

Editor's Office. (2021, September), 5 exercises For those who work in front of the computer for a long time: Chihuahita. 23 (551) : 74

People who have to work in front of the computer for a long time tend to have various problems, especially aches and pains in the body. Or there may be complications of disease without the knowledge being referred to as well. Today we bring you a method of exercise that is suitable for people who work in front of the computer for a long time.

Back of hand Bring both hands together on the back. By raising one hand straight up, bend your arm down and hold it with the hand below. The back is straight, but if someone whose hands can't touch it, use a towel as a handle. By trying to keep both arms tight, switch sides, repeat. This will help reduce back pain and prevent back flexion from sitting for long periods of time.

Over head stretch This pose will help stretch your shoulders and back as well. Stand behind a chair, two steps away from the back of the chair, feet shoulder width apart. Grab your hand on the back of the chair and press yourself down in a straight line. Hold your arms stretched for 20-30 seconds, then slowly lift yourself up. Repeat 2-3 times.

Seated twist. Sit in a chair with a straight back. The left hand touches the right knee, slowly twisting the body all the way to the right. Then use your right hand to hold the chair back and hold for 20-30 seconds. Switch sides. Repeat for one set. Do 2-3 sets. It will help you relax a lot.

Sign of 4 sits on a chair with his butt pushed out at the end of the chair. When you're done, sit cross-legged to make the number 4 so that the legs at the base must be straight. Place one elbow on your knee. the other on the ankle When finished, slowly bend down so that your hands touch the floor. Hold for 20-30 seconds. Switch sides.

Hamstring stretch stand in front of a chair hand placed at the end of the seat Take a long step with your right leg behind you. Place your foot flat on the floor. Arm tight, leg tense. Hold for 20-30 seconds. Switch sides. Repeat. This will help loosen your limb muscles.

