



GO LIVE<sup>®</sup>  
Smart

Family Fitness =  
**FAMILY FUN**

**1 HOUR**

is the recommended  
amount of screen time  
for children between  
ages two and five.

**87%**

of children exceed  
recommended screen  
time for their age.

**50%**

of parents say their families  
play a sport together less  
than once a week.