

TOO MUCH SCREEN TIME?

HERE'S HOW IT'S QUIETLY
RESHAPING YOUR KID'S BODY



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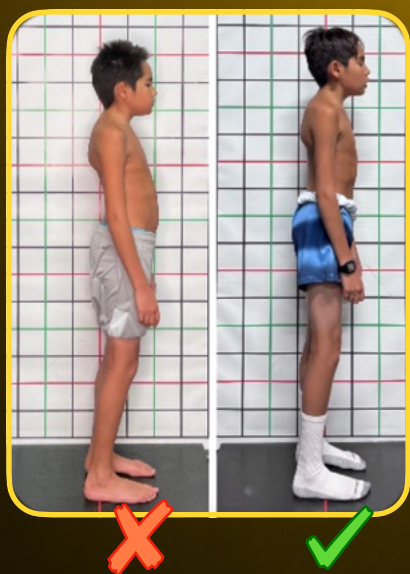
PROJECT FUNCTION
MORGAN HILL

Introduction

SCREENS ARE EVERYWHERE

But for a growing child, the cost of excessive screen time isn't just about eyesight or distraction. It's about how those static, slouched postures compound over time and reorganize the entire structure of their body.

This guide offers insight into how screen time affects your child's posture, why posture affects everything else, and how you can help them move better for life - not just for now.

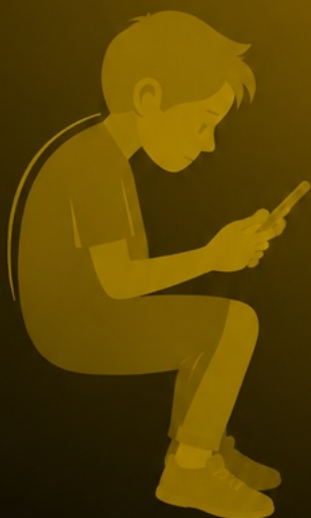


What Screen Time Is Doing to Your Child's Body

On average, kids aged 8 to 18 spend 7.5 hours per day on screens. Most of that time is spent in static positions - forward head, rounded spine, collapsed core.

This leads to:

- Forward head posture (aka "tech neck")
- Collapsed ribcage & shallow breathing
- Disrupted gait mechanics
- Compensatory tension in hips, knees, and spine
- Reduced neuromuscular connection and spatial awareness



... All of which quietly reshape their body's mechanics.

Over time, this becomes their default movement blueprint... one that limits performance, causes discomfort, and undermines long-term physical and cognitive potential.

Why Posture Affects More Than Just Their Spine

Posture isn't just about alignment, it's about biomechanical integrity. When posture deteriorates, so does:

- Their ability to breathe deeply and calmly
- Their mental focus and energy levels
- Their emotional regulation (poor posture is often linked to anxiety)
- Their confidence and social presence

At Project Function, we teach that posture is the foundation of movement, and movement is the foundation of everything else.

Posture shapes perception: how your child sees the world and how the world sees them.



Common Myths About Kids and Exercise

Many parents assume:

- "They play sports, so they're fine."
- "They'll grow out of it."
- "Slouching is a part of growing up."

But here's the truth:

- Sports don't fix dysfunctional patterns, they often reinforce them if posture is not addressed
- Early dysfunction becomes adult pain
- "Normal" doesn't mean optimal or healthy

Intervening early with human biomechanics-based training helps your child develop the movement blueprint they'll carry for life.

Posture problems don't just 'go away', they grow up with your child.

Chapter 4

Movement is MedicineBut Not Just Any Movement

At Project Function Morgan Hill, we don't chase more movement, we teach the right movement. We don't treat symptoms - we correct dysfunctional movement at its root.

We assess and retrain the 4 foundational patterns that govern all human performance:

1

Standing

2

Walking

3

Running

4

**Throwing/
Rotating**

These are the primary drivers of how the human body evolved to function.

When these patterns are off, especially in developing bodies, every other movement becomes compensation.



At PF Morgan Hill, we help:

- Rewire poor postural habits caused by screen time
- Improve coordination, strength, and athletic output
- Restore functional breathing and core mechanics
- Avoid the chronic pain patterns adults often accept as "normal"



Simple Daily Posture Check-In

Help your child build awareness with these 3 quick questions:

- Are your ears stacked over your shoulders?
- Is your ribcage relaxed, or puffed forward?
- Can you take a deep breath without your belly protruding out?

This 10-second check-in creates neurological awareness. This is the first step in correcting dysfunctional posture.

Repetition rewires patterns. The goal isn't to "sit up straight", it's to move in a way that respects the structure of the human body.



From Our Family to Yours

We're parents too. We get how hard it is to raise healthy kids in a sedentary, screen-heavy world. But we've seen what happens when children learn to move functionally early...they THRIVE.

If this guide gave you clarity, we hope it also gave you confidence. It's never too early or too late to start prioritizing biomechanics over busyness.

Let's raise a generation that moves better, feels better, and functions better by design.



The Morgan Hill Team

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