

# LET'S GET PHYSICAL!

**Physical activity can help support good eye health.**

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

So it's time to dig out your trainers and get physical.

For help to get active visit [nhs.uk/better-health/get-active](https://nhs.uk/better-health/get-active)

For more on looking after your eyes visit [visionmatters.org.uk](https://visionmatters.org.uk)



\* [ncbi.nlm.nih.gov/pmc/articles/PMC4047137/](https://pubmed.ncbi.nlm.nih.gov/pmc/articles/PMC4047137/)



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