

HeartSmart™ Quickies to Break Up Screen Time

Try all of these simple activities that you can do while studying, on the couch, or just need a stretch. Remember to interrupt screen time at least every 20 minutes and have fun!

reach for the sky

While seated with feet on the floor and hands in your lap, lift one arm out to the side and reach up as far as you can comfortably. Slowly lower the arm and repeat with the other arm.

Repeat 5 times.

the shrug

While seated with feet on the floor and hands hanging loose, bring the shoulders forward, then up toward the ears, then backward. Finish by returning to the starting position.

Repeat 5 times.

think about how you feel after: relaxed, warm, breathing heavily, sweating, etc.

the twist

While seated with feet on the floor and arms hanging loose, place the right hand on the left leg. Turns the torso to the left and look over the left shoulder. Return to centre position and repeat in the opposite direction.

Repeat 5 times.

run on the spot

Get up and run on the spot for 1 minute.

are you more wide awake, energized or tired?

jumping jacks

Stand with feet together and hands hanging loose. Jump and land with feet apart. While jumping, swing arms above the head, and then lower them to the loose position.

Repeat 10 times.

toe touch

Stand with feet slightly apart and hands hanging loose. Slowly reach down and touch fingertips to toes, bending the legs if necessary. Return to standing position.

Repeat 5 times.

Screen Time Challenge

TAKE THE SCREEN TIME CHALLENGE!

♥ **Week 1:** Track how much time you spend in front of the screens and how much time you spend being active. Active time includes sports and active play as well as activities like walking the dog.

♥ **Week 2:** Reduce your screen time by half an hour, and increase your active time by half an hour.

♥ **Week 3:** Do it again - add and subtract another hour.

How do you feel after a month of being more active and reducing screen time?

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MY SCREEN TIME PLEDGE

I pledge to try limiting recreational screen time to 1 hour a day or less for 10 days.

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Your Name

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From (date) to (date)

▶ **How did you feel afterwards?**

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▶ **Did you sleep or concentrate better?**

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▶ **Did you participate in more physical activity?**

