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## NEWS RELEASE

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### Warning: Too Much TV May Be Hazardous to Your Health!

We hear about it on the news and read about it in the papers; we are all getting fat. Obesity is now second, only to tobacco, as the number one cause of death. With 30% of the children overweight and 15% obese in the United States, people are starting to take action. School districts are taking soda out of school vending machines, fast food restaurants are no longer super-sizing meals, and even the government is passing bills (SB12 and SB965) to overcome this problem. There is no need to wait for the government or big business to intervene. Every one of us can take steps now to reverse this trend.

Being physically active is key to reaching and maintaining a healthy weight. Take a minute to consider how much time families spend watching TV verses how much time is spent being physically active. The average American youth spends 1,023 hours per year watching television. Compare this to the 900 hours per year the average youth spends in school. Think of the extra time that could be spent with family, if some TV watching was eliminated.

April 21st through April 27th is **National TV-Turn Off Week**. Millions of people all over the world have participated in this event since it began in 1995. This is a great opportunity to discover that life without TV is rewarding, fun, and healthy. To get motivated to turn off the TV, plan activities to do as a family instead of vegetating in front of the tube. Visit University of California Cooperative Extension website [ceplacer@ucdavis.edu](http://ceplacer@ucdavis.edu)/ and click on **2008 National TV-Turnoff Week** for lots of fun ideas.

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