



Healthy Living Swaps

Give Up To Gain!

The Swap: Turn off the TV

Reduce TV watching by just one hour a day and lower your risk for disease.

What You Gain:

Watching no more than two hours of TV a day decreases your chance of developing type 2 diabetes, cardiovascular disease, and premature death.



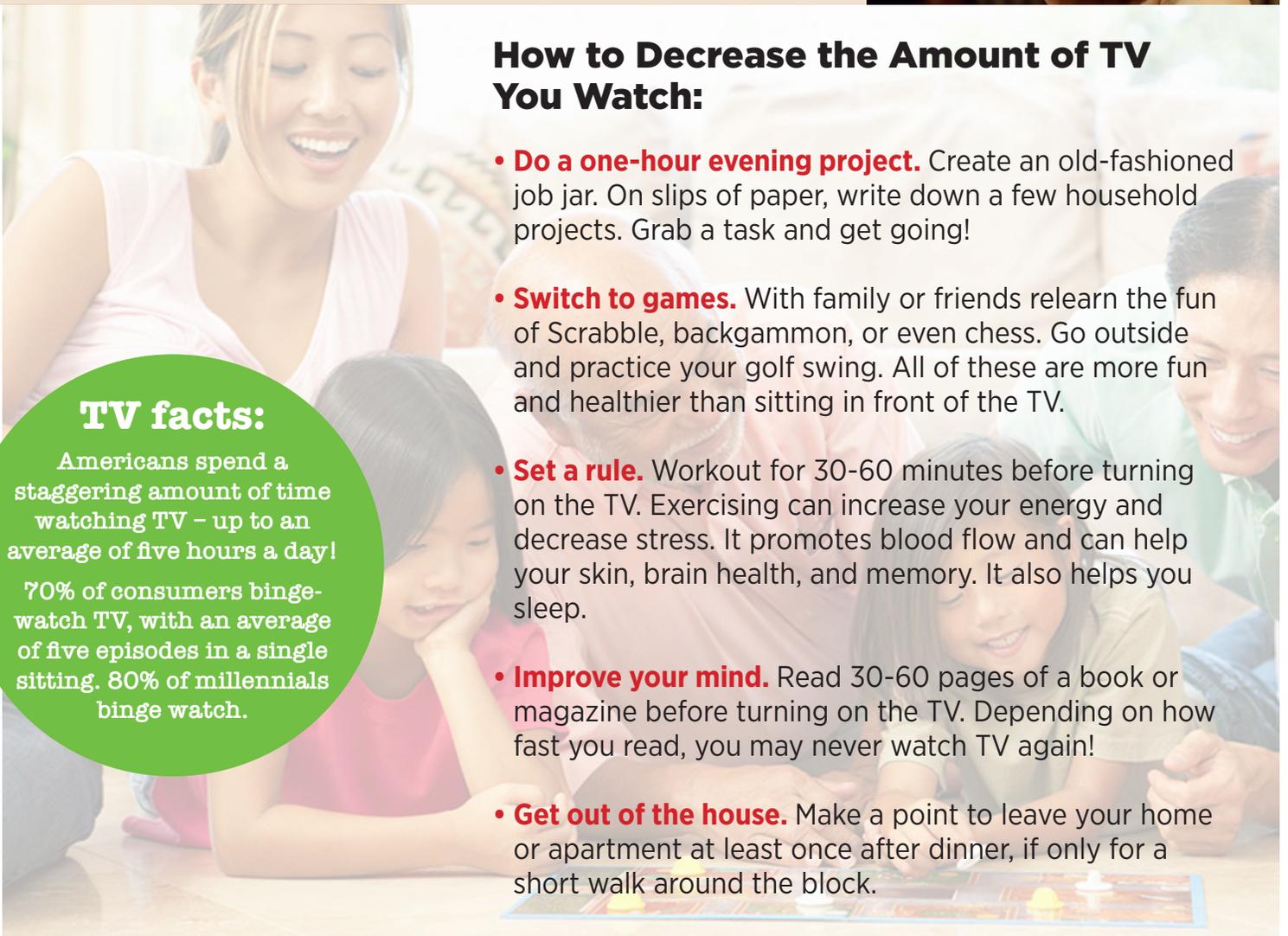
How to Decrease the Amount of TV You Watch:

- **Do a one-hour evening project.** Create an old-fashioned job jar. On slips of paper, write down a few household projects. Grab a task and get going!
- **Switch to games.** With family or friends relearn the fun of Scrabble, backgammon, or even chess. Go outside and practice your golf swing. All of these are more fun and healthier than sitting in front of the TV.
- **Set a rule.** Workout for 30-60 minutes before turning on the TV. Exercising can increase your energy and decrease stress. It promotes blood flow and can help your skin, brain health, and memory. It also helps you sleep.
- **Improve your mind.** Read 30-60 pages of a book or magazine before turning on the TV. Depending on how fast you read, you may never watch TV again!
- **Get out of the house.** Make a point to leave your home or apartment at least once after dinner, if only for a short walk around the block.

TV facts:

Americans spend a staggering amount of time watching TV - up to an average of five hours a day!

70% of consumers binge-watch TV, with an average of five episodes in a single sitting. 80% of millennials binge watch.



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How to Decrease the Amount of TV You Watch:

- **Only turn on the TV to watch a particular show.** Don't channel surf.
- **Set a timer,** an alarm clock, or a phone alert in another room for the length of time you allow yourself to watch TV.
- **Rearrange the furniture.** Design your family room so that the TV is not the focal point of the room.
- **Eat meals, especially dinner,** with the television OFF. Sit at the table. Take your time.
- **Set a rule: No TV if the sun is shining.** Instead, go for a walk, ride a bike, or do some other kind of physical activity for at least an hour before turning on the tube.
- **Make a TV-watching plan each week.** Pick out the shows you want to watch that week and don't binge-watch. Decide you will only watch that program for one hour.

Researchers calculate that for every hour of TV watched, your life can be shortened by more than 21 minutes.