

Reducing Screen Time: Ditch the TV and get active!



What's The Big Deal??

- The average American Child spends over 4 ½ hours a day in front of a screen!
 - 2 ½ of those hours are in front of a TV!
- Why is that so bad?
 - Studies show that the more kids watch TV or spend time in front of a screen, the more likely they are to be overweight or obese!
 - Also, the more time children spent watching TV, the less likely they are to be physically active!





Benefits of Activity

- Regular physical activity for children can:
 - Help control weight
 - Reduce the risk of diabetes and some kinds of cancer
 - Help raise ‘good’ cholesterol (HDL)
 - Lower blood pressure
 - Release feel-good chemicals in your brain
 - Give you fun time to spend with your friends and family!



How Much Activity Do I Need?

- All children ages 2 and older are recommended to be active at least 60 minutes per day! (moderate-intensity activity)
- You can also break this up into two 30-minute play times (or even smaller periods)



How to put down the remote!



- Have a budget of time that you can spend watching TV or playing video games each day. When that time is up, it's time to be active!
- Make a list of fun activities that you would like to do that don't involve a screen.
- Write down how much time you spend in front of a screen each day- you may be surprised!
- Extra tip: If you are watching TV, try to be active while watching! Example: walk in place or do jumping jacks.

Sources:

- <http://www.choosemyplate.gov/weight-management-calories/weight-management/better-choices/decrease-screen-time.html>
- http://www.cdc.gov/youthcampaign/advertising/asian_american/PDF/1.4.08Eng-ScreenPr.pdf
- http://www.heart.org/HEARTORG/GettingHealthy/Physical-Activity-and-Children_UCM_304053_Article.jsp