



## LIMIT RECREATIONAL SCREEN TIME TO **HOURS OR LESS** EVERY DAY

Keep TV/Computer out of bedroom. No screen time under the age of 2.

# Life is a lot more fun when you join in!

### Try these activities instead of watching TV.

- Ride a bike.
- Go on a nature hike.
- Play a card or board game.
- Turn on music and dance.
- Read a book or magazine.
- Spend time catching up with your family.
- Walk, run, or jog.
- Go to the library.
- Explore free activities in your community.
- Rollerblade.
- Play charades.
- Go play around in the snow (sled, ski, snowshoe, build a snowman or fort).

### Did you know?

- Screen time includes time spent on TVs, computers, gaming consoles/handhelds, tablets, and smartphones. It's important to limit the use of ALL screens.