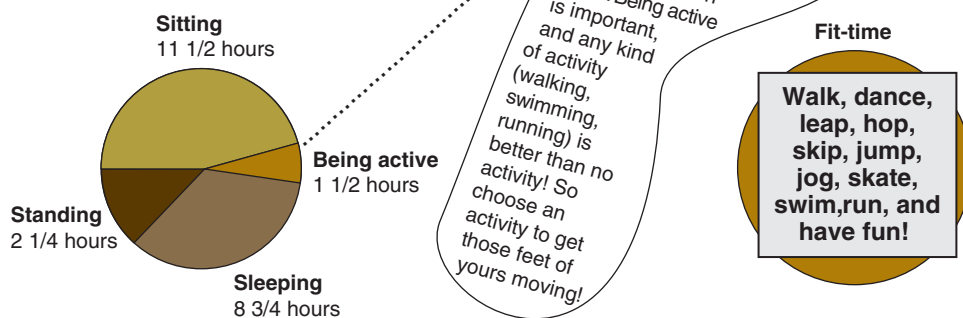




A Piece of the Pie?

Our days can be divided into many different parts. We sleep. We sit. We are active. The following pie chart shows how a lot of students, like you, spend their days.

How would your own pie chart look? How much of your sit-time is spent on screen-time activities for fun? Can you trade some of that sit-time for fit-time, or cut back on screen-time activities to get a better night's sleep?

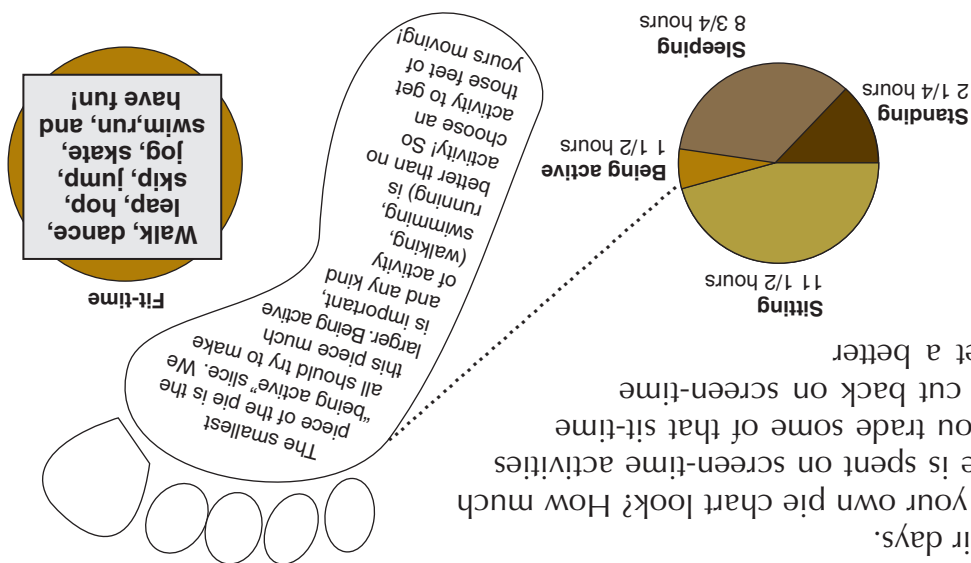


From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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