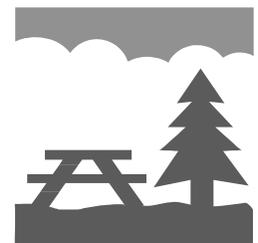


## 12 Fun Ways to Enjoy TV-Free Family Time

Turning off the TV is an easy way to enhance your family's health and happiness. More screen time (TV, computers and video games) leads to higher weights for both adults and children. TV time leads to weight gain, because people are more sedentary and because they see so many food ads (about 40,000 a year). Turning off the TV will help your family maintain a healthy weight and give you time together.

1. **Snuggle up and read a book:** Reading together as a family is one of the best ways to ensure your children do well in school.
2. **Snuggle up and tell a story:** Telling stories is another way to enhance children's verbal skills – and to share special memories.
3. **Snuggle up and sing a song:** Kids don't care if you can carry a tune and they love to sing with you, learning new words along the way.
4. **Snuggle up and talk:** Turning off the TV gives you more time to talk with your children.
5. **Snuggle up and listen:** You learn more about your children by talking less and listening more. If you listen, they will talk.
6. **Just snuggle up together:** The biggest benefit of turning off TVs, computers and video games is that your family can grow closer.
7. **Get up and take a walk:** A simple neighborhood walk gives you time together and an easy way to get fit and strong together too!
8. **Get up and dance:** Dancing combines fun and fitness for every age. Let your kids pick the music and teach you the moves.
9. **Get up and play a game:** Pick the right game for your child's skills – like tossing a foam ball with a toddler or baseball with older kids.
10. **Get up and play with a pet:** Dogs and cats also need activity to maintain a healthy weight and live long healthy lives with you.
11. **Get up and play with friends:** Kids (and adults) need time to play with their friends – in the backyard, at the park or in the wilderness.
12. **Get up for a family fun night:** Plan a weekly fun activity, like riding bikes or bowling with another family. Make it a weekly thing!



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