

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](#)

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1.1 Hair/Bald: Fight Against Hair Lost

| Name | Command |
|---------------------------|--------------------------------|
| Use a wooden comb | |
| Foods to reduce hair loss | Salmon, Spinach, eggs, almonds |
| YouTube | Going Bald Early Advice |

1.2 When Near Keybaords

| Name | Command |
|--------------------------------------|---|
| Keyboard | Instead of laptop keyboard, use an external one |
| Standing desk | |
| Comfortable Chair | |
| 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 |
| Google Chrome Extension: Dark Reader | Better for you eyes |
| Google Chrome Extension: FocusMe | A Pomodoro Timer and Website Blocker |

1.3 More Resources

License: Code is licenhealth under MIT License.

<https://github.com/trimstray/health-essentials>