



Help kids build a balanced day with less screen time and more **face time.**

Power ff and Play!

Age	Recommended hours of screen time
Under 2 years	None
2-4 years	Less than 1 hour a day
5-17 years	No more than 2 hours of recreational screen time a day

Source: Canadian Society for Exercise Physiology's Canadian Sedentary Behaviour Guidelines

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HEALTHY KIDS
COMMUNITY CHALLENGE
LEEDS AND GRENVILLE