# Switch off the screen and get active

Spending time watching TV, going online, playing computer or hand-held electronic games can be fun. It can also be educational. But spending too much time sitting still in front of a screen can be bad for your health.

## Effects of too much screen time

★ Poor posture

★ Poor eyesight

★ Strains of the thumb, wrist and elbow

★ Sleep problems

★ Delayed ability to make friends with others

★ Becoming overweight.



5 ways to a healthy lifestyle

Eat fewer snacks and select healthier alternatives

Get active each day

Choose water as a drink

Eat more fruit and vegies

Turn off the TV or computer and get active

## How long is too long?

Limit yourself to **2 hours a day** of sitting in front of a small screen, including the computer or TV.

*"Playing 'active' computer games uses more energy than playing 'sitting' computer games, but nowhere near as much as playing sport itself."*

## Screen time facts

★ Kids who watch TV for more than 2 hours each day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.

★ Nearly half of Year 6 girls and more than 6 out of 10 Year 6 boys spend more than 2 hours of leisure time every day sitting still.

★ It is more likely that kids will snack on foods that are high in sugar, salt or saturated fat while watching TV.

★ Playing 'active' computer games uses more energy than playing 'sitting' computer games, but nowhere near as much as playing sport itself.

★ The energy used playing 'active' computer games is not moderate or vigorous and doesn't count towards your recommended at least 60 minutes (1 hour) of physical activity every day.