



Background

Physical Activity:

- Recommended physical activity for children is 60 minutes a day (CDC, 2023)
- Less than 24% of children between the ages of 6 to 17 meet the recommended PA guidelines (CDC, 2022)

Screen time Behavior:

- Children in the U.S ages 6 to 17 years old spend an average of 7.5hrs a day on a screen (CDC, 2018)
- Screen time recommendations for .S.Sr.004 Tw 35.04 -0 0 m-e30.001 (CDC, 2018) (3.6 ((C)3 (D)3 (0)-1.t-7c1 (of))TJ T* ((6 57 ()-6.7 (4tn i)-1.6 (n MC /Lbl <</MCID 4.002 Tc 1v4.5051 Tm <0