



# 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:*

**MyEatSmartMoveMore.com**