

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>