

IMPORTANT FOR PC USERS

During a recent visit to an optician, one of my friends was told of an exercise for the eyes by a specialist doctor that he termed as **20-20-20** ." It is apt for all of us, who spend long hours at our desks, looking at the computer screen.

I Thought I'd share it with you. 20-20-20

Step I :-

After **every 20 minutes** of looking into the computer screen, turn your head and try to look at any object placed at least 20 feet away. This changes the focal length of your eyes, a must-do for the tired eyes.

Step II :-

Try and blink your eyes for **20 times** in succession, to moisten them.

Step III :-

Time permitting of course, one should walk 20 paces after every 20 minutes of sitting in one particular posture. Helps blood circulation for the entire body.

Circulate among your friends if you care for them and their eyes.

They say that your eyes r mirror of your soul, so do take care of them, they are priceless.....

Otherwise our eye would be like this.....