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## **EXERCEYES, VERSION 3.5**



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## **PLEASE NOTE**

**This ExercEyes program is strictly an eye-problem prevention program conceived for people working on computers only. It is not our EyeSchool Complete Course to Eliminate Eyeglasses at home in 8 weeks, which corrects your vision and eliminates the need to wear eyeglasses permanently; to eliminate eyeglasses, you need a more elaborate program that contains corrective vision tools, a computerized book, sound tapes, software and follow-up, etc.**

**This document contains important information concerning the installation and use of the ExercEyes program. To save you time, it is necessary that you read the instructions carefully before you install it, because the ExercEyes Program Free Trial version is limited to 30 trials only.**

**Give yourself the time it needs to learn these basic techniques for healthy computer vision and it will protect and maintain your good vision throughout your lifetime when working in front of a computer.**

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**For Windows 95, Windows 98, Windows SE, Windows ME, Windows N.T, Windows 2000 and Windows XP.**

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**P.S. The size of the icons will vary according to your monitor's resolution settings. If you have chosen the '640 X 480' pixels setting, icons will be slightly larger than the '800 X 600' or higher settings.**

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**P.S. You can be absolutely sure that our program does not contain any spy ware whatsoever.**

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## **INTRODUCTION**

**We wish you good luck with the ExercEyes program.**

**'ExercEyes' is a computer-friendly program that deals with ergonomics. It was invented by a Naturopath. It is specifically designed to teach computer workers the do's and don'ts for working in front of a computer screen.**

**Unfortunately, more than 90% of the population experiences loss of vision when working on computers. This program has been conceived especially for people who are losing their eyesight because of computer work as well as for those who wish to prevent such loss. As of now, it will stop any future deterioration when you're working on a computer and it will help you upkeep your perfect vision even if you're working on a computer.**

**This is not only the best but it is the only prevention program available in the world today. As for a complete vision correction program, you must use our other program, called The Complete Program to Eliminate Eyeglasses. To eradicate your eye problems you must first eliminate your eyeglasses in 8 weeks by studying at home 20 minutes a day. If interested, visit our website at [www.eyeschool.com](http://www.eyeschool.com).**

**Because a picture is worth a thousand words, this program teaches by way of visual animation what you should do and shouldn't do when working in front of a computer screen. You program the timings and frequencies of your choice. The corrective visual images appear in front of your eyes in a repetitive and quiet manner in such a way that you can never forget them.**

**This little basic training and prevention program is good for the entire family but is a definite must for young children. It teaches them good visual habits, they avoid loss of vision and the need to wear eyeglasses due to computer work. At the same time, it provides excellent computer vision throughout their lifetime**

**This also teaches how to handle computer-related discomforts while it fully displays the good computer-working habits one should cultivate in order to prevent problems and maintain one's good vision.**

**A series of nine (9) animated logos will appear on your screen at frequencies and for timings of your own choosing. In time, the good habits represented by these ExercEyes logos will become second**

nature. The logos can appear either in front of or behind the opened documents or opened programs on the desktop.

The icons are dime-size, so they never distract you while you're working and you can slide them anywhere you want to on your desktop for maximum visibility.

The 'Statistics' window will help you keep track on a daily basis of a very important statistic (i.e. how many minutes you have 'edged the contour of the monitor with your eyes in an imaginary fashion'), and every other important statistic.

The terms 'icons' and 'logos' are synonymous.

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## **THE SHAREWARE VERSION VERSUS THE REGISTERED VERSION**

**Concerning the shareware version only:**

**Before running the program, the Shareware version users must be connected to the Internet.**

**The shareware program offers 30 trials. May we suggest you learn the following right from the start:**

**To program your logos correctly, in the 'Frequency' column heading:**

- 1. Always use the 'Tab' key only, and never the mouse pointer.**
- 2. Always bring all the previous settings back to zero first then select the new logos.**

**(Otherwise, every time you change the logos' settings, you will have to wait a few seconds for the cycle to reset, or you will have to restart the program because you might think the program has a glitch, which it has not. Restarting the program will make you will lose a trial).**

**When the program starts, in addition to the main logo, a splash screen and a small but extremely quick mini web browser appear on your desktop. Do not click on anything else other than the main logo.**

**The default setting displays three (3) logos appearing at all once. If you want only one logo to appear at a time, you can modify the settings.**

**When finished with this program, you can even use it as your very own personal reminder; you can replace our typed messages with your own personal ones.**

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## **TO PURCHASE THE PROGRAM**

The ExercEyes program for Computer Users is only one of the many components included in our Course, the Complete Program to Eliminate Eyeglasses at home in 8 weeks, which is available in electronic format (also available in written format for the next few months only). If you plan on eliminating your eyeglasses with our Course, you don't need to buy it because the ExercEyes program is freely included.

This is a fully functional version and not a crippled version. The 30 trial ExercEyes shareware version connects you automatically to the Internet so that you may purchase it. Once registered, the connection is eliminated. Furthermore, you have 90 days of support.

Our programs are high-end educational products at extremely low costs, starting below \$20.00. Continue visiting our website for our Special Offers. Remember that this program is free in our Complete Program to Eliminate Eyeglasses in 8 weeks.

Please note that the program is intended for a single installation only. Group licences also available [sales@eyeschool.com](mailto:sales@eyeschool.com).

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## **HOW TO INSTALL THE PROGRAM**

Choose your media type, CD version or Web Download, then read number 1 below.

### **FOR THE CD VERSION**

Choose your CD drive; go to the folder X:\ExercEyes\setup.exe then read number 1 below.

### **FOR THE WEB DOWNLOAD VERSION**

Choose the folder on which you saved the downloaded file. You must first decompress ExercEyes.zip with the WinZip program in that folder. (For your convenience, we've added a link on our website: [www.eyeschool.com/freedownload.htm](http://www.eyeschool.com/freedownload.htm) ).

In the same folder, click on 'Setup.exe' (the icon representing a computer) and the installation begins. The entire content is copied onto the default directory; do not change the default directory otherwise the uninstall process may fail. Then follow the instructions on screen, which are repeated below:

1. When the 'ExercEyes Set-up' window opens, you are asked to 'Close all running applications'. Press 'Ctrl-Alt-Delete' and select your unnecessarily running application by clicking on the 'End Task' button.

Repeat this action for each unnecessarily loaded application that you find in that window, with the exception of Explorer, System Tray and the Anti-virus program.

2. In the next window that opens we strongly recommend you accept all the suggestions made by the installer.

Follow the instructions on screen. Begin installation by clicking on the large computer icon. When you are asked 'If you wish to replace some of the more recent files presently installed on your computer by some older ones?', just accept the installer's suggestion to keep your more recent files.

3. When you are informed that the 'Set-up was completed successfully', just click 'O.K.'.
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### **HOW TO LAUNCH THE EXERCEYES PROGRAM**

In the Window's Start menu, choose /Programs/ExercEyes/ExercEyes. The program is launched and a pair of eyeglasses (the main logo, or program) appears on the desktop.

However, you will always find the ExercEyes program in the X:\Program Files\ExercEyes folder of the drive in which it was installed.

Should you wish to quit the program permanently, see 'How to exit the Program' section below.

To restart the program, click on the Window's Start menu, choose Programs then select ExercEyes/ExercEyes.

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## **THE INSTRUCTIONS GUIDE**

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### **HOW TO USE THE LOGO BAR OR MAIN LOGO**

The logo bar designates the small pair of eyeglasses that appears on your desktop when you start up the ExercEyes program. It is referred to as the main logo or the program. The bar adjusts itself automatically to the number of logos displayed at a given moment.

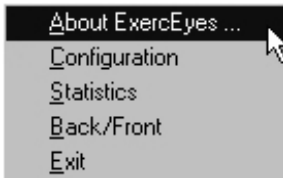


### **HOW TO ACCESS THE CONTENTS MENU**

Click on the main logo with the right mouse button.



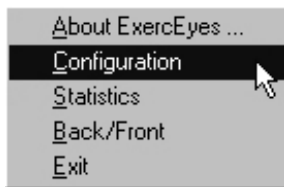
The Contents menu appears. In the window above, we can see the main logo very clearly, before the Contents menu appears.



### **HOW TO FIND THE MESSAGE DESCRIPTION OF EACH LOGO**

In order to be able to read what each image represents, the program must be in the active mode.

Click on the main logo with the right mouse button. When the Contents menu appears, select the 'Configuration' option with the left mouse button.



**When the Logo Configuration Window opens, you will see each message description fully explained alongside each logo.**

### **HOW TO 'DRAG AND DROP' THE LOGO BAR**

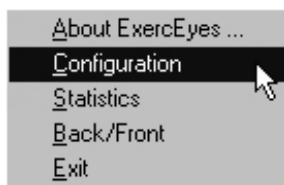
**You can slide the main logo bar anywhere you want on the desktop.**



**Point the arrow over the logo bar with the left mouse button then 'drag and drop' the logo bar anywhere you want on the desktop.**

### **THE LOGO CONFIGURATION WINDOW**

**Click on the main logo with the right mouse button. When the Contents menu appears, select the 'Configuration' option with the left mouse button.**



**The Logo Configuration Window opens up.**

**In this window you can change the frequency and timing of each logo's display on your screen as well as the explanatory message associated with each of these logos.**

**You can only program three (3) logos at the same time. All the remaining logo settings in the 'Frequency' column should be set to zero.**

**In the 'Timing' column, choose the amount of seconds for which you want the logo to appear. Take note that the same timing period applies**

to all the logos you select.

### **IMPORTANT NOTE:**

To program your logos correctly, in the 'Frequency' column heading:

1. Always use the 'Tab' key only, and never the mouse pointer.
2. Always bring all the previous settings back to zero first before selecting the new logos.

(Otherwise, every time you change the logos' settings, you will have to wait a few seconds for the cycle to reset, or you will have to restart the program because you might think the program has a glitch, which it has not).

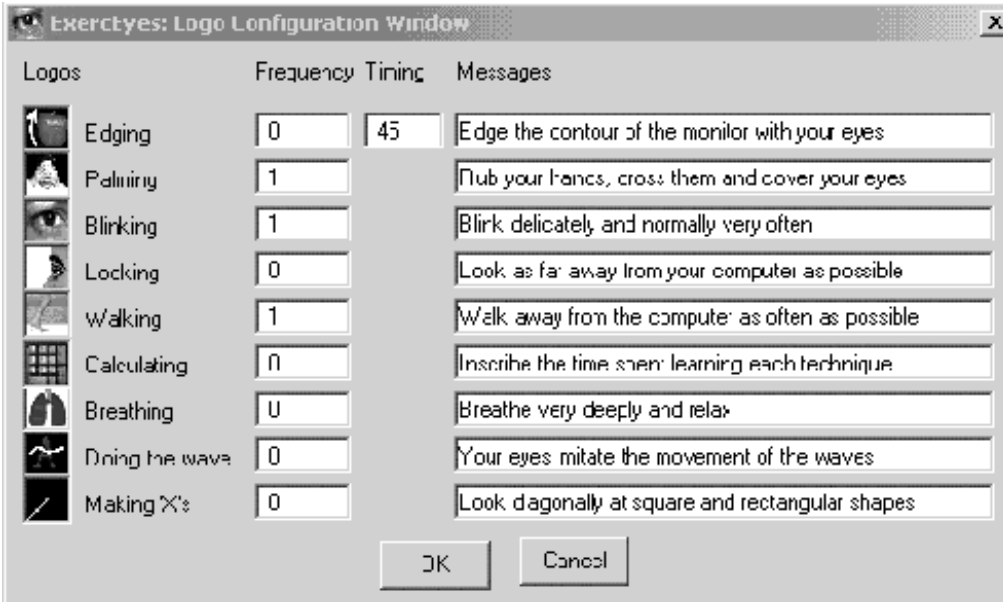
### **THE FREQUENCY COLUMN**

The frequency of each logo's display must be indicated by the number 1 only in the 'Frequency' column heading.

For example, to program one logo only, i.e. the 'Blinking' logo, just type '1' under the 'Frequency' column heading.

In the 'Frequency' column heading, indicate which logo you select by typing number 1 only in all of your selections.

**Here's an example**



The screenshot shows a window titled "Exercyeyes: Logo Configuration Window". It contains a table with three columns: "Logos", "Frequency", and "Messages". The "Frequency" column has a sub-column "Timing" with a value of "45". The "Logos" column lists various exercises with corresponding icons. The "Frequency" column shows the number "1" for "Blinking" and "Walking", and "0" for all other exercises. The "Messages" column contains instructions for each exercise.

Logos	Frequency	Timing	Messages
Edging	0	45	Edge the contour of the monitor with your eyes
Palming	1		Put your hands, cross them and cover your eyes
Blinking	1		Blink delicately and normally very often
Locking	0		Look as far away from your computer as possible
Walking	1		Walk away from the computer as often as possible
Calculating	0		Inscribe the time spent learning each technique
Breathing	0		Breathe very deeply and relax
Drawing the waves	0		Your eyes imitate the movement of the waves
Making X's	0		Look diagonally at square and rectangular shapes

At the bottom of the window are "OK" and "Cancel" buttons.

If your first choice is the 'Walking' logo, under the 'Frequency' column, type 1.

If your second choice is the 'Palming' logo, under the 'Frequency' column, type 1.

If your third choice is the 'Blinking' logo, under the 'Frequency' column, type 1.

You type the number in the appropriate box under the 'Frequency' column heading:

'FREQUENCY'
-------------

1
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### **THE TIMING COLUMN**

The timing period of the logos must be indicated in seconds. You type the number of seconds in the appropriate box under the 'Timing' column heading.

A minimum of 10 seconds is required. However, the initial number that you choose must be tripled.

For example: if you want the logos to appear on your screen for thirty seconds, you must type the number (90) in the appropriate box under the 'Timing' column heading.

'TIMING'
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90
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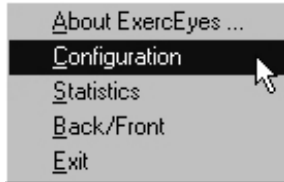
This designates the length of time you wish for these logos to appear on the screen.

Concerning the 'Timing' period, please note that when you inscribe 45 seconds (as an example), you must allow for a delay of 45 seconds for the program to reset and for the logos to appear.

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## **HOW TO CANCEL ONE OR MORE LOGOS**

Click on the main logo with the right mouse button. When the Contents menu appears, select the 'Configuration' option with the left mouse button.



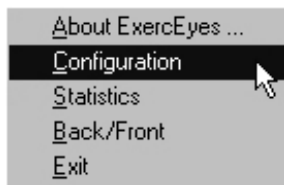
When the 'Logo Configuration Window' opens up, choose the logo you wish to cancel and in the 'Frequency' column, type the number '0'.

<b>'FREQUENCY'</b>
0

## **WHY YOU SHOULD USE THE CALCULATING LOGO ON A DAILY BASIS**

Program the 'Calculating' logo, represented by calculator keys, so that it appears once a day as a reminder for you to immediately add in your entries in the 'Statistics' window. Creating a habit is very easy with constant repetition and usually takes approximately one month at the most.

Click on the main logo with the right mouse button. When the Contents menu appears, select the 'Configuration' option with the left mouse button.



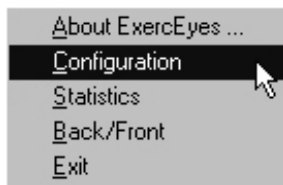
When the 'Logo Configuration Window' opens up, find the Calculating logo and type in the desired numbers in the 'Frequency' column and in the 'Timing' column.

## **HOW TO REPLACE A MESSAGE IN THE TEXT BOX WITH YOUR OWN PERSONAL MESSAGE**

Once you have learned by heart what each logo represents and the good habits have now become automatic reflexes for you, you can stop using the program altogether or you can use the program for another purpose.

You can replace the explanatory messages associated to each logo with your own personal messages, by just typing them in the message text box.

To do this, double-click on the main logo with the right mouse button. The Logo Configuration Window will open.



Choose which message you wish to replace with your own. Under the 'Message' column, select the text with your cursor and replace it by typing in your own message in the message text box.

You cannot however modify the logo's image itself.

You can use this program as a daily reminder. This feature can be very handy.

For example:

1. Call your wife (husband) or children
2. Buy the newspaper
3. Consult the T.V. Guide
4. Go to the bank
5. Buy gas for the car
6. Buy fresh bread
7. Walk the dog, etc.

## **AT TIMES, YOU MAY NEED TO RESTART THE PROGRAM TO SPEED UP THE CHANGES MADE IN THE LOGO CONFIGURATION WINDOW**

You may need to exit the program and restart it. To do so, click on the main logo with the right mouse button and when the Contents menu appears, select the 'Exit' option with the left mouse button.

Or, to avoid restarting the program:

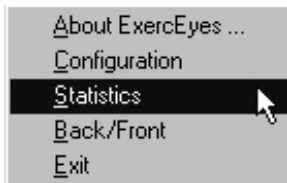
The only way to program correctly is to:

1. Always use the 'Tab' key only, and never the mouse pointer.
2. Always bring all the previous settings back to zero first before selecting the new logos.

(Otherwise, every time you change the logos' settings, you will have to wait a few seconds for the cycle to reset, or you will have to restart the program as you might think the program has a glitch, which it has not).

### HOW TO KEEP A VERY IMPORTANT STATISTIC

Click on the main logo with the right mouse button. When the Contents menu appears, select the 'Statistics' option with the left mouse button.



The 'Statistics' window will appear on the screen.

The 'Statistics' window is, in reality, a full calculating window; you can add up the time spent 'edging the monitor in an imaginary fashion with your eyes' on a daily basis, etc. We recommend you learn only one exercise at a time; once you've mastered it, you can then move on to the next.

This information is very important. During the day, you must type the amount of minutes spent 'edging the contour of the monitor with your eyes in an imaginary fashion' in the 'mins' box, then click 'O.K.'. (Again, an approximate number will do).

First, you must select the exercise in question at the top of the 'Statistics' box.

The total will keep adding up each time you make an entry and will appear at the bottom of the window. This allows you to verify what your last entry was in the 'Today' column and provides you as well with a total of your 'In All' entries to date. (After a week or two, you will be able

to judge the progress you have made in acquiring this good habit and this, in turn, will motivate you to continue).

When timing a particular exercise, you must first select it in the drop-down list at the top of the box. Select the exercise in question, i.e.: 'Blinking', add the amount of minutes you have practiced that particular exercise in the 'mins' box and press 'O.K.'

The total appears under the 'Today' column and also under the 'In All' column.

The following day, select 'Blinking' again and add the additional minutes you have practiced that exercise that day in the 'mins' box. The total will keep accumulating in both columns simultaneously.

The 'Today' column gives you the amount of minutes you have practiced on that particular day.

The 'In All' column gives you the total of all the minutes you have practiced that exercise since the beginning.

To bring all your calculations back to zero:

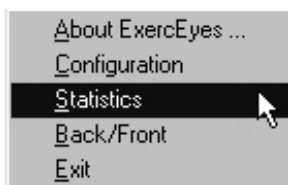
Press the 'Reset' button if you wish to erase the 'In All' column total.

Press the 'O.K.' button if you wish to erase the 'Today' column.

Click on the 'Cancel' button if you wish to exit the 'Statistics' window.

### HOW TO KEEP TRACK OF OTHER STATISTICS

Click on the main logo with the right mouse button. When the Contents menu appears, select the 'Statistics' option with the left mouse button.



The 'Statistics' window will appear on the screen.

In the next few weeks you can calculate each and every time 'you've walked away from your computer' during the day. Once you've learned that exercise, move on to the next exercise. You can calculate how many times 'you've looked far away from your computer'. This is a very

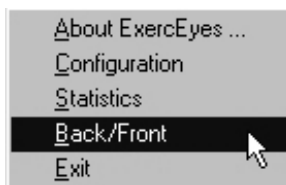


easy way to learn the proper habits, which will last throughout your lifetime.

Once you have acquired the 'walking' habit and it has become an automatic reflex, use this same 'Statistics' window to learn all the other exercises contained in the software.

### **HOW TO MAKE THE ICONS APPEAR 'BEHIND' OPENED DOCUMENTS OR PROGRAMS**

Click on the main logo with the right mouse button. When the Contents menu appears, select the 'Icons in Back/Front' option with the left mouse button.



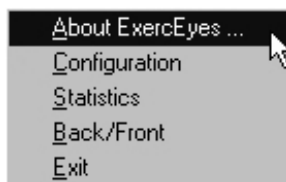
A mark will indicate the selection of your choice.

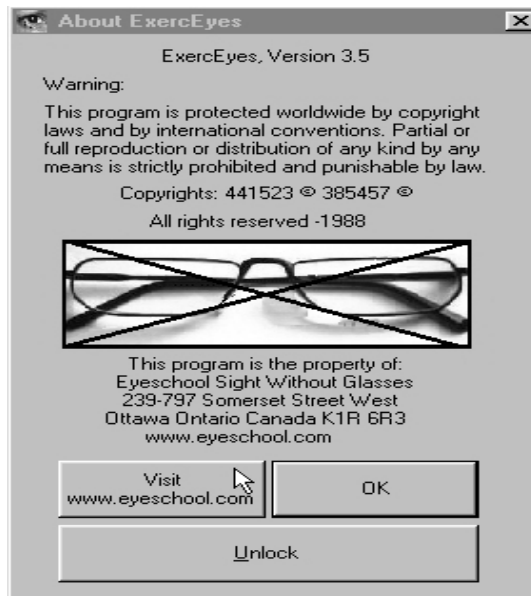
In the future, the icons will appear either in front or behind all the opened documents or opened programs on your desktop.  
By default, the 'Back' option has been pre-selected for you at this time.

### **HOW TO ACCESS THE QUICK MINI WEB BROWSER**

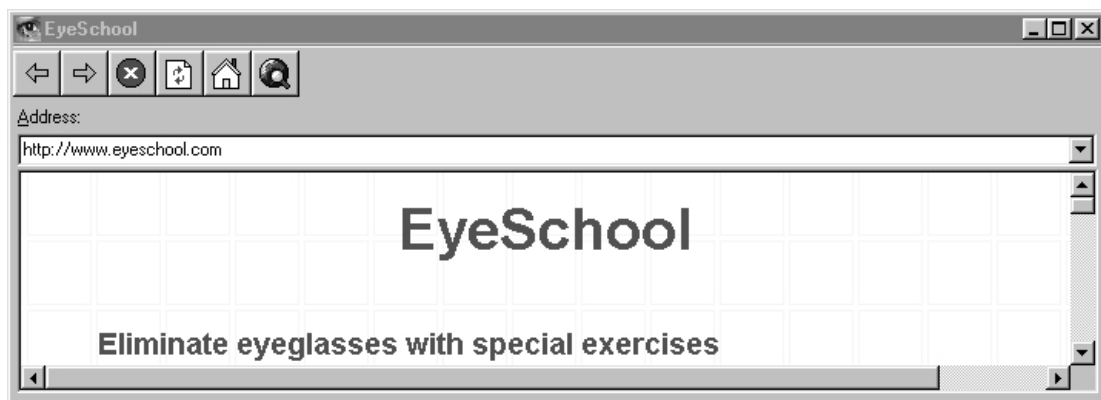
We have included an extremely quick mini web browser in this program.

Click on the main logo with the right mouse button. When the Contents menu appears, select the 'About ExercEyes' option with the left mouse button.





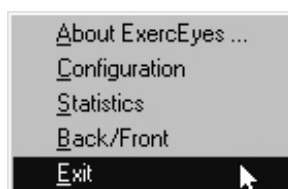
**When the window opens, click on the 'Visit [www.eyeschool.com](http://www.eyeschool.com)' to run the mini web browser.**



**Use like any other browser.**

### **HOW TO EXIT THE EXERCEYES PROGRAM**

**Click on the main logo with the right mouse button. When the Contents menu appears, select the 'Exit' option with the left mouse button.**



A window will appear with the mention 'Are sure you want to exit the program?' To confirm, click on the 'Yes' button.

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## **HOW TO UNINSTALL THE EXERCES EYES PROGRAM FROM YOUR SYSTEM**

In order to make sure that the ExercEyes program is not running, you must close it first.

In the Window's Start menu, choose 'Settings' then select the 'Control Panel' icon.

In the 'Control Panel' window, you will find the 'Add/Remove Programs' icon; double-click on the 'Add/Remove Programs' icon and the 'Add/Remove Programs Properties' window appears.

Look inside the 'Install/Uninstall' tab. Inside the window you will find a list of all the software that is presently installed in your computer.

Select ExercEyes, Version 3.5 in order to uninstall it. The 'Application Removal Window' appears, with the mention 'Are sure you want to completely remove ExercEyes and all of its components?'

### **IMPORTANT:**

Click the 'Yes' button, **but** if a 'Shared Component Window' appears telling you that 'This is a shared file, are you sure you want to remove it?', select the 'Remove None' button only. (It is important that you do not select any other option otherwise you may remove some necessary components that are still needed by other programs in your system).

When you are returned to the 'Add/Remove Programs Properties' window, click 'O.K.' then close the Control Panel window.

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Ottawa, Ontario K1R 6R3 Canada**

**TO CONTACT US:**

**Please note that free support by telephone or by email is for our customers only.**

**If you need further assistance, please refer to the FAQ page first on our website: [www.eyeschool.com/faq.htm](http://www.eyeschool.com/faq.htm).**

**CALL TOLL-FREE ANYWHERE IN NORTH AMERICA:  
1-877-679-3937 or 1-877-679-EYES**

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