SCREEN TIME vs LEAN TIME

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren’t active. See how much screen time kids of different ages get and tips for healthier activities.

CHILDREN AGES 8-10 SPEND ABOUT 6 hours a day IN FRONT OF A SCREEN USING ENTERTAINMENT MEDIA

NEARLY 4 OF THESE ARE SPENT WATCHING TELEVISION

INSTEAD THEY COULD...

Play a game of basketball
AND STILL HAVE TIME TO...
walk the dog
and...
dance to their favorite songs
and...
jump rope
and...
ride their bike

How can parents help?

1. Ensure kids have 1 hour of physical activity each day.
2. Limit kids’ total screen time to no more than 1–2 hours per day.
3. Remove TV sets from your child’s bedroom.
4. Encourage other types of fun that include both physical and social activities, like joining a sports team or club.

FOR MORE INFORMATION, VISIT MakingHealthEasier.org/GetMoving