



FAMILY HEALTH HANDOUT: PHYSICAL ACTIVITY

TURN IT OFF! REAL TIPS FOR REAL FAMILIES



APRIL HEALTH CHALLENGE

Move, jump, dance, or ? after each 30 minutes of screen time.

Is the computer mouse the most active object in your house? Step up to healthier living – cut back on TV, computer, and inactive games. Here are some realistic tips for a healthier lifestyle.

1. Pinpoint your family's screentime habits:
 - Where are the TVs, computers, and games in your home?
 - When are they used?
 - How much screentime does each person have in a typical day?
2. Talk about how screentime affects each family member:
 - Are the TV and computer taking the place of family conversation? School work? Physical activity? Social time with friends? Hobbies? Reading? Sleeping? Outdoor fun?
 - Does screentime affect family members' moods, buying habits (toys, foods), eating habits, or language?
3. Ask family members, "If we had more time in a day, what would you want to do?" List ideas: _____
4. Decide the best way for your family to control screentime:
 - Make a family commitment to cut back on TV, computer, and game time.
 - Rearrange the furniture to be more family focused. Take TV and computers out of bedrooms.
 - Change your mindset. Have screen-free nights. Play fun games.
 - Plan ahead. Keep a list of favorite family activities handy.

4-H FAMILIES ONLINE

For information on screentime and a screentime log, go to National Institutes of Health at wecan.nhlbi.nih.gov or call 1-866-35-WECAN. Make a family media agreement at www.commonssensemedia.org/screen-time/how-much-screen-time-is-ok-for-my-kids.

QUOTES FROM REAL FAMILIES . . .

"By turning TV off during dinner, we have a lot of fun just talking about what happened to each of us during the day."

"We plan shows we want to watch instead of watching anything."

"Our family decided during every commercial, we would get up and run in place. It feels silly, but it is a blast."

"We taped a list of fun activities on the TV. Every time someone wanted to watch TV, they had to do one of the activities. This was so much fun!"



**THE
AMERICAN
ACADEMY OF
PEDIATRICS
RECOMMENDS
1 TO 2 HOURS OF TV A
DAY FOR CHILDREN OVER
AGE 2. ADULTS SHOULD
WATCH LESS THAN
10 HOURS PER WEEK.**