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50 TIPS TO IMPROVE YOUR SPORTS PERFORMANCE



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Excerpt

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By Dr. Lynn Hellerstein

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Are you inconsistent in your performance during a game or sporting event?

Do you lose concentration during sports performance?

Is it hard to keep your eyes accurately tracking?

Have you noticed difficulty with depth perception?

Do you use visualization or imagery strategies?

Do you miss your shots or swings?

If you answered YES to any of these questions, then read on...

Athletes of all ages and levels of competition spend a lot of money on sports equipment, training and clothing. You hit the weight room, work on speed and agility, train for hours. But if you picked up this book, you may still not be where you want to be. Something is missing. Mediocre and poor sports performances are not always caused by bad equipment, weakness or reduced speed. Did you ever think that your vision may be holding you back from your peak performance? And if it is, what might you do to improve your vision skills?

Each sport requires specific strength, muscles, speed and movement skills. The same is true about your vision skills. In so many sports, like tennis, baseball, and hockey, split-second decisions make the difference. Exceptional visual skills are one of the keys that separate high performing athletes from average ones. Multiple studies have shown that professional athletes have better visual skills than non-athletes.

Sports vision training provided by optometrists is the new frontier for developing peak athletic skills. You can improve your visual skills to be more efficient and accurate.

Your eyes are truly essential in informing the brain about movement and in using the mind for learning. And it's no surprise kids and adults struggle when they have unresolved vision issues.

50 Tips to Improve Your Sports Performance is dedicated to you: the athlete who wants to perform at your peak potential. Whether you are a weekend warrior or an elite athlete, superior visual skills can take you from "good" to "great," allowing you to increase your potential and maximize your sports performance.

Dr. Lynn F. Hellerstein, author of the award-winning book, See It. Say It. Do It!: The Parent's & Teacher's Action Guide to Creating Successful Students & Confident Kids (HiClear Publishing, LLC, 2010) has utilized vision therapy with children and adults with learning related vision problems, vision perception deficits or brain injuries, as well as enhancing visual performance for athletes. She has inspired thousands of people to improve their vision and enhance their lives. An international speaker, Dr. Hellerstein has published extensively on vision related topics and is a faculty member at several optometry schools. She serves as a consultant to schools and rehabilitation facilities.

To learn more visit www.LynnHellerstein.com

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