

# I WILL WATCH LESS TV!

EMPOWER YOURSELF.



## Time to turn off the TV or computer and get active.

Americans spend on average 3 to 4 hours a day watching TV. Instead, spend that time doing something for yourself and your family – walk, jog, bike or play. Just have fun and get active!

Find more tips at: [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com)

Then turn off the TV or computer and start moving.



RIGHT SIZE  
YOUR  
PORTIONS

WATCH  
LESS TV

MOVE  
MORE

EAT MORE  
FRUITS  
& VEGGIES

PREPARE  
MORE MEALS  
AT HOME

DRINK MORE  
WATER