

GENERAL EXERCISE SAFETY TIPS

- Before beginning any exercise routine, talk with your medical doctor and your eye doctor.
- Some medical and eye conditions can be affected by bending, lifting, straining, or unusually rapid movement.
- Discuss your needs with a fitness instructor at a local gym, health club, or community class. These instructors work one-on-one with you to create a fitness program that is safe and effective.
- Exercise equipment with dials that require specific settings or have special boundaries can be marked with contrasting tape, raised dots, or large print.
- Low impact aerobics or exercise equipment, such as a treadmill or stationary bike, can help with cardiovascular workouts.

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This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

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GENERAL EXERCISE SAFETY TIPS *(cont.)*

- Try static stretching, such as tai-chi or yoga, to enhance muscle tone. Some people find this type of exercise helpful for improving body awareness and movement in space.
- For muscle definition, try using hand weights, rubber bands, resistance equipment, and body balls.
- There are also many exercise videos available for use at home. These can be purchased wherever videos are sold.
- Think about new ways to adapt an activity. Walk with a friend, use a track for running, instead of on the road, or try cross country skiing instead of downhill.

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