



Turn Off the screens WEEK

APRIL 24-28, 2006

Turn your
activity level
UP!

Be screen **FREE**

or **REDUCE** your screen time and discover new ways to have fun.

- **RIDE** your bike
- **SWIM** at your local pool
- **ACTIVITIES** with friends
- **PLAY** basketball, baseball or GO in-line skating
- **CHECK OUT** local community events
- **FAMILY** walks or hikes
- **ASK** your parents to choose an activity to participate in with you

ALL elementary school aged kids are **CHALLENGED** to participate.

Get up, get active and have **FUN!**

Ask at your school or check out www.york.ca to get yourself started.

For more information contact York Region
Health Services Health Connection

1-800-361-5653