

# SCREEN TIME vs LEAN TIME

Do you know how much entertainment screen time kids get? Time in front of a screen is time kids aren't active. See how much screen time kids of different ages get and tips for healthier activities.

AGE  
GROUP >

8-10

11-14

15-18

YOUTH AGES 11-14 SPEND NEARLY

# 9 hours a day

IN FRONT OF A SCREEN USING  
ENTERTAINMENT MEDIA

NEARLY

# 5

OF THESE ARE  
SPENT WATCHING  
TELEVISION



INSTEAD THEY COULD...



Play a game of basketball

AND STILL HAVE TIME TO...

walk the dog



and...

dance to their favorite songs



and...

skateboard



and...

ride their bike



## How can parents help?

**1** Ensure kids have 1 hour of physical activity each day.

**2** Limit kids' total screen time to no more than 1-2 hours per day.

**3** Remove TV sets from your child's bedroom.

**4** Encourage other types of fun that include both physical and social activities, like joining a sports team or club.

