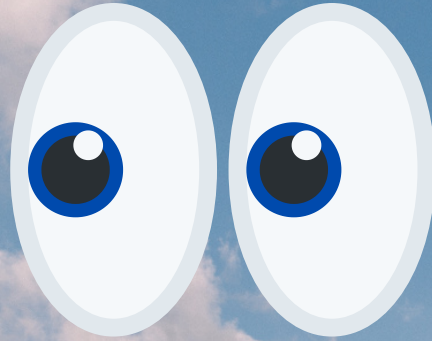




# KEEPING AN EYE OUT FOR GOOD HEALTH



## ACTIVITIES TO KEEP YOUR EYE ON THE BALL

- Kicking and catching a ball
- Batting a balloon
- Playing Tennis
- Playing Simon Says

### Focusing on Hand-Eye

Coordination can help lead to better balance and overall coordination.

Try Incorporating some of these activities into your 60 minutes of daily physical activity.

## FOODS FOR EYE HEALTH:

Vitamin A is crucial for eye health and maintaining vision. Try adding a few of these foods to your weekly meal plan.

- Sweet potatoes
- Carrots
- Watermelon
- Tomatoes
- Cantaloupe
- Papayas
- Lettuce
- Asparagus
- Mangos
- Grapefruits