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 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`