

DIGITAL CITIZENSHIP SERIES

DIGITAL HEALTH & WELLNESS



DIGITAL HEALTH & WELLNESS focuses on ways to stay safe and healthy while using digital technology. Spending time using technology can lead to health issues including eye problems, poor

posture, neck or wrist pain, internet addiction, and obesity.

Potential eye problems include eyestrain and dry eyes which result from the lighting and glare on cell phone and computer screens.

screen. Wrist pain results from repetitive movement while typing and navigating the mouse.

People can become addicted to the internet and become antisocial. They feel anxious and jittery when they are not using their device and can feel tired during the day from staying up late.

It's also important to have a healthy balance of screen time and physical activity to avoid obesity from long periods of sitting.

Poor posture can result from straining to look at a screen that isn't eye level or using computers on a surface that doesn't support posture, such as a bed.

Neck strain can result from long periods of holding your neck to look at a computer or phone

DIGITAL HEALTH & WELLNESS TIPS

1. Use a chair that allows your feet to touch the floor while using the computer.
2. Be sure your computer is on an even, hard surface with elbows level with the keyboard and the neck bent only slightly.
3. Follow the 20/20/20 rule. Every 20 minutes, stop and look at something 20 feet away for at least 20 seconds. This will reduce digital eye strain.
4. Take frequent breaks to stretch while using the computer.
5. Use websites such as Go Noodle, to get up and moving while you take a brain break.
6. Use proper lighting to reduce glare and reflections. Limit bright lights overhead. Use a small desk lamp that will shine on your desk and work area.
7. Limit your time on the internet and don't neglect your other responsibilities, such as chores, homework and exercise.



Talk About It

What is digital health and wellness? Why is it important? What are some of the complications of using

technology? What steps can you take to make sure you are healthy on and offline?



APPS TO GET MOVING

Kids Yogaverse I Am Love: this app teaches about geography and culture while learning poses to help balance.

Just Dance Now: this app uses top 40 songs as you dance alone or with a friend to copy the dancers onscreen.

NFL Play 60: the American Heart Association and NFL developed this app to get players to run, jump and turn through obstacle courses to complete challenges.

Workout in a Bag for Kids: this app has 50 resistance and cardio exercises for kids to complete as they earn gold coins, medals, and badges. It was developed by a mom and personal trainer.

MotionMaze: in this app, you walk with your mobile device to navigate through mazes.

Iron Kids: this app is developed by the American Academy of Pediatrics to help kids develop their upper and lower body strength. Workouts can be customized by skill level and interests.

Don't forget apps such as **AwesomeEats** and **Max's Plate**, they teach about food groups and help create healthy meals.



In The News

Look for health related articles in the newspaper. There may be articles about a variety of topics: alcohol or tobacco use, immunizations, diet and nutrition, etc. Next, look for advertisements for health and wellness. What type of ads are

included — sports sign ups, fitness classes, weight loss products, etc.? Finally, write a news article about digital health and wellness. You should include a main idea and three supporting details.



Try It:

Design an environment for your home computer that will help you to have correct posture and support. Sketch that design and explain specifically how it will help.

Academic Standards: Making text-to-self and text-to-world connections. Reading nonfiction text for main idea and supporting details. Making inferences and drawing conclusions. Writing for a specific purpose and audience.

