

From:  Kim DeAndrade   
Subject: testimony  
To:  ~~Julie Crosten~~  
Cc:

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My name is Kim DeAndrade and I am a member of the 521 Healthy Eating and Physical Activity Action Group of the Cambridge's Healthy Children Task Force. Our group promotes 5 fruits and vegetables a day, no more than 2 hours of recreational screentime and 1 hour of physical activity. Every year we like to sponsor a week of events in conjunction with the national screen free week movement. We are calling our week, ScreenFree/Screenwise. We hope to

- (1) advertise the beneficial effects—on physical, mental and social health and learning—of non-screen entertainment, social activities, and physical activity for children,
  - (2) reinforce the American Academy of Pediatrics recommendations related to media exposure for children and youth, and
  - (3) spark thoughtful and proactive decision-making about children's use of digital devices, TV, and the like.
- Thank you for considering this order.

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"There are two ways to live your life:  
One is as though nothing is a miracle,  
the other is as though everything is a miracle."  
- Albert Einstein