

Newsletter

Volume 11



WORKSITE WELLNESS TURKEY PROGRAM

Smart Moves

Tame the Tube



The average American watches more than four hours of television per day. That adds up to 28 hours per week. Add computer time and we top six-and-a-half hours of screen time per day. Yet many say they can't find time for the two-and-a-half hours of activity needed each week to stay healthy.

TODAY'S AGENDA

- I. Weigh-in & record
- II. Welcome & celebrate Ssuccess
- III. Newsletter Volume 11
- IV. Discuss reducing screen time
- V. Follow the leader
- VI. Next week — final measurements

Adults who watch more than two hours of television per day weigh more than those who watch less. The same is true for children - the more television they watch, the higher their body weight. You are inactive when you watch television or surf the net. Your body burns about the same number of calories when you watch TV as it does when you sleep. We also tend to snack mindlessly in front of the TV — especially with all the commercials advertising high fat, high sugar snacks.



Tame the tube and get moving! Plan how much TV you and your family will watch. Turn your TV on when it is time for the program and turn it off when the program ends. Be active during the commercials by having family competitions. Do push-ups, sit-ups or volley a balloon back and forth over the sofa.

Make a list of activities that you and your family would enjoy doing and establish new routines. Get the TV and the computers out of the bedrooms — not only will you reduce your screen time, but you will get a better night's sleep.

Check out:

www.MyEatSmartMoveMore.com

for tips on reducing screen time.