

# 6 simple ways to minimize the harmful effects of sitting for a long time

In today's life, the characteristics of many jobs require you to sit in front of a computer screen. Therefore, the following 6 simple ways will help you avoid pain and work more effectively. Invite you to consult!

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According to health experts, fatigue and aches in the muscles and joints are 75% due to **sitting in the wrong position** when working or entertaining in front of the computer, and 25% is due to unbalance. be between work and the rest of your life. On the Bright Side page, we have collected the best recommendations from health professionals about sitting in front of a computer so as not to affect health. Please refer to **6 simple ways to minimize the harmful effects of sitting for a long time** !

## 1. Reduce leg pain



To avoid pain in your legs, you should not **cross your legs** . This position reduces the ability of blood circulation, tightening blood vessels, causing discomfort in the form of paralysis and causing the legs to not rest.

The first thing you need to do is adjust the height of the chair to match the length of the leg so that it is suspended, which can be placed comfortably on the floor or table. The legs and thighs form an angle of about 90 degrees.

## 2. Avoid back pain



**The depth of the seat should match the length of the hip.** If the chair is too big, you can use a pillow or back plate to prevent it from sliding down, feeling stressed and tired at the back.

The back of the chair should have the same curvature as the back so that the upper part of the body is not a " *question mark* ".

However, do not rush to change positions if you feel uncomfortable. Let your muscles use the right posture. Some people will feel more relaxed and comfortable, but this will not happen immediately.

## 3. Anti-fatigue hand



When working on a computer, your hand is always in a tight state. Sitting in the wrong position will make your hands more tired, aching as well as feeling numb in the morning.

Adjust the seat so that your hand can be placed directly on the table, not with or sagging. The exact position of the shoulder and arm is when the keyboard and mouse are at the elbow level. Wrists should be straightened, not turned to the sides. Arms and shoulders create a 90-degree angle and freely lie on the table.

## 4. Avoid neck pain



To prevent neck strain and headaches, **adjust the back position** and set **the screen height to** match the eye's vision. If it's too low, you'll have to bend your back or slide down the chair. This increases the load on the front edge of the intervertebral disc and can lead to herniation or protrusion.

Sit in a chair, close your eyes and relax. When opening your eyes, see the center point on the screen right before your eyes, not the side so your weight on your neck and eyes is minimal. If necessary, use the bracket under the screen to correct the view.

## 5. Fatigue eyes



When working with a computer for a long time, you may experience symptoms such as blurred vision, dry eyes, red-eyed eyes and headaches. To avoid this, adjust the center of the screen straight to the eye and **about 50cm from the face** . Avoid leaving the screen glare.

If you sit near the window, drag the curtain, adjust the brightness, contrast of the screen as well as the size of the text accordingly. Perform exercises such as looking at the window or looking across the room for 20 seconds or simply closing your eyes to relax.

See also: [How to protect skin from UV rays while indoors?](#)

## 6. Reduce muscle aches



People who sit a lot, like to eat sweets are more likely to get cholesterol into the blood vessel walls, causing **atherosclerosis** . Uncomfortable feelings often appear at the end of the evening such as soreness, leg fatigue, swelling of the legs and high blood pressure.

To avoid this, be sure to set aside about 15 minutes a day for exercise and exercise like walking, using public transport. In addition, you should also maintain a **healthy diet** .

Having fun!

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