



Keep TV and other screen time to less than 2 hours a day.

In general, kids who spend less time in front of the TV...

- Do better in school
- Read more
- Sleep better
- Eat healthier foods
- Weigh less
- See less violence

**Watch less, and play more! Kids need at least 1 hour
of moderate to vigorous physical activity every day.**

What is “screen time”?

Screen time is time spent watching TV, DVDs, videos and movies, or playing games on a TV, computer, or handheld device. It does not include time doing homework on a computer.



STAR kids limit screen time!