



5

Eat five servings of fruits or veggies every day.

4

Eat together as a family four times a week.

3

Eat three meals a day (don't skip breakfast!)

2

Limit screen time to two hours a day.

1

Get at least one hour of exercise per day.

0

Cut sugar-sweetened drinks to zero.

Screen time includes watching TV/movies, playing video games, talking/texting on the phone, and using the computer.

What's so bad about toooo much TV? More than 2 hours of screen time per day can weaken our muscles and bones, slow down how effectively we burn calories, and cause us to be unhealthy!

Tips to decrease screen time

- Turn the TV off during dinner
- Eliminate background TV – keep it off if you are not actively watching it
- Be a positive role model for your children by limiting your own screen time as parents
- Keep TVs and computers out of the bedroom
- Set limits with cell phone use, including turning off at meal time and bedtime
- Set a timer to limit the amount of time spent watching TV, playing video games, or on the computer
- Ensure all homework and chores are completed prior to allowing screen time
- Don't use TV as an award or punishment

Activities to do other than screen time

- Play outside
- Go for a walk or bike ride
- Invite friends over to play
- Read a book
- Play a board game
- Play cards
- Do puzzles
- Play kickball
- Hula hoop
- Draw, paint, color

Become an active participant

- Watch TV with your child and discuss when possible
- Choose video games that encourage physical activity
- Plan what you watch – record programs and watch them later

