

5-4-3-2-1 Go!

- **5** servings of fruits and vegetables a day
- **4** servings of water a day
- **3** servings of low-fat dairy a day
- **2** hours or less of screen time a day
- **1** hour or more of physical activity a day





**2 or Less Hours of
Screen Time a Day**

What We Will Cover

- ★ Why is it important to reduce screen time to no more than 2 hours?
- ★ How can families keep screen time to a minimum?





What is screen time?

Time spent:

- ◆ Watching television
- ◆ Using the computer
- ◆ Playing video games
 - ◆ On computer
 - ◆ On video game devices
 - ◆ Includes handheld



Screen Time and Obesity

 in screen time =  risk of obesity

Due to:

- ✧ Excess snacking
- ✧ Exposure to food advertising



TV viewing and physical activity

- ★ Many children watch a lot of TV and are inadequately active
 - ✧ Less TV = less weight gain
 - ✧ More activity = less weight gain





How can families get to 2 hours of screen time or less?

Try to avoid:

- ★ Turning on TV upon entering a room
- ★ Eating in front of the TV
- ★ Having a TV in the bedroom
- ★ Chanel surfing



Tips to reduce screen time

- ★ Set limits for screen time
 - ✧ Set a timer to remind you & your family
- ★ Plan TV / Internet time
 - ✧ Set a schedule
- ★ Turn the TV off when the program ends



Be a role model

- ★ Decrease YOUR screen time
- ★ Plan family activities in place of screen time
 - ✧ Take a walk
 - ✧ Play a board game
 - ✧ Play hide and seek
 - ✧ Make a craft



