

Today we are on the second day of e-course on 'Healthy Computing'.

Now, you may ask, "What's the big threat about working on a fast and convenient machine, reclining on my armchair all day?" Well, the threat would be that while you're using your machine to the optimum use for which it is made, you're in turn switching off your body muscles that need as much work! They in turn run low on performance and finally starts wasting away. Next time you try to lift any weight, or even bend down to pick your newspaper; you can end up spraining your back or neck, no jokes.

Let's discuss various types of injuries that you might encounter while working on a computer such as carpal tunnel syndrome as well as various eye discomforts. This also includes various symptoms of these ailments and their methods of treatment.

Some of the common ailments that computer users suffer from are Musculoskeletal Disorders (MSD), Repetitive Strain Injury (RSI), Thoracic Outlet Syndrome, Carpal Tunnel Syndrome, Tendinosis, Bursitis, and Tendinitis. All these ailments need proper care of an orthopedic MD for the right treatment at the right time. Every computer user should know the different signs and symptoms of these disorders so that they can seek prompt medical attention while they encounter with any kind of difficulty.

Your eyes also need proper care as the other parts of the body. It is the worst affected organ in case you have to sit in front of the computer for long hours. Eyestrain and Computer Vision Syndrome (CVS) are the most common disorders that the eyes encounter with.

Everybody has a tendency to put on weight in the absence of balanced diet and exercise. Along with these factors, if you are a regular computer user, you are sure to gain those extra inches around your belly and many other parts of your body.. If you need to shed the extra inches that you already have, what you need to do is to increase the number and frequency of certain exercises that you find useful.

Today's Motto

No worries...Be Healthy...Be in Good Shape...  
Use your computer to your heart full...

Enjoy,

Jason & Kristy Frovich  
<http://www.supportcave.com/>