

The Consequences of TOO Much TV!

How many hours do you spend in front of the television every week? Have you ever paused to think about the quantity of television you watch could be affecting your health? Recent studies show that kids in the United States spend an average of 20 hours watching television every week. This is only a few hours less than the time you spend at school in a week!

This bad habit is strongly affecting the physical and mental health of kids in many ways. One of the main problems is that when you are watching television, your mind stops working and your body is inactive. Instead of running, jumping and inventing games, kids are becoming more and more dependent on their television sets to have fun. Because of this addiction many kids today don't even come close to fulfilling the recommendation of doing at least 60 minutes of exercise a day. This research also shows that when kids spend more time watching TV they eat less fruits and vegetables, more junk-food and suffer from a lot more health problems!

In addition to keeping you from being more active, watching television exposes you to a wide variety of advertisements with incorrect messages. According to a new study by the Kaiser Family Foundation, the food commercials shown on television greatly influence the food choices of children, generally encouraging them to eat unhealthy foods. The average child in the U.S. sees about 40,000 commercials a year. That's almost 110 commercials a day! These commercials are often trying to get you to munch on sugary cereals, slurp up a ridiculous amount of soda, suck on colored candies and gobble-down a wide area of other junk-foods.

To get your attention and try to convince you that it's a good idea to eat their products, companies spend big bucks to have famous movie, sports and rock stars in their commercials. Do you think these stars really eat the junk food they're selling? Probably not. They know they need to eat healthfully to stay a star, but they get paid a lot of money to be in the commercials you see. The goal of most of these commercials is to confuse you about the nutritional content of the foods their company is trying to sell. As a result, lots of kids even end up thinking that the junk-food they're eating is healthy! Are you going to let yourself be fooled like that?