

## Project 1

# Digital Devices and Physical Health

With billions of networked devices around the world, technology surrounds us like never before. Technology allows people to stay connected to others and makes life comfortable in many aspects. But it can also bring about health issues that should not be overlooked.

When using a computer or a smartphone, most people look down at the screen. This habit is likely to increase the pressure on your neck and back and cause pain. It can also lead to dry eyes, a decrease in visual clarity, and headaches when you focus on screens up close for too long, especially in poor lighting conditions and with small text.

To reduce the risk of neck and back pain, adjust your seating and the screen position of your computer. When using your phone, hold it at eye level. Take regular breaks to stretch and move around. To prevent eye discomfort and headaches, practice the 20-20-20 rule: Every 20 minutes, take a 20-second break and look at something at least 20 feet (about 6m) away. In addition, balance the lighting in your room by making sure it is not too bright or too dark and increase the size of the text.

Here are two simple stretches to help reduce neck and back pain.

### Neck Stretch

1. Turn your head gently to the right and then gently to the left.
2. Hold the stretch for 2 to 3 seconds before moving your head to the other side.
3. Repeat this stretch 10 times in each direction.

### Back Stretch

1. Lie on your stomach and put your hands under your shoulders.
2. Lift your upper body and look slightly forward and up.
3. Lower yourself down gently.

By adopting these methods, you can reduce the impact of technology use on your body and maintain a healthier balance in your digital lifestyle.