



Get Moving! Be Active!

Why turn the TV Off?

Your kids are more likely to:

- Be more creative
- Read more books
- Do better in school
- Eat healthier foods
- Have better behavior
- Be more active



TV rules from pediatricians:

- No TV for children less than 2 years old.
- No TVs in bedrooms.
- Limit TV and video game time to 1 to 2 hours per day.
- Monitor TV shows children are watching.

Families say:

"I used to use the TV as a baby sitter while I cleaned. Now my house is not as clean, but I don't feel so guilty."

"Sometimes it's hard because I'm so tired when I get home from work, but playing with my kids relaxes me more than watching TV."