



Fitness for Coders: How Sports Can Improve Developers' Health

Presented by Zeyad Belal



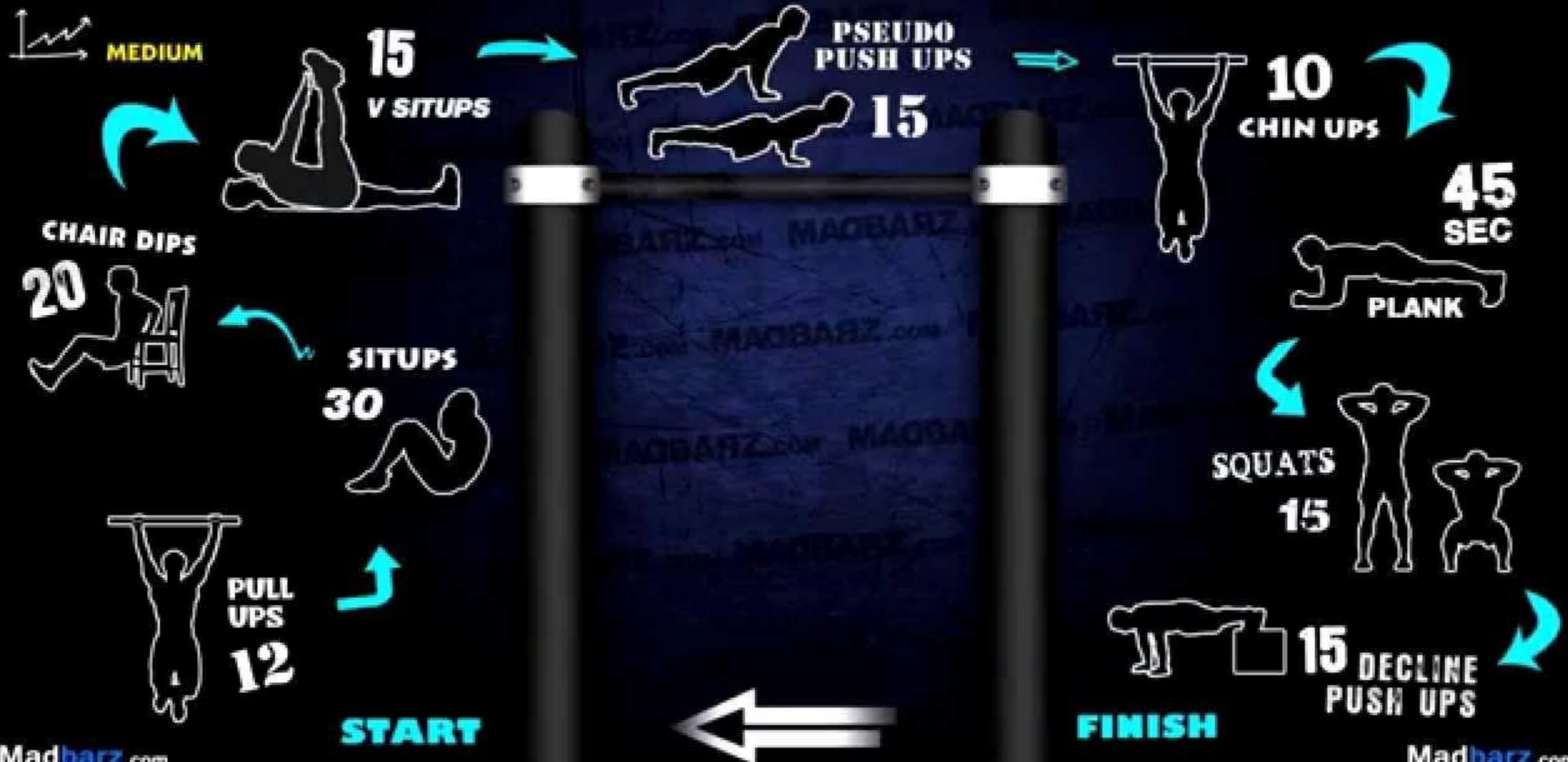
HOME - FULL BODY

by MADBARZ.COM

DO 4 CYCLES

2 MIN REST BETWEEN
CYCLES AND MINIMUM REST
BETWEEN EXERCISES

MADBARZ
GLOBAL STREET WORKOUT WEBSITE



Why Programmers are at Risk for Health Issues?

- Most modern jobs require sitting for long hours and programming sit on the top of these kind of jobs.





The Brain-Body Connection:

Physical activity can increase blood flow to the brain, which can improve Thinking abilities and enhance critical thinking skills.



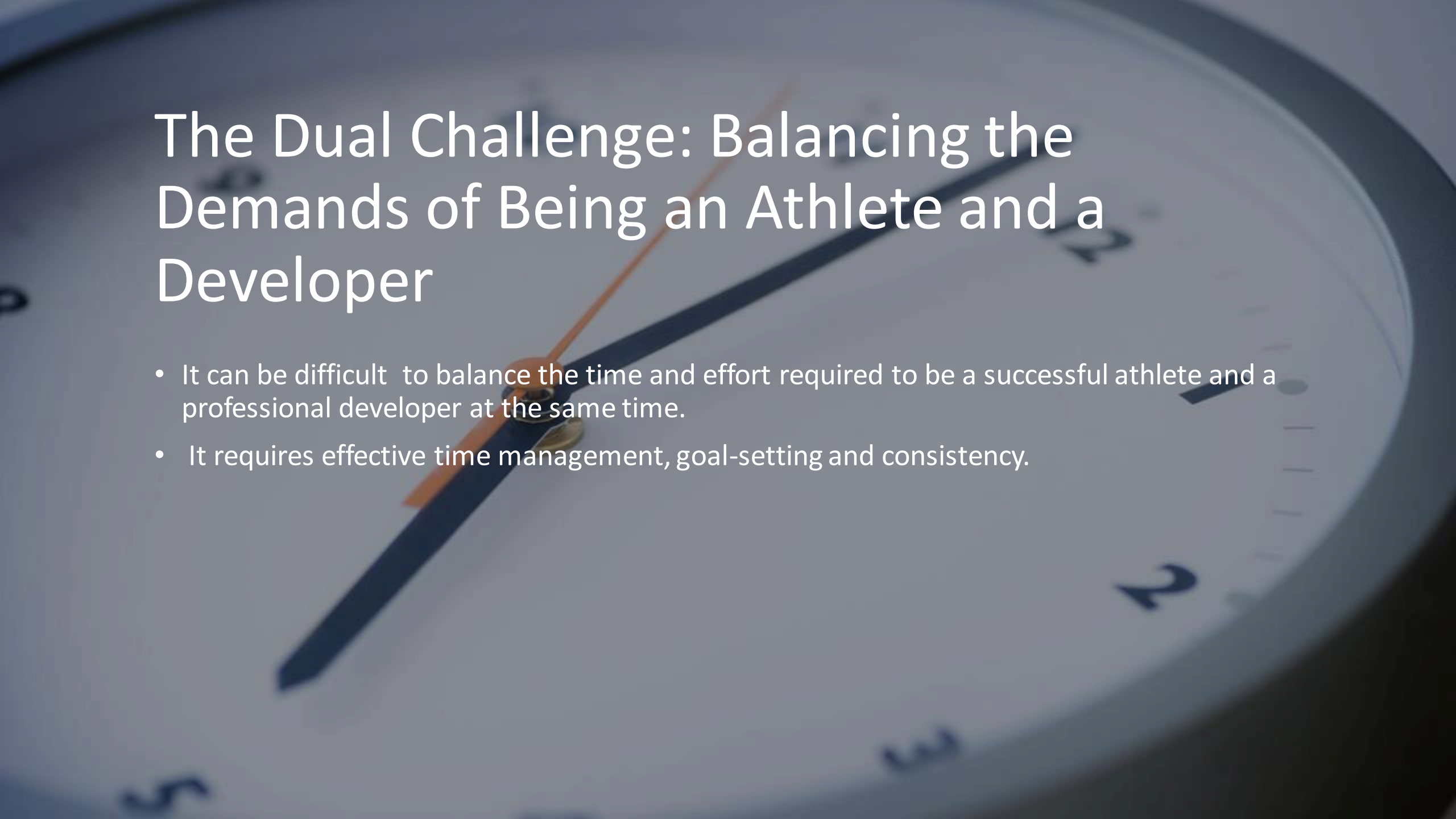
Maximizing Your Potential:

Exercise Can Help Developers
Overcome Burnout and Stay Focused

From Sitting to Sweating:

Exercise increases endorphins and dopamine, which improves mood and motivation, also it can benefit developers by improving their physical health, reducing stress and anxiety, and increasing productivity and creativity.





The Dual Challenge: Balancing the Demands of Being an Athlete and a Developer

- It can be difficult to balance the time and effort required to be a successful athlete and a professional developer at the same time.
- It requires effective time management, goal-setting and consistency.



The Home Advantage
Training at Home Can
Help Developers Save
Time and Stay Fit



- Get in touch with a professional if needed



Every Step
Counts...

THE END.