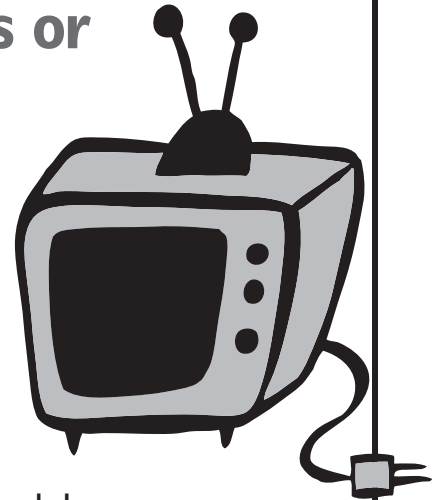


National TV Turnoff Week

Get ready for national *TV Turnoff Week* in April by limiting TV time to two hours or less daily and by turning on the fun!

Life is a lot more fun when you join in! Try these activities instead of watching TV.

- Take a walk.
- Ride a bike.
- Go on a nature hike.
- Put together a jigsaw puzzle.
- Go camping (even if it's just in the backyard).
- Go to a school sporting event.
- Play a board game.
- Read a book.
- Play outside.
- Turn on the music and dance.
- Start a journal.



Useful Web Pages:
www.turnoffyourtv.com
www.screentime.org
www.tvturnoff.com
www.cmch.tv

INTERESTING FACTS ABOUT TV

- Number of minutes per week that parents spend in meaningful conversation with their children: 38.5
- Number of minutes per week that the average child watches television: 1,680
- Number of 30-second commercials seen in a year by an average child: 20,000
- Percentage of children ages 6-17 who have TVs in their bedrooms: 50%
- Percentage of childcare centers that use TV during a typical day: 70%
- Hours per year the average American youth spends in school: 900 hours
- Hours per year the average American youth watches television: 1500 hours
- Percentage of Americans that regularly watch television while eating dinner: 66%

— www.turnoffyourtv.com

5210 Goes To School

LET'S GO!

Eat right. Be active. Get healthy.
www.letsgo.org