5, 4, 3, 2, 1, O...Brenner *FIT* - Families In Training



Limit screen time to less than 2 hours per day

What is Screen Time?

Screen time includes watching TV or movies, playing video games, talking on the phone, and using the computer/internet. These "sitting" activities aren't active at all, and involve little movement or physical activity.

More than 2 hours of Screen time a day weakens our muscles and bones, slows our metabolism, and can cause us to be unhealthy!

Tips to decrease screen time:

- Turn the TV off during dinner
- Schedule your TV watching, video games, or computer time-choose specific shows to watch or set a timer to make sure you keep under 2 hours a day
- Put the TV and computer in a family room
- Keep the TV out of your bedroom-this causes us to watch more TV and can even hurt our sleep
- Write the shows you watch in a journal and try to cut out re-runs or shows that are not your favorite

KEEP SCREEN TIME TO LESS THAN 2 HOURS A DAY OR 14 HOURS A WEEK!