

# My day without TV

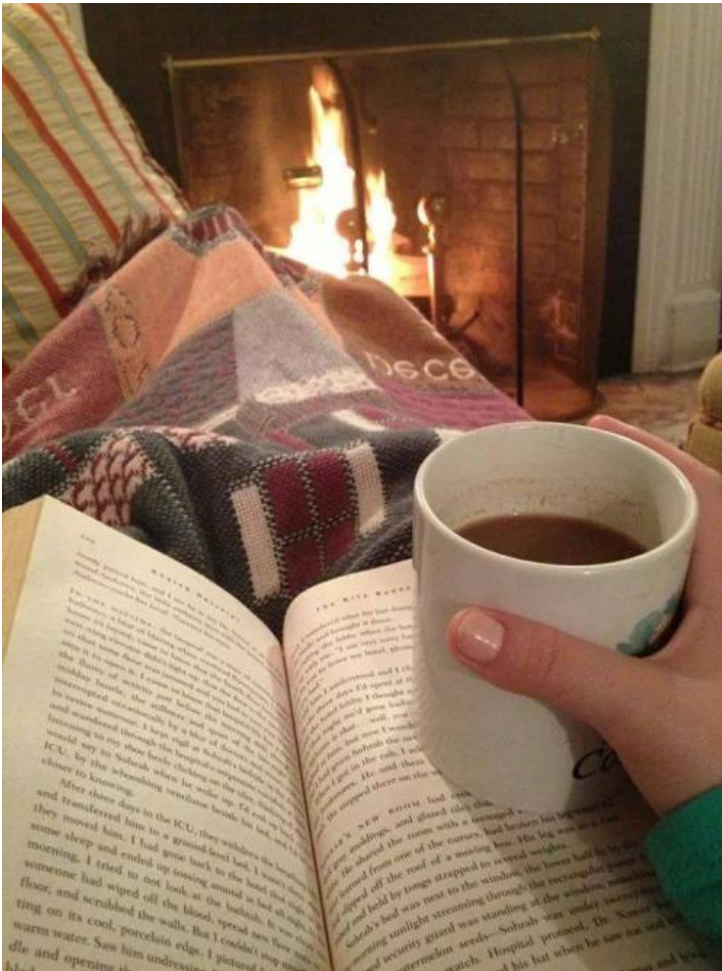
Zikranets Vitalina

**I rarely watch TV. Abandon the TV for one day - not a problem for me. Nowadays I choose a phone or computer, to watch a movie or comedy. On the TV I have only a few channels that I watch. The Internet is much easier and more convenient to find exactly what you like to watch.**

**In general, I rarely watch TV, because my schedule will not change very much.**




When I have extra time, I love to take your favorite book and sit in a chair. Or taking your favorite book go to the cafe where I could enjoy the peace and their favorite cocoa.



# Is it good if people are not watching TV?

I think it's not quite right. Yes, of course, vision deteriorates when watching TV. But scientists have proved, television is much more favorable effect on us than phone and computer. I think that esle we watch TV is not very long, and not so much, everything will be fine. For example, I use the television very rarely, and only a few look a few channels to watch and spend more time.





Thank you for attention!  
Strictly do not judge, I wrote that  
came to mind.