

2 HOURS
MAXIMUM OF
SCREEN TIME



BENEFITS OF CUTTING DOWN ON TV TIME:

- More than 2 hours of screen time can lead to less interest in school activities, lower grades and physical inactivity.
- For every hour of TV a child averages a day, obesity risk rises 6 percent.
- TV negatively affects children's food choices and their physical activity levels.
- Those who watch TV at meal times eat far fewer fruits and vegetables.

WHAT IS SCREEN TIME?

Today, screen time is all around us and includes these types of screens:

- TV
- Computers
- Video games
- Hand-held games
- Phone/texting
- Tablets

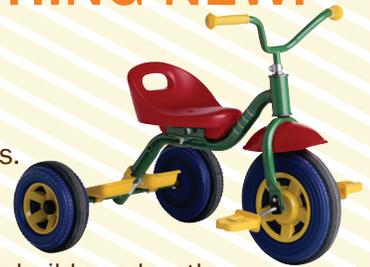
HOW TO CUT DOWN ON SCREEN TIME:

- Start by not being in front of a screen more than 30 minutes at a time.
- Cut out 15 minutes a day, each week, to get down to less than 2 hours.
- Remove TVs from bedrooms, and designate only one TV watching area.
- Save money and only subscribe to basic cable.
- Replace screen time with fun new activities.

TRY SOMETHING NEW:

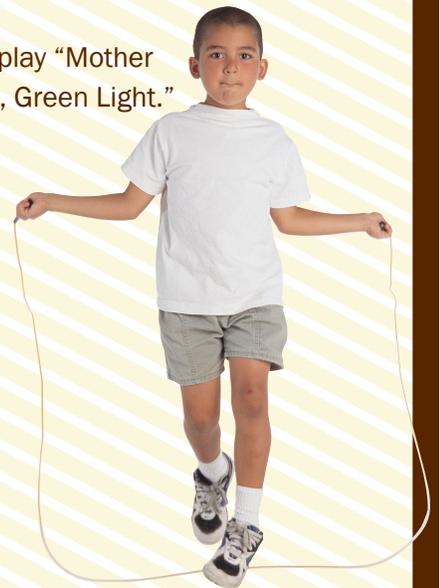
2 - 5-YEAR-OLDS

- Blow bubbles.
- Color.
- Collect rocks or leaves.
- Chase butterflies.
- Play with play dough.
- Play in the sandbox or build sandcastles.
- Play with toy cars, blocks or Legos.
- Play dolls, house or school.



6 - 9-YEAR-OLDS

- Have relay races or play "Mother May I" or "Red Light, Green Light."
- Fly a kite.
- Play Frisbee, tag or hopscotch.
- Go to the park.
- Try a Skip It or jump rope.
- Hula hoop.
- Do karaoke or gymnastics moves.
- Do cheerleading or dance moves.
- Play charades.
- Build a fort.
- Learn a magic trick and practice.
- Make friendship bracelets or other crafts.
- Invite a friend over to play.
- Create an imagination station. Fill a plastic tub with:
 - dress- up clothes
 - microphone, drum, toy musical instruments
 - puppets, magician kits, stuffed animals, etc.
 - beach & foam balls.



TRY SOMETHING NEW:

TEENS/TWEENS

- Build a model car, boat or plane.
- Learn to cook and plan a family meal.
- Learn to garden.
- Help with grocery shopping.
- Redecorate your room.
- Pick up a new craft like sewing, knitting or crocheting.
- Learn to repair, refinish or repaint furniture.
- Take photographs and organize them into an album.
- Make a scrapbook.
- Experiment with a new look (hair, clothes, makeup and nails).
- Plan a party or karaoke contest.
- Get involved in activities at school.
- Hike at an arboretum or park.
- Go to a batting cage, rock climbing wall, go bowling, miniature golfing, play laser tag or anything else you like.
- Go rollerblading, roller skating, skate boarding or ice skating.
- Volunteer.
- Practice a sport or musical instrument.

ANYONE

- Read a book or magazine.
- Do a jigsaw puzzle.
- Play a board game, card game or jacks.
- Do brain teasers (crosswords, word searches, hidden pictures, mazes, etc.).
- Sing or dance to your favorite music.
- Learn to juggle.
- Sign up for a class through your local parks and recreation department or visit your local community center.
- Walk a dog or play with your pet.



TIPS & FACTS

- Set screen time limits. It's ok to turn off the TV.
- Plan family activities like bike rides, going to the playground or park.
- Start a family game night.
- The average American youth spends more time watching TV than any other activity except for sleeping.
- Remove TVs from bedrooms.
- Have a parking station in the house for all electronics.
- Find alternatives that everyone is excited to do!

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MY GOAL: _____

