

# Media Tickets

Dear Parent or Guardian:

In our World of Wellness (WOW!) Health Education studies, we are learning that it is much healthier to spend more time being physically active and less time using various types of media, especially television, computers, and video games. I encourage you to use the Media Tickets below to reduce the total time your family spends using media (feel free to make additional photocopies). Cut them apart and give each family member a set number. When someone wants to use media, they must turn in a ticket. When someone's tickets are gone, they are done with media for the day. Consider reducing the number of daily tickets over time as your family discovers other, healthier pursuits.

While this is not a required activity, I'm certain you will not regret the tradeoff in terms of new energy, fitness, and quality family time. I'd love to receive updates from you as you explore this area of healthy living.

Sincerely,

— (cut here) —

