

Be Screen Smart! Unplug and Play!

Screen Free Week April 19-25, 2010

Spring has sprung and it's time to celebrate "Unplug and Play Missoula" by doing more and watching less. Screen time cuts into family time and may be causing extra pounds to accumulate. Excessive screen time for recreation leads to a sedentary and solitary lifestyle. And that doesn't promote mental and physical health. And sadly, there are fewer and fewer places that are screen-free.

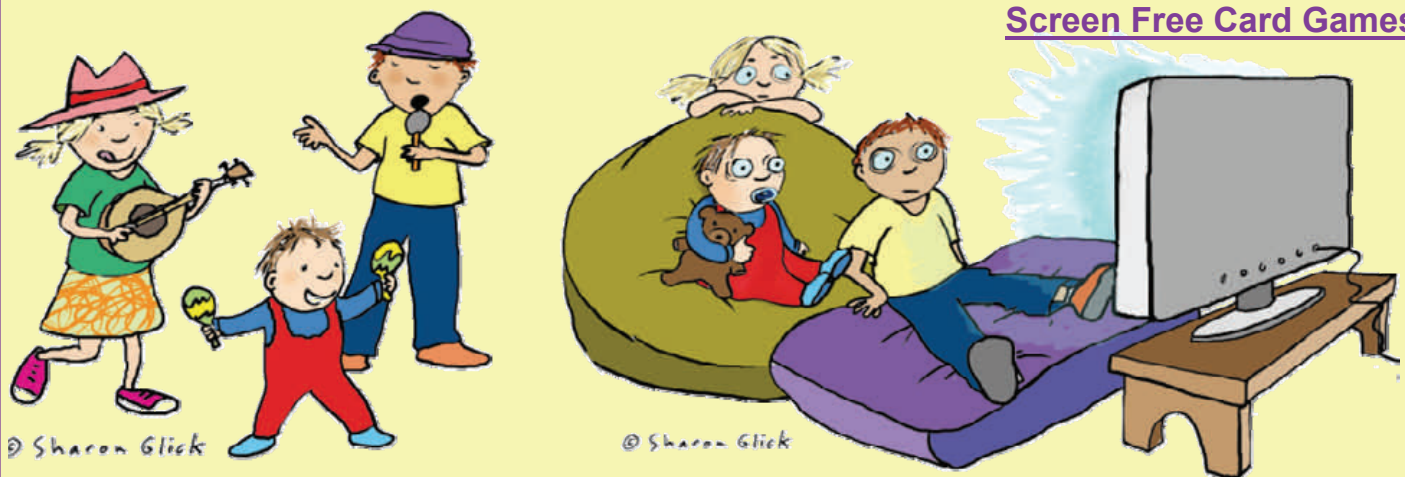
"Too much screen time is contributing to the epidemic of obesity in America," said former US Surgeon General Dr. David Satcher at the Kick Off of Turnoff Week 2001. "We are raising the most overweight generation of youngsters in American history...This week is about saving lives."

In the US and other industrialized nations, screen time continues to increase yearly. Adults and children watch 4 hours of TV daily, and spend another 4 plus hours with computers, games, video, iPods and cell phones. Some online games capture users' attention an average of 892 minutes per week! Recognizing and reevaluating the time we spend with 'screens' is the focus of this week. And having fun doing activities is a bonus.

What's So Great about Unplug and Play Missoula? Turning off our "screens" gives us time to think, read, create, and do the things we "never have time" for. Just think of all the time we can carve out to connect with our families and engage in our communities. And we feel better about ourselves as we grow more physically and mentally active. Here's the question, "are you controlling your screen time or is screen time controlling you?"

Enjoy your family, your friends, and the world around you. Try some new hobbies, explore places that you've always been interested in, pick up that 'real' book you've been meaning to read. Pretend you are a tourist and explore your hometown. Be screen smart! Check out Unplugmissoula.org and discover local opportunities. [10 Screen Smart Tips](#)

Screen Free Card Games



Many thanks to Sharon Glick of Bozeman for artwork