

TARGETS

1. Find a comfortable position, preferably a sofa or chair.
2. Find three targets in your room that are at eye level. One that would be over your left shoulder, one in front of you, and one over your right shoulder (for example: a lamp, a picture, and a light switch).
3. Next, move your head looking at the left target, then the center target, then the right target.
4. Repeat **10 - 15** times turning head without stopping.
5. Then repeat **10 - 15** times but now stop at each target.

Do this **2 - 3** times daily.

