1 CheatSheet: Health For IT Workers   LIFE

- PDF Link: cheatsheet-health-A4.pdf, Category: linux

- Blog URL: https://cheatsheet.dennyzhang.com/cheatsheet-health-A4

- Related posts: Cheatsheet: Driver License, Cheatsheet Travel, #denny-cheatsheets

File me Issues or star this repo.

1.1 Health - Hardware

Name	Command
Keyboard	Instead of laptop keyboard, use an external one
Standing desk	
Comfortable Chair	

1.2 Health - Habit

Name	Command
Take regular break	Takes breaks once every 45 minutes
Use mouse	Relax your fingers on the mouse buttons
Use mouse	Keep your mouse close so you are not extending your arm to use it

1.3 More Resources

License: Code is licenhealth under MIT License.
   https://github.com/trimstray/health-essentials