

How to stay healthy when using a computer

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Using computers for many hours significantly affects health. Take the time to take care of the message from the body to keep the 'style'. The following 6 suggestions will be very helpful to you .

1. Frequently . leave the seat



According to some recently published studies, when sitting frequently, people are prone to dangerous health-damaging complications. However, it is very difficult for technology believers to spend a few minutes relaxing and leaving the computer screen.

According to medical experts, just spend a short time away from the computer screen to do other things, plus exercise hardship, people who often have to work with office or Internet work will reduce stress, drowsiness, attach to neck, eyes .

Take a few minutes of freedom for your arms and body to continue concentrating your mind, working better.

2. Relax with yoga



You can easily practice some yoga right at the office (refer to the video tutorial series here).

If you're planning a long-term health boost, try practicing HIIT (High Intensity Interval Training), which is recommended by nutrition experts.

In a short period of 30-60 seconds, you will have to mobilize almost all energy and energy to participate in the exercise. The amount of sugar in the body is almost burned.

This method usually consists of 3 steps: start, fast stage (sprint) and slow (recovery), perform alternately for 15-20 minutes depending on each person's condition.

According to the test, with a short period of practice, your body will significantly reduce fat and take up to 36 hours to compensate for essential micronutrients. HIIT is a modern and suitable method for many subjects, especially can be done right at the office with dedicated equipment support.

3. Force the body to rest and exercise for a moment

One of the most important things to keep in good shape is always to master the behavior of the body. Don't let the computer drain your soul.

One of the easy suggestions is to drink water regularly. You will have to leave the screen more . In addition, you

are also advised to use stairs instead of elevators to enlist.

4. Choose the right sitting posture



A lot of health problems come from the way of technology devotees. Do not leave your feet inactive for a long time. Sit straight, balance your body, preferably in a position that allows your body to be most active.

Experts suggest that you design the keyboard tray to support the work both when sitting and standing, combined with the flexible position of the screen, making the work always smooth even when changing positions.

5. Use specialized software

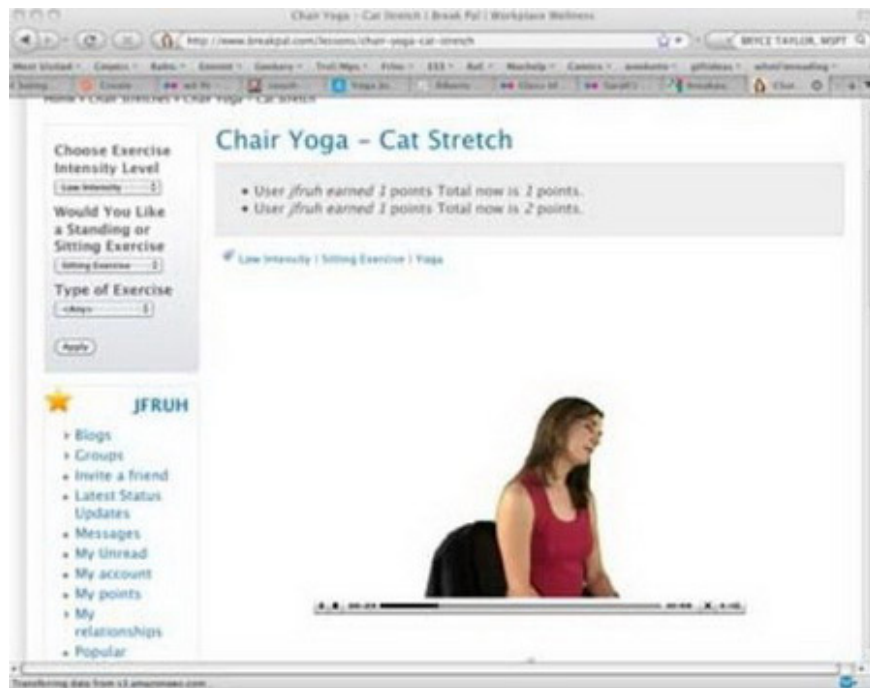


Amy Calhoun Sanchez, a physiotherapist at Los Angeles Hospital, recommends that users test the program called Ergo Pro. The dedicated tool of this program will automatically issue a warning after 20 minutes, with a pop-up describing a person performing the exercise before returning to the screen.

The female expert shared: '*People often tell me that they don't realize how fast the 20-minute period has passed. It was too long when it came to realizing that it was too long to come up from the screen.*'

According to Sanchez, when you regularly use a computer, you can take advantage of light entertainment games to help your body and health.

6. Make friends



Using social networks to connect friends, people with similar interests is one way to increase your chances of exercising.

In addition, referring to information resources guiding practice and health promotion from the web is also a good suggestion. For example, you can visit [Holosfitness.com](https://www.holosfitness.com) to find hundreds of fitness tutorials, or [Break Pal](https://www.breakpal.com) offers a utility tool to give you alerts on a predetermined time, with the accompanying information being exercises. health training like qigong, yoga .

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