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MACHINE LEARNING

The Machine Learning Lessons I've Learned This Month

October 2025: READMEs, MIGs, and movements

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Most days in machine learning are the same.

Coding, waiting for results, interpreting them, returning back to coding. Plus, some intermediate presentations of one's progress. But, things mostly being the same does not mean that there's nothing to learn. Quite the contrary! Two to three years ago, I started a daily habit of writing down lessons that I learned from

The fix, it turned out, was easy and doesn't require a gym or a full workout. It just requires **alternating positions** and **brief movement snacks**.

I collected together a small program, of which I used parts throughout the day (check YouTube for any of those exercises if you don't know them. That's meta-knowledge that might help you do your job better and longer — and healthier):

- **Audio-only meetings:** stand up and walk around. If you must stay near the desk, shift to a **split stance** (one foot forward) to open the hips.
- **Two-minute resets** (e.g., after a coffee break or coming from the printer, etc):
 - Band pull-aparts or face pulls (10–15 reps)
 - Wall pec stretch (30–45s each side)
 - Hip flexor stretch / couch stretch (30–45s each side)
- **Standing reading blocks:** print a paper or read on a tablet while standing; alternate standing and sitting blocks.

Beyond, I've found that a short morning session makes my shoulders feel better and improves focus throughout the day — a

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welcome bonus, since ML work demands concentration:

- 5 min easy cardio (walk or climb stairs)
- 5 min mobility (thoracic rotations, shoulder circles, deep squat hold)
- 5 min light strength (lunges, push-ups against desk, band rows)

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* An often-raised argument: aren't all jobs done in front of us? Or, put differently: which job requires us to work with hands behind us? Right, except for maybe gymnasts, virtually all jobs happen in front of us. After all, that's where our eyes are! But: the non-computer jobs get diversified movements along the day: grabbing something from a shelf, dragging something, etc. It's the alternation that counts.

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