

The average Canadian adult spends about 9.5 hours of their waking time being sedentary.\* Studies have shown that people who limit their TV viewing to two hours or less are more physically active. Reducing the amount of time spent sitting in front of a television, computer and video game is one lifestyle change that just might be enough to help you reach and keep a healthy body weight.

\* Canadian Health Measures Survey, 2011

Write down the amount of leisure screen time you spend each day, and consider activities you can do instead.

Challenge: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Solution: \_\_\_\_\_

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- 1 Eat a healthy breakfast every day
- 2 Re-think your snack
- 3 Be active every day
- 4 Choose water
- 5 Enjoy more vegetables and fruit
- 6 Make meals at home
- 7 Breastfeed babies
- 8 **Watch less TV**



**WATCH LESS TV**

**The Motiv8 way is to plan and balance leisure screen time with physical activity every day!**

For more information visit  
[www.eatwellgetfitlivelife.ca](http://www.eatwellgetfitlivelife.ca)

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## What can you do with your time instead of watching TV? Try the following tips:

- tune into talking about your day during family meals
- check out local indoor or outdoor recreational facilities
- dance to your favourite music
- sign your family up for an interesting class
- make a personal or family commitment to try a new activity each season
- visit your local library and better yet-use active transportation like walking or cycling to get there
- go outside and play with your family
- walk your dog
- explore local hiking trails and conservation areas



## Attention couch potatoes:

the more television people watch, the less physically active they are. Even compared to other sedentary activities such as sewing, reading, playing video games, surfing the Web, or even driving a car, when people sit in front of the television, they are not burning as much energy as they would if they were doing something more active. When people sit in front of the television they are more likely to be influenced by the media to eat unhealthy foods.

## Role model the importance of being physically active every day.

Finding a balance between screen time and physical activity is important for your health. Use the following tips to help guide you:

- Remove TVs from bedrooms and keep computers and video game systems in common areas.
- Keep track of your leisure screen time in a log to see how much time you spend.
- Plan to watch only your favourite shows and turn the TV off when they are over.
- Rearrange your furniture so the TV is not the focal point of the room.
- When you watch TV, get up and move during commercial breaks.
- Avoid channel surfing, turn off the TV, and get active.

