OUTCOMES

Improved weight-related outcomes including conditions related to obesity
Improved mental health as a result of social support and physical activity
Increased enjoyment of physical activity and family bonding experiences

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