblade in 1 week.**  
How far did you go? \_\_\_\_\_

☐ **Play outside every day for 1 week.**

☐ **Swing across the monkey bars.**  
How many times can you get across? \_\_\_\_\_

☐ **Eat a different veggie every day for a week.**

☐ **Hike a trail at a county or state park.** Where did you go? \_\_\_\_\_

☐ **Drink water instead of sugary drinks** (sports & juice drinks and soda) **for 1 week.**

☐ **Help plant or pick fruits or veggies OR visit a farmer's market.**

**Write in your own activities. They count, too! Find more fun activities at [Facebook.com/BearPower4Kids](https://www.facebook.com/BearPower4Kids).**

- ☐
- ☐
- ☐
- ☐
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☐ **Organize a ball game or scavenger hunt with family and friends.**

**BEARPOWER** 

Complete the information below. See submission information on the back of your Passport.

Name: \_\_\_\_\_ Age: \_\_\_\_\_ School (optional): \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Email/Phone #: \_\_\_\_\_