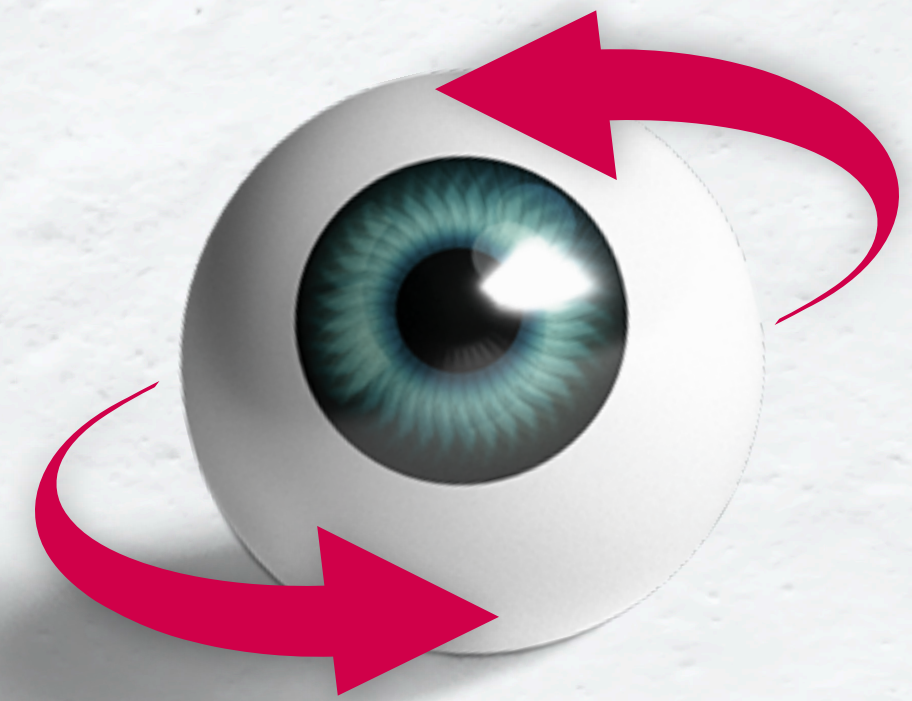


EXERCISE YOUR EYES



1 Close your eyes.

2 Slowly move your eyes upward, then downward.

REPEAT

5

TIMES

3 Repeat three times.

4 Slowly move the your to the left, then to the right.