

# Limit Total Screen Time To 2 Hours A Day



## Why limit daily screen time to 2 hours?

- Physical activity, along with healthy eating habits, is a sure path to maintain good health
- For kids, doctors recommend 60 minutes of moderate to vigorous physical activity everyday
- Being active increases endurance, flexibility and strength
- Active children usually have improved coordination, feel better about themselves and can do better in school
- Physical activity burns calories and exercises the muscles
- Active children are less likely to be depressed or anxious
- Active children have reduced risk of developing diabetes, asthma, and heart disease as they get older

## What Your Family Can Do

- Get up and keep moving while watching TV or playing video games
- Make it a goal: move during commercials
- Stay active throughout the day: park farther away, take the stairs, get off the bus one stop earlier, walk
- Make moving fun: dance to music, try a new fitness video, play musical chairs, simon says, four square, tag, or make active rules for card and board games

## For More Information

- [www.KidsHealth.org](http://www.KidsHealth.org)
- [www.ScreenTime.org](http://www.ScreenTime.org)
- [www.cdc.gov](http://www.cdc.gov)
- [www.nhlbi.org](http://www.nhlbi.org)
- [www.OhioActionForHealthyKids.org](http://www.OhioActionForHealthyKids.org)

## Quick Tips

- Limit how long and how often you spend in front of the TV or the computer
- Set clear limits on TV watching, video games and computer time
- Turn off the TV or computer for a whole day, at least one day a week
- Be active during commercials by seeing how many push-ups, jumping jacks, arm circles or sit-ups you can do before the commercial is over
- Don't eat in front of the TV or computer

*Information provided in this sheet was adapted from the Centers for Disease Control, Ohio Action For Healthy Kids, and National Heart Lung and Blood Institute.*



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## Goal

Pick a goal or goals that you and your family can do together. Use the boxes below to track your progress.

- I will not eat in front of the TV
- I will limit my screen time to no more than 2 hours
- I will turn off the TV or computer for a whole day, at least once a week



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<b>Week 1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Week 3</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Week 2</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>Week 4</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Contact Us

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