



Americans spend an average  
of **5 hours** on technology daily!

Unplug from **Feb 24 - Mar 2**.  
Use those **extra 5 hours** each day  
doing something good for you.

Tune up your bike. Take a hike.  
Start a training plan. Join a group ex class.  
Play a sport. Explore the outdoors.  
Get a massage. Meet with the dietitian.  
Run a 5K. Climb the rock wall.

***...enjoy the world around you!***

**visit [gvsu.edu/rec/unplug](http://gvsu.edu/rec/unplug) to see what's going on!**