

Pencil Pushups

What: Simple exercises designed to help strengthen eye muscles.

Why: Convergence insufficiency is a hand-eye coordination problem due to weak eye muscles. Strengthening them will make reading easier for kids, which will correlate to better test scores!

Here are several examples of pencil pushups that you can teach your students:

❖ BASIC PENCIL PUSHUP

Hold a pencil out at arm's length in front of you. Slowly bring it toward your nose. When you see 2 pencils, push the pencil out slightly until you see 1 again. Focus on the pencil tip for 10 seconds, and then push it back out to arm's length. Repeat.

❖ NEAR & FAR

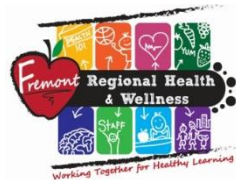
Hold a pencil out at arm's length in front of you. Bring it toward you. When you can no longer focus on the pencil, push it out slightly until you can focus on it. Hold it there. Alternately, focus on pencil tip, then object in the distance, then back to pencil.

❖ FIGURE 8

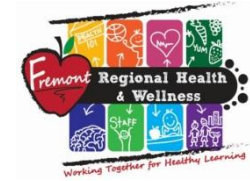
Hold pencil out at arm's length in front of you. Make a figure 8 design in the air. Without moving your head and just using your eyes, follow the pencil tip through the air.

❖ PERIPHERAL VISION

Hold pencil out at arm's length in front of you. Focus on an object beyond the pencil. Move pencil laterally until it is out of your field of vision. Then bring pencil back in front of you. Repeat. You can also move pencil up and down while focusing on the object instead of side to side.



The following items have been linked to good eye health:



ANTIOXIDANTS

- ❖ Vitamin C is found in papaya, bell peppers, strawberries, broccoli, oranges, kiwi, and pineapple.
- ❖ Vitamin E is found in sunflower seeds, peanut butter, almonds, spinach, tomatoes, and swiss chard.
- ❖ Beta-carotene is found in carrot juice, pumpkins, spinach, carrots, and sweet potatoes.
- ❖ Zinc is found in seafood such as cooked oysters, beef and lamb, wheat germ, and spinach.

LUTEIN & ZEAXANTHIN

- ❖ These act as antioxidants in the eye and are found in leafy green vegetables such as spinach and kale.

ESSENTIAL FATTY ACIDS

- ❖ These EFAs are Omega-3 and Omega-6 fatty acids. They are found in fish, fish oil, sunflower seeds and leafy vegetables.

Did You Know?

80% of what children learn is processed through their visual system!

Who We Are

Based in RE-1, Kristi Elliott, Sarah Ley and Brandon Hopper make up the Fremont Regional Health & Wellness Team and serve all of Fremont County. The team's job is to serve the 5,300-plus students and staff members of the 3 districts in the 8 areas of coordinated school health: Health education; health services; physical education; family and community involvement; nutrition services; emotional health; healthy school environment; and healthy staff.

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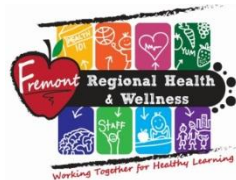
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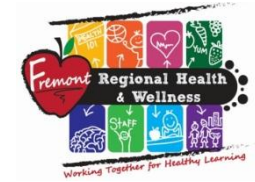
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