

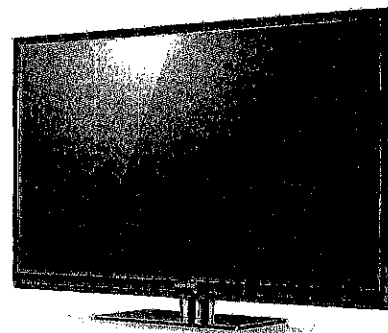
Live your Life.

## Why limit our screen time?

**Screen Time** - time you spend using an iPad, computer, video game, cell phone, or TV

Too much screen time takes away from **being active**

Limit screen time to **2 hours** or less/day



## Good reasons to turn off the screen:

- Spend more time with **family** or **friends**
- Be more **active**
- **Do** better in school
- More time for **fun activities**
- **Less** time snacking

