Research has shown that kids spend more time using electronic media devices than they do on any other activity—an average of 7 hours a day, according to the American Academy of Pediatrics (AAP). **Moderation of screen time** is key for healthy development and staying active. Here are some health benefits if you reduce your screen time.

- It can reduce eyestrain.
- It can help prevent headaches.
- It can improve your sleep
- It can increase your focus.

So remember the more time you spend on your screen, is less time spent playing baseball or softball!