

Get Up, Get Out, Get Fit!

Maintaining a normal body weight can help decrease your risk for developing diabetes, cardiovascular disease, and many other chronic conditions that affect your eyes. In fact, studies show that exercise decreases pressure in the eyes, both right after exercise and over longer periods of time in those who exercise regularly.

For optimal health, it's important to balance exercise with good eating habits. Foods that are rich in antioxidants have been linked to lower rates of macular degeneration and other eye conditions.

Making a change to improve your diet and exercise routine can be challenging. Use these simple and effective [GetFit tools](#) to monitor your progress and meet your fitness goals.