TV – Turnoff Week

**TV-Turnoff Week** began in 1995 and is supported by more than 70 national organizations. It occurs during the last full week in April each year. Here are few facts provided by the TV-Turnoff Network:

- On average, children in the U.S. will spend more time in front of the TV (1023 hours) than in school this year (900 hours).
- Forty percent of Americans frequently or always watch TV during dinner.
- In 2001, U.S. Surgeon General Dr. David Satcher said, that we are raising the most overweight generation of youngsters in American history.
- The proportion of overweight children has doubled since 1980 due, in part to sedentary leisure activities such as watching TV.
- The proportion of young who are obese jumped from 4% in 1965 to over 15% in 2003. Childhood obesity is the leading factor in the rise of Type II (adult-onset) diabetes among adolescents. Sedentary children risk suffering from chronic pain, heart disease, high blood pressure and other diseases later in life.
- American children average almost three hours of TV a day, or almost two full months of TV a year.
- Almost anything uses more energy than watching TV.

For more information on **TV-Turnoff Week** and ideas to reduce television watching, check out the web site [www.tvturnoff.org](http://www.tvturnoff.org).

**Club Roll Call**
Name the most active thing you have done this week or identify locations in your area where individuals or the group might pick up litter.

**Physical Activity Calendars**
Collect the **March Physical Activity Calendars** from each participant. Record each individual’s total number of activity minutes on the **Get Up and Move! Club Chart**.

Have a short discussion to review the **Physical Activity Pyramid** and reflect on his/her activity for the past month. Have each individual look closely at his or her calendar to see how his/her activity matches the advice from the **Physical Activity Pyramid**.

**Reflection Questions:**
Did you get at least 30 minutes of moderate activity each day?
Did you get at least 15 minutes of more intense activity, 3 times a week?
Do you think you’re getting enough physical activity? Why?
Now that the weather is nicer, what types of activities can you do outdoors? What types of physical activities can you do now that there are more minutes of daylight?

April Physical Activity Calendars are now on the web site at www.4-h.uiuc.edu/opps/move. Please download these and make copies for your members (and leaders). Please be sure to use the Get Up and Move! Club Chart each month to record the individual tallies.

Educational Activity
Two educational activities are offered this month in the Physical Activity Guide. Your club/group may decide to conduct a Trash Scavenger Hunt to help clean up an area in your neighborhood. Or your group may decide to hold a “Pet Wash.” Both service activities have risks associated with them so be sure to refer to the “Safety Tips” handout on the web site at www.4-h.uiuc.edu/opps/move.

Monitor TV time for a week. Compare the number of minutes spent watching TV with the number of minutes involved in physical activity. Brainstorm as a group for optional activities your family might participate in rather than watching TV for one week. See the TV-Turnoff Tips sheet listed at www.4-h.uiuc.edu/opps/move.

Recipes/Snacks
The April recipe is for Banana Splits and can be found at www.4-h.uiuc.edu/opps/move.

Ties to 4-H Projects
For 4-H members enrolled in the various small pets projects – cats, dogs, poultry, rabbits, or small pets, consider sponsoring a pet wash. See Physical Activity Guide for additional details.

For clubs interested in safety activities, this month also includes playground safety week. The whole club or individual families may want to spend some time picking up litter in a neighborhood park, school yard, 4-H club meeting facility, or their own home area. Be sure to follow the “Safety Tips” handout when conducting clean up efforts.

Get Up and Move!
TV – Turnoff Tips

Avoid using TV as a reward.

Be a good role model for others by limiting TV time.

Choose a community service project to work on together as a family.

Designate certain days of the week as TV-free days.

Exercise as a family by taking walks, riding bikes, or learning a new sport.

Find a good book to read aloud or to act out.

Get Up and Move! Check out the 4-H physical activity information at www.4-h.uiuc.edu/opps/move.

Hide the TV remote.

If you do watch TV, watch selectively and avoid channel surfing.

Jump rope for ten minutes every other day.

Keep the TV off during meals.

Listen and dance to the music on the radio.

Move your TV to a less prominent location in your home.

Navigate the exercise/obstacle course at your local park facility.

Organize a music sharing time with your family.

Prepare a new ethnic dinner dish together.

Quiz family members on their daily physical activity.

Remove the TV from your room.

Select a hobby or new interest area to explore.

Take a walk after dinner.

Use the money your family would pay for monthly cable and spend it on sports equipment for the family.

Vary the kinds of exercise that you do weekly.

Work on a family puzzle together over a weekend.

Xamine your 4-H physical activity calendar to see whether you are getting 60 minutes of activity daily.

Yield to the temptation to turn the TV on. Play tag with your friends instead.

Zero in on increasing your minutes of physical activity by five each week until you reach 60 minutes daily.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total minutes of April

Each day fill in what physical activity you did and how many minutes you did it.

Abbreviate for each letter of the alphabet ABCS:

Fruit ABCS
Banana Splits

6 bananas       3 8-ounce cartons low fat yogurt
1 ½ cups crushed sweetened cereal  1 20-ounce cans light fruit cocktail, drained

Crush cereal in a blender or place in a zip top bag and mash. Slice whole bananas in half lengthwise. Cut each half again, so there are 4 slices from each banana. Place each banana quarter in a bowl. Top with 2 Tablespoons yogurt and 1 Tablespoon fruit cocktail. Sprinkle each serving with 1 Tablespoon crushed cereal.

Make 24 small snacks. Could use diced fresh fruit of choice in place of canned fruit cocktail. Recipe called for Honey Graham cereal, but any crushed sweetened cereal could be used.

Nutrition information per serving:
70 calories, 0.5 g fat, 5 mg cholesterol, 45 mg sodium, 17 gm carbohydrates, 1 g fiber, 2 g protein.