



## Stay Active-Decrease Screen time

The amount of physical activity children get is often impacted by other choices for activities in the home. Many homes contain computers, TV and various video equipment.

- ♥ The amount of screen time we have can influence how active we are.
- ♥ Staying active helps to reduce stress and promote cardiovascular fitness.

Here are some tips to help reduce screen time in your home and promote activity:

- 📺 Be aware of how much screen time versus active time your family is getting
- 📺 Talk with your children about the importance of sitting less and moving more
- 📺 Limit screen time to 2 hours per day for all family members
- 📺 Make bedrooms screen free, no TVs, computers or cell phones
- 📺 Make meal times family times, turn the TV off during meals
- 📺 Provide opportunities other than watching TV (play outside, learn a hobby)
- 📺 Avoid using screen time as a reward or punishment in your family
- 📺 Assist your child to identify sales tactics in advertisements and commercials
- 📺 Make screen time an active time by doing stretches, jumping jacks, and push ups during commercials

Adapted from “We Can! Ways to Enhance Children’s Activity & Nutrition” February 2013, National Heart Lung and Blood Institute

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