

Limit Total Screen Time To 2 Hours A Day



Why limit daily screen time to 2 hours?

- Physical activity, along with healthy eating habits, is a sure path to maintain good health
- For kids, doctors recommend 60 minutes of moderate to vigorous physical activity everyday
- Being active increases endurance, flexibility and strength
- Active children usually have improved coordination, feel better about themselves and can do better in school
- Physical activity burns calories and exercises the muscles
- Active children are less likely to be depressed or anxious
- Active children have reduced risk of developing diabetes, asthma, and heart disease as they get older

What Your Family Can Do

- Get up and keep moving while watching TV or playing video games
- Make it a goal: move during commercials
- Stay active throughout the day: park farther away, take the stairs, get off the bus one stop earlier, walk
- Make moving fun: dance to music, try a new fitness video, play musical chairs, simon says, four square, tag, or make active rules for card and board games

For More Information

- www.KidsHealth.org
- www.ScreenTime.org
- www.cdc.gov
- www.nhlbi.org
- www.OhioActionForHealthyKids.org

Quick Tips

- Limit how long and how often you spend in front of the TV or the computer
- Set clear limits on TV watching, video games and computer time
- Turn off the TV or computer for a whole day, at least one day a week
- Be active during commercials by seeing how many push-ups, jumping jacks, arm circles or sit-ups you can do before the commercial is over
- Don't eat in front of the TV or computer

Information provided in this sheet was adapted from the Centers for Disease Control, Ohio Action For Healthy Kids, and National Heart Lung and Blood Institute.



NATIONWIDE CHILDREN'S

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Goal

Pick a goal or goals that you and your family can do together. Use the boxes below to track your progress.

- I will not eat in front of the TV
- I will limit my screen time to no more than 2 hours
- I will turn off the TV or computer for a whole day, at least once a week



Week 1

Week 3

Week 2

Week 4



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