

13 - 17
YEARS

SITTING AND SCREENS FOR YOUNG PEOPLE

Plenty of moving helps you



keeping you:



Social



Focused



Healthy

Each day you need to limit

Sitting time

Break it up as often as possible



Screen time



Excluding school work



Tips for less sitting and screens



Make the bedroom screen free



Be active while watching screens



Swap screens after school activity



Get off the bus early and walk



Set reminders to remind you to move



Pick Apps that get you active

