

Title:

Are You A Computer Potato?

Word Count:

353

Summary:

Working at the computer for hours a day leads to just as big a rear-end spread as sitting on t

First, the wisest thing you can do is to schedule breaks every fifteen to twenty minutes. Walk

Keywords:

Article Body:

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First, the wisest thing you can do is to schedule breaks every fifteen to twenty minutes. Walk

Why? The brain refreshes, sort of like your webpage does. When you come back to a task after a

During the wait time on your computer ~ there's so much of this ~ you can do a few stretches.

Slowly, turn your head to the right as far as you can. Hold this position for fifteen seconds.

These little stretches can literally save you much stress. Many computer workers end up with a

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