

# Toss the remote. Play catch with your kids.

Spending hours a day in front of the TV or computer screen can lead to weight problems in children. Active play is a great way to keep your kids at a healthy weight. For easy ways to keep your whole family healthy, remember:

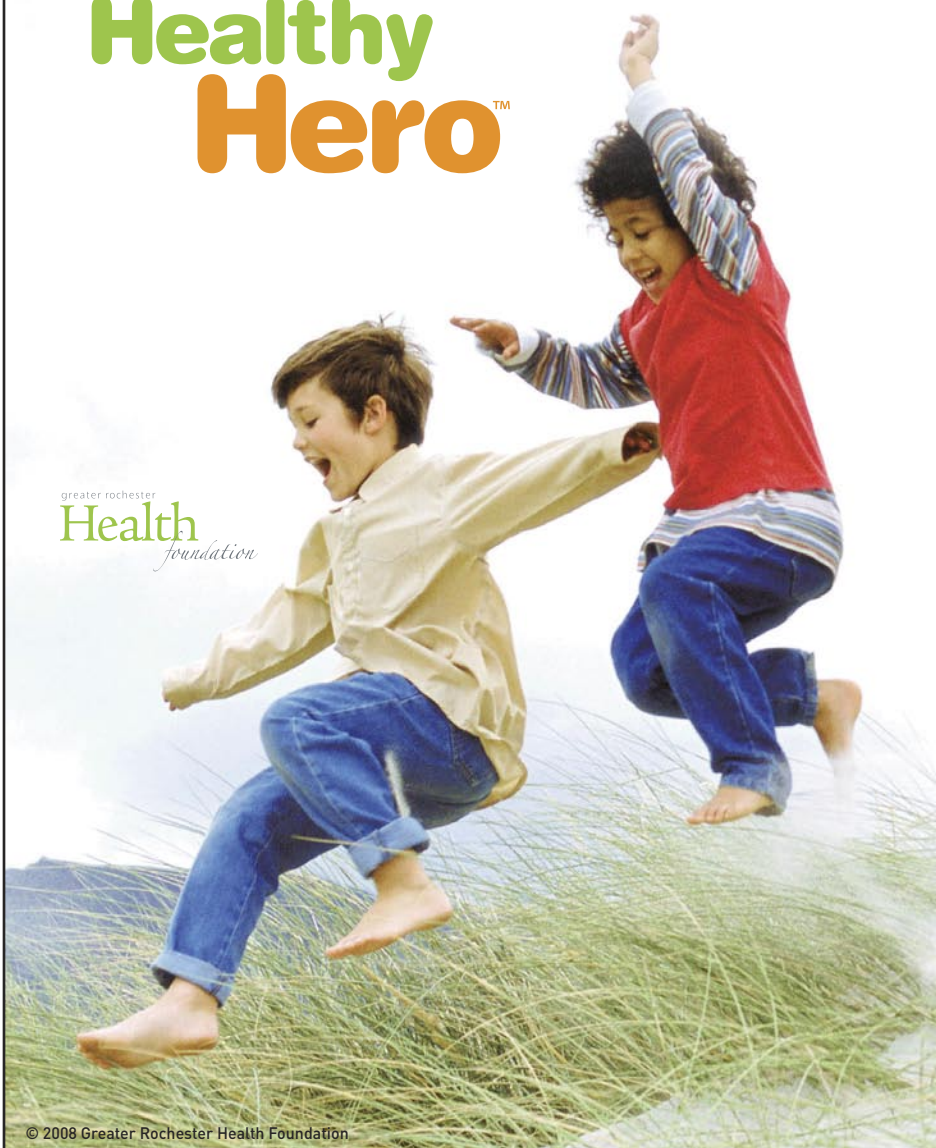
- 5** fruits and veggies a day
- 2** hours or less of computer or TV time
- 1** hour of active play
- 0** sugary drinks

Find out more: [www.BeAHealthyHero.org](http://www.BeAHealthyHero.org)

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— Earvin “Magic” Johnson

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