

# LOOK THEN TURN



Step 1: Place both arms outstretched in front of you about shoulder width apart starting with head in neutral position.

Step 2: Use an object in each hand to focus on (finger, pen, or paper with X on front).

Step 3: Move your eyes to the left object. While maintaining your focus on that object, turn your head to the left.

Step 4: Move your eyes to the right object. While maintaining your focus on that object, turn your head to the right.

As this gets easier, try to speed up the motion of your head.

To advance, place object of focus on a busy background (wall with pictures, TV, outside).

- Complete this exercise for \_\_\_\_\_ minutes.
- Complete this exercise for \_\_\_\_\_ repetitions.
- Perform this exercise \_\_\_\_\_ times a day.
- Perform this exercise in \_\_\_\_\_ position.