



## Lesson 6 Less Sit, More Fit – Decrease Screen Time

- Screen time is any time spent in front of a screen such as television, computer/laptop, cell phone, and video
- Limit screen time to no more than 2 hours a day.
- Tips to help moderate screen time:
  - Set Screen time limits
  - Positive reinforcement
  - Log screen time
  - Be active during screen time
  - Screen-free bedrooms
  - Emphasis on the meal
  - Be a role model

### 第六課 少坐多動，關掉熒幕

- 熒幕時間就是指你對著電視，電腦，手提電話，遊戲機的螢光幕的時間
- 限制每天熒幕時間不超過兩小時。
- 幫助減少熒幕時間的提示：
  - 限制熒幕的時間
  - 鼓勵性的獎賞
  - 記錄花在熒幕上的時間
  - 一邊看電視，同時活動手腳
  - 睡房內不設有電視或電腦
  - 專注進餐
  - 做個好榜樣