



Did you know that each year the average child spends 900 hours in school and nearly 1,023 hours in front of a TV? When children devote large amounts of time to screen-time activities, they tend to be less physically active.

Physical activity is an important part of being healthy and achieving energy balance: eating and drinking (energy in) to provide the right amount of fuel our bodies need for healthy growth, everyday living and physical activity (energy out). It also helps prevent overweight and obesity. That's why experts recommend limiting television viewing and other non-academic screen time to less than two hours per day.

With so many low and no cost options for family fun, it's not hard to limit the amount of time your family (children and adults alike) spend in front of a screen. Give these simple, practical ideas a try to make healthy easier for you and your family.

Get creative. Build a cool fort with pillows and blankets. Turn up the music and invent a new dance. Have an indoor scavenger hunt. Do arts and crafts – break out the crayons and coloring paper, or use old magazines and newspapers to make a collage.

Take it outside. Play outside with your dog. Involve the whole family in yard work like planting flowers, raking leaves or shoveling snow. Or just grab a Frisbee® or ball and have some fun in your own backyard or at a local park.

Make it easy for you! Families often have busy schedules. Make the most of the time you do have together. Make chore time active family “together time.” Rake leaves, wash the car, water the flowers or shovel snow together. Need to cook dinner? Have your child help prepare the meal with small, manageable tasks.

For more ideas on how to achieve energy balance as a family, visit www.nrgbalance.org.

nrgBalance 12345! highlights five recommended behaviors for maintaining good health and provides simple, practical tips for helping families achieve energy balance every day.

- 1** One or more hours of physical activity each day
- 2** Two or less hours of screen time each day
- 3** Three balanced meals each day
- 4** Four or more cups of water or low/no-calorie beverages each day
- 5** Five servings of fruits and veggies each day