

Turn TV Off!

On average, children spend more time in front of the TV each year (1,023 hours) than in school (900 hours). This can be one of the reasons many children do not get enough physical activity. Here are a few simple tips to help your student do more, watch less.

- Limit TV time to less than 2 hours per day. Most health experts recommend no more than 2 hours of TV per day for school-age children and teens.
- Keep the TV off during meals. Use mealtime to share the day's events of each family member.
- Provide other activities for your children such as playing outside, reading a book, learning a hobby or sport, or playing a board game.
- Be a role model for your children by limiting **your** TV time. Do something active with your family instead.