

# EYE HEALTH TIPS

PART 3 of 5-PART SERIES



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## REDUCING UNHEALTHY INFLAMMATION...

Along with protective eye wear and diet adjustments, **exercise** and **lifestyle** actions help to reduce inflammation.

## EXERCISE LOWERS INFLAMMATION...

Regular physical activity, particularly cardio exercise, helps to protect your eyesight by increasing blood flow to the optic nerve and to the retina!

Exercise also helps you focus, slim down, tone up, generally stay healthy, and just feel better 😊

## LOWERING RISK OF EYE DISEASE...

Several studies link regular exercise with lowering the risk of glaucoma and wet age-related macular degeneration by avoiding diabetes, high blood pressure, high cholesterol, hypertension which damage the blood vessels of the retina 😞

## BEST ACTIVITIES FOR EYE HEALTH...

Running, walking, hiking, biking, swimming, and dancing 3 to 5 times per week are good ways to decrease risk of several common eye ailments.

Moderate intensity, low impact exercise helps significantly reduce eye pressure in young adults with glaucoma.

## SIDE BENEFITS...

Sticking with these activities not only benefits your eyes and vision, it also strengthens your heart health!



Omaha's Most Trusted Destination For Protecting Your Vision