

T U R N O F F T H E T V

# Participate in **REAL LIFE.**

By age 18 the  
American child has  
spent more time  
watching television  
than any other  
single activity.

JOIN **HEALTHY**  
**SOUTH DAKOTA**  
IN TURNING OFF  
THE TV FOR  
SEVEN DAYS FOR  
NATIONAL TURN  
OFF THE TV  
WEEK, APRIL  
21-28, 2008.

**PURPOSE:** To re-think the role and assess the impact of television, why we use it and how and what for.

**HOW:** Simply switch off or unplug your TV for seven days and participate in life.

**WHO:** South Dakotans of all ages.

**WHERE:** Homes, schools, worksites, etc.

**WHAT:** Walk to work or school, Play with your pet, Take a nature hike, Plant a flower, vegetable or herb garden, Play together as a family

## HOW MUCH TV SHOULD YOU BE WATCHING?

CHILDREN UNDER 2:  
**No TV**

CHILDREN OVER 2:  
**2 hours or less per day**

ADULTS:  
**10 hours or less per week**

FOR MORE INFORMATION, VISIT **HEALTHYSOUTHDAKOTA.GOV**  
OR CONTACT THE HEALTHY SOUTH DAKOTA STAFF  
AT (605) 773-6744

**HEALTHYSOUTHDAKOTA.GOV**  
Live Better. Grow Stronger. 