

Reduce Screen Time

Although you might not be able to change how much time you spend on the computer for work or school, **you can spend less time on screens during other times of the day.** Try these ideas to reduce screen time and get moving.

- **Track how much time you spend in front of a screen.** Log the number of hours you spend in a week (outside of work or school) watching television, playing video games, or using the computer.
- **Use the time you watch television to be physically active in front of the television.** Walk in place (or on a treadmill) while watching your favorite shows, or do jumping jacks during commercials.
- **Set a goal to reduce screen time.** Write down alternatives to watching television, such as taking a walk, or playing with your dog.
- **Limit eating while watching television.** Many people overeat when watching television. If you choose to eat while watching television, portion out a small amount.

**Set a goal to
reduce screen
time!**

Source: CalFresh Healthy Living, California Department of Public Health. <https://calfreshhealthyliving.cdph.ca.gov/en/tips/Pages/Reduce-Screen-Time.aspx>

