



Get Up!

Aim for recreational screen time of 2 hours or less each day. Make the most of those hours by keeping the brain active with quality interactive media, including television, online games and apps. Visit wfyi.org for fun, age-appropriate tools.

TWO hours or less of
screen time every day



More information and resources at wfyi.org/5210



Anthem Blue Cross and Blue Shield Foundation



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Sit less, Move more!

Television, video games, smart phones, and computers are now a part of all of our lives. They are entertaining and can help our children learn. However, too much screen time, such as watching TV or playing electronic games, can be unhealthy. Kids who participate in a lot of screen-time activities are more likely to have health problems, such as unhealthy weight gain, sleep issues and behavioral problems.

Tips for Your Family

- Set time limits on screen time for the whole family. Stick with the limits.
- Be a role model. If your kids see you following the rules they'll be more likely to follow them, too.
- Turn off the TV and enjoy meal time as family time.
- Limit phone calls and texting during meal time.
- Try keeping the TV, computers, and videos out of the kids' bedrooms.
- Make one day a week a "Turn Off the TV Day" in your home and do something else with the kids. Read a book or take a walk.
- If your family really likes video games try those that make you move, such as Dance Dance Revolution, Wii Fit, Dance Central, Your Shape or Kinect Sports.
- Encourage your kids to read. Share the joy of reading aloud to the kids.

Understand TV Ads

Help your kids understand what they are watching. Help them think about the purpose of the ads. Colorful entertaining ads about snacks, sweetened drinks, cereals, and fast foods affects all of us, especially kids. Help your kids understand that just because a favorite character is eating or drinking something doesn't mean that it's good for you.

