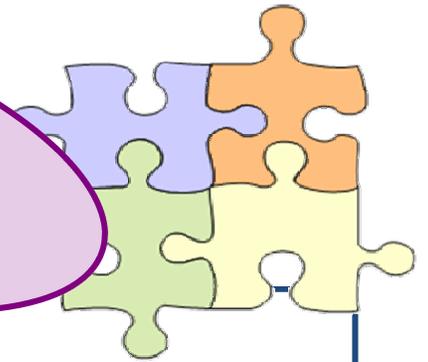


# Fitness Puzzle

Week 5



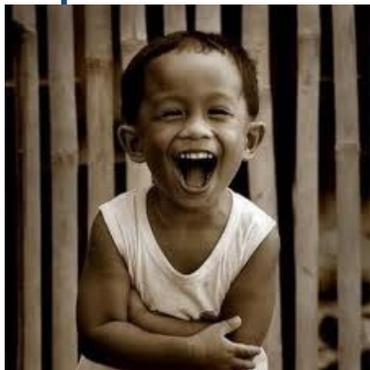
## Limit yourself to 15 Min of “NEGATIVE” (news, radio, conversations) and find something positive and productive to do...

For decades, research and studies have demonstrated that heavy television-viewing may lead to serious health consequences. Now the American medical community, which has long-voiced its concerns about the nation's epidemic of violence, TV addiction and the passive, sedentary nature of TV-watching, is taking a more activist stance, demonstrated by its endorsement of National TV-Turnoff Week.

The average child will watch 8,000 murders on TV before finishing elementary school. By age eighteen, the average American has seen 200,000 acts of violence on TV, including 40,000 murders. At a meeting in Nashville, TN Dr. John Nelson of the American Medical Association (an endorser of National TV-Turnoff Week) said that if 2,888 out of 3,000 studies show that TV violence is a casual factor in real-life mayhem, "it's a public health problem." The American Psychiatric Association addressed this problem in its endorsement of National TV-Turnoff Week, stating, "We have had a long-standing concern with the impact of television on behavior, especially among children."

Millions of Americans are so hooked on television that they fit the criteria for substance abuse as defined in the official psychiatric manual, according to Rutgers University psychologist and TV-Free America board member Robert Kubey. Heavy TV viewers exhibit five dependency symptoms--two more than necessary to arrive at a clinical diagnosis of substance abuse. These include: 1) using TV as a sedative; 2) indiscriminate viewing; 3) feeling loss of control while viewing; 4) feeling angry with oneself for watching too much; 5) inability to stop watching; and 6) feeling miserable when kept from watching.

Violence and addiction are not the only TV-related health problems. A National Health and Nutrition Examination Survey released in October 1995 found 4.7 million children between the ages of 6-17 (11% of this age group) to be severely overweight, more than twice the rate during the 1960's. The main culprits: inactivity (these same children average more than 22 hours of television-viewing a week) and a high-calorie diet. A 1991 study showed that there were an average of 200 junk food ads in four hours of children's Saturday morning cartoons.



According to William H. Deitz, pediatrician and prominent obesity expert at Tufts University School of Medicine, "The easiest way to reduce inactivity is to turn off the TV set. Almost anything else uses more energy than watching TV."

Children are not the only Americans suffering from weight problems; one-third of American adults are overweight. According to an American Journal of Public Health study, an adult who watches three hours of TV a day is far more likely to be obese than an adult who watches less than one hour.

