

Before, During and After "Turn-Off the Screens"

- 👉 Move television sets to less visible places so that it is less tempting.
- 👉 Try hiding the remote control.
- 👉 If you or your children become bored, don't worry because boredom can lead to creativity and activity.
- 👉 Keep televisions out of children's bedrooms. TV's in bedrooms can distract one from sleeping, doing homework, reading and even thinking!
- 👉 Have dinner away from the TV. Instead of watching TV when you eat, have good conversations with your family.
- 👉 Limit the number of hours you and your children spend watching television and playing video/computer games each day. Try limiting it to 1 hour.
- 👉 Pick out what you want to watch ahead of time, and don't channel surf.
- 👉 Include children in household activities such as raking, gardening, sweeping, meal preparation, shoveling, etc.
- 👉 Get rid of your cable or downgrade your package.
- 👉 Find activities in your community that you and your children can participate in to get active.
- 👉 Be a good role model! *Get active with your kids.*
- 👉 Have a positive attitude. This challenge is a good starting point for a new healthy you!

