

Eat Smart Move More

Orange County

Eat Smart, Move More Health Tip



Tame the Tube— and Get Moving

Many of us say we don't have time for physical activity, yet we spend 3 to 4 hours in front of the TV. Not only are we inactive while watching television, we often snack on high-calorie foods at the same time. Trade TV time for physical activity. Walk or bike with your family after dinner. By planning TV time, you'll have more time for physical activity.

For more tips on how to tame the tube where you live, learn, earn, play and pray, visit

www.EatSmartMoveMoreNC.com



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Key Messages

- Screen time can have an impact on your weight.
- Watching less television creates more free time for family fun.

Objectives

Participants will be able to:

1. Name a few ways they can reduce the amount of television they watch.
2. Identify specific activities they can do besides watch television.

Suggested Strategies

1. Encourage participants to reduce their screen time to two hours or less per day.
2. Send an e-mail with Tame the Tube materials to help families find ways to reduce screen time and get moving.
3. Encourage families to use the Activity Planner to schedule more physical activity and less screen time into their day.



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Tame the Tube Materials

Use the following materials to communicate messages about taming the tube, be it television or computer time. Documents provided are reproducible and can be modified to meet the needs of your organization or audience.

★ *Starred handouts are available in Spanish*

- **Limit TV** - This handout provides simple solutions to help individuals and families watch less television. ★
- **Weekly Dinner, Activity, and TV Time Planner** - Individuals and families can use this handout to plan meals, physical activity goals, and television viewing times for the week.
- **I Will watch Less TV** - This empowering poster reminds us to turn off the TV or computer and get active instead.

