

FITNESS FACTS

Healthy Vision Can Help You Stay At The Top Of Your Game

(NAPSA)—Here's eye-opening news for sports enthusiasts who often spend time outdoors and are subject to ongoing sun exposure. Most people who participate in outdoor sports and activities are conscious of the need to use sunblock to protect their skin, yet few realize that their eyes are just as vulnerable and should also be protected.

Proper eyecare and eyewear can help protect against harmful UV rays, minimize risk of eye injury and help to improve your vision and performance.

Even the world's top athletes consider vision to be among the most important assets to their training and performance.

Take it from the members of Team Garmin-Transitions—the elite American professional cycling team—who spend hours training and racing outdoors while continuously enduring changing light conditions.

Adaptive lenses are an excellent lens choice for cycling as well as other outdoor sports and activities. The lenses automatically adjust the level of darkness as outdoor light conditions change—day into night, or sunny into cloudy. This helps to reduce glare, squinting and eye fatigue and also improves contrast to help you see and perform your best—while blocking 100 percent of UV rays and protecting the long-term health of your eyes.

“Vision is a key to my success as a competitive cyclist and in my everyday life,” said Tom Danielson, rider, Team Garmin-Transitions. “We face constantly changing light conditions as we ride hundreds of miles



Keep your eyes protected when you're enjoying the outdoors.

each day. Transitions lenses adjust to the right level of darkness for me, so that I can see my best in all conditions.”

Top tips to maintain healthy vision and stay at the top of your sport:

- Relax your eyes—squinting increases the number of eye and head movements you make, which can negatively affect your performance.
- Schedule regular health checkups, including a comprehensive eye exam.
- Consider Transitions lenses, as worn by Team Garmin-Transitions, to reduce glare and fatigue and block 100 percent of UV rays.

For more information about healthy sight and wellness, visit www.Transitions.com.