**Is Binge Watching Good For You? – Ted Talk via Asap Science**

\*Fill out your answers to the following questions below.

 

**People who watch less TV burn more calories, even if they're just reading a book. Why?**

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**Respond to one of the two questions below:**

[What was the most surprising thing you learned from this video?](https://ed.ted.com/featured/tJXf06qY/discussions/what-was-the-most-surprising-thing-you-learned-from-this-video-f1d5d32b-1527-4277-9acd-32d97d747f7a)

[What are some things you would want to do if you watched less TV?](https://ed.ted.com/featured/tJXf06qY/discussions/what-are-some-things-you-would-want-to-do-if-you-watched-less-tv)

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