

ARE YOU READY FOR THE CHALLENGE?



BE LIKE THE POWER RANGERS BY EATING RIGHT AND STAYING ACTIVE FOR 10 DAYS.

Our Power Rangers emPOWER Challenge Start Date: _____

For 10 days, we will: **emPOWER** our meals each day by —



Eating foods from all five food groups



Eating fruits and vegetables from all five color groups

ChooseMyPlate.gov

emPOWER our bodies each day by —
Being physically active for at least 60 minutes

GOOD LUCK MEETING THE CHALLENGE!

Sign here to take the **Power Rangers emPOWER** Pledge.

POWER RANGERS VALUES

- STANDING FOR WHAT'S RIGHT
- PHYSICAL ACTIVITY AND HEALTHY EATING
- TEAMWORK AND COOPERATION
- CONFIDENCE
- CARING AND FRIENDSHIP



Teachers, enter for a chance to win a **\$5,000** donation to your school and a visit from the **Power Rangers Megaforce** team!
<http://empower.powerrangers.com/teacher-sweepstakes>

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WATCH THE NEW POWER RANGERS MEGAFORCE ADVENTURES ON nickelodeon.
BEGINNING FEBRUARY 2, 2013 SATURDAYS AT 1P/12C
<http://empower.powerrangers.com>