



# Tune out for health!



Watching TV, surfing the internet, and playing most video games do not take much energy. If you spend a lot of time sitting down in front of a screen, it may be difficult to balance the energy you eat with the energy your body uses.

Why not try:

- Turning off your TV, phone, or tablet for a few hours each night and getting up and moving around instead?
- Not eating in front of the TV? You could lose track of how much you are eating.

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# Activate your TV time!



In a typical month, American teens aged 12-17 watch 112 hours of video on the computer, mobile devices, and TV. That's nearly 4 hours per day!

Try to watch less TV. If you do, be careful how much you snack. Use that time to:

- Do sit-ups or crunches
- Do jumping jacks
- Jog in place