

## Why Unplug and Play?

Screen Free Week April 20-26

**Screen time cuts into family time** and is a leading cause of obesity in both adults and children. Excessive use of screens for recreational purposes leads to a more sedentary and solitary lifestyle. That is unhealthy for all of us, both mentally and physically!

**In the US and other industrialized nations** around the world, screen time use continues to increase every year. The average daily usage for all screens, in some countries, has reached 9 hours per day. This is for recreational use of screens **and does not include work time.**

**On average, people watch 4 hours of television** and then spend another 4 plus hours with computers, games, video, iPods and cell phones. Some online games are capturing the attention of users by an average of 892 minutes per week!

**Former US Surgeon General Dr. David Satcher** said at the Kick Off of Turnoff Week 2001, "We are raising the most overweight generation of youngsters in American history...This **week is about saving lives.**"

**Who Participates?** Anyone and everyone. Millions of people around the world participate in Turnoff Week (Unplug and Play.) Children and adults, rich and poor - people from every background and all walks of life - take part through schools, churches, or community groups, as families or individuals and even at work. Visit our web-site:

[Unplugmissoula.org](http://Unplugmissoula.org) (Many thanks to author Sharon Glick of Bozeman for art-work)

**What's So Great about Turnoff Week (Unplug and Play)?** Turning off the screen gives us time to think, read, create, and do the things we never have time for. This allows us to connect with our families and engage in our communities. We feel good about ourselves as we grow more physically and mentally active.

*"I really didn't like TV-Turnoff Week except that I did notice that my grades went up and I was in a good mood all week." - Second grader Drew Henderson, Donora, PA President's Council on Physical Fitness and Sports.*

## What Will You Do?

