



TV – Turnoff Tips



Avoid using TV as a reward.

Be a good role model for others by limiting TV time.

Choose a community service project to work on together as a family.

Designate certain days of the week as TV-free days.

Exercise as a family by taking walks, riding bikes, or learning a new sport.

Find a good book to read aloud or to act out.

Get Up and Move! Check out the 4-H physical activity information at www.4-h.uiuc.edu/ops/move.

Hide the TV remote.

If you do watch TV, watch selectively and avoid channel surfing.

Jump rope for ten minutes every other day.

Keep the TV off during meals.

Listen and dance to the music on the radio.

Move your TV to a less prominent location in your home.

Navigate the exercise/obstacle course at your local park facility.

Organize a music sharing time with your family.

Prepare a new ethnic dinner dish together.

Quiz family members on their daily physical activity.

Remove the TV from your room.

Select a hobby or new interest area to explore.

Take a walk after dinner.

Use the money your family would pay for monthly cable and spend it on sports equipment for the family.

Vary the kinds of exercise that you do weekly.

Work on a family puzzle together over a weekend.

Xamine your **4-H physical activity calendar** to see whether you are getting 60 minutes of activity daily.

Yield to the temptation to turn the TV on. Play tag with your friends instead.

Zero in on increasing your minutes of physical activity by five each week until you reach 60 minutes daily.