Screen time is:

- Watching a show
- Watching a movie
- Playing a video game

OR

- Playing a computer game
- Surfing the internet

The average American spends 1,745 hours watching television a year. That is more than 6 entire days in front of a television each month! What else could you be doing for 1,745 hours? Check out the ideas on the back of this handout.

Increased screen time is linked with...

- obesity
- bad grades
- less exercise
- harder time paying attention
- trouble with friends and classmates
- difficulty falling and staying asleep
- poor nutrition

Limit Screen Time to 2 hours or less!

Then take a look into your future...
Making the Most of Your Motions

Why should I try to

Physical activity helps to...

- Improve your posture & flexibility
- Build strong muscles & joints
- Maintain your weight
- Reduce feelings of depression & anxiety
- Lower risk for heart disease and certain types of cancer

Exercise CAN be fun, too!

- Join a sports or dance team at school
- Have a sports tournament with your friends
- When with friends, choose something active like mini golf or bowling

Aim for 60 minutes or more of physical activity every day!