# PERSUASIONIMAP

by: ADLC

# Too Much TV?

#### Introduction

People should limit how much TV they watch.

#### Main Reason 1

Watching too much TV goes along with poor health, weight gain and low energy levels.

#### Main Reason 2

There are so many other fun things to do.

## Main Reason 3

TV watching should be a quality experience, not a quantity experience.

## Facts or Examples

- 1/4 of children spend up to 4 hours a day just sitting in front of the TV.
- 2 Only 27% of students in Grades 9 -12 engage in moderate physical activity at least 5 times a week.
- 3 Many people sit in front of the TV for all their meals and snacks.

# Facts or Examples

- 1 Any time you are watching TV, you aren't engaging in fun and interesting hobbies.
- 2 Any time you are watching TV, you aren't outside engaging in fun, physical activities.
- 3 Any time you are watching TV, you aren't socializing or playing with your friends.

# Facts or Examples

- 1 Choosing only a few excellent shows means you are engaged in quality entertainment.
- 2 It is a time waster to sit and watch every TV show that ison and not all shows are good quality.
- A family can enjoy a relaxing and fun family night together watching a quality show together.

#### Conclusion

Too much TV can be harmful to your health and sense of wellbeing. It takes you away from friends and fun and engaging activities. Some TV is of excellent quality, it is a good idea to be selective and only watch the best.







