

Adult Sports Enthusiasts Can Improve Their Game by Protecting The Eyes

(MS) — Healthy living is more than just watching your diet and jumping on the treadmill in the basement. More adults find that if they have fun while being active they're more likely to stick with the activity. That's why many are flocking to sports as a way to keep trim and give their bodies a health boost.

Sporting activities, from mixed martial arts to team games to even marathons, are ideal ways to get the heart pumping and enjoy social interaction in an enjoyable way. These forms of adult play have additional benefits beyond the physical; sports play also helps individuals to blow off stress and improve their mood.

Sports may be super for so many reasons, but not if the very activities that are meant to be beneficial are causing injuries unnecessarily. That's just what happens when people don't pay proper attention to safety equipment, namely protection for their eyes. It's estimated that 100,000 sports-related eye injuries occur each year in the United States for sports players of every level. Experts say as many as 90 percent of these mishaps could be prevented simply by using appropriate sports-protective eyewear.

Protective eyewear is available for many popular activities and is something that every person who participates in sports should wear. If there is any chance of getting hit in the eye by an object moving quickly — whether it's a ball, a body part or any type of flying debris — or if you're playing in an environment with substantial wind, dirt, pollution or excessive glare, or UV radiation, eye protection is necessary.

Additionally, protection is paramount for adults who are considered high risks for getting a serious eye injury from sports participation. These include individuals who have had a LASIK or another procedure that required an eye incision; those who have retinal thinning; those who have diabetes, which can weaken the attachment of the lens in the eye; or people taking anticoagulant medications that cause a person to bleed more easily.

Protective sports eyewear not only keeps the eyes safe, it can improve level of play and participation as well. That's because a participant can see better and focus on the game rather than on the potential for an eye injury.



When shopping for protective eyewear it's important to realize that not all products offer the same level of security. Liberty Sport (www.libertysport.com) eyewear is known for its high-quality sports protective eyewear that is both fashionable and functional for all sorts of activities.

Polycarbonate lenses are the best choice for sports protection eyewear because this material is more impact-resistant than other plastics. And these lenses can easily be treated with anti-reflective coatings, ultraviolet light blockers and other treatments to provide additional protection to the cornea, lens and the retina. This is a boon to outdoor participants who are continually facing glare and risk further damage from ultraviolet rays.

All Liberty Sport protective eyewear are tested to withstand most ASTM F803 impact resistant standards for racquetball, basketball, handball, squash, paddleball, and tennis when fitted with the appropriate polycarbonate lenses.

Keeping active through sports participation can help you to beat the blues, make new friends, and shed some pounds. Whatever the activity, be sure to do it safely with proper eye protection.

To learn more about the eye protection products available, or for more safety tips, visit www.libertysport.com.