



## **Exercise Intensity Affects Glaucoma Odds**

A recent U.S. study found that increasing exercise intensity decreases the odds of glaucoma. Performing moderate to vigorous activity versus doing no activity can decrease glaucoma odds by 95%. Standing or walking versus sitting all day can decrease glaucoma odds by 58%.

The study involved 1387 participants of the National Health and Nutrition Examination Survey –

**[Ophthalmology Glaucoma](#) – June 2020**