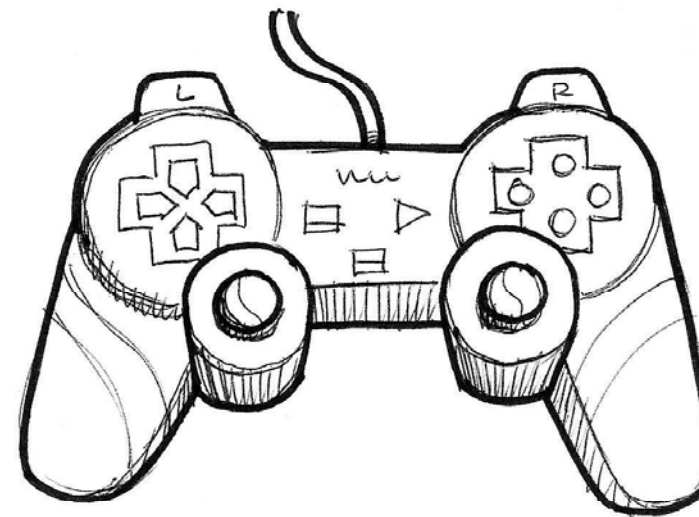
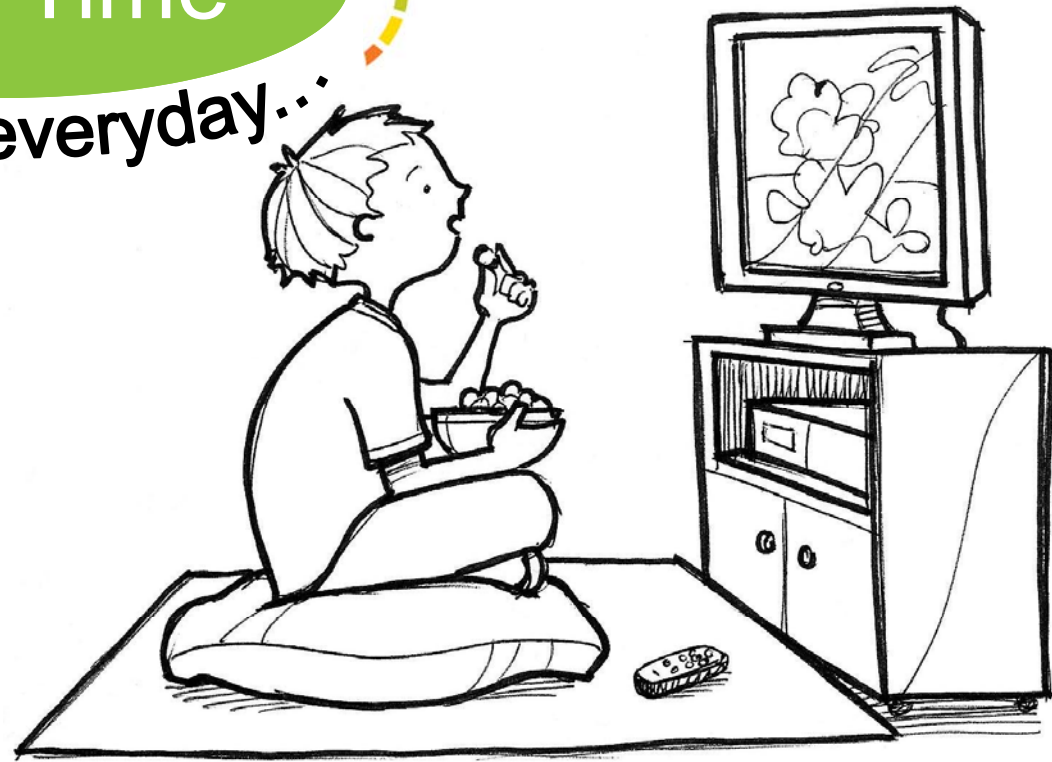


Kids need 60 minutes

Screen Time

of activity everyday...



Get Active Gold Coast - activity passport

Leading the way to an *active and healthy* community.

Activity Discussion: Reduce screen time.

Try spending less than 2 hours a day in front of the TV or computer - you could make up a brand new activity!

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