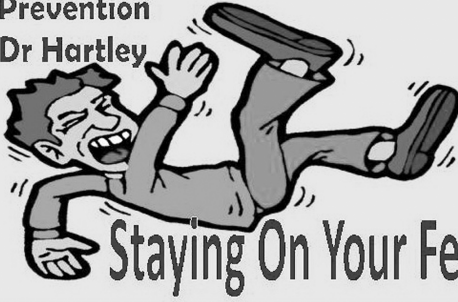


Falls Prevention
with Dr Hartley



Eye Exercises



Many people believe that we allow our eyes to become lazy - and it is certainly true that eyes often respond well to simple exercises. Your optician can help you with eye exercises but here are several we have tried -

- 1** move your eyes up and down, round and round, side to side for a couple of minutes, at any time of the day. Rest them in between exercises.
- 2** hold a pencil or toothbrush a comfortable distance away and bring it slowly toward to your nose, keeping your eyes on the point all the while. Do this several times.
- 3** hold a finger fairly close to your face and look intently at it, then look away to an object across the room. Repeat this close-distant exercise several times, rest a few seconds and repeat.

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