

MOVING MORE, WATCHING LESS



Simple Solutions to Help You and Your Family Watch Less Television

- 1** Get the TV out of the bedroom.
- 2** Plan how much TV you and your family are going to watch.
- 3** Set clear limits and be a good TV role model.
- 4** Make a list of activities you want to do instead of watching TV.
- 5** Don't keep the TV on all the time, tune into specific shows.
- 6** Eat together as a family **WITHOUT** the TV.
- 7** Watch with your children. Discuss the shows and the advertising.

