## INDIVIDUAL

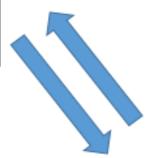
Improve expectations of replacing sedentary screen time with physical activity

Address effects of sedentary screen time in regards to values such as time, family bonding, health, etc.

Increase knowledge of healthy habits and recommended amounts of screen time and physical activity.

Identify possible barriers to participation based on unique demographics

Be transparent with realistic goals to increase self-efficacy



## ENVIRONMENT

Provide families with suggested physical activities

Remove bedroom access to television

Promote observational learning and social support by including parent participation in intervention program

Provide positive reinforcement for improved health behaviors



## BEHAVIOR

Replace sedentary screen time with physical activity



## **OUTCOMES**

Improved weight-related outcomes including conditions related to obesity

Improved mental health as a result of social support and physical

Increased enjoyment of physical activity and family bonding experiences