

EXPANDING YOUR SIDE VISION



PURPOSE

This exercise works on opening up your side vision and expanding your peripheral awareness. This is hugely important for safely seeing what's around you without having to change eye movements in situations like walking down a crowded street or noticing other cars when driving.



REPEAT

Follow the circles 3 times total from inside to outside & back. Then perform the pen exercise 5x to the right, 5x to the left, 5x up and 5x down.

1

Hold the chart at arms length in front of you, without looking away from the letter "A", attempt to call out the letters of the closest ring of letters that are all the same size.

2

Next attempt the second ring of slightly larger letters. Continue this with the concentric rings until you have made your way to the outer ring of the largest letters.

3

Then work your way in from the outer largest to the inner smallest ring of letters. Repeat this process from inside to outside and back 2 times.

4

Next, hold a pen out at arm's length in front of you. Place the chart beyond the pen. Focus on the chart and move the pen laterally to the right side until it is out of your field of vision. Try to notice the pen with your side vision the entire time without having your eye move to follow the pen. Then bring the pen back in front of you.

5

Repeat this moving the pen back to the left and then up, down all while focusing on the A in the center of the chart.



This is intended to be done with both eyes open, but if you really want to push yourself you can also do it with the right eye only, and then the left eye only.