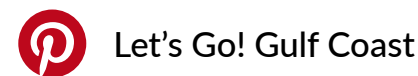## Turn on the Fun!

Life is more fun when you join in! Instead of using your phone, tablet, or computer, watching TV, or playing video games, try these fun activities:

- ☐ Try a new activity such as yoga, dancing, or kickboxing.
- ☐ Use your wheels – bicycle, skateboard, or rollerblades – to get around. Don't forget your helmet and safety gear!
- ☐ Take your dog for a walk around the neighborhood or to a local park.
- ☐ Challenge your family or friends to an active competition.
- ☐ Have friends over for a dance party, hula-hoop contest, or game of Frisbee.
- ☐ Do jumping jacks, push-ups, or sit-ups while you watch TV. Or, turn on music and dance around during commercials.
- ☐ Play a board game with friends or family.
- ☐ Get outside and play ball – basketball, baseball, soccer, or football!
- ☐ Head to the local library and check out a new book to read.
- ☐ Spend time catching up with your family.
- ☐ Use your imagination and play charades!
- ☐ Head to the beach with friends or family – remember to pack sunscreen!
- ☐ Put together a puzzle.
- ☐ Go for a walk, jog, or run, and push yourself to go a little farther each day.

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For more information, visit our website:

www.letsgogulfcoast.org

Don't forget to follow us on social media for daily tips, community events, healthy recipes and so much more!

- **f** Let's Go Gulf Coast
- **Instagram** @letsgogulfcoast
- **Twitter** @letsgogulfcoast
- **Pinterest** Let's Go! Gulf Coast

Let's Go! Gulf Coast is a Program of the MS Gulf Coast Youth Health Coalition, a Fund of the Gulf Coast Community Foundation

2

Limit Recreational Screen Time to 2 Hours or Less EVERY DAY!

Current Guidelines

Children Under 18 Months

Avoid the use of screen media, other than video-chats with family and friends.

Children 18-24 Months

Parents who want to introduce digital media should choose high-quality programming such as the content offered by Sesame Workshop and PBS, and watch it with their children to help them understand what they're seeing.

Children 2-5 Years Old

Limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.

Children 6 Years and Older

Place consistent limits on the time spent using media, and the types of media. Make sure media does not take the place of adequate sleep, physical activity, and other behaviors essential to health.

Don't Forget...

Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.

Here's the deal...

Screen time includes TV, computers, smart phones, video games, and tablets. All are important to limit!

Health experts have long linked too much screen time to obesity — a significant health problem today. When they're staring at screens, kids are inactive and tend to snack. They're also bombarded with ads that encourage them to eat unhealthy foods like potato chips, and drink empty-calorie soft drinks that often become favorite snack foods.

Decreasing the amount of TV kids watch leads to less weight gain and lower BMI. Replacing video game time with outdoor game time is another good way to help kids maintain a healthy weight.

Don't let too much screen time take away from your active and healthy lifestyle. Your health is a big deal!

Teenagers (ages 13-18) use an average of **9 hours** of entertainment media per day and tweens (ages 8-12) use an average of **6 hours** a day *(not including time spent using media for school or homework)...*

Parents of tweens and teens spend an average of **more than 9 hours** a day on screens. More than 80% of that time is for pleasure, not work. Yet, 78% of parents feel they are good role models for their children when it comes to media and technology...

Tips to Try

- Keep books and board games in the family room.
- Make a list of fun activities to do instead of sitting in front of a screen.
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.
- Be a role model for your family!
  - Follow your own roles – children model behavior, so set a good example with your own screen time habits.
  - Avoid watching programs containing adult content when children are nearby.