The impact of screen time

We all know that excessive screen time isn't great for kids.

Too much time spent on screens can mean missed opportunities to be physically active, which is incredibly important for growth and development of hand, eye coordination, not to mention social interaction with others.

Research has shown that children were now moving less and that four out of five are hunched over screens for more than two hours a day. Children also tend to round their shoulders forward, which creates additional wear on the back and the upper part of the spine but often the long-term impact won't be obvious until they are older. Many people are unaware that bones don't solidify until they are 25 which means they will grow in a way they are not supposed to.

Unfortunately screen time is a reality of modern life… so what can we apart from reducing screen time?

1. Child's pose: This is where you lie on the floor with your knees bent and your arms extended out in front of you keeping your back nice and straight.

2. Cow & Cat: You will be on your hands and knees and then go through the motion of arching your back and bringing your head down and up and your tummy goes up and down.
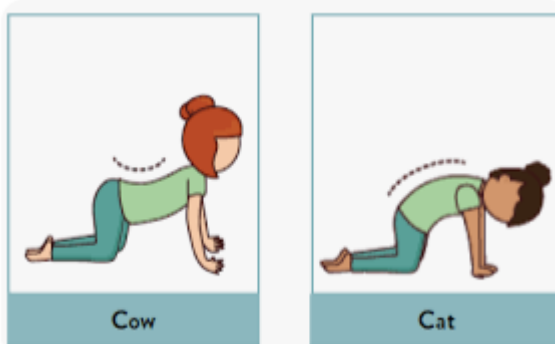
3. YWTL Poses: Always remember to have your thumps pointed behind and you squeeze the shoulder blades in each of the position for 15 seconds.