

## COMPUTER CARE

HealthDayNews) -- Sitting in front of a computer for a prolonged period can take its toll on your body. Protect yourself against common computer-related aches and pains with these

### Tips from the American Physical Therapy Association:

- Get up every half hour and do some gentle stretches.
- Keep your feet flat on the floor or consider using a foot rest.
- Don't let your hands hover over the keyboard. This creates excess tension in your hands and arms.
- Watch for lighting glare.
- Avoid movements that put your neck in an awkward position.
- **20-20 rule- stay 20 inches away, blink 20 times stare 20 feet away from the screen every 20 minutes and get up every 20 minutes**

