

40 ALTERNATIVES TO STARING AT A SCREEN

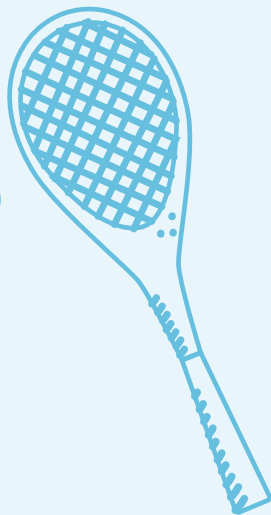
On average, adults spend **3 hours a day** watching TV and another **7 hours a day** on other devices like phones and computers. All of this sitting has an exceptionally negative impact on our overall health.



Lack of physical activity is a huge risk factor for developing chronic diseases such as diabetes, cardiovascular disease, obesity, and certain cancers.

Be Active

- Do yoga.
- Go for a bike ride.
- Go for a walk.
- Go for a hike.
- Go fishing.
- Dance.
- Play outside with your pet.
- Play with your kid(s).
- Join a fitness class.
- Stretch.
- Play tennis.
- Go swimming.
- Shoot hoops.
- Meditate.
- Go to the gym.



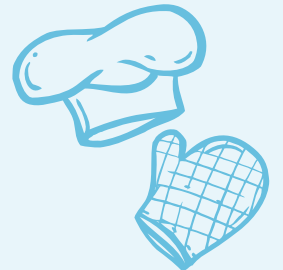
Learn

- Read a book.
- Do a puzzle.
- Play an instrument.
- Listen to a podcast.
- Learn a foreign language.
- Do a crossword puzzle or Sudoku (using good old pen and paper!)
- Take up a new hobby.
- Cook some healthy food.
- Stargaze.



Be Social

- Attend a concert.
- Write a handwritten letter.
- Call someone you miss.
- Have a game night.
- Volunteer.
- Have a picnic.
- Cook a healthy meal for someone.
- Spend time with friends or family.
- Play frisbee.
- Have a potluck dinner.



DIY

- Declutter and organize your closet, basement, pantry, etc.
- Fix something in your home.
- Do yard work.
- Garden.
- Clean your house.
- Wash your car.



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The next time you have some downtime, instead of staring at a screen, give one of these 40 alternatives a try. They will keep your mind and body active while lowering stress and recharging you.

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A SHIFTED APPROACH TO WEIGHT LOSS