

Drop the Remote; Get a Life!

Think of all the things you could be doing instead of watching television. Now turn off the TV and go do them. Today marks the start of the sixth annual National TV-Turnoff Week, a campaign initiated by the organization TV-Free America and supported by the American Academy of Pediatrics and U.S. Surgeon General Dr. David Satcher. The goal is to get people to become more active instead of spending time on the couch flipping through channels. Federal health officials encourage turning off the television because numerous studies have linked television-watching to obesity, particularly among children. According to statistics from TV-Free America, based in Washington, D.C., 98 percent of all American households have a television. More than 88 percent have at least two sets. Two-thirds of American homes watch TV while eating dinner, with the television in most homes on an average of seven hours a day. The average American kid watches television 1,154 hours a year. However, the AAP recommends absolutely no television for children ages 2 and younger. Not sure what to do with that time once spent watching television? TV-Free America has some suggestions: Go dancing, tell a story, build a birdhouse, read a book, go fishing, plant a garden, volunteer, celebrate an occasion, listen to music, sing a song, visit the library, talk to a friend or go exercise/

On Health