



Smart Computing Solutions for a Healthy and Comfortable Life

Implement the key solution and practical tips for vital strength and health while working in front of the computer.

Get ready to learn the solution to a healthy lifestyle while using the computer!

Who is this for?

- ✓ For those who work long hours at a computer.
- ✓ For those who may be worried about work related injuries or are already experiencing pain while using a computer.
- ✓ For anyone who sits for long periods.
- ✓ For those that want to understand the potentially disabling effects on your body and muscles while continuing to work when you are in pain.
- ✓ For anyone who wants to pro-actively maintain health, exercise and move more in the office setting with work demands.



Work discomfort from overuse and long hours at your computer can lead to devastating consequences due to the effects of repetitive and stagnant muscle over usage. Know the dangers of Repetitive Strain Injury (RSI) and pro-actively offset them with useful tips and strategies to keep your body safe and comfortable during work hours ensuring health and vitality at work and in life.

What is this?

Computer-related Repetitive Strain Injury (RSI) is a potentially debilitating condition.

“RSI in our context includes muscle pain or nerve problems of the hands, arms or shoulders— what doctors call the upper extremity— believed to be caused by overuse. It can also include the neck and back and may be accompanied by burning, numbness, tingling, or pins and needles sensations.”*

Anyone who uses a computer on a daily basis should be informed about RSI. Today we are seeing an epidemic of injuries to the hands, arms, back and shoulders. The countless and ceaseless repetition of keystrokes as well as the clicking and dragging of the mouse and other pointing devices, plus prolonged sitting accumulates damage to the body. This can happen with stress, fatigue and pressures of job demands, which can result in career loss.

Quick tips:

1. Exercise each day
2. Drink plenty of water
3. Every 20 minutes take a 20 second break, breathe, stretch hands, fingers, thumbs, back; Every hour get up and move around for 5 to 10 minutes, stretch your whole body.
4. Implement an ACTIVE SITTING pattern
5. Proper computer set up: Ergonomics
6. Take our course to maintain health in and out of the workplace!

What will I learn?

- ✓ Gain awareness of workplace injuries and how to be proactive.
- ✓ Gain crucial knowledge of potentially disabling effects and hazards of prolonged repetitive muscle usage while computing.
- ✓ If you are in pain now, what to do.
- ✓ Learn what Repetitive Strain Injury or RSI is and what it means.
- ✓ Understand the impact on the spine from continual sitting.
- ✓ Incorporate simple office exercise tips, the 20/20 Rule and practical and innovative tools to avoid injury.
- ✓ Learn out of the box thinking in relation to ergonomics.
- ✓ Learn proper micro and macro work break techniques and tools.
- ✓ Implement the solution for amazing health while working at the computer.

Meet your instructors



Cheyenne R. Doss graduated with a BA in Graphic Design in 1993. After 18 years of freelance graphic design, she suffered from a debilitating career loss due to overusing the computer, keyboard, mouse, and simply being uninformed of the damaging effects these repetitive motions had on her muscles and tendons. As a result, she certified in Computer Ergonomics and researched extensively to gather the key information about a condition called computer-related Repetitive Strain Injury (RSI) that occurs from overusing the hands and arms to perform repetitive tasks such as typing, writing, or clicking and moving a mouse. Anyone who uses a computer on a daily basis should be informed about RSI. Today we are seeing an epidemic of injuries to the hands, arms, and shoulders. The countless and ceaseless repetition of keystrokes and the clicking and dragging of the mouse and other pointing devices, accumulates damage to the body. This can happen with stress, fatigue, force, and job demands, which can result in career loss. It is Cheyenne's wish to inform and educate as many people as she can about these effects and to provide solutions to maintain the longevity of health in and out of the workplace.



Dr. Anthony Lambert was born and raised in Williston, ND. After graduating high school, he went on to Minot State University to study biology and clinical laboratory science. While attending university Dr. Anthony was a member of the basketball team and co-captain his last two years. During his second year he suffered a season ending injury. While rehabbing, Dr. Anthony found the benefits of chiropractic care and decided that was his calling. After graduation, he attended Palmer College of Chiropractic in Iowa.

Today Dr. Anthony has been practicing chiropractic in Missoula, MT for 12 years. Being a husband and father of three he understands the need for work life balance. Dr. Anthony has learned from his past injuries and experience to understand the importance of education geared toward reducing repetitive stress on the nervous system. He teaches this same education to his clients and community everyday so we can live well and stay well together.



Brent Dodge graduated with a Master's in Physical Therapy from the University of Puget Sound in 1991. He is the founding owner of Alpine Physical Therapy, a multi-site orthopedic physical therapy practice in Missoula, Montana, the largest practice of its kind in Montana. Brent is a Board Certified Orthopedic Specialist, a Certified Manual Physical Therapist, and a Certified Strength and Conditioning Specialist. Having lived and worked in Western Montana for 24 years, his expertise has focused largely in providing work injury management services, including education, training, and treatment of Repetitive Strain Injury.

A message from Cheyenne

I was a graphic designer for 18 years. Due to over using the computer combined with other key factors, my body was overtaken with an extreme case of what is called repetitive strain injury or RSI.

I have come together with two other healthcare professionals, a physical therapist and chiropractor to bring you this course. I have spent over 9 years researching RSI and am ready to share with you clear and applicable knowledge that applies to anyone using the computer, keyboard, and mouse on a daily basis.

I am a certified ergonomics specialist and will share why ergonomics are only a small facet of how you can stay healthy while using a computer.

It is my hope that by sharing this knowledge, you will be pro-active in maintaining a healthy work/life balance.

STAY HEALTHY
with the key solution and
practical tips for vital strength
and health while working in front
of the computer.

ENROLL NOW

in this one hour course.

*This course could save you thousands in doctor bills, potential career loss and will immediately support your vital health and strength.
Course includes supplemental pro-active informational materials and resources.*

Go Here:

<https://www.udemy.com/smart-computing-solutions-for-a-healthy-and-comfortable-life/>

Thank you!

Cheyenne R. Doss, Brent Dodge, Anthony Lambert