



Unplug – No more than 2 hours of screen time per day outside of work

What is screen time?

Time spent watching TV, using the computer, and cell phone. Unless it's work or an exercise video, power down and unplug. Aim for no more than 2 hours of screen time per day outside of work.

Why unplug from screen time?

The more time you spend plugged in, the less time you spend:

- Getting active
- Talking with your friends and family
- Doing other things you enjoy

Unplug. Power down.

Power down the screens and tune in to talking and moving more.

- Schedule no screen time:
 1. At meal times
 2. One hour before bed
 3. The first hour after waking up
- Move from screen time to active time.
- Go for a walk, ride your bike or hit the gym.
- If you do have favorite TV shows you can't miss, record them. Fast forward through the commercials, and find ways to be active while watching your show. Remember, this counts as your screen time for the day!
- Make bedrooms a no screen zone. Replace screens with books. Reading helps you sleep. Screens keep you awake.

Did you know...

- ◆ The average household has more televisions than people and has them on for more than 8 hours per day.
- ◆ Adults average about 8.5 hours of screen time per day.
- ◆ For every two hours spent watching TV each day, your chances of developing diabetes increase by 20 percent, developing heart disease by 15 percent, and early death by 13 percent.
- ◆ Over 90 percent of individuals in the US own a phone and more than two-thirds of people who own a smart phone indicate they couldn't live without it.

Get your Zzz's

Too much screen time doesn't let you sleep well at night, and can make you feel tired and cranky the next day. Adults needs 7 to 8 hours of sleep per night.

Recharge your body and brain with sleep. It will help you:

- Be more productive
- Improve your mood
- Make better choices during the day
- Be at a healthy weight

Reduce your stress

Believe it or not, being constantly plugged into your computer or smart phone can increase your stress.

Whether you can't put down your electronics because you feel like you might miss something or have just one more e-mail to answer - you constantly feel like your work is never done.

Find a balance:

- Prioritize the emails or messages you need to respond to and leave others for another day
- Turn off automatic alerts on your smart phone – it's okay for a text message or social media alert to go unread
- Turn on the "do not disturb" setting on your phone

Take a screen break

Imagine...a fun-filled "screen-free" weekend. Could you do it?

Hit the beach, hit the slopes, bike to the park, go on a nature walk, have a picnic, play a neighborhood volleyball game, or wash your car. You'll feel refreshed and recharge your battery by unplugging for the weekend.

The unhealthy behavior of always being plugged in has gained such popularity and importance over the last ten years that there is a national screen-free week in May of each year.

**Track your screen time
and active time to find out
if you're too plugged in.**
