

# GET ON YOUR BIKE

**BEST EYE  
HEALTH  
HABITS  
#4**

Being physically active could help reduce your risk of vision impairment. Brisk walks, swimming & cycling are all great ways to stay fit & healthy.



for more information visit  
[www.visionmatters.org.uk](http://www.visionmatters.org.uk)



**NATIONAL EYE  
HEALTH WEEK**  
MONDAY 21 – SUNDAY 27 SEPTEMBER 2020  
**YOUR VISION MATTERS**