

KNEE HUGS WITH FOOTFLEX

Vision & Brain Gym



Sitting comfortably, wrap your arms around one knee, hugging it to you chest. Allow the other leg to remain straight and relaxed.

Move your **whole** foot up and down for 20-30 seconds, then repeat with the other leg.

Knee Hugs

- Improves eye-body coordination
- Improves concentration and focus
- Improves balance and equilibrium
- Relaxes staring habit
- Releases overfocus