

Living with Vision Loss

Keeping Fit!

www.VisionAware.org



Learning To Ski With
An Instructor

Whether you enjoy golfing, biking, skiing, bowling, or walking, leading an active lifestyle is possible with vision loss.

Most sports have been adapted for people with vision loss. Learn more at visionaware.org/GSsports.

Ready, Set, Go!

Talk to your physician and eye doctor to learn the steps you need to take to stay healthy and safe while exercising.

- Visit your local community center for help designing a safe and effective fitness program and visit visionaware.org/GSfitness for more tips.
- Read up on sports that interest you. Check visionaware.org/GSreading.

VisionAware[™]

For independent living with vision loss

Keeping Fit!

www.VisionAware.org



Golfer Choosing Club



Bowler Using Guide Rail



Stationary Bike With Marked Settings

- Talk to an athlete with vision loss about adaptations that can be used in a particular sport. Get inspired by visiting visionaware.org/GSrecstories.
- Look for national groups, such as the U.S. Association of Blind Athletes, or find a local group. Your rehabilitation agency may also be able to help: visionaware.org/GSdirectory.
- You may need to adapt your fitness equipment. Mark the dials to the specific settings you use with contrasting tape, raised dots, or large print. Learn more at visionaware.org/GSmarking.
- Be patient with yourself. Learning a sport, with or without vision loss, takes time, energy, and PRACTICE!

**Find more tips at
visionaware.org/gettingstarted**

VisionAware™

For independent living with vision loss