

Unplug!

Life is a lot more fun when you join in!



2 hours
or less
recreational
screen time
every day

TRY THESE ACTIVITIES INSTEAD OF WATCHING TV:

- Take a walk.
- Ride a bike.
- Go for a hike.
- Build a puzzle.
- Go camping.
- Go to a sporting event.
- Play a board game.
- Read a book.
- Play outside.
- Dance to music.
- Start a journal.
- Jump rope or skip.
- Help make dinner.
- Strike a yoga pose.
- Go bowling.

HELPFUL WEBSITES:

www.turnoffyourtv.com
www.screentime.org
www.cmch.tv

INTERESTING FACTS:

- **38.5:** Minutes per week that parents meaningfully converse with their children.
- **1,680:** Minutes per week that the average child watches television.
- **20,000:** Number of 30-second commercials seen in a year by an average child.
- **50%:** Percentage of children ages 6-17 who have TVs in their bedrooms.
- **70%:** Percentage of childcare centers that use TVs during a typical day.
- **900:** Hours per year that the average American youth spends in school.
- **1,500:** Hours per year that the average American youth watches television.
- **66%:** Percentage of Americans who regularly watch television while eating dinner.

Let's Move
Pittsburgh

Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.



Let's Move Pittsburgh is affiliated with Phipps Conservatory and Botanical Gardens. This program is adapted from Let's Go! www.lets-go.org.