National “TV-Turnoff Week” 2015—CAN YOU DO IT???

Turn off the TV and Turn on YOUR Life!

When? Monday, May 11th through Sunday, May 17th
Who? You and Your Family.
What? Be Screen Free!!! Turn-off your TV, video games, DVD players and your computer.
Why? Because you CAN and it’s good for you!

Why turn off the TV???
Television cuts into family time, harms our children’s ability to read and succeed in school, inhibits creativity and contributes to unhealthy lifestyles and obesity. Here are just a few of the facts:

- On average, children will spend more time in front of the TV (1,023 hours) than in school this year (900 hours).
- Forty Percent of Americans frequently or always watch TV during dinner.
- 54% of 4-6 year olds when asked would rather watch TV than spend time with their fathers. 😞
- In 1998, 52% of 12th graders who watched 1 or fewer hours of TV per day achieved reading PROFICIENCY in state mandated tests.

Too much TV is hazardous to your health
1. TV undermines Family Time
2. TV harms reading and academic performance.
3. TV encourages violence.
4. TV promotes sedentary lifestyles and obesity.
5. TV promotes addiction and over-consumption.

“I am so bored! What can I do without TV?” -- walk your dog, read those neglected magazines, dust off and use your exercise equipment, write a letter to an old friend, complete those unfinished home projects, plant flowers, grow vegetables, paint an ugly room, paint a picture, stretch, draw, color, assemble a jigsaw puzzle, bring out the board games, read a book, complete a crossword, go to the library, use your gym membership, make a home-cooked meal, listen to the radio, clean your room, play an instrument, take a nap, play a card game, go to the park, go bowling, read the newspaper, go surfing or walk barefoot on the beach, knit, sew, pray, shoot hoop, kick around a ball, play the stereo, do yoga, sew buttons, work in the garage, build something, assemble a kit project, plan a vacation, learn how to do something new, have a candlelight dinner with fancy ware, throw a party, wash your dog, play with your kids, go to a Storm baseball game, write a poem, play “kick the can”, hide-and-go-seek, jump rope, hula-hoop, pet your dog, yo-yo, talk with your neighbor, bake bread and give a loaf to someone who needs one, smile, cry, laugh, and best of all…tell your family how much you love them!!!

Encouraging your entire household to participate will make the experience much easier and more enjoyable. Tape card board to your TV with an inspirational message as a reminder to YOU and your family’s commitment.

Check out more info and facts: http://www.tvturnoff.org/