

# GOOD TIMES WITHOUT TV! WATCH A SCREEN FOR ONLY 2 HOURS OR LESS EACH DAY!

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## DID YOU KNOW...

- | The time we spend in front of a screen means we are not burning calories or moving our body.
- | Screen time includes TV, computer, and any non-physically active video games.
- | When we eat in front of the TV, we don't notice what or how much we are putting in our bodies. Therefore, we are likely to snack more and gain weight.
- | Too much TV is linked to lower reading scores and attention problems.

## HOW TO LIMIT SCREEN TIME:

- | **KNOW YOURSELF:** *When do you usually get sucked into screen time?* Try finding something else to do... like walking, reading a book, or hanging out with friends.
- | Take the TV and computer out of the bedroom.
- | Turn off the TV when you are eating.
- | Turn down the volume and exercise during commercials.
- | Use TV or videogames only as a reward to yourself.
- | Plan out the "shows" you do want to watch and **ONLY** watch those.
- | Buy TV time with exercise time. Want to watch 1 hour extra? Exercise 1 hour extra first!



EXCERPTS FROM  
"HOW TO GET HEALTHY IN THE GHETTO"



Adolescent Health Working Group