

## Healthy Lifestyles – Marshfield Area Coalition’s

### Hints for Health

*Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you “Hints for Health.” Check out these tips to participate in Screen-Free Week. Enjoy!*

#### Celebrate Screen-Free Week: April 18-24

Screen-Free Week (formerly TV-Turnoff) is a wonderful way to help children lead healthier, happier lives by reducing dependence on entertainment screen media—including television, video games, computers, and hand-held devices. By encouraging children and families to unplug, Screen-Free Week provides time for them to play, connect with nature, read, daydream, create, explore, and spend more time with family and friends. And, of course, Screen-Free Week isn’t just about snubbing screens for seven days; it’s a springboard for important lifestyle changes that will improve well-being and quality of life all year round!

Since 1996, tens of thousands of parents, teachers, healthcare professionals, scout leaders and clergy have helped millions of children turn off screens and turn on life by organizing local Screen-Free Weeks. Screen-Free Week organizers and their teams promote the week, reach out to community partners, get children and families to participate, and help them discover fun screen-free activities.

You can organize a Screen-Free Week in a classroom, an entire school, with a scout troop, faith community, neighborhood association, at your local library or in any community or civic group. To learn how you can become a Screen-Free Week organizer, contact Kayleen Magruder at [magruder.kayleen@marshfieldclinic.org](mailto:magruder.kayleen@marshfieldclinic.org) or 715.421.8952

#### Did you know.....

**You can visit the Central Wisconsin Children's Museum in Stevens Point!** Show us your signed pledge card, and receive one FREE admission with the purchase of one admission during Screen-Free Week (April 18 - 24, 2011). The Central Wisconsin Children's Museum offers a family-based discovery environment where children and adults can play and explore together. Learn more about our Imagination Stations, Exploration Exhibits, Create-It! Art Room and more by visiting [www.cwchildrensmuseum.org](http://www.cwchildrensmuseum.org) or by calling 715-344-2003. Come Play, Learn and Grow with us! Located at 1100 Main Street, downtown Stevens Point. Open Tuesday - Sunday; closed on Monday. Admission: \$5/per person, under 12 months free.

**You can get active at the Marshfield YMCA!** The Marshfield YMCA is providing FREE admission to children from ages 0-18 for the Screen-Free Week (April 18-24, 2011). The Y’s mission is to encourage good health and bring families closer together by being physically active. Come use the pool, fitness center, gymnasium and Fit 4 Life Center between April 18-24, 2011.

Learn more about the Marshfield YMCA at <http://www.mfldymca.org/>.  
Admission: \$8/Adults (ages 19 and older), \$5/Children (ages 18 and younger).

**You can get active at the South Wood County YMCA’s!** The YMCA has two locations to meet the needs of the surrounding community; one in Port Edwards and the other in Wisconsin Rapids. Each location has a state-of-the-art Wellness Center, Drop-in Childcare Center, Fitness Studio, racquetball courts and locker rooms with saunas. Learn more about the South Wood County YMCA’s at <http://www.swcymca.org>. The South Wood County YMCA’s are providing free admission to children from ages 0-18 on April 21 and 22.

Admission: \$10/Adults (ages 19 and older), \$5/Children (ages 18 and younger).