



# Declare a Digital Detox Week

Reconnect with Reality during National TV-Turnoff Week

Pick a week this month for national “TV-Turnoff Week” for you and your family. This week encourages Americans to decrease the amount of television they watch and replace that time with activities that can better their mental well-being, such as spending extra time with family and friends and engaging in productive activities. TV-Turnoff week aims for people to rethink the role of television: Why do we use them? What is its role? How does it affect my family and me? Reassess the role television plays in your daily life – entertainment, time filler, background noise, child pacifier. After a week, notice the impact its absence has had on you and your family.

## Why participate?

Turning off the television is a perfect way to free up your time to engage in many productive activities. Think about the books you have wanted to read, the hobby you have been meaning to focus on, or even family and friends you have wanted to spend more quality time with.

National TV-Turnoff Week is about having a healthier, happy lifestyle by turning off the television..



Take TV-Turnoff Week a step further, and declare a “Digital Detox Week.” Instead of just cutting out television, limit the amount of technology you and your family uses from cell phones, texting, video games, internet shopping, etc.



## Rediscover the wide range of activities there are when you tear yourself

### away from the sedentary world of television and technology:

- Go for a nature hike, and bring along your dog (the kids can probably come too)
- Dye/decorate/design Easter eggs
- Redecorate a room in your home. Get the entire family to help.
- Go to the library and get your kids their own library cards
- Drive around your city and discover new restaurants, stores, and historic monuments. Learn the history of your city.
- Plan a picnic full of everyone’s favorite foods
- Prepare that special recipe you’ve been meaning to try but haven’t had the time for.
- Have a party. Why? Just because.
- Make breakfast for dinner: brinner!
- Plant a garden, and assign each member of the family a section
- Go camping (even if it is just in the backyard)



- Learn how to say a few simple phrases in different languages
- Lay under the stars with binoculars and identify the different constellations – teach them to your children!
- Start a kids’ bowling league
- Play cards – the possibilities here are endless; after, make a contest out of who can build the biggest card house
- Talk. Share stories about your childhood, politics, cooking, etc.
- Rediscover board games – Scrabble, anyone?
- Adopt a pet from the local animal shelter (!!!)

N o w   y o u   K n o w

- Number of 30-second commercials seen in a year by an average child: 20,000
- Number of minutes per week that parents spend in meaningful conversation with their children: 38.5
- Number of minutes per week that the average child watches television: 1,680
- Percentage of children ages 6-17 who have TVs in their bedrooms: 50
- Hours per year the average American youth spends in school: 900
- Hours per year the average American youth watches television: 1500
- Percentage of Americans that regularly watch television while eating dinner: 66

Source: [turnoffyourtv.com](http://turnoffyourtv.com)

## Recipe of the Month

Old-Fashioned Fruit Crumble  
(Make it with your kids!)

### Ingredients

- 2 1/2 cups Fresh or frozen fruit, such as blueberries, peaches, plums
- 1 tablespoon Granulated sugar
- 3 tablespoons Whole-wheat or all-purpose flour, divided
- 1 tablespoon Orange juice
- 1/2 cup Rolled oats
- 1/4 cup Chopped almonds, or pecans
- 3 tablespoons Brown sugar
- 1/4 teaspoon Ground cinnamon
- 2 tablespoons Canola oil



### Preparation

1. Preheat oven to 400°F.
2. Combine fruit with granulated sugar, 1 tablespoon flour and orange juice. Divide among four 6-ounce ovenproof ramekins. Combine oats, nuts, brown sugar, the remaining 2 tablespoons flour and cinnamon. Drizzle with oil and stir to combine. Sprinkle over the fruit mixture. Place the ramekins on a baking sheet.

## Move of the Month

### Upright Row

Tone your arms as you walk!

Target Areas: Shoulders, upper back, and abs

Make a fist with each hand and start with hands near hips, palms facing you.

Bring both fists up to armpits, skimming torso with knuckles and keeping elbows bent out to sides higher than hands throughout movement.

Squeeze shoulder blades and upper-back muscles together to draw elbows back, raising fists to shoulder height.

Lower hands to start.

Do 25 reps.



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