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Editor's Note



Experts recommend that you find ways to relieve eye strain if you work at a computer (or stare at tax or audit workpapers) all day. One recommendation is called the 20-20-20 rule. It goes like this: Every 20 minutes, you should look at something 20 feet away from you for 20 seconds. You'll find more suggestions for keeping your eyes happy in today's fitness tip.

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The Eyes Have It

Your eyes are working very hard. Take a few minutes and give them a rest.

Option 1: Shut your eyes at least twice every hour. Place the pads of your palms on your eyes and apply mild pressure. This will relieve eyestrain.

Option 2: Take your eyes off your computer monitor and let them wander around the room for a few seconds every now and then. This will keep your eyes alert and reduce the possibility of headaches and eye irritation.



[There's more »»](#)

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