**Is your smartphone making you fat?**



Smartphone users could well be the new couch potatoes. While using a smartphone doesn’t share the same negative stigma associated with watching television, it may be just as detrimental. Studies show that excessive smartphone use can significantly impact health and lifestyle habits **– ranging from** lowering physical activity and fitness levels **to** promoting mindless eating. So, take time off from your smartphone or tablet for a better , quality life.