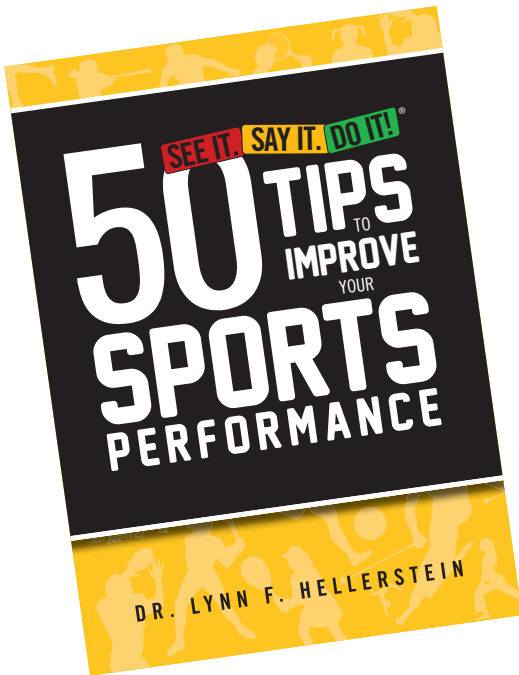


50 Tips to Improve Sports Performance



Soccer, football, baseball, hockey, basketball? Whatever the sport, *50 Tips to Improve Your Sports Performance* can help develop visual brain skills for improved athletic performance. Toss a copy of *50 Tips* in a sports bag, head out to the gym or field and put these gems to work:

- ✓ Enhance 15 vision-related skills key to optimal performance
- ✓ Gain confidence, and competitive mental edge
- ✓ Strengthen eye-mind-body coordination by using easy step-by-step activities
- ✓ Prevent injuries

WHO CAN BENEFIT?

- ✓ Individual or teams
- ✓ Athletes, parents or coaches
- ✓ Developed for elite and professional athletes; used by little leaguers, competitive teams and weekend warriors

Use *50 Tips* for Your Next Promotion or Event

50 Tips is available for sponsorship and distribution through a variety of premium networks, including gift-with-purchase, purchase-with purchase programs and gift with membership. Its low cost and high perceived value make it a perfect gift.

Offer your membership or group excellent techniques to help children succeed in school, improve sports performance, and build confidence, while building goodwill with your clients and employees.

50 Tips provides a unique opportunity to increase public awareness of how visual brain training can improve children's lives, while raising capital to support your worthy cause.

Did you know that strong visual skills are a hallmark of exceptional athletes?

"Optometric Vision Therapy made a big difference in my life and my football career. Learning-related vision problems can have a serious impact on a child's education."

Larry Fitzgerald
NFL Pro-Bowl Wide-receiver

"As an athlete, entrepreneur and motivational speaker, *See It. Say It. Do It!* opened my eyes to the power of visualization. Great athletes use it...you should too!"

Joe Theismann
NFL Broadcaster/Entrepreneur,
NFL Pro-Bowl Quarterback



Dr. Lynn Hellerstein OD, FCOVD, FAAO

A pioneer in vision therapy and developmental optometry, for more than 30 years Dr. Hellerstein has helped thousands of children and adults improve their vision and transform their lives—at home, in the classroom and now on the playing field.

- Multi-award-winning author of *See It. Say It. Do It!: The Parent's & Teacher's Guide to Creating Successful Students & Confident Kids*
- Co-owner/practice at Hellerstein & Brenner Vision Center, P.C., Denver, Colorado, offering full-scope vision care services
- International Speaker and Past President of College of Optometrists in Vision Development (COVD)