

dr Aisyah SpKFR
11 Oktober 2014

UNUSA

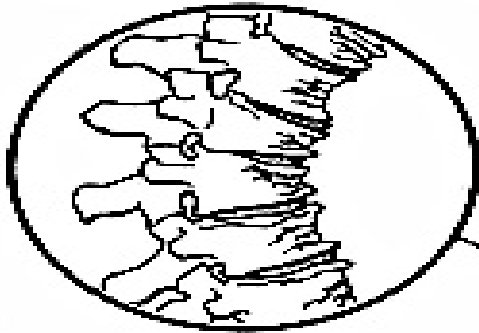


FUN
& HEALTHY
LIFESTYLE

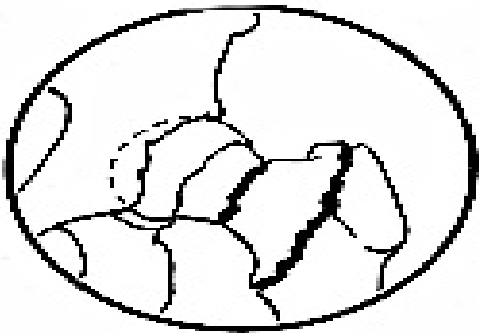


POLA HIDUP RAWAN PENYAKIT

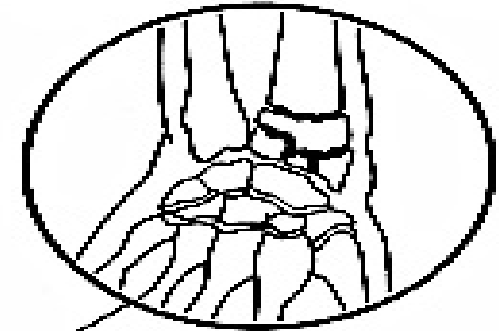
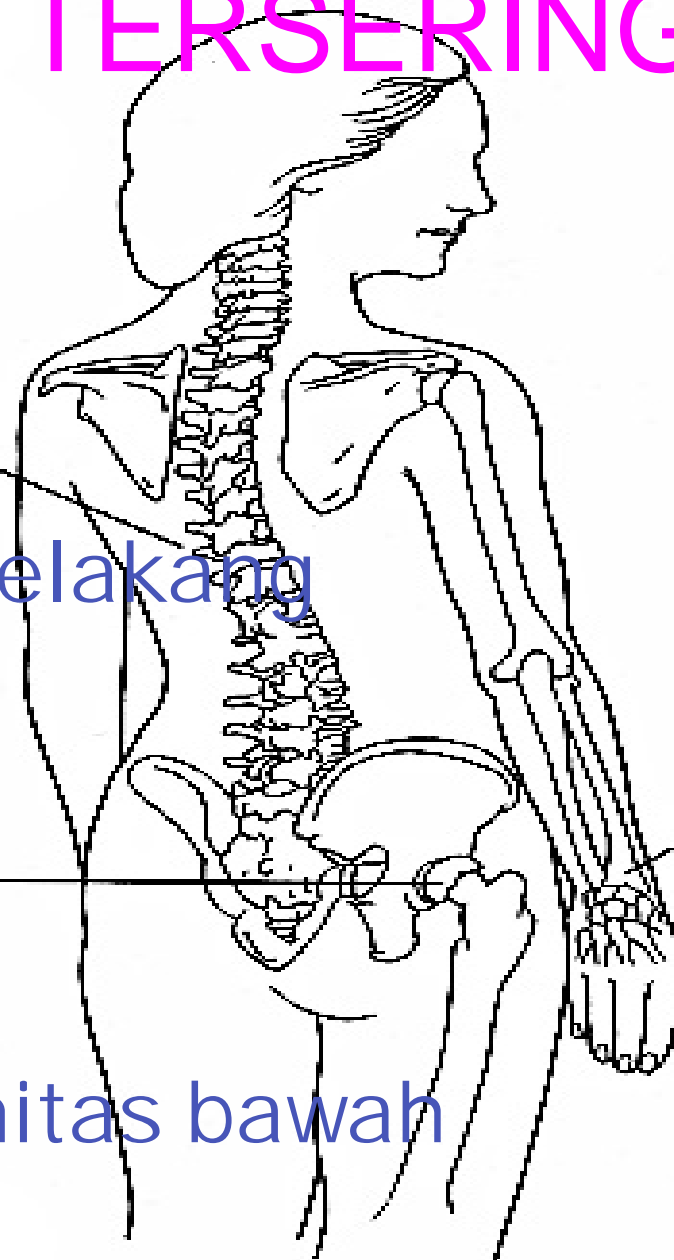
KELUHAN TERSERING : NYERI



Nyeri tulang belakang

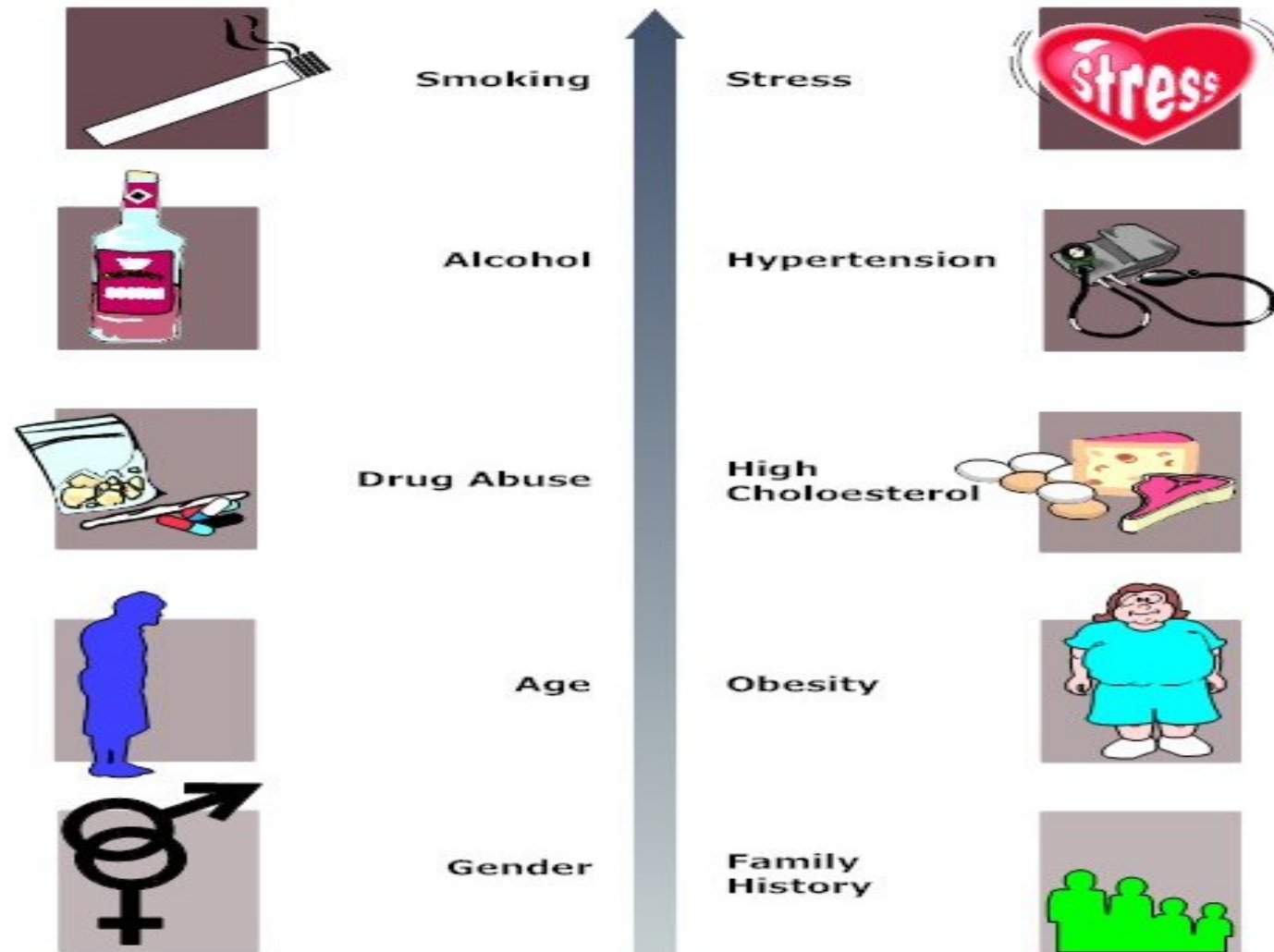


Nyeri ekstremitas bawah



Nyeri ekstremitas atas

POLA HIDUP & KELUHAN SISTEMIK



Heart Risks

POLA HIDUP SEHAT

Sadar

Ibadah dan berdoa

Minum cukup air

Istirahat cukup

Makan sehat

Olah raga 30 menit 3x seminggu

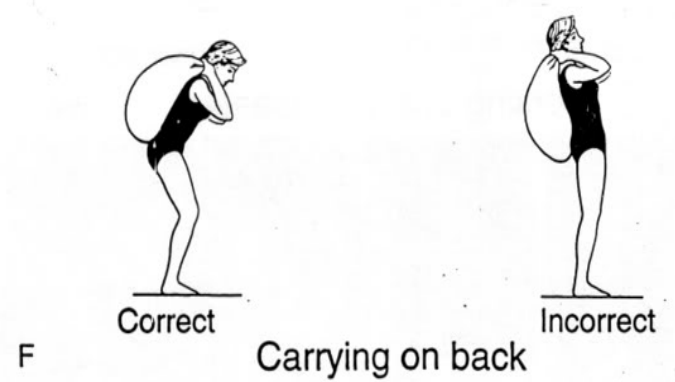
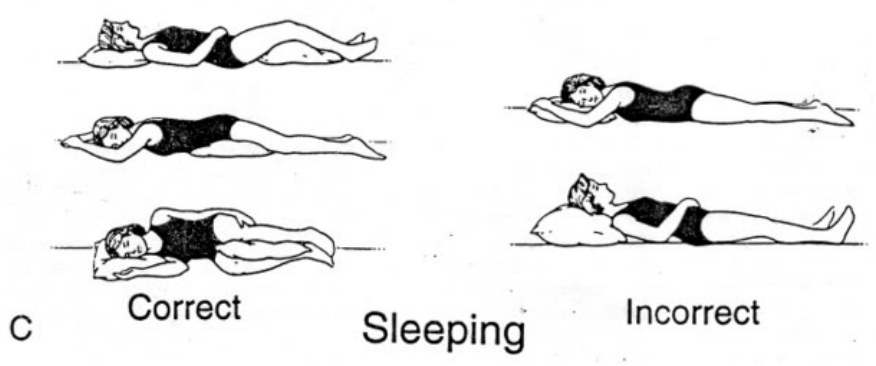
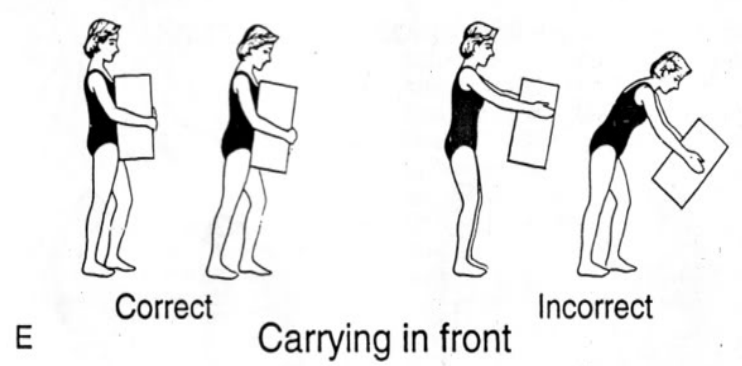
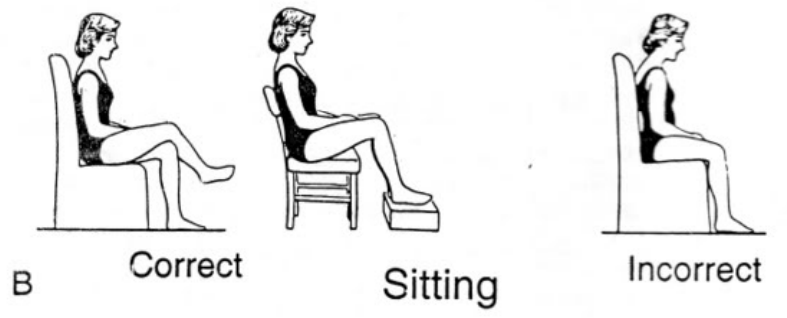
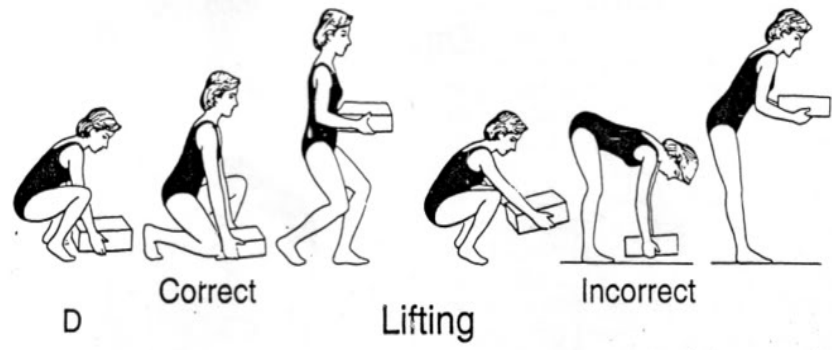
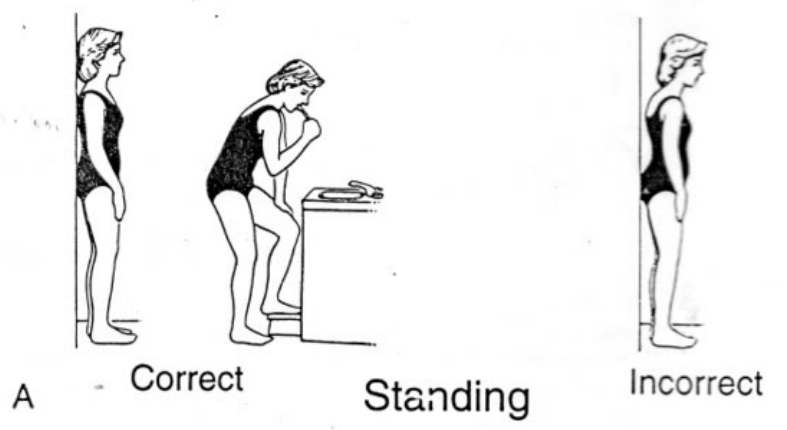


FIGURE 40-9 Continued

Illustration continued on f

Keep shoulders relaxed

Elbows about 90 degrees

Hip angle 90 degrees or slightly more

Adjust chair to support lower back

Thighs parallel to floor

Shift your position throughout the day to keep your muscles loose and ease tension

Experiment to find what is most comfortable

Comfortable viewing distance 18" to 24"

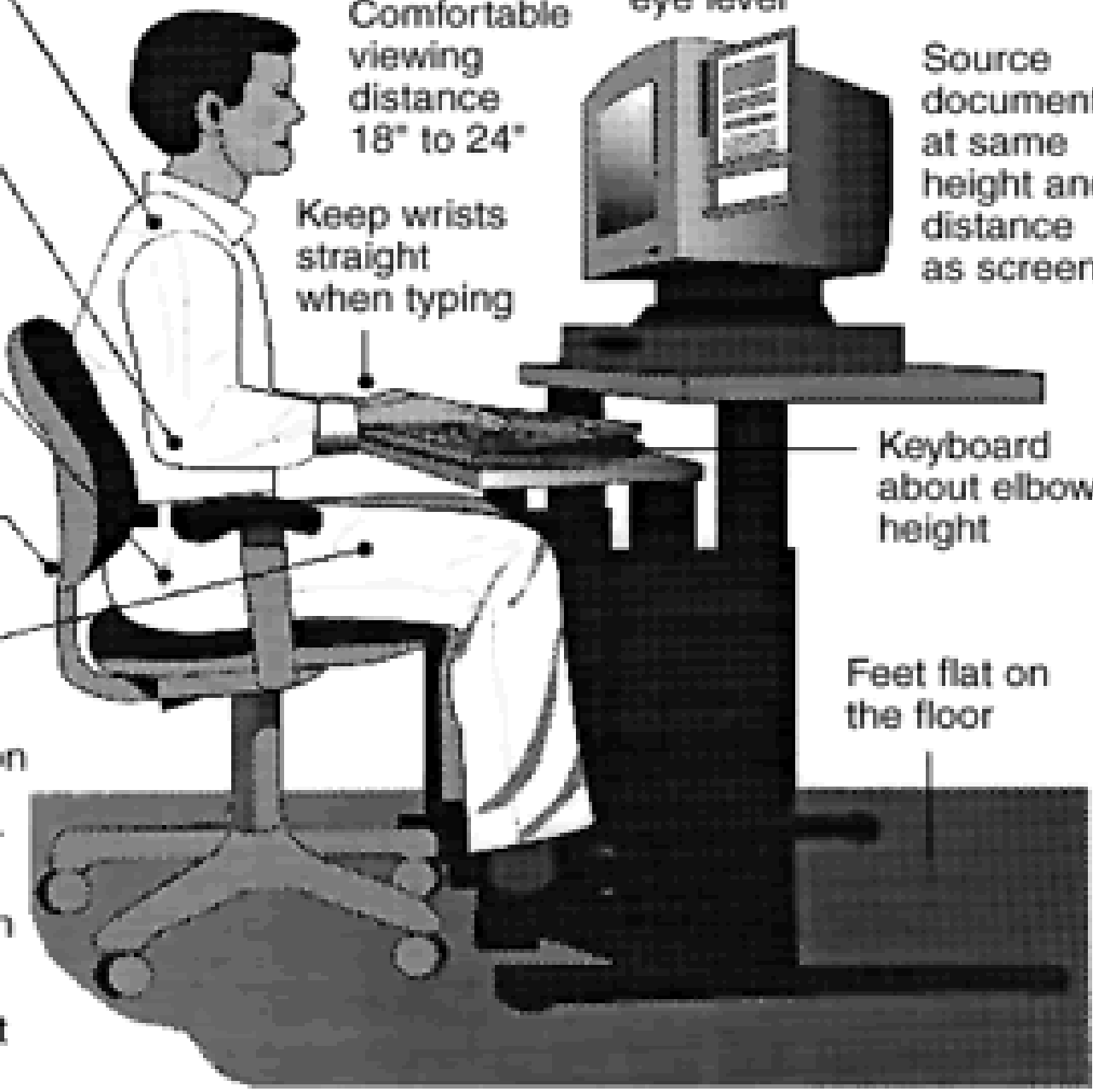
Keep wrists straight when typing

Top of screen at or slightly below eye level

Source documents at same height and distance as screen

Keyboard about elbow height

Feet flat on the floor



A vibrant field of yellow tulips is shown against a clear, bright blue sky. The flowers are in various stages of bloom, with some showing a distinct red stripe on their petals. The scene is captured from a low angle, emphasizing the height of the stems and the density of the blooms.

**TERIMA KASIH
SEMOGA BERMANFAAT**