

How to Swap Screen Time for Physical Activity: Teens

- Don't allow a TV, computer or cell phone in your teen's bedroom. Keep them in a common area of the family home so you can monitor use.
- Make family rules that limit how much screen time your kids are allowed each day, and stick to them. The gold standard to strive for is two hours or less per day.
- Set a good example. Be a good role model by limiting your own screen and cell phone use time.
- Talk to your kids about the importance of physical activity versus screen time. Make sure they know decreased screen time is not a punishment but a healthy choice.
- Throughout the school year, after-school is a key timeslot for teens. Encourage participation in active after-school programs at school and in the community. Urge your teens to walk (bike, skateboard) home from school rather than getting a ride.
- Make screen time active time; challenge the family to see who can do the most push-ups, jumping jacks or leg lifts during commercial breaks.
- Have a list of active indoor and outdoor activities, so you can suggest alternatives to watching TV or playing on the computer.
- Unplug for a day. Designate one day a week or month as a screen-free day for the whole family.
- Put mobile devices (including yours) "to sleep" in a designated spot in the house one hour before bedtime. Late-night chatting online, surfing and texting with friends shouldn't cut into important sleep time.
- If your teens need an extra push to get moving, plan active family outings, like skating, hiking or a family yoga class.

Share your own tips for balancing screen time with physical activity by connecting with us on Twitter [@ParticipACTION](https://twitter.com/ParticipACTION)