



HEALTH CORNER

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Did you know?

On average, children spend nearly 4 hours a day watching TV, DVDs, and prerecorded shows, just over an hour on the computer and about 50 minutes playing video games.

Children should be physically active at least 60 minutes a day. Reducing screen time and increasing physical activity can improve health status and maintain a healthy weight.

Some ideas to help get children away from the screen:

- Turn off Saturday morning cartoons and take your child for a walk.
- Make a family agreement to limit TV/DVD/video watching or gaming to 2 hours (or less) a day.
- Play with a ball instead of a video game
- Take the TV out of your child's bedroom
- If you do watch TV, stretch, do yoga, or even lift weights at the same time

For more ideas, visit the National Institute of Health's We Can website at:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/tools-resources/tools-reduce-screen-time.htm#handbooks-resources>