

The reason this occurs is because for the majority of the day your eyes are focused on objects which are close to you, so in effect, your eyes become used to seeing close objects. As a result, the eye becomes less able to see distant objects clearly.

If you feel that your eyesight is getting worse, or is already very bad, below you will find some exercises that you can practice to help you improve your eyesight naturally. Please note, these exercises should be done without glasses as they are designed to strengthen your natural eyesight rather than the eyesight your glasses provide you with.

Eye Exercise 1

Make an effort to stare at something in the distance every 30 - 60 minutes for at least 30 seconds. You can do this by simply looking at the other end of the room you are in or looking out the window.

This exercise will improve your focus of distant objects by preventing the eye from becoming used to focusing only on objects that are close to you.

Eye Exercise 2

This is similar to the first exercise, but involves you putting your index finger in front of your face about a hands distance away from your nose.

To do this exercise, look at your finger for a few seconds with one eye (keeping the other eye closed) and then look at something in the distance (ideally as far away as you can see).

Repeat this 10-30 times for each eye.

When done correctly, you should feel your eyes changing focus from your finger to the distant object which you are looking at. This is an excellent exercise for improving the focusing ability of your eyes.

Eye Exercise 3

For this exercise, nod your head up and down like you were nodding “yes” to someone. Look up at the ceiling and down at your toes.

This exercise will strengthen the muscles in your neck, thereby increasing blood circulation to the head and eyes. It can also help to reduce a sagging chin.

Did You Know?

Just like how you can improve your eyesight through exercise, so can you make your face look younger with exercise!

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- *Deepak J...*