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How to use Television as a Constructive Media for our own Benefits by Robin Mackenzie

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Television is more interesting than people. If it were not, we would have people standing in the corners of our rooms. But jokes apart how many of us really go in sync with the ideology that television is a boon for our society. Honestly speaking I was not one among those. As long as I was in school and college I never really had an opinion about television viewing at all in the first place. Days just flew by in preparing for my board exams and the only spare time that we had was spent sleeping. Times have changed.

Numerous cable channels have bloomed up and the list just increases with each passing day. It is definitely a good thing because there is so much to learn from the programs that are being aired. The level of exposure that these kids are getting is just unbelievable. There are channels for almost every possible topic that you can imagine. You have channels for comedy, travel, news, cooking, comedy, music, movies, and environment. Channels are numerous. Just name it and viola! You have it right there in front of your television screen.

Believe it, or not. There is nothing better than returning back home after a long day at work. It feels so very comforting to dump yourself on your couch and switch on the TV to watch some soothing stuff. A survey conducted recently proves that around ninety nine percent of Americans own at least one television and in some houses there is actually more than one television. Those were the days when family get-togethers used to hold priority. People used to spend most of their time together dining and discussing what was happening around them. Life style is still pretty much the same here in America with parties, anniversaries, Thanks giving and other events. People get together and have a gala time.

Itâ€™s also an undeniable fact that television viewing is equally increasing. Some of the features are fabulous and worth mentioning. The level of clarity and convenient features such as recording programs when you are away from home are all indications that television viewing is evolving. We are improvising our lives day by day and this will go on. For now, what television viewing has brought us is really worth mentioning. Television is a source of entertainment and fun. We get deeply affected by whatever we see and visualize.

The key is to maintain that level of balance in whatever activity we do. We should spend time in every kind of activity in our day to day lives. There should be enough time for sleep, fun, learning and physical activity as well. We all have that level of capability within us to perform all these activities. Itâ€™s just that everything needs its own time and space in your life. Once you learn to allot time for each and every one of these activities, life is going to be beautiful and colorful. The only problem arises when the time spent for one activity overlaps the other one. Thatâ€™s when it takes a toll on your mind, brain and health.

For instance you need to have around 8 hours of sleep every day. When you compromise your sleep to watch television during the nights, your whole day goes for a toss on the next day. Similarly as you grow your mind is changing. You need to give food for the mind. Learn new concepts and educate yourself with the happenings around you. Instead if you continue watching the same kind of TV programs for a prolonged period of time then your mind becomes sluggish. Itâ€™s good to watch quality television programs. I watch them every day on my FiOS TV, but I also make it a point to spend equal time on my other activities which is the key to a healthy lifestyle.

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Tina Reeves is a freelancer. She loves to write about healthy habits. She enjoys watching a lot of educative programs on her a FiOS TV. Her favorite past time activity is to research on improving the lifestyle of people by implementing a quality lifestyle in television viewing.

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