

**Keep
TVs and video
games out of
your child's
bedroom.**



**One more thing kids don't need
in their rooms.**

**Too much
"screen time"
may weigh
heavy on
them.**

**Maine kids spend more hours
watching TV or playing video games
than being physically active. Kids
with TVs in their bedrooms watch
even more. Keeping their bedrooms
screen-free is a good move for helping
kids maintain a healthy weight.**



THIS HEALTHY WEIGHT AWARENESS MESSAGE IS BROUGHT TO YOU BY

Healthy Maine Partnerships

Bureau of Health, Department of Human Services

For more ways to get healthier in your community,
go to www.healthymainewalks.org.