

# "NEARLY HALF OF AMERICANS DIDN'T GO OUTSIDE TO RECREATE IN 2018..."

- According to the Outdoor Foundation's 2019 Outdoor Participation Report; Colorado Sun, January 29, 2020.

**Radnor Township is committed to supporting opportunities for healthy lifestyles in our community!**

**We encourage people to take time to "unplug" and get outside!**

**Here are some additional suggestions for maintaining a healthier, more balanced 'digital diet' on a daily basis:**

- ♦ **Start the day 'screen free':** Remove the cell phone from beside your bed. If your phone serves as your alarm, invest in a basic alarm clock. The goal is to make yourself less dependent on your phone by making small changes in your daily routine beginning from the moment you wake up.
- ♦ **Get it off your person:** Try not to have your phone in your pocket or within arms reach at all times. Take a walk outside without your phone. Have a designated charging area and leave it there while home. Learn to not have your phone always on you.
- ♦ **Spring clean all of your devices:** Delete all unnecessary apps from your phone (including social media, games, etc). The less distraction will make it easier to limit screen time for yourself.
- ♦ **Keep mealtimes sacred:** Commit to not having your phone on you, or look at any screen, while eating. Not only does this improve awareness of food choices and overall digestion, but it also allows an opportunity to connect with our friends & family over mealtime.
- ♦ **Reset expectations:** If you constantly have your phone on you and answer texts/emails within seconds, people will expect that response time will continue. Slow down your response time for non-urgent matters so you can become less tethered to your phone.
- ♦ **Use your manners:** Be courteous and put the phone away for meetings, meals, and while being waited on either at a coffee shop, supermarket, or restaurant. You may think you're being more productive, but you'll get through checkout faster if you're not distracted and people around you will greatly appreciate your courtesy.