

Turning off the TV means healthier families



Take a turn for the better

Most kids get four to six hours of TV, computer or video games a day, a far cry from the one or two hours that experts recommend. Follow these limit-setting strategies to help your kid—and you—get the remote under control:

- Think of alternative activities, such as shooting some hoops, going on a walk or exploring a nearby park
- Be active with your kids—they'll love spending the time with you
- Remove televisions from bedrooms
- Plan which shows to watch, and don't just watch whatever comes on next
- Avoid using TV as a reward or punishment
- Set a good example by limiting your tube time

One good turn deserves another. Turn off the TV, get more active and help your family enjoy the health it deserves.



**BlueCross BlueShield
of Illinois**

Source: American Heart Association

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