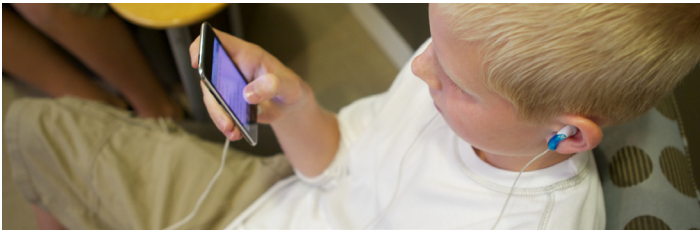


POWER OFF! DECREASING SCREEN TIME



Today we learned that screen time includes time spent in front of the TV, computer, phone/texting, or video game playing. We also learned that there are several reasons why we should be limiting our screen time to two hours or less per day. The more screen time you have, the more time you spend sitting or lying down and not really moving your body. Over time this could cause chronic (long-lasting) health conditions like high blood pressure, heart disease, and extra body weight. As a family, you could track the amount of time each member spends on screen time. If you have more than two hours per day, think of fun family activities that help improve everyone's health of life.

AT HOME ACTIVITY



Decreasing screen time can benefit everyone in the family.

Here are some tips to try:

1. Turn off the TV if no one is watching it.
2. Set a timer to help remind everyone to get away from the screen and do something different.
3. Turn off all screens, including texting during meal times.
4. Avoid eating while spending time in front of the screen.
5. Plan ahead! Look at the TV schedule and choose which shows would be good to watch.
6. Take a screen vacation! Turn off power/unplug all screens in the house. Try it for a day, weekend, week or all summer. See what interesting, new hobbies your family can come up with!



PLAIN POPCORN ROCKS

Popcorn can be a great compliment to any TV or movie night with your family. Choosing plain popcorn without added butter and extra salt will make a great choice when you want something to munch on. Plain popcorn is naturally high in dietary fiber and low in calories and fat. Try adding some of your favorite spices such as cinnamon, dry taco seasoning mix, oregano, thyme or lemon pepper to jazz up this age-old snack.