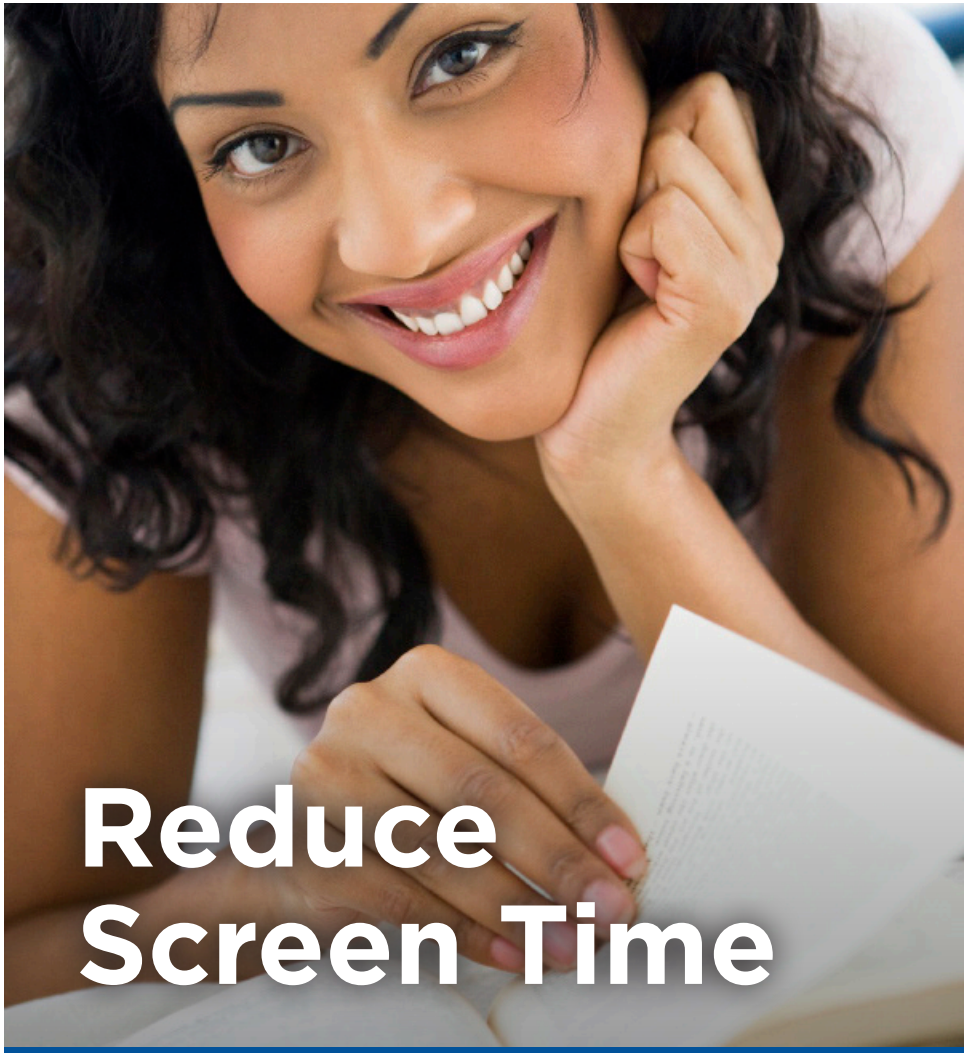
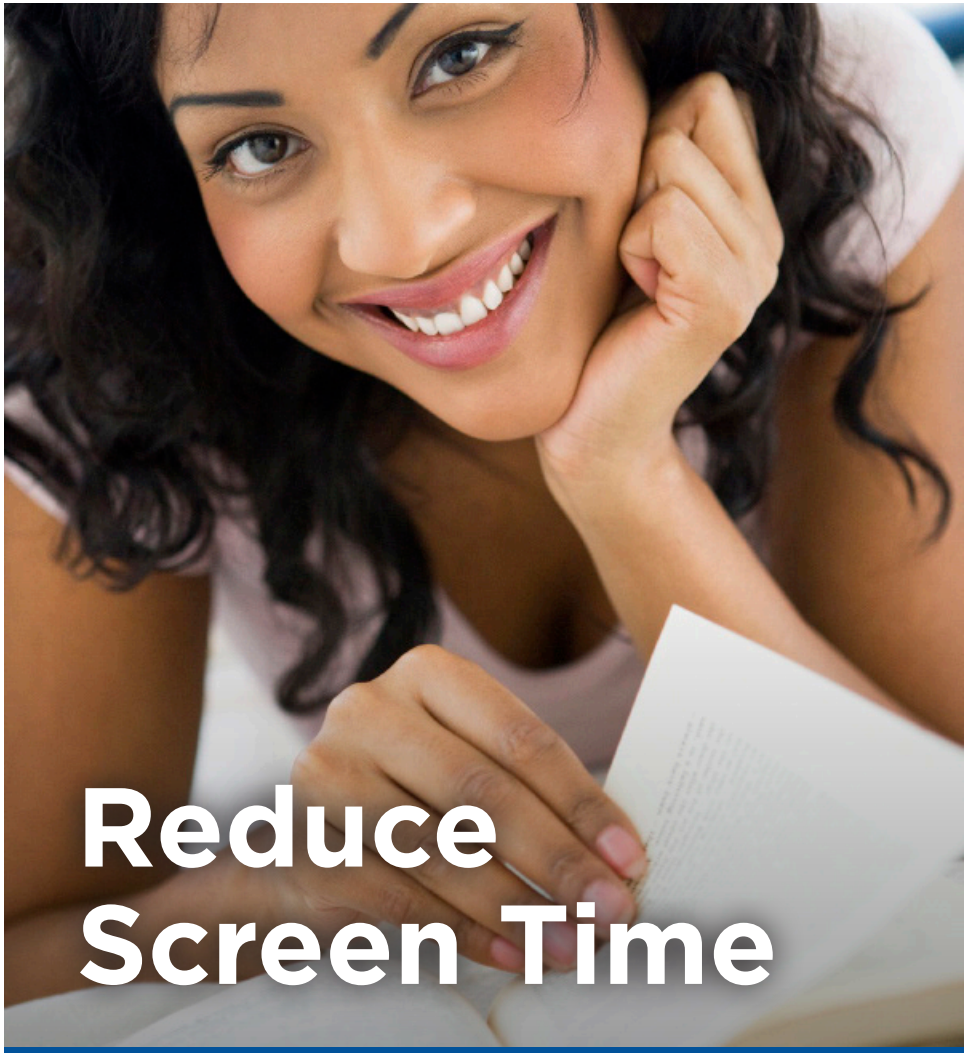


Reduce Screen Time

Aim for no more than 2 hours a day.



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Screen time includes TV, computers, video games, and cell phone apps.

The more time people spend in front of screens, the less time they spend being physically active.

Instead of Screen Time:

- Dance
- Go for a walk or hike
- Go for a bike ride
- Play a sport (Join a team!)
- Take a fitness class that you enjoy
- Plant a garden
- If you watch TV, do jumping jacks, push-ups, sit-ups, or other exercises.

Tips to reduce screen time:

- Try social outdoor activities like throwing a frisbee or kicking a soccer ball with friends.
- Catch up with friends with a walk and talk, instead of sitting down or texting to chat.
- Swap social media for social activity.
- Set an alarm on your computer to stand up and stretch.
- Make your bedroom a computer, smartphone, and TV free zone.

Columbus Public Health
240 Parsons Ave, Columbus, OH 43215
www.publichealth.columbus.gov

Funded by the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention (CDC) and administered by the Ohio Department of Health, Division of Prevention and Health Promotion, Bureau of Healthy Ohio, Creating Healthy Communities Program. This resource was supported by Grant Number 02520014CC0615 from CDC. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

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