



6 STEPS TO BETTER PERIPHERAL VISION

1

RELAX YOUR NECK

Do some simple neck relaxation exercises such as gently moving your head side to side and doing a chicken-like head forward move.

2

RELAX YOUR EYES

Gently massage around your eyes - above, below and to the sides. Do this several times and also with your eyes closed.

3

PERIPHERAL VISION CHART

Using the peripheral vision awareness chart, focus on the centre X. Become aware and read the outer letters while still keeping your main focus on the centre X.

4

INCREASE THE CHALLENGE

Make the exercise harder by creating more distance between the centre X and the letters outside. You can create your own version using Post-it Notes so you can keep increasing the challenge

5

CHANGE THE ANGLE

Instead of the chart being in front of you, move it to the sides, below or above you. The multi-size font chart is great to use with this

6

FREQUENCY & CONSISTENCY

Practice regularly. The research states 5 to 10 minutes per day, split across the day. This could be 5 x 2 mins, 3 x 3 mins etc. Consistency is the key!

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