

# OUTDOOR PLAY HELPS KEEP MYOPIA AWAY

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

So put down those screens lace up your shoes and head out for some fun in the fresh air.

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

\*Lim LT et al. and Rose KA et al. Outdoor activity reduces the prevalence of myopia in children.



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