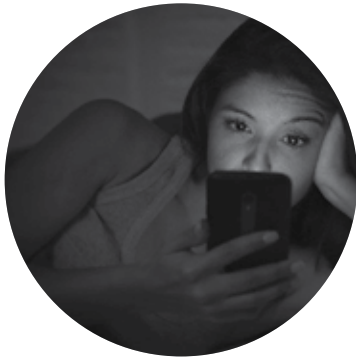


A MONTHLY HEALTHLETTER FROM THE WELLNESS COUNCIL OF AMERICA



YOU MAY BE GETTING TOO MUCH SCREEN TIME IF...

- » You miss parties and other events because you have to watch a certain show or stay online.
- » You regularly eat meals in front of the TV or computer.
- » You go to bed and fall asleep with the television on.
- » You stay awake waiting for another text.
- » You often feel anxious and envious or inadequate after viewing social media sites or apps.
- » You wake up in the middle of the night to check your phone or turn on the TV.

If any of the statements above apply to you, you may want to think about reducing your screen time. Check out "Igniting Your Best You" for some simple strategies that can help you find the right balance.

ARE YOU SUFFERING FROM DEVICE OVERDOSE?

The Ill Effects of Too Much Screen Time

The web, TV, Netflix, tablets, smart phones—technology has paved the way to convenience and enjoyment for millions of Americans. Indeed, screen time can be fun. Unfortunately, many of us (our children included) are getting way too much of it and it's taking a toll on our health. Think about this: according to a national survey conducted by the Kaiser Family Foundation the average child (ages 8-18) clocks in more than seven hours of screen time a day!

Too much screen time can wreak havoc on our health. If you or your children are glued to a screen it could lead to:

WEIGHT GAIN: Screen time usually equals sitting, and prolonged sitting slows your metabolism and can lead to weight gain along with a slew of other conditions like increased blood pressure, cholesterol and blood sugar levels. When you're sitting and staring at a screen you're using up time that you could spend being active.

LACK OF SLEEP: It's not uncommon for many of us to text, check emails and/or watch TV well into the night. Problem is, this often robs us from the seven to nine hours of daily sleep that's critical for your health.

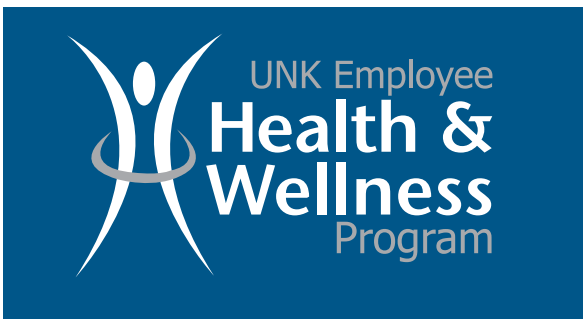
MOODINESS AND DEPRESSION: Some research shows that the more TV you watch, the more likely you are to be depressed. Further, a University of Texas study found that the more lonely and depressed you are, the more likely you are to "binge-watch" TV shows. Watching the tube takes time away from social activities like spending time with friends or playing with your kids.

POOR POSTURE AND REPETITIVE INJURIES: All that time staring at a screen, texting and typing has resulted in an uptick in wrist and forearm soreness and injuries. There's also been an increase in neck and spine soreness caused from looking down at a phone. In fact, some experts suggest that the angle at which your head tilts downward while staring at a phone places about 60 pounds of extra stress on the neck!

CHRONIC HEADACHES: Viewing digital content or quickly scrolling on your smart phone can cause a sensory conflict between your eyes and body. You may feel dizzy or experience a headache as a result.

Check out "Igniting Your Best You" for simple tips to reduce screen time for you and your family.





7
HOURS

A survey conducted by the Kaiser Family Foundation found that the average child (ages 8-18) clocks in more than seven hours of screen time a day!



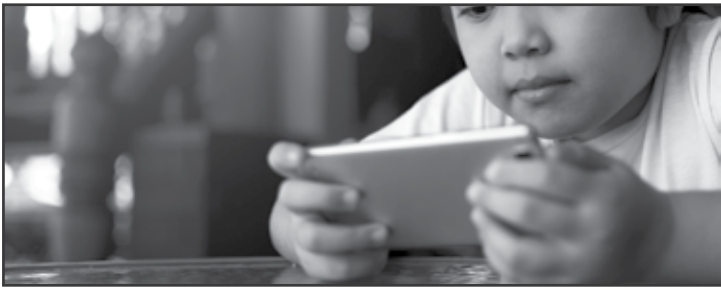
11,000x
ANTIOXIDANT POWER

100 calories of kale provides 11,000 times more antioxidant power than 100 calories of sirloin!



1.5
HOURS

According to research published in the *American Journal of Preventive Medicine*, kids who have TVs in their room tend to watch about 1.5 hours more TV a day than those who don't.



SCREEN-TIME STATISTICS

You probably know that children seem to be increasingly tied to screens and devices, but you may be unaware of the extent. The Kaiser Foundation conducted studies and surveys to get an idea of how much screen time kids really get. Here's what they found.

Children ages 8–18 spend a following amount of time in front of the screen each day:

- » Approximately 7.5 hours using entertainment media
- » Approximately 4.5 hours watching TV
- » Approximately 1.5 hours on the computer
- » Over an hour playing video games

This data is in stark contrast to the 25 minutes per day that children spend reading books.



WHAT'S IN A NUMBER?

167
CALORIES

Calories a 155-pound person will burn during a 30-minute walk (moderate pace).



28
CALORIES

Calories a 155-pound person burns watching TV or sitting behind a screen for 30 minutes. Break up prolonged sitting with walking or stretching to increase your overall daily calorie burn.

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