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WORKING WITH COMPUTERS

1. You are going to read an article about reasons why working with computers is bad for you and how to stay healthy. Before you read, look at the title of the article. Why working with computers is bad for us? What can we do to stay healthy?
2. Read the article and write the missing words in the correct paragraphs (A-E).

a) Bad Posture Causes Pain

b) Emotional Pressure and Isolation Cause Anxiety and Depression

c) Repetitive Movements Cause Injuries

d) Sitting Kills You

e) Staring At the Screen Causes Eye Strain

1. Explain the following words (underlined in the text). You may use the Oxford Advanced Dictionary Online to look up a definition: <https://www.oxfordlearnersdictionaries.com/>
2. culprit (n)
3. contribute (v)
4. consequence (n)
5. habitually (adv)
6. combat (v)
7. severe (adj)
8. Read the article again. Answer the questions.
9. What is caused by long sitting and extensive use of the keyboard and mouse?
10. What are the results of sitting and what remedies are there?
11. What are the results of bad posture while working on a computer and what remedies are there?
12. What are the result of repetitive movements and what remedies are there?
13. What are the results of emotional pressure and isolation and what are the remedies?
14. How do you stay healthy while spending hours a day on the computer?

Do some exercise according to a guide in part A every day and work on a healthy sitting posture.