

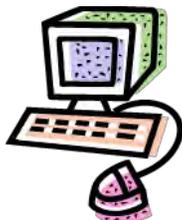
Limit Screen Time to 2 hours or less!

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.

IS THIS YOU?



Then take a look into your future...

**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

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Making the Most of Your Motions

Why should I try to be more active?



Physical activity helps to...



Improve your posture & flexibility



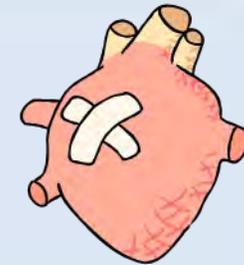
Build strong muscles & joints



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!