



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 to see what's going on!