# MOUSE POTATOES!

## HOW ARE TEENS SPENDING THEIR TIME? SURVEY SHOWS SHOCKING RESULTS.

Most people have heard of "couch potatoes" – people who spend most of their free time sitting (or lying) on the couch watching television. But have you ever heard of a "mouse potato"? A mouse potato is someone who spends too much time using the computer.

Most parents are very happy to buy their children computers and get them hooked up to the Internet. They do this because they believe that this will help their children to learn more and therefore do well in school. However, children who have computers also play games on them and use the Internet to chat with friends all over the world.

Experts are worried about what happens to young people who spend too much time in front of the computer. The American newspaper *USA Today* conducted a survey in 2003 to study this trend. They asked young people how they spent their free time. The survey figures show that an average teenage boy in the USA spends about 16 hours a week on the computer. For a teenage girl, the figure is 17 hours. What are the teenagers doing on the computer during these hours? Survey results show that they are playing games, surfing the Internet and writing emails. In contrast, the amount of time teens spend exercising in the USA is only 7 hours a week. This is true for both boys and girls.

The survey clearly shows that many American children are not getting enough exercise in order to keep in shape. The question is, "Will America become a country of couch and mouse potatoes?"