Healthy Computing in the Classroom

**Strike a Balance**

- Keep a balance between digital and non-digital activities.

**Get Moving**

- Incorporate physical activity to maintain health.

**Maintain Relationships**

- Foster connections and interactions with peers and colleagues.

**Take Visual Breaks**

- Look 20 feet away for 20 seconds every 20 minutes.

**Spend Time Unplugged**

- Allocate time away from digital devices.

**Make Comfortable Choices**

- Choose comfortable and ergonomic positions while working.

For more information: tinyurl.com/HealthyComputing