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BEWARE OF SPRING BREAK BINGING ON FAVORITE SHOW

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Photo by Colton Brown



Besides no homework, exams or 8AMs, spring break for many college students means only one thing... Netflix binge fest! While you're lounging blissfully at home catching up on all shows you don't normally have time to watch while at school, be cautious of how much time you're spending in front of your screen.

According to an article on the [Huffington Post](#), we tend to get worn out from long windows of time in front of the TV. We start to feel sluggish from poor circulation and metabolism being slowed down from extended periods of time spent on our butt.

Whether we realize it or not, binge watching can affect how we view the world. It can make us overly cautious, nervous or wary about everyday occurrences.

So while you're binging on some of these Netflix shows below, remember to get up every now and again for a little break. Go for a hike, hang out with friends or go adventure your city!

Alias: A drama based off of an international spy who is just out of college and trained to work for the government.

Flashpoint: A drama based off true scenarios of an Emergency Task Force in Toronto, Ontario, Canada. The Strategic Response Unit focuses on rescuing hostages, defusing bombs and breaking up gangs, all while 'getting inside' a suspects head.

24: Each episode unravels another hour in real time of Jack Bauer. A counterterrorism agent dealing with torture, traitors, assassination attempts and nuclear attacks.

Gilmore Girls: Mother daughter duo, Lorelai and Rory Gilmore are a hilarious mix of wit and banter in this eclectic classic.

30 Rock: Nothing but laughs with old SNL cast members. The show follows Liz Lemon, the head writer for a live comedy show. Lemon juggles dealing with unstable stars and best friends while also trying to follow her own dreams.

Parks & Recreation: A hilarious comedy starring Amy Poehler as a bureaucrat working at a Midwest Parks and Recreational Department in Indiana. Poehler's character aims to beautify her town all while boosting her career and interrupted by a continual level of hilarious challenges.

Friends: Last but certainly not least is the forever classic of six best friends.