

News and Current Events :: 5 ways your TV is slowly killing you**5 ways your TV is slowly killing you - posted by sermonindex (), on: 2010/3/7 20:34****5 ways your TV is slowly killing you**

You've accepted the idea that TV makes you dumber. You know there are lots of more edifying things you could be doing with your time than cheering on the contestants on "Survivor."

And unless you're working out to an exercise video, you know those hours sprawled out in front of the screen are going to make you fatter — not to mention the impact of all that junk food you've been tempted to scarf down during the commercial breaks.

But you'll be surprised to learn the host of other bad things TV can do to you.

TV-viewing is a pretty deadly pastime, research suggests. No matter how much time you spend in the gym, every hour you spend in front of the TV increases your risk of dying from heart disease, according to a recent report in Circulation. ...

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Re: 5 ways your TV is slowly killing you - posted by sermonindex (), on: 2010/3/7 20:34

I wonder how much worse the computer is?

Re: - posted by ginnyrose (), on: 2010/3/7 21:53

Quote:

-----I wonder how much worse the computer is?

I thought of that, too. I have had clients whose husbands got addicted to the 'puter. They said either the computer or me and they had to throw the thing out because the man could not control himself.

And I wonder about the Blackberry? Maybe not damage one health-wise but socially...

ginnyrose

Re: - posted by jlosinski, on: 2010/3/8 2:07

I'm laying in bed with my laptop on my stomach as we speak. ;) I do have to be careful, I love to learn new things, and I can over do it sometimes...