

REDUCE SCREEN TIME



**Five Hills
Health Region**

Healthy People – Healthy Communities

Reports show that 61% of parents agree that their kids spend too much time watching TV and using the computer.

High levels of sedentary behaviour increase health risks regardless of activity levels.

To reduce this consider removing televisions, cellphones and other screens from bedrooms, and establish household rules for television and computer by setting reasonable use limits.

[Click here](#) to review the 2015 Active Healthy Kids Canada Report Card; see how Canada stacks up against 14 other countries.