

Thananya Mungsanti. (2022, January), 6 geniuses that should be in the house : Business+ (395) : 30-33

Over the past two years, the epidemic situation has completely changed the behavior of people around the world. one of them is spending more time at home and pay attention to the selection of home appliances Whether bringing new innovations into applications for maximum user comfort and can meet the needs of daily life There are many interesting products such as

1. **Smart Appliances**, home appliances A helper that makes life more comfortable Or make cleaning in the house as easy as a robot vacuum cleaner. floor washing machine, etc.
2. **Control and Connectivity**, a personal assistant that can manage according to user commands. with voice command to enable smart devices in the house to answer questions like Google speaks
3. **Security** Helping to take care of home security Outdoor surveillance cameras are equipped with smart sensors that can detect abnormalities to prevent crime. or a smart door lock system that can be unlocked through a mobile phone
4. **Home Entertainment & Media Management** Currently, television has advanced technology to form a smart TV. with new innovations that meet the needs of consumers more
5. **Comfortable and lighting**, a helper that creates a feeling and atmosphere in the house. There is nothing better than relaxing with Smart Tub, a smart bathtub that is outstanding in its beautiful design. luxury and high quality with usage patterns that can adjust water temperature and light through mobile applications
6. **Energy Management** is a system that helps manage home electricity use. The system will report the results of various electrical usage in the house through the application. Summary of daily use and problems, as well as warnings of abnormal electrical appliances such as the refrigerator suddenly stopped working and also has technology to help analyze user solutions to help save as much electricity as possible



Editor's Office. (2022, January), swinging arms to get rid of belly, easy to do, more effective for health than you think : Chihuachit 24 (559) : 70

One interesting idea for girls who don't have time to exercise is A simple arm swing, but it's good for health beyond expectation. Just find some free time to stretch this way a bit. Then you will know that exercise can be done anywhere, anytime.

The benefits of arm swinging go beyond just reducing the belly

Arm swing is good for health. Especially helping to reduce the belly that is hanging down to make it more compact. The length of time to swing the arms should be done continuously for 10-15 minutes at a time to help the body to burn excess fat. and stimulates the circulatory system Increase immunity to make the body stronger increase muscle firmness.

It also has a positive effect on blood pressure. Effectively reduce pain in the neck, shoulders and shoulders which are often caused by Office Syndrome.

Swing your arms the right way can only have

1. Start from standing up straight. Then separate the feet of both elephants about shoulder distance apart.
2. Leave your arms and both hands down naturally at your sides. Do not tense your arms, fingers close, and turn your palms back.
3. Straighten your back, slightly align your stomach. let your head relax.
4. Peck the tip of the toe to adhere to the ground. Feet firmly land on the ground.
5. Inhale, swing your arms forward at a 30-degree angle with your body, exhale, push your arms backwards at a 60-degree angle with your body, releasing your hand weight like a pendulum.
6. Do it continuously for at least 10-15 minutes each time. In a day, it must be practiced for at least 30 minutes, which can be broken down into time as appropriate. continue every day At least 5 days a week, the results are guaranteed to help reduce belly fat, lose weight and improve your health significantly.

