

NASH CRN
Achieving a healthy weight can improve fatty liver disease

TIP #2: CUT DOWN ON SCREEN TIME TO 2 HOURS OR LESS PER DAY

Reduce your “screen time” – this is the total time you spend watching TV, DVDs, playing video games, texting or using a phone or the computer for *anything* other than school or work.

- It’s important for the whole family, including parents and kids, to sit less and move more to have more energy, learn new skills and be at a healthy weight.
- Be a good role model. Parents *and* kids should limit screen time to no more than 2 hours per day.
- Don’t use TV or video game time as reward or punishment.

Here are some ideas on how to cut down your family’s screen time:

1. Keep track of how much time you and your family spend in front of a screen (TV, computer or phone) and how many hours you spend being active (walking, active playing, gardening, swimming, running) on a weekly or monthly calendar. Have a family competition to see who can increase their active time and decrease their screen time the most in one month!
2. When you do spend time in front of a TV or computer, take breaks to be active. During commercial breaks, get up stretch, walk around the house, do yoga, leg lifts, or lift weights. Compete with your family members to see who can do the most jumping jacks or sit ups during breaks.
3. Move TVs out of your bedrooms.
4. Make meal times about family time and turn off the TV.
5. Set a house rule on the amount of TV and screen time per day at home and stick with it! Remember your goal of no more than 2 hours of screen time per day.
6. Go for a half hour walk or any other physical activity instead of watching TV.

For more information, visit:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/reduce-screen-time/tips-to-reduce-screen-time.htm>