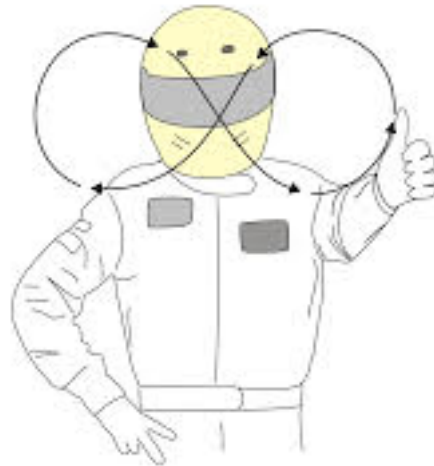


LAZY 8s VISION

The Lazy 8s exercise is especially effective in helping integrate your vision. Just as there is a cross lateral connection between your brain and body, there is a similar connection between your brain and eyes. In this case, the information coming into your right eye is sent primarily to the left hemisphere of your brain, and the information from your left eye is sent primarily to your right hemisphere. Once it's in your brain, the information is processed and constructed into what you "see."

If that communication from your eyes to your brain, and from hemisphere to hemisphere is restricted in any way, you will miss a piece of the picture. If you miss just the tiniest piece of information while driving on the track, it can be dangerous. If you consistently make wrong decisions or are unaware of what's happening around you, it may be the result of a visual processing problem that can be helped through the use of the Lazy 8s exercise.

Here's how it works. Stand with one arm stretched out in front of you, with a slight bend in your elbow and your hand in the "thumbs up" position. While you keep your head steady, trace with your thumb an imaginary figure 8 lying on its side, with your eyes following your thumb. Therefore, your eyes will be tracking this "Lazy 8" figure.



Do this exercise for about 20 to 30 seconds with each hand, and then with both hands. When doing it with both hands, make two fists, place the knuckles from each hand together, and make a cross with your two thumbs. While flexing your arms and shoulders, trace the lazy 8 while focusing on the cross of your two thumbs. Again, make sure your head stays steady, while you simply follow your thumb movement with your eyes.

LAZY 8s VISION



At first, have someone watch your eyes closely while you do this. Do they move smoothly or are they notchy? Do they jump ahead in certain areas, skipping part of the figure eight? If so, they may be missing information in that area of their visual field.

Do your eyes move congruently (together)? If your eyes have some notchiness, jumping or incongruency in your tracking, doing some Lazy 8s for even 30 seconds to a minute will begin to make some improvement. And even if you didn't notice any problems with the way your eyes track, this exercise will benefit you. Again, it helps with brain integration and, specifically, visual integration.

You should do this exercise at least once a day, and especially just prior to getting into the car - make it part of your pre-drive ritual. If you've spent a lot of time staring at a computer screen or TV, that's another good time to do this exercise - it's important to loosen up your eye muscles by doing Lazy 8s. Many drivers report an immediate effect after doing these exercises. They say it helps them become more aware of what is going on around them and much more perceptive. This, obviously, helps improve the quality of visual information being input into your brain.

Most people seem to think that good vision is something you are either born with or not, and that it is something that just goes away with age. And yet, they will agree that if a person does some form of physical exercise that their body will be and stay healthy for a longer period of time. Well, the same thing applies to a person's vision. If you exercise it, it will improve and maintain it's health and performance level, longer. Use it or lose it.

Lazy 8s will not cure blindness! But your overall vision abilities can improve, or at least, not deteriorate through lack of exercise.