



Santa Ana Community Wellness Program

**Santa Ana Youth Wellness**  
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**Turn on the Fun!**  
 Try these activities instead of watching TV.

- ◆ Ride a bike.
- ◆ Go on a Nature Hike
- ◆ Turn on music and dance.
- ◆ Walk, run or jog.
- ◆ Go to the park.
- ◆ Play Ball (Basketball, baseball, soccer)
- ◆ Rollerblade
- ◆ Play charades.
- ◆ Spend time catching up with your family.



***Did you know?***

- Screen time includes TV, computer, Playstation, and Gameboy. All are important to limit.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.
- Healthy Screen Time:  
*No TV / Computer under the age of 2.*  
*No TV / computer in the bedroom*  
*One hour of educational TV / computer time between ages 2 and 5.*  
*After the age of 5, 2 hours or less.*



**Hours of  
 Screen time  
 daily!**

**Tips**

- Keep books, magazines and board games in the family room.
- Do not watch TV during mealtimes.
- Set some basic rules, such as no TV before homework or chores are done.
- Make a list of fun activities to do instead of being in front of a screen.
- Try a Santa Ana Wellness program like Zumba or Karate

