

# Self-Professed Screen Addict.

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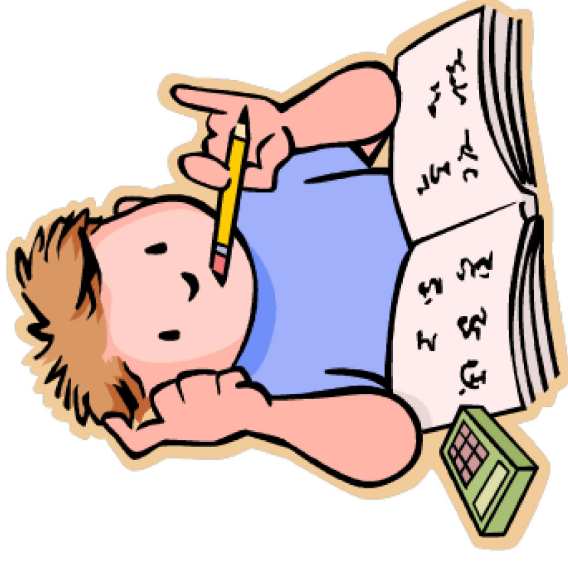
BY HUNTER BARRETT



# Challenges I've Faced in Trying to Get Outside.

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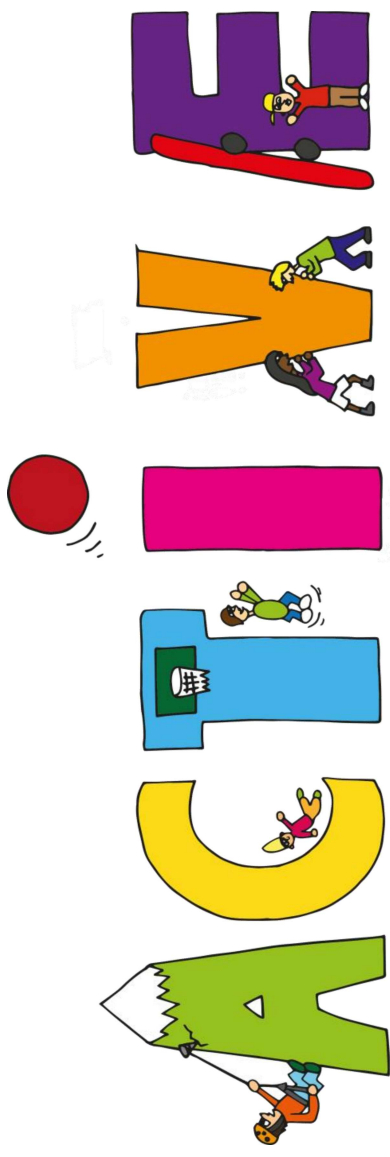
- Homework
- School
- Video Games
- TV
- Youtube



# Anything I noticed in Mental and Physical Health.

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- Getting outside more.
- Sleeping better.
- Feeling refreshed in the morning.
- Getting to do more things.
- Being more active.
- Playing out in the street more.



# What Gets me Outside more.

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- Limiting screen time.
- Cooler weather.
- Getting myself motivated to go outside (fitness watch/Garmin).
- Kids in the street.



# Ideal vs Reality

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- Ideal: Everyone trying to get kids outside (parents, educators etc.)
- Reality: Suburban environment, location, homework.
- Ideal: Playing with school friends in park.
- Reality: Living too far away.
- Ideal: Go out on the boat often.
- Reality: Dad works most of the week.