¿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 III &

- 🔽 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.

GA6-230101507-AA4-EV01 DANNY JULIÁN PERILLA MIKÁN



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?

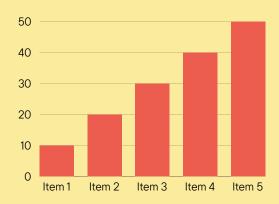
A: Use this space to answer questions and share information about a specific topic or idea. Make sure your answers are informative but concise. Never forget to cite your sources.

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