

**BEST EYE  
HEALTH  
HABITS  
#7**

# GO OUT AND PLAY

**Spending two hours or  
more a day outdoors  
could help prevent  
your child becoming  
short-sighted.**



Lim LT et al. Impact of parental history of myopia on the development of myopia in mainland China school-aged children and Rose KA et al. Outdoor activity reduces the prevalence of myopia in children.

**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**