Alternative text for Screen Time vs Lean Time Infographic

Screen Time vs Lean Time Infographic [H1]

Do you know how much entertainment screen time kids get? Time in front of a screen is time that kids aren't active. See how much screen time kids of different ages get and tips for healthier activities

Ages 8-10 [h2]

[Picture of: Boy sitting on the floor watching TV, talking on a cell phone and typing on a laptop computer. A video game console, tablet computer and desktop computer are also in the room with him] Children ages 8-11 spend about six hours a day in front of a screen using entertainment media, nearly four of these are spent watching television.

[Picture of: a basketball] Instead they could play a game of basketball and still have time to

[Picture of: a dog on a leash] walk the dog and

[Picture of: an MP3 player] dance to their favorite songs and

[Picture of: a girl jumping rope] jump rope and

[Picture of: a bike] 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.

[Picture of: CDC logo]

For more information visit www.MakingHealthEasier.org

Ages 11-14 [h2]

[Picture of: Boy wearing a baseball hat, sitting on the floor watching TV, talking on a cell phone and typing on a laptop computer. A video game console, tablet computer and desktop computer are also in the room with him] Children ages 11-14 spend nearly nine hours a day in front of a screen using entertainment media, nearly five of these are spent watching television.

[Picture of: a basketball] Instead they could play a game of basketball and still have time to

[Picture of: a dog on a leash] walk the dog and

[Picture of: an MP3 player] dance to their favorite songs and

[Picture of: a skateboard] skateboard and

[Picture of: a bike] 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.

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Ages 15-18 [h2]

[Picture of: a teenage boy sitting on the floor watching TV, talking on a cell phone and typing on a laptop computer. A video game console, tablet computer and desktop computer are also in the room with him] Children ages 15-18 spend about seven and a half hours a day in front of a screen using entertainment media, nearly four and a half of these are spent watching television.

[Picture of: a basketball] Instead they could play a game of basketball and still have time to

[Picture of: a dog on a leash] walk the dog and

[Picture of: an MP3 player] dance to their favorite songs and

[Picture of: a teenage girl running] go for a run and

[Picture of: leaves and a garden rake] 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. 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.

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