

# 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

CHILDREN AGES 8-10 SPEND ABOUT

# 6 hours a day

IN FRONT OF A SCREEN USING  
ENTERTAINMENT MEDIA

NEARLY

# 4

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...*

**jump rope**



*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.

