

Eye Care

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This information is sure to help PC users very much. During a recent visit to an optician, one of my mail friends was told of an exercise for the eyes by a specialist doctor in the US that he termed as "20-20-20". It is a must do for all of us, who spend long hours at our desks, looking at the computer screen. I thought I would share it with you.

Step I

After every 20 minutes of looking into the computer screen, turn your head and try to look at any object placed at least 20 feet away. This changes the focal length of your eyes, a must-do for the tired eyes.

Step II

Try and blink your eyes for 20 times in succession, to moisten them.

Step III

Time permitting of course, one should walk 20 paces after every 20 minutes of sitting in one particular posture. Helps blood circulation for the entire body.

Circulate among your friends if you care for them and their eyes. They say that your eyes are mirror of your soul, so do take care of them, they are priceless.