

Living with Vision Loss

Keeping Fit!

www.VisionAware.org



**Balancing While Holding
onto a Kitchen Counter**



**Balancing While Holding
onto a Bathroom Sink**

Have you stopped participating in recreational activities, or are you reluctant to try new ones because of vision loss? You don't have to live that way. Whether you enjoy golfing, skiing, or other exercises, leading an active lifestyle is possible with vision loss, as long as you make a few modifications.

Staying Active

Almost every sport out there has been adapted by people with vision loss. Visit VisionAware™ for tips and links on a variety of sports and activities, such as golfing, skiing, swimming, or tandem biking.

Keeping Balanced

Vision loss often affects balance. If you do the following two things every day, your sense of balance will steadily improve.

- **In the kitchen:** While you wait for the water to heat for coffee or tea, stand with one foot directly in front of the other—as if you are standing on a tight rope. Hold onto a cabinet at first and then try to let go and balance on your own.
- **In the bathroom:** While brushing your upper teeth, stand on your right foot only. While brushing your lower teeth, stand on your left foot only. Hold onto a cabinet at first and then try to let go and balance on one foot for as long as you can.



Keeping Fit!



Riding a Tandem Bike with a Sighted Companion



Learning to Ski with an Instructor

Developing Flexibility

Flexibility is often taken for granted—much like good balance—until it becomes a little harder to reach an upper shelf, pick up the newspaper, or put on socks. There are a number of upper-body exercises, such as neck stretches, shoulder shrugs, and arm raises, that you can do from a sitting position.

Remember, before starting an exercise program:

1. Always check with your doctor before you begin any type of exercise program—even stretching! There may be personal safety measures that you need to take.
2. Stretch in a secure and familiar environment with a partner nearby.
3. Stretch 4 to 7 days a week.
4. Always warm up by taking a short walk or marching in place for 5 minutes before you begin to stretch. Stretching “cold” muscles often leads to injury.
5. Avoid ballistic (bouncing or jerking) movements.
6. Repeat each exercise 3 to 5 times.
7. Gradually increase the stretch as you become more comfortable.
8. Have a partner read the exercise descriptions and check your form as you perform the movements until the exercises are familiar.
9. Stretching does not hurt. There may be a pulling sensation or slight discomfort, but it should not be painful. If you experience pain, STOP!

**To find out more about fitness 24/7,
visit VisionAware.org**

