

## SCREEN TIME – HAZARDOUS TO YOUR HEART???

My mom always told me staring at a screen for too long could hurt my eyes. What she didn't know was that it could cause problems to a much more vital organ. That's right....a recent British study has found a strong correlation between screen time and cardiovascular disease.

### Get your Rear in Gear

- If you have a desk job, make it a point to get up and move every 15-20 minutes.
- If you are in the classroom, have stretch breaks/dance breaks with the kids....after all, they need to move too!
- Do something other than "sit" during your leisure time. Take a walk, play with the kids, or do some window shopping!
- Limit screen time for the entire family. Set boundaries and stick to them!



**DON'T  
BE A  
COUCH  
POTATO**

### Their Findings

The study suggests that people who sit in front of a screen (or just sit) for more than four hours a day are two times more likely to experience cardiovascular disease.

According to the report, the problem is that most people sit all day at work, only to come home and spend several hours in front of the television or computer screen. And, unfortunately, a few hours of exercise throughout the week does not seem to negate the negative side-effects of constant sitting.

### The Science

Some animal studies indicate that prolonged inactivity reduces the body's ability to break down fat. Furthermore, it appears that extended sitting can lead to inflammation, resulting in an increased risk for cardiovascular disease or stroke.