

TURN OFF YOUR TV & TUNE IN TO **HEALTHY**

Instead of watching TV:

- play sports
- go for a walk
- hang out with friends
- ride a bike
- do homework

WARNING

Studies show that watching TV more than 2 hours each day may be hazardous to your health and lead to obesity.

Remove top strip and attach over or above your TV screen. To prevent damage, check your TV instruction manual before placing the decal directly onto the TV screen.

TAKE THE FAMILY TV TURNOFF CHALLENGE!

The Rules are Simple:

1. Plan a day for the entire family to take the TV Turnoff Challenge.
2. Place the decal over a widely used TV screen in the home.
3. Turn off the TV and participate in physical activities on the day of the challenge.
4. Congratulate yourself for completing the challenge.
5. Repeat as often as desired.

