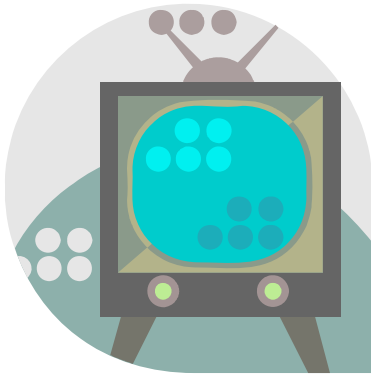




LET'S GO! TAKES 5210 TO SCHOOL

Participate in National TV Turn Off Week



Did You Know?

American children and adolescents spend 22 to 28 hours per week viewing television, more than any other activity except sleeping. By the age of 70 they will have spent 7 to 10 years of their lives watching TV. - The Kaiser Family Foundation

Get ready for *TV Turn Off Week* in April by limiting TV time to two hours or less daily and adding in more screen free activities like.....

Indoor Activities:

- Puzzles
- Charades
- Read a book or magazine
- Spend time catching up with your family
- Play board games
- Start a journal
- Go to the library



Outdoor Activities:

- Play ball (basketball, catch, soccer, etc.)
- Walk, run, or jog
- Ride a bike
- Roller blade
- Go on a nature hike
- Take your kids to the park or beach
- Sled, ski or snow shoe

Tips to Make it Easier:

- Try making one day a week “No TV Day” in your home
- Help your children list all of their favorite activities and post it on the refrigerator to use when they get bored

For more information, visit www.letsgo.org

