



Healthy Choices Count!

# JULY FEATURE

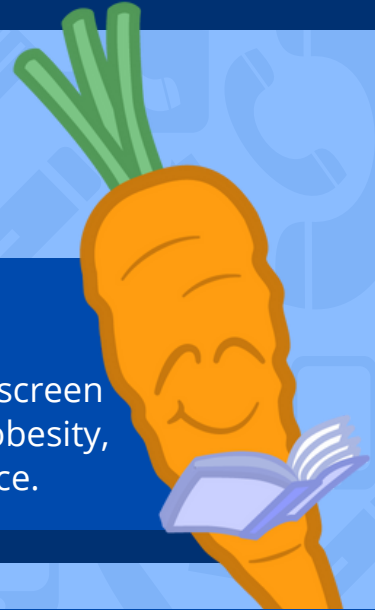
*Screen Free Summer Fun*

## STRATEGY 5

Limit Recreational Screen Time

### DID YOU KNOW?

Kids ages 8-12 spend an average of 4-6 hours a day watching or using a screen and teens spend up to 9 hours! Too much screen time can be linked to obesity, irregular sleep, behavioral problems and impaired academic performance.



### LIFE IS FUN WHEN YOU UNPLUG!

Instead of watching TV or playing video games this summer, try these unplugged activities:

- Play a board game
- Read a book or visit the library
- Turn on music and dance!
- Ride a bike
- Go for a walk
- Build a fort in the living room

### SET HEALTHY SCREEN BOUNDARIES

Set some basic rules to ensure a healthy relationship with screens like:

- No TV during mealtimes
- Keep books and board games in the family room
- No TV or computer before chores are done
- No TV or computer in the child's room

