

TV Power Hour



2

HOURS OR LESS OF RECREATIONAL SCREEN TIME



TURN NIGHTTIME TV WATCHING INTO AN ACTIVE TIME FOR THE WHOLE FAMILY.

POST THIS LIST NEAR THE TV AND EVERY TIME A COMMERCIAL BREAK COMES ON A DIFFERENT FAMILY MEMBER GETS TO CHOSE THE ACTIVITY THAT THE ENTIRE FAMILY PERFORMS FOR THE WHOLE BREAK. ADD YOUR OWN ACTIVITIES TO THE BLANK SPOTS!

Jumping Jacks

Dancing

Push-Ups

Lunges

Sit-Ups

Jog in Place

Stretching

Squats



OUR LADY OF THE LAKE
CHILDREN'S HOSPITAL

1

HOUR OR MORE OF PHYSICAL ACTIVITY

