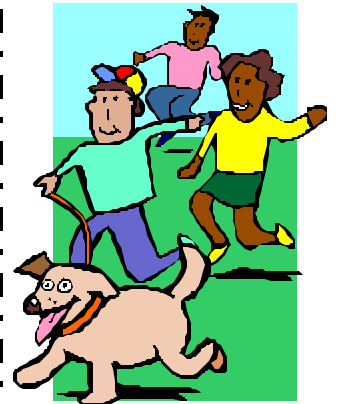




## Parents - Get Your Kids Moving!!

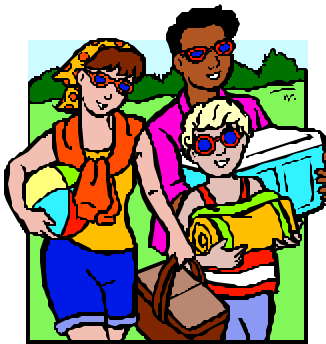
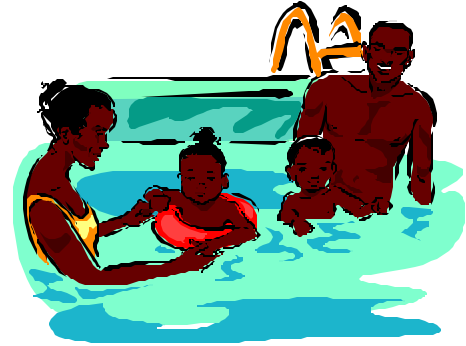
Experts agree that American kids watch so much TV that it is harmful to their health.

- Too much TV may lead to obesity and overweight, eating more junk food, low reading scores, low grades in school, violent behavior, and attention problems.
- Time spent watching TV leaves less time for reading, schoolwork, playing, exercise, and family time.
- Being active as a child may prevent diabetes, high blood pressure, some types of cancer, and depression as an adult.



## Experts recommend that:

- Kids under 2 years of age shouldn't watch any TV.
- Limit TV watching to 1 - 2 hours for kids over 2 years old.



## What can you do?

- Be active with your kids.
- Be a good role model - be physically active yourself!
- Limit the time your child spends watching TV or movies, or playing computer or video games to 1 - 2 hours a day.

### Sources:

Pat Etheridge, Kids TV watching linked to unhealthy eating habits, <http://www.cnn.com/2001/HEALTH/children/01/08/tv.eating/>  
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American Academy of Pediatrics, <http://www.aap.org/family/smarttv.htm>  
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