OLD-SCHOOL HEALTH HABITS

SCREEN TIME REWIND

Screen time has doubled for adults and tripled for teens since the late 90s. Excessive screen time can negatively affect posture, sleep, and mood. Set healthy boundaries to reduce screen time with a few strategies for yourself and the family.

EAT MEALS WITHOUT A SCREEN

Meal time might seem like a great time to catch up on news or social media but focusing on your plate will help you savor your food and eat more mindfully.

MEET UP TO SOCIALIZE

An ongoing group chat can be organized into a scheduled meet up with friends. A lengthy email chain could be resolved faster by picking up the phone. Traditional methods of communication can save you time and be more engaging.

KICK IT OLD SCHOOL

Visit your local library for cookbooks instead of searching online for a recipe. Listen to an audiobook while completing household tasks. Play a board game with the family in lieu of a movie.

Sources:
https://en.wikipedia.org/wiki/Screen_time
https://interestingengineering.com/11-easy-ways-to-reduce-your-screen-time