**Is binge watching bad for you?**

By: ASAPScience

<http://bit.ly/2gjePPU>

1. Staring at a screen will make you (1 point)
	1. take shallower breaths
	2. blink less
	3. frown and develop wrinkles
	4. clench your jaw
2. A condition called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, where the eyes cannot focus properly, is seen much more frequently in children who spend more time inside. (1 point)
3. Myopia is seen more in children that spend too much time inside. What is one reason for this? (1 point)
	1. less light makes it harder to focus
	2. focusing your eyes on distant landscapes helps strengthen your focus
	3. fresh air improves eye health
4. People who watch less TV burn more calories, even if they're just reading a book. Why? (2 points)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. One study concluded that every hour spent in front of the TV may cut as much as \_\_\_\_\_\_\_\_\_\_\_ minutes off your life. (1 point)
2. Name two other health effects of binge watching TV. (2 points)
3. What are two healthier activities that you could do instead of binge-watching TV? (2 points)