

February Newsletter

For Clients and Friends of



The Life Of Your Eyes & How To Keep 'Em Healthy

Our eyes are a truly amazing piece of 'equipment'. Your eyes are your body's most highly developed sensory organs. In fact, a far larger part of your brain is dedicated to your vision than those of hearing, taste, touch, or smell combined!

We tend to take our eyesight for granted...but when problems arise we do all that we can to get our vision back to normal. Here's some basic info that you need to know about your eyes, common issues and diseases, and how to keep 'em healthy.

Anatomy of an Eye

"At the front of each eye lies the cornea, a rounded bulge that allows light inside. That light passes through the pupil, a transparent space in the center of the colored iris. Behind the pupil is the lens, which is connected to the zonules (ligaments that tighten and slacken to focus). Light goes through the lens and hits the retina, the tissue at the back of the eye, which sends a message through the optic nerve to the brain, telling it what you're looking at."

Eyes At All Ages

When you're born, the lenses inside your eyes are generally crystal clear and flexible, and the ligaments connected to them are strong.

Did you know that the eye grows during childhood? The length of the eye (from front-to-back) elongates nearly one-third between birth and age five, and the volume of the eye nearly doubles! As we age, the lenses become less flexible, and the ligaments are not as effective. Your eye shape, which is genetically determined, may mean that you need corrective lenses.

Into your 40s you begin to lose your ability to focus up close, this is called presbyopia. This is because the lenses are getting harder and the ligaments are weakening. Even if you've always had perfect eyesight, you'll probably need reading glasses around this time.

50s and beyond...The lenses continue to harden, and you may need stronger corrective lenses or even bifocals (which are lenses that have two prescriptions built into them). You are also at greater risk of developing an eye disease.

Common Vision Problems

Nearsightedness & Farsightedness—These issues have to do with the way the eye brings images into focus on the back of the eyeball, where 10 layers of delicate nerve tissue make up the retina. Images that do not focus on the retina will appear blurry. The further away

images focus from the retina, the blurrier they appear.

Nearsightedness (doc's call myopia) affects about 40% of the population. The condition runs in families and affects men and women equally, usually appearing in childhood and stabilizing in the 20s.

Farsightedness (or hyperopia) is the opposite of nearsightedness. Children often outgrow mild farsightedness as they mature and the eyeball reaches adult size.

Astigmatism—Nearly two-thirds of the eye's focusing power occurs along its front surface or cornea. The normal cornea should have a semi-spherical contour, similar to a soup spoon. With astigmatism, the central cornea is not symmetrical or uniform.

Astigmatism often combined with nearsightedness or farsightedness, occurs when the cornea has a non-round curvature—more like a teaspoon. Because of that, the eye lacks a single point of focus. People with astigmatism may have a random, inconsistent vision pattern, where some objects appear clear and others blurry.

Astigmatism is usually present from birth but is typically not recognized until later in life. Most astigmatism is fully correctable. It neither improves nor worsens over time.

Color Blindness—is most commonly a disorder of the retina's light-sensitive photoreceptor cells, which respond to different colored light rays. We have two kinds of photoreceptors—Cones and Rods—each produces a pigment that respond to specific colors of light. Color vision is affected if those pigments are absent, defective, or if they respond to the wrong wavelengths. Color perception problems occur more often in men, afflicting 24% of the male population. It is extremely rare for someone to be totally colorblind, able to see only shades of gray.

This disease affects more than 2 million people in the U.S. and is a leading cause of blindness. Early treatment can often prevent loss of sight. Regular eye examinations by your eye doctor are the best way to detect glaucoma.





Common Eye Diseases

Cataracts—These form when the lenses of the eyes become cloudy. Your eye becomes like a window that is frosted or yellowed. More than 20 million Americans have cataracts. The most common type of cataract is related to aging. In an age-related cataract, the center of the lens gradually hardens and becomes cloudy occurring gradually over a period of years. If you begin to notice your vision blurring, visit your eye doctor for an exam, cataracts are a common cause of vision loss, but they are treatable.

Glaucoma—Glaucoma damages the optic nerve fibers (the part of the eye that carries the images we see to the brain), causing blind spots to develop. If the entire nerve is destroyed, blindness results.

Common Eye Diseases

Cataracts—These form when the lenses of the eyes become cloudy. Your eye becomes like a window that is frosted or yellowed. More than 20 million Americans have cataracts. The most common type of cataract is related to aging. In an age-related cataract, the center of the lens gradually hardens and becomes cloudy occurring gradually over a period of years. If you begin to notice your vision blurring, visit your eye doctor for an exam, cataracts are a common cause of vision loss, but they are treatable.

Glaucoma—Glaucoma damages the optic nerve fibers (the part of the eye that carries the images we see to the brain), causing blind spots to develop. If the entire nerve is destroyed, blindness results.

Six Tips for Keeping Your Eyes Healthy & Protecting Your Vision:

Taking care of your eyes and getting regular examinations can prevent many leading causes of eye diseases and vision loss. Here's a few things you can do to protect your eyes at any age:

- ◆ **Protect Your Eyes From The Sun**— Like your skin, your eyes never forget UV exposure. Studies show that exposure to bright sunlight may increase the risk of developing cataracts and age-related macular degeneration, leading causes of vision loss among older adults. Select sunglasses that block ultraviolet rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the darkness of the lens or the price tag.
- ◆ **Prevent Eye Injuries** - Approximately 1 million eye-related injuries occur in the U.S. each year. Ninety percent of these injuries could have been prevented. Keep a pair of protective glasses, with 'ANSI Z87.1' marked on the lens or frame, around the house. Wear them when playing sports, mowing the lawn, working on your car, or when working with chemicals.
- ◆ **Take a multivitamin**— A National Eye Institute study showed that supplements with antioxidant vitamins C and E, beta-carotene, and the minerals copper and zinc slowed the progression of advanced macular degeneration in high-risk patients.

- ◆ **Elevate Your Heartrate** - Some studies have indicated that aerobic exercise can decrease the pressure inside the eyes, helping reduce the risk for glaucoma. Aim for three 30-minute workouts a week—walking, jogging, using a cardio machine, or taking a class at the gym.
- ◆ **Eat dark, leafy greens.** Spinach, kale, collard greens, and other deep-colored vegetables contain lutein and zeaxanthin, two carotenoids that have been associated with reducing the risk of developing cataracts and macular degeneration. Try to eat two servings a day.
- ◆ **Crunch on carrots, too.** Carrots, as well as pumpkin and butternut squash, contain beta-carotene, a carotenoid that may help keep eyes healthy.

Valentine's Day Facts: Cupid's Numbers



180 Million - Number of Valentine's Day cards exchanged annually, making Valentine's Day the second-most popular greeting-card-giving occasion (this figure excludes the packaged kids valentines!).

1,330 - number of different cards Hallmark has specifically for Valentine's Day.

50% - Nearly half of all Valentine's Day cards are purchased in the six days beforehand.

2.2 Million - The number of marriages that take place in the U.S. annually, that's more than 6,000 a day.

73% of people who buy flowers for Valentine's Day are men. 15% of U.S. women send themselves flowers on Valentine's Day.

110 Million—approximately how many roses will be sold and delivered with a three-day time period, the majority are red roses.

Did You Know?

We offer a variety of fitness and nutritional services here at **Precision Personal Training, including:**

- ◆ Semi-Private Training (groups of 3 or 4)
- ◆ FITT CAMP at Himmel Park 5:30 a.m. & 6:00 p.m.
- ◆ Kick Boxing Training Sessions
- ◆ Fresh, Pre-Maid, Organic Meals From Chef Tony of Eddsyl Sustainable Living



BRING A FRIEND

This month we are looking for more people like you who are motivated, dedicated and committed to a fitness and health program. If you know someone who would benefit from a program here at PPT, bring them with you to your workout, for free. We will give you a complimentary session for each friend, family member or co-worker you bring in to train with you or by themselves. Plus they will get our FREE Report "10 Quick Ways to Weight Loss." If your friend decides to continue with PPT they will receive a FREE Week of Personal Training with any session package! This is a great opportunity to encourage your friends, family and co-workers to a healthier lifestyle and if you bring in the most friends, you win \$100 CASH!



Why The Japanese Live Longer Than Us

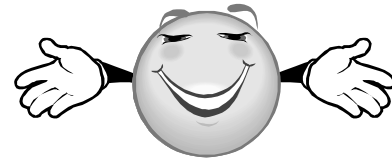
According to the 2008 CIA World Factbook, right now the average American will live to be 78, while the average person in Japan will live to be 82... That's the an extra 4 years of time with the grandkids you could have!

Here's how...

The Japanese Diet - In Japan meals consist of fish, rice, noodles and vegetables. It's a high energy, low fat diet that we'd do well to copy. Plus they don't tend to process their food as much either (which kills a lot of the goodness). Sushi is a well known example of food served as natural as possible.

The Japanese Walk More - Because there's a lot of "open space" in America, there's a car culture which makes for the bad habit of getting used to driving everywhere... Even when it takes 10 minutes to walk. Meanwhile in Japan, where the majority of the population live in cities, people are more inclined to walk. I think it's time to model the Japanese.

And yes, you're right, you've heard all this from me a million times before - eat healthily and exercise - but if you still don't have the body you desire, then you're still not getting the message... The time to act is now.



Welcome New Clients

Here are some new clients that became a member of our fitness family this last month! We'd like to welcome you publicly, and wish you all the best!

**Lynn Watts, Nancy Lappitt, Lori McDonald,
Erin Riggins, and Susan Garcia**

THANK YOU! THANK YOU! THANK YOU!

Thanks to YOU, we're the hottest Personal Training Business in town. Our clients and friends deserve great thanks for graciously referring us to family, friends and neighbors. We build our business based on positive referrals from people just like you. We couldn't do it without you!

And don't forget, if you have any questions or concerns about your health, talk to us. Contact us with your, questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health. If you have a question about fitness, weight loss, health trends, or a supplement/nutritional product you would like checked out, email your question and I'll do my best to address it in an upcoming issue (or with your personally). ***I'd love to hear from you.***

**My email address for comments is
angie@ppt.tuccoxmail.com**