Seven hours a day spent in front of a screen probably means a lot less time creating, exploring, reading, playing and running. Children often spend too much time sitting and not enough time being active and exploring life. In an effort to promote healthy activities, [INSERT SCHOOL/ORGANIZATION NAME] is participating in Move It Outside Day, which is celebrated in the beginning of May as a part of Screen-Free Week 2022.

Screen-Free Week encourages communities, families and students nationwide to turn OFF the screen and turn ON life. Participating in healthy activities helps children grow into healthy adults and significantly reduces their chance of being obese.

During the statewide event on May 4th, [INSERT SCHOOL/ORGANIZATION NAME] will be participating in Move It Outside Day by [PROVIDE DETAILS ON EVENT].

Encouraging youth to be active and participate in physical activity for at least 60 minutes a day promotes health, prevents obesity and helps students learn better in the classroom.

*For more information on Move it Outside Day and bringing healthy choices to life visit: med.psu.edu/PROwellness*