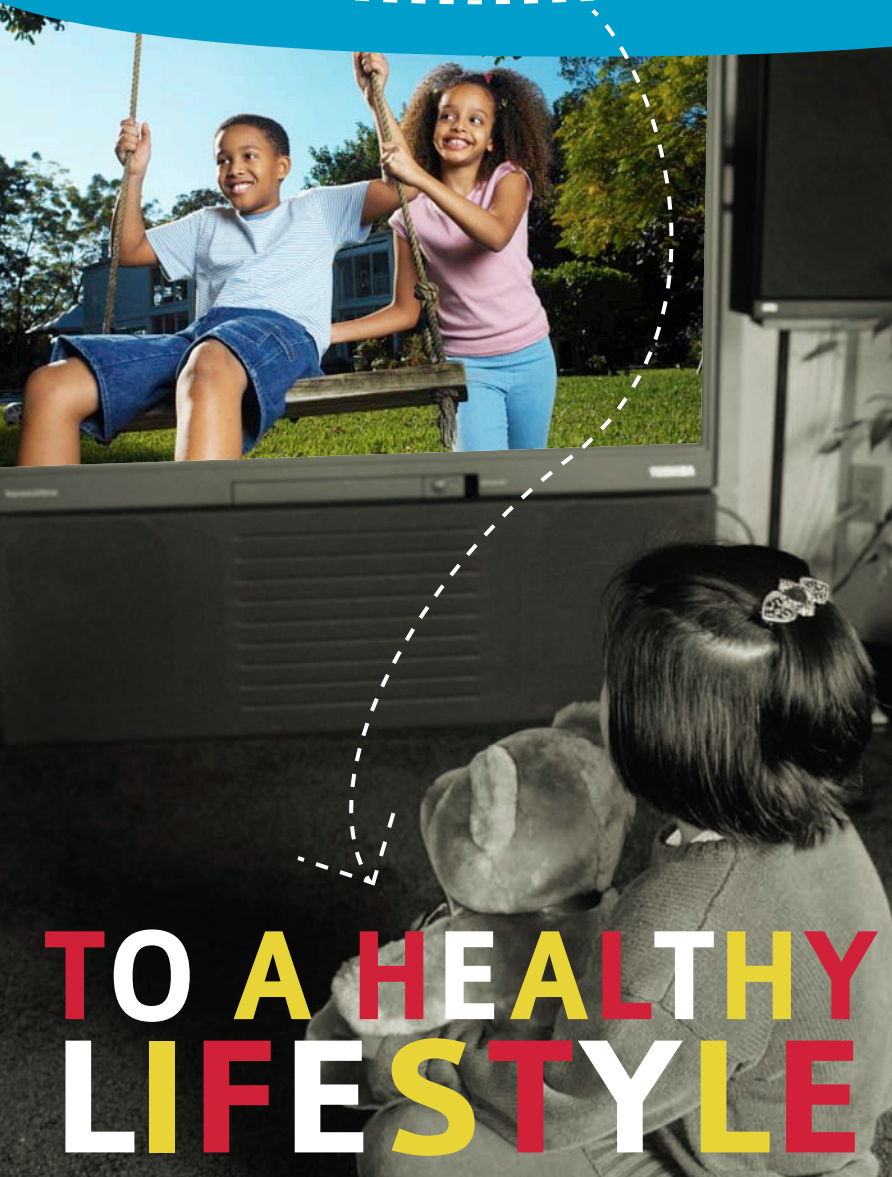


**TURN OFF, TUNE  
OUT AND JUMP IN...**

Take time to power down - turn off the television, the computer, the ipod, and the video games...



**TO A HEALTHY  
LIFESTYLE**

**REDUCE SCREEN TIME**

Children and adults spend too much time sitting in front of a screen and not enough time being active with friends and family.

### **WHAT IS SCREEN TIME AND WHY SHOULD WE REDUCE IT?**

What is screen time?

Time spent watching TV, videos, DVD's, playing video games, or using the computer.

The American Academy of Pediatrics recommends the following:

1. No TV viewing for children under the age of 2.
2. Only 1-2 hours per day of quality programming for older children.
3. Remove television sets from children's rooms.

Why does reducing screen time matter?

Television viewing by children is strongly linked to becoming overweight.

Watching too much TV leads to inactivity.

TV advertisements promote unhealthy foods.

More than 1-2 hours per day of screen time by children is linked to less interest in school, poor grades and behavior problems.

It may increase a child's risk for developing attention deficit disorder.

Children who watch the most television are less likely to read.



## TEN WAYS TO REDUCE SCREEN TIME AT HOME:

1. Have TV Free days at home. Make a "No TV" sign to hang on the TV on those days.
2. Cancel your cable subscription.
3. Turn off the TV during meals.
4. Take the TV out of your bedroom and your child's bedroom.
5. "No TV or video games" shouldn't be used as punishment.
6. Avoid using the TV as a baby-sitter for children.
7. Hide the remote control.
8. Earn screen time minutes with physical activity minutes.
9. Tape your favorite show and watch it later. This stops channel surfing.
10. Put the TV or computer out of plain site.



## TEN THINGS TO DO INSTEAD OF WATCHING TV:

1. Listen to music. Buy a new CD the whole family can listen and dance to together!
2. Read a book or play a board game.
3. Go out for a family outing like bowling or skating.
4. Take the dog for a long walk, even if you don't have one.
5. Plan an arts and crafts night at home.
6. Go outside and ride a bike, play basketball, or ride a skateboard.
7. Get involved in your community – visit a nursing home or spend the day pitching in at the local food bank.
8. Plant a garden. Take what is grown and try a new recipe. Visit [www.fruitsandveggiesmorematter.org](http://www.fruitsandveggiesmorematter.org) for ideas.
9. Write a letter to a family member (not an email, a real letter!).
10. Go on a nature hike.



For more information on reducing screen time go to the Center for Screen-Time Awareness at [www.screentime.org](http://www.screentime.org).

Take part in  
TV Turn Off  
week in April!

