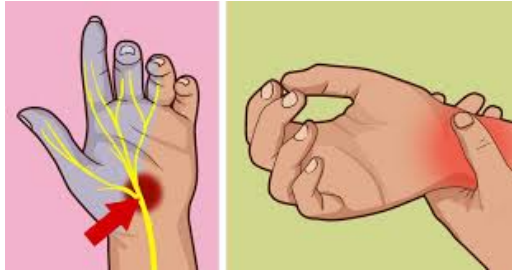# *Programmer*

'nggak'

sakit-sakitan

dr. Sapto Sutardi

LOMBOK{DEV}
Meetup

Common diseases that affect computer programmers

- Carpal Tunnel Syndrome

- Heart disease

- Bacterial & viral infections

- Lower back pain

- Obesity

- Insomnia

1. Membuat Jadwal Tidur

WE'RE NOT ROBOTS...

Normal tidur/hari

- Teenagers (14-17 yo): 8-10 hours
- Younger adults (18-25 yo): 7-9 hours.
- Adults (26-64 yo): 7-9 hours

2. Matikan alat elektronik

Saat akan tidur…

DAILY EXERCISE
FOR COMPUTER USERS & GAMERS

STEP 1
10-20 SECONDS
2 TIMES

STEP 2
10-15 SECONDS
1 TIME

STEP 3
10-12 SECONDS
2 TIMES
EACH SIDE

STEP 4
15-20 SECONDS
1 TIME

STEP 5
3-5 SECONDS
3 TIMES

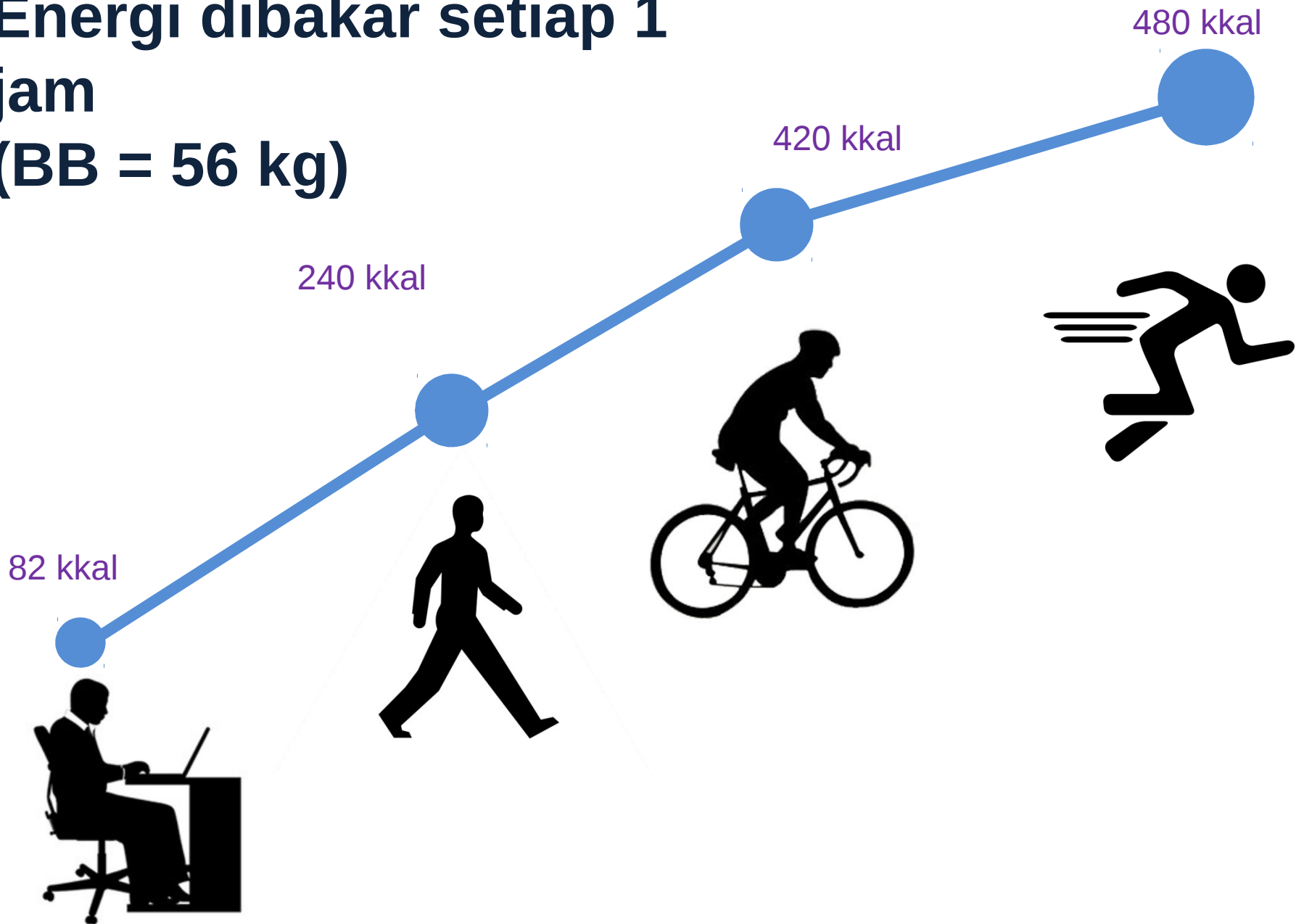STEP 6
10-12 SECONDS
1 TIME
EACH ARM

STEP 7
10-15 SECONDS
1 TIME

STEP 8
10-15 SECONDS
1 TIME

3. Latihan fisik

Setiap jam

Energi dibakar setiap 1 jam
(BB = 56 kg)

480 kkal

420 kkal

240 kkal

82 kkal

Stand up Desk Computer

Posisi duduk

4. Makanan Sehat

Kurangi makanan berlemak dan tinggi serat

5. Segera menikah

Hidup lebih teratur

Selamat menempuh

hidup baru…