

¿POR QUÉ ES IMPORTANTE?



Las malas posturas y movimientos repetitivos pueden causar lesiones como contracturas, tendinitis o síndrome del túnel carpiano. Implementar pausas activas ayuda a prevenir estos problemas, mejorando la circulación y reduciendo la fatiga muscular.



LESIONES MÁS COMUNES 🚑

- ✓ Dolor lumbar 🧑🏻
- ✓ Tendinitis del brazo y muñeca 🖐️
- ✓ Síndrome del túnel carpiano 🖱️
- ✓ Fatiga visual 👁️
- ✓ Estrés y ansiedad 😫

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BENEFICIOS DE LAS PAUSAS ACTIVAS ⏸️ 🧑🏻

- ✓ Mejora la circulación sanguínea ❤️
- ✓ Reduce el estrés y la fatiga 😊
- ✓ Previene lesiones musculares 💪
- ✓ Aumenta la concentración y productividad 📈

Lesiones Comunes y Pausas Activas



Previene dolores y lesiones con pausas activas en el trabajo y estudio.

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FAQs



Q: What are the common symptoms of PCOS?

A: Use this space to answer questions and share information about a specific topic or idea. Make sure your answers are informative but concise. Never forget to cite your sources.

Q: How is PCOS diagnosed?

A: Use this space to answer questions and share information about a specific topic or idea. Make sure your answers are informative but concise. Never forget to cite your sources.

Q: Can PCOS be treated?

A: Use this space to answer questions and share information about a specific topic or idea. Make sure your answers are informative but concise. Never forget to cite your sources.

Q: What causes PCOS?

A: Use this space to answer questions and share information about a specific topic or idea. Make sure your answers are informative but concise. Never forget to cite your sources.

Q: What are the potential health risks associated with PCOS?

A: Use this space to answer questions and share information about a specific topic or idea. Make sure your answers are informative but concise. Never forget to cite your sources.

Q: Can PCOS affect fertility?

A: Use this space to answer questions and share information about a specific topic or idea. Make sure your answers are informative but concise. Never forget to cite your sources.

1 in 10

women and people
assigned female at birth
have PCOS in Wildonbury

56%

of individuals in
Wildonbury affected by
PCOS remain undiagnosed



**PCOS prevalence
by age group** from a 2025
Wildonbury survey