



Turn off the tube and Get Movin'!

- Plan how much TV you and your family are going to watch and stick to the “rule”.
- Adults should only watch 10 hours a week
Children 2-18 years of age = 2 hours or less
Children under 2 = No TV
- Make a list of alternative activities instead of watching TV such as:
 - Taking a walk or bike ride
 - Walking your pet
 - Playing games with your kids

