LET'S GET PHYSICAL!

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
visionmatters.org.uk

NATIONAL EYE HEALTH WEEK
MONDAY 18 – SUNDAY 24 SEPTEMBER 2023
YOUR VISION MATTERS

EXERCISE FOR YOUR EYES

Exercise is crucial for so many areas of our health, including our eye health.

Being physically active has been shown to reduce your risk of visual impairment by 58 per cent, compared to somebody with a sedentary lifestyle.*

Regular exercise can increase antioxidant enzyme activity and resistance to oxidative stress.

As well as being a key component to systemic conditions such as heart disease and diabetes, oxidative stress can also increase your risk of many common eye conditions including age-related macular degeneration (AMD) — the UK's leading cause of blindness, cataracts and dry eye disease.

Our eyes need oxygen to stay healthy and comfortable, and physical activity plays a key role in this; aerobic exercise can help increase oxygen supplies to the optic nerve and lower any pressure that builds up in the eye.

This is important in terms of eye health, because reducing intra-ocular 'eye' pressure can help prevent and control conditions such as glaucoma and ocular hypertension.

Regular exercise can also improve blood flow to the retina and the optic nerve, and, has been found to help prevent the progression of diabetes, which, in severe cases, can lead to diabetic retinopathy and total sight loss.

NHS guidance recommends that all adults aged 19 to 64 years should do some form of exercise every day and aim for 150 minutes of moderate intensity activity over the course of a week.

Brisk walks, cycling, dancing and swimming are all excellent forms of exercise and can contribute to reducing intraocular pressure and maintaining healthy eyes.

For advice and motivation on how to get and stay active visit: *nhs.uk/better-health/get-active*

* ncbi.nlm.nih.gov/pmc/articles/PMC4047137/