

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.



FOR MORE INFORMATION, VISIT
MakingHealthEasier.org/GetMoving

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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



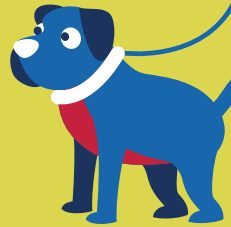
INSTEAD THEY COULD...



Play a game of basketball

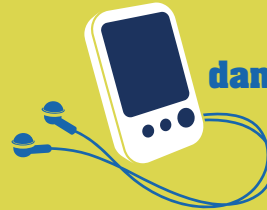
AND STILL HAVE TIME TO...

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.

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AGE
GROUP >

8-10

11-14

15-18

YOUTH AGES 15-18 SPEND ABOUT

7½ hours a day

IN FRONT OF A SCREEN USING
ENTERTAINMENT MEDIA

NEARLY
4½
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...

go for a run



and...

do yard work



**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.

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