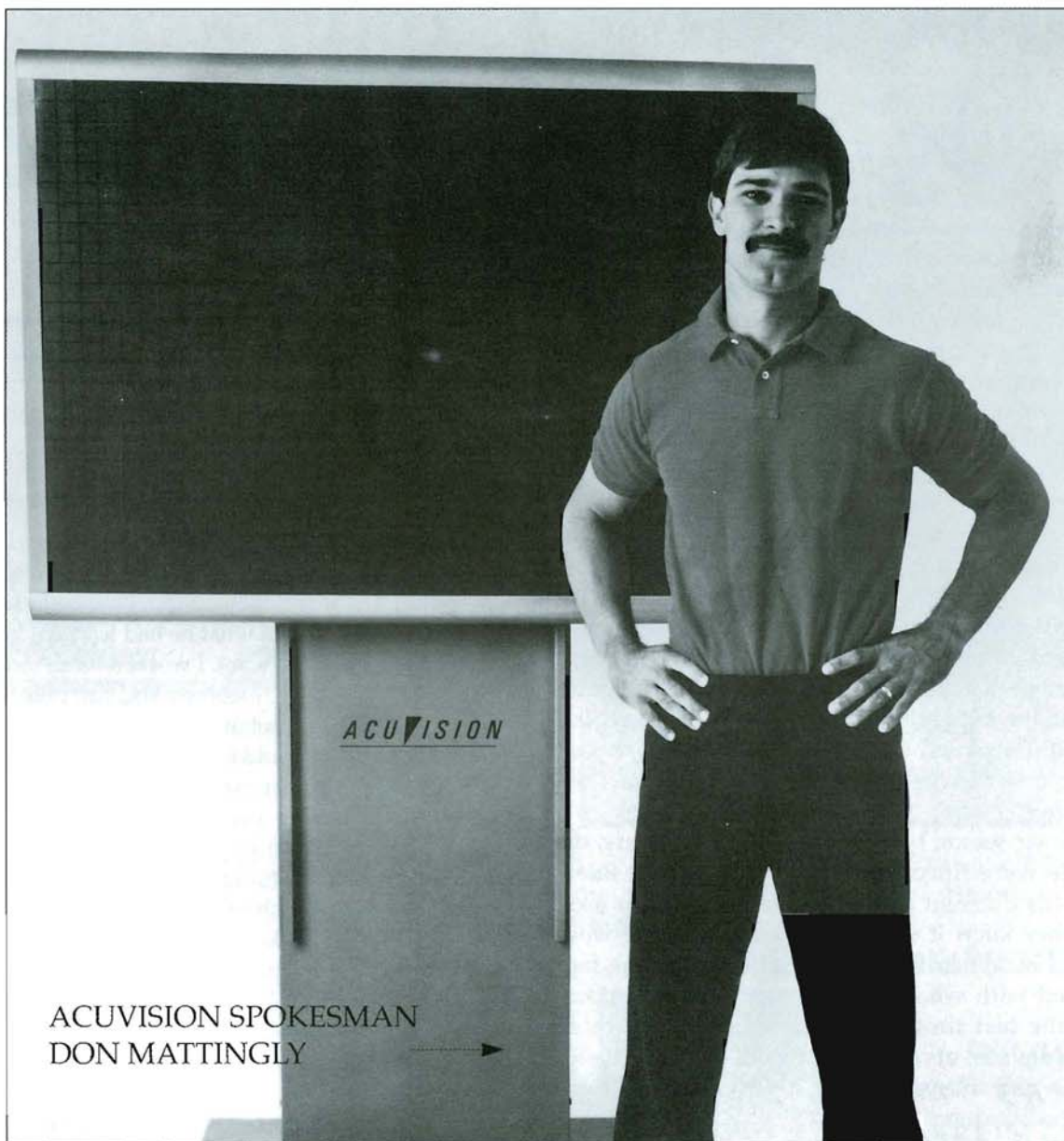


# ACUVISION

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## ACUVISION 1000 VISION TRAINING SYSTEM IMPROVES VISUAL SKILLS AND OVERALL PERFORMANCE

The Acuvision provides a coordinated workout which detects strengths and weaknesses in eye-hand coordination, reaction time, peripheral awareness and tracking ability. More importantly, the Acuvision 1000 provides exercises to enhance these visual skills and thus maximize overall athletic performance. This new high-tech system was developed by New York-based Acuvision Systems and Dr. Glenn Seifert, a Long Island optometrist who has extensive experience working with athletes of all levels.

Utilizing a four-foot by five-foot grid and a series of touch-sensitive lights, the Acuvision 1000 offers a variety of hands-on exercises which train the visual system.

In order to use the equipment, the subject stands in front of the system with the grid at a level where all areas can be reached. The

### *Editor's Note:*

I have personally tested the Acuvision system and highly recommend it for athletes.

BFS policy dictates that we will accept no money for endorsing any product nor will we ever feature a product that we don't earnestly believe will help athletes reach their potential.

individual must press each light that appears throughout the exercise. A printer is hooked up to the system so that after each workout a printout analyzing the exercise is available. If a weakness is found in any part(s) of the visual field, the Acuvision 1000 can be re-programmed so that future workouts over-stimulate that area(s). Consequently, any deficiency that is not caused by a physical problem can be eliminated.

In addition to analyzing the strength of the visual system, the equipment will also measure the reaction time of the individual during the exercise. During continuous workouts with the Acuvision 1000, individuals will find that their reaction time decreases and their eye-hand coordination increases in the entire visual field, including the peripheral areas. The eleven speed levels provide a challenge for individuals of all abilities.

In the spring of 1987, Dr. Elizabeth Y. Brown of the University of Maryland conducted a study of the Acuvision 1000 using college students. The experimental group participated in



# WITHOUT VISION THERE IS NO VICTORY

visual training on the AcuVision 1000 three times a week for five weeks while the control group did not participate in visual training. Dr. Brown found that:

- \*\*\* Visual training can enhance visual dynamics
- \*\*\* The AcuVision 1000 can provide an individual with improved eye-hand coordination, reaction time, peripheral awareness and tracking skills.
- \*\*\* The AcuVision 1000 can be used as a screening instrument for these visual skills.

Many athletes, both professional and amateur, have participated in vision training with the AcuVision 1000 with positive results. On the amateur level, Dr. Seifert and Dr. Paul Berman, a New Jersey optometrist, have worked with Olympic athletes at the Olympic Training Center in Colorado Springs. Dr. Berman has been screening the team handball athletes since 1981 and has received the best response from utilizing the AcuVision 1000. After only six weeks on the AcuVision system, the athletes had scored higher on the exercises and had improved their overall performance on the court. The athletes were impressed with the impact the training method had on their visual skills and enjoyed the competitive nature of the equipment.

Berman agrees with the athletes' evaluation of the AcuVision 1000. "There is no instrument that enhances visual motor skills as well as the AcuVision system does," he said. "It is more accurate in diagnosis than any other instrument in terms of peripheral awareness and eye movement skills. Because the field of view is larger, it is easier to pinpoint where any deficiency lies."

Dr. Seifert has worked with a number of professional athletes also with a great deal of success. One of the most notable improvements was made by the New York Mets' third baseman Howard Johnson. Dr. Seifert set up an intensive visual training regimen centered around the AcuVision 1000 during the winter prior to the 1987 baseball season. Johnson then told USA Today in August of 1987, "It won't make you a .300 hitter or a power hitter, but it will help you improve."

New York Yankees All-Star first baseman and AcuVision national spokes-person Don Mattingly agrees with this assessment. "I believe vision is very important to my performance," said Mattingly. "When I'm at bat, I have only 2/10's of a second to see where the pitch is, how fast its moving, how its spinning. The better I am able to see it, the better I can hit it."

AcuVision provides a great deal of support to its customers in terms of visual training programs. In addition to Dr. Seifert, who is a consultant to the Company, many optometrists around the country who specialize in sports vision training are familiar with the AcuVision 1000. AcuVision could arrange for a regimen to be set up by one of these optometrists for a specific program at any college, university, gym, fitness club. etc.

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