

# Inactive After-School Pastimes

watching  
TV

sitting on  
the couch

playing  
video games

watching  
music videos

watching  
movies

sitting around  
doing nothing

napping

getting a ride  
everywhere

playing  
computer games

spending time  
online for fun

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).