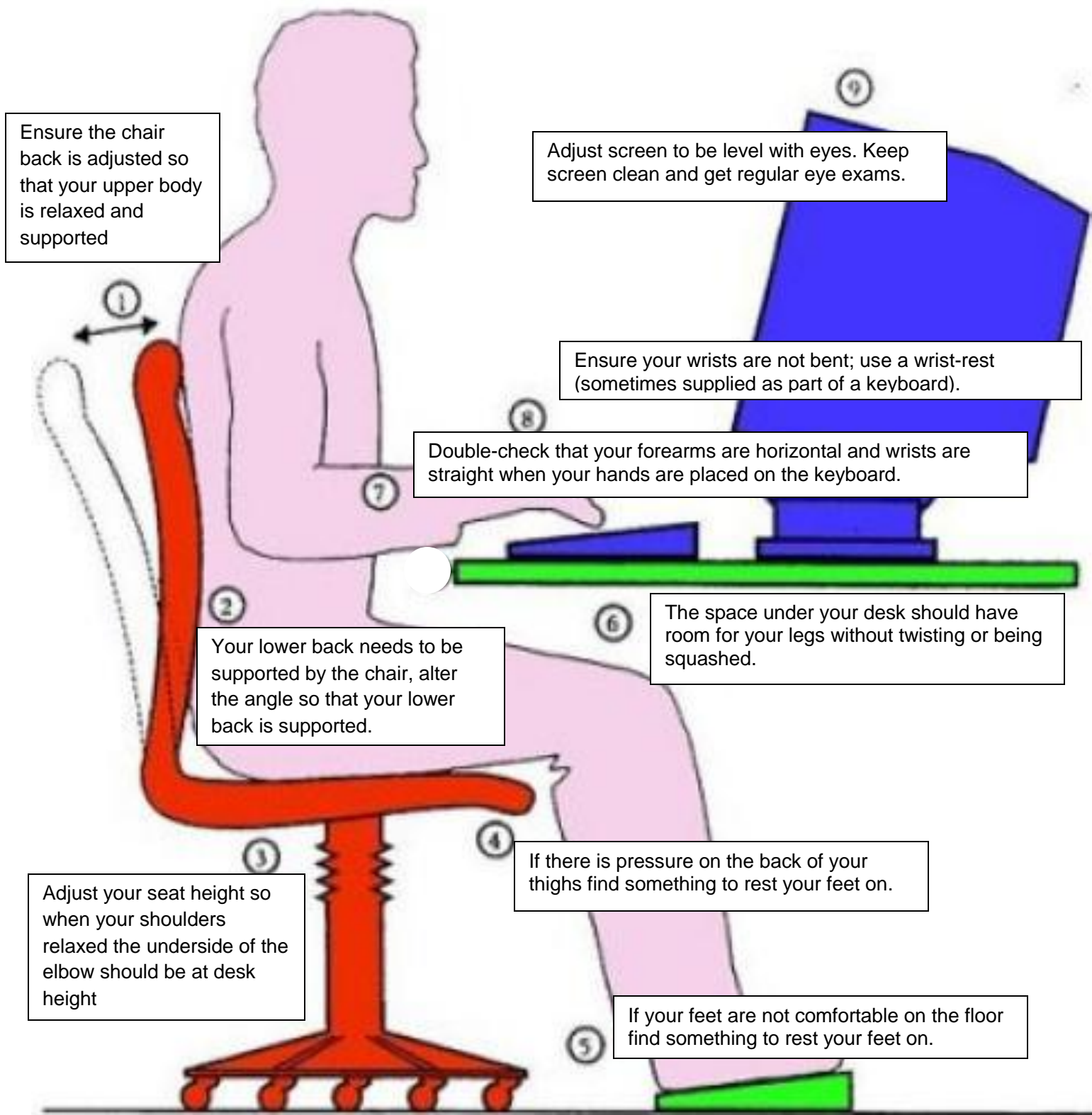


Desktop Computer Ergonomics



⑩ Take breaks every 20 minutes to move and stretch your body parts.