safety professional -> Ergonomics at computers

* frequent headaches
* regular user of analgetics
* sitting in front of computer, in the car
* headaches, backaches
* there are two ways how to resolve it – computer workstation and exercise
* one does not work without the other

mental health is also important and I recommend you to watch the following video which I think is particularly beneficial for new programmers because we can acquire good habits right from the beginning

<https://www.youtube.com/watch?v=NdA6aQR-s4U>