

Q. Are active video games (like games on Nintendo Wii and x-Box) considered physical activity or screen time?

- A. Active video games can be considered physical activity if you experience at least 2 of the following signs:
- feeling quite warm after playing the video game
 - might have taken off your sweatshirt while playing the game
 - feel your heart beating fast
 - breathing heavier and moving big muscles in the legs, “bum” and arms
 - actively playing the game for at least 15 minutes

Note: The technique used in many active video games does not always match the proper skill techniques used in real life (i.e. bowling).

2. Q. Does recreational screen time include any school-related computer work?

- A. No, it does not include school-related computer work or time spent in the school computer lab.

3. Q. Does texting or live chatting count as part of my screen time?

- A. No, if you text or chat with family and friends briefly to communicate with them.

Yes, if you are sitting for more than 1/2 hour while you are texting or chatting online.

4. Q. Does watching an educational show on TV count as part of my daily screen time?

- A. Yes, because it is your choice to sit and be inactive for an extended period of your recreational time.

5. Q. Is it okay to play video games before going to bed?

- A. Watching screens can stimulate the brain and make you more alert. Your body and brain need to wind down for about one hour before bedtime, otherwise you might not get enough of a restful sleep, and will wake up in the morning feeling tired.

6. Q. What if I already have less than 1 hour of screen time?

- A. Celebrate how healthy you are! You can still participate in Screen Smart challenges and goal setting by planning to have less than 1 hour of screen time – and doing that!

7. Q. What if I have over 2 hours of daily screen time, but I play sports for over 1 hour each day?

- A. It is great that you are physically active each day! A healthy life is all about balance and trying new activities. Maybe trade in some screen time to try a new and creative hobby, a new sport or read a book!

