

Health & Wellness Tip of the Week

Week 32
August 7, 2017

August is all about Healthy Vision & Eye Care

It is the perfect time to remind everyone about the importance of keeping your vision healthy and taking proper care of your eyes.



Pumping Up Your Peepers

Here are some great exercises that you can do to “pump up your peepers”.

Eye Rotations:

Use a mirror to watch your eyes. Move your head in different positions while keeping your eyes focused on your eyes in the mirror.

Peripheral Vision Skills:

When you're a passenger in a car, focus on the license plate of the car in front of you. While you're looking at the license plate, see how many objects in your peripheral vision you can recognize as you drive past them.

Sources: Graham Erickson, O.D.,

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