










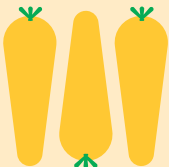
Turn off screens + get active

Screens can be great for learning, play and communication. Too much screen time can be unhealthy. Try to sit less and move more.

TIPS TO MANAGE SCREEN TIME

 <p>Eat together as a family. No screens at meals for parents and kids</p>	 <p>Before screen time – sleep, play outdoors, read and enjoy family time</p>	 <p>No screens in bedrooms, especially at night</p>
 <p>Take toys or books instead of screens when going out</p>	 <p>Monitor kids' screen time. Set limits if needed</p>	 <p>Sit less. Move more. Move every hour</p>
 <p>Help kids sleep. Stop using screens 1 hour before bed</p>	 <p>Parents – be a good role model. Reduce your screen time too</p>	 <p>Dance to music, or play video games that get you on your feet.</p>

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HEALTHYEATING
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