

SPORTS SHORTS

Protecting Athletes' Eyes

(NAPSA)—Regardless of the sport you play, protecting your eyes can help you stay on top of your game.

That's why the Vision Council of America reminds all athletes—weekend warriors or otherwise—to schedule regular eye exams with an eye doctor and wear proper sports eyewear, such as goggles or masks, to protect eyes from injuries.



It's important for athletes to keep their eyes in good shape.

An added bonus to the eyewear: It can help improve performance by eliminating glare and increasing contrast, which is especially important in sports such as skiing, where eyewear can eliminate glare from snow, or for golfers, who rely on tinted eyewear for contrast sensitivity.

Remember the following tips from the Vision Council of America:

- Wear protective goggles or eyewear with polycarbonate lenses when playing contact sports or sports with fast-moving objects.
- Protect eyes from the sun's ultraviolet rays with sunglasses when playing outdoor sports.
- Consider eyewear with performance-enhancing features such as anti-fog lenses, non-slip nose-pieces and rubber temples.
- Schedule an eye exam with an eye doctor to ensure healthy vision.

For more information, visit www.checkyearly.com.