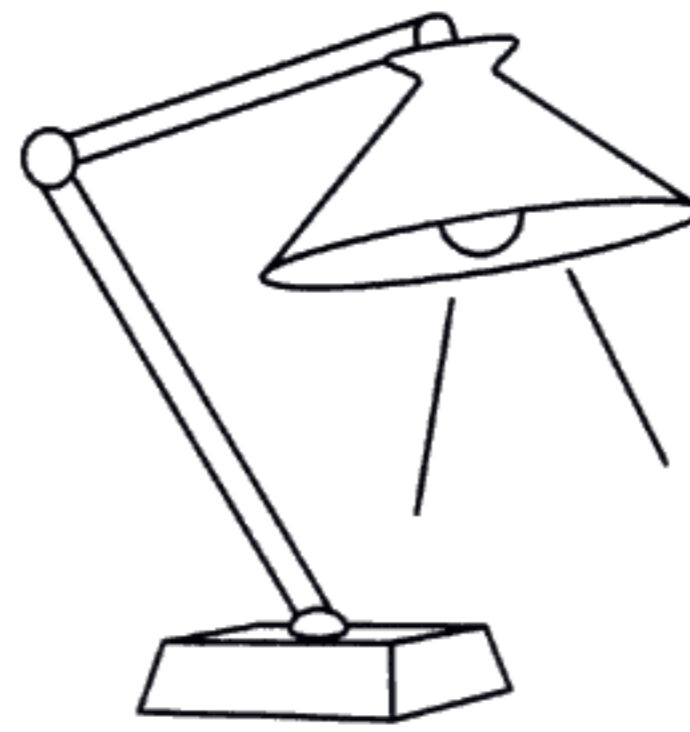


Always wear sunglasses to protect your eyes when you are outside in the sun.



Be sure to have a lot of light when reading.



Eating healthy food is good for your eyes.



Always wear a helmet or safety goggles to protect your eyes when playing sports.



Eyes need rest too. Sleep is important for your eyes.