

Pencil Push Ups

Strengthen Your Eyes for Better Focus & Reading!

What You'll Need:

- A pencil (or any small object with a clear focus point, like a marker or pen)
- A quiet space with good lighting

Why This Exercise Helps:

Pencil Push-Ups help train your eyes to work together (eye teaming) and improve near focus (convergence). This is important for reading, screen use, and focusing without eye strain!

Step-by-Step Instructions:

1. Hold the Pencil:

- Sit or stand in a comfortable position.
- Hold the pencil at arm's length, directly in front of your nose.
- Focus on a letter, logo, or marking on the pencil.

2. Slowly Move It Closer:

- Keep your eyes locked on the pencil as you slowly move it toward your nose.
- Stop if the pencil becomes blurry or you see double.

3. Hold & Reset:

- Try to hold focus for 2-3 seconds before moving the pencil back to arm's length.
- Repeat 10 times.

Reminder: If you feel eye strain or discomfort, take a break! This should be gentle training, not painful. If you continue to struggle, talk to an eye care specialist.

