

DON'T BE Couch Potatoes

KIDS BENEFIT WHEN ADULTS ENGAGE IN HEALTHY BEHAVIORS, TOO.
GET THE WHOLE FAMILY UP AND MOVING!

CHILDREN NEED AT LEAST
60 MINUTES
OF PHYSICAL ACTIVITY
A DAY.



60 PERCENT
OF OVERWEIGHT CHILDREN
HAVE AT LEAST ONE
RISK FACTOR FOR
CARDIOVASCULAR DISEASE.

KIDS' SCREEN TIME
SHOULD BE CAPPED AT
TWO HOURS
PER DAY.



ONLY 1 IN 3
CHILDREN ARE PHYSICALLY
ACTIVE EVERY DAY.



ON AVERAGE, CHILDREN
NOW SPEND MORE THAN
SEVEN HOURS
A DAY IN FRONT OF A
SCREEN.

CHECK OUT THE LIVE HEALTHY SECTION OF WWW.SOUTHCAROLINABLUES.COM.

