

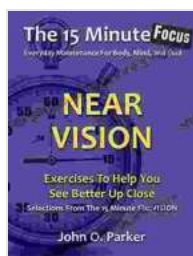
Exercises To Help You See Better Up Close

The 15 Minute Fix 11

If you're struggling to see objects up close, there are a few things you can do to improve your vision. One option is to try some simple eye exercises.

How to do the exercises

These exercises are easy to do and can be done anywhere. You can do them while you're watching TV, working at your computer, or even just sitting in your chair.



The 15 Minute Focus: NEAR VISION: Exercises To Help You See Better Up Close (The 15 Minute Fix Book 11)

by John Parker

★★★★★ 5 out of 5

Language : English
File size : 13331 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled



1. ****Blinking exercises.**** Blink rapidly for 10 seconds, then close your eyes and relax for 10 seconds. Repeat this exercise for 5 minutes.
2. ****Focusing exercises.**** Hold a pen or pencil about 6 inches away from your face. Focus on the tip of the pen or pencil for 10 seconds, then

look away for 10 seconds. Repeat this exercise for 5 minutes.

3. ****Convergence exercises.**** Hold a pen or pencil about 6 inches away from your nose. Focus on the tip of the pen or pencil and slowly bring it closer to your nose. Stop when the pen or pencil is about 2 inches away from your nose. Hold this position for 10 seconds, then slowly move the pen or pencil away from your nose. Repeat this exercise for 5 minutes.

Benefits of the exercises

These exercises can help to improve your vision in a number of ways. They can help to strengthen the muscles around your eyes, improve your focus, and increase your convergence ability. These exercises can also help to reduce eye strain and fatigue.

Tips for ng the exercises

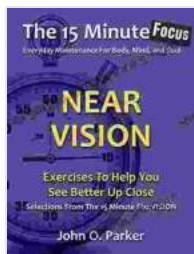
Here are a few tips for ng these exercises:

- Do the exercises regularly. The best way to improve your vision is to do the exercises regularly. Try to do the exercises for at least 15 minutes each day.
- Be patient. It takes time to improve your vision. Don't get discouraged if you don't see results immediately. Just keep ng the exercises and you will eventually see an improvement.
- Listen to your body. If you feel any pain or discomfort, stop ng the exercises and consult with a doctor.

If you're struggling to see objects up close, these exercises may help to improve your vision. The exercises are easy to do and can be done

anywhere. Try them for yourself and see if they make a difference.

Free Download your copy of Exercises To Help You See Better Up Close
The 15 Minute Fix 11 today!



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