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Joe Kutner explains in his book how little we programmers have to change to stay healthy. Not sitting for hours, take a walk from time to time and looking on a distant object every twenty minutes would help us a lot.

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Joe Kutner has been a programmer for over a decade and he's spent many of those years researching the health issues that relate to his sedentary job. He's..

Author Interview: Joe Kutner, Author of The Healthy ...

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Joe Kutner has been a programmer for over a decade and he's spent many of those years researching the health issues that relate to his sedentary job. He's also a former college athlete and Army Reserve physical fitness trainer.

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This book's subtitle is Get Fit, Feel Better and Keep Coding - can it really work miracles? In the preface author Joe Kutner, who as well as being a programmer is a former college athlete and Army Reserve physical trainer, writes: Your job shouldn't hurt you, and with the right tools it won't. The ...

The Healthy Programmer - I Programmer - programming ...

Joe Kutner is the author of The Healthy Programmer (3.73 avg rating, 359 ratings, 48 reviews, published 2013), Remote Pairing (3.42 avg rating, 36 rating...

Joe Kutner (Author of The Healthy Programmer)

believe in is The Healthy Programmer: Get Fit, Feel Better, and Keep Coding. Author Joe Kutner observes that nearly every popular diet fails and the reason is that they are based on the premise of a quick fix without focusing on the long-term core issues. It is inevitable that these diets will fail and the dieters at heart know that.

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