PART VI Info Search

Health problems caused by sitting too long

Many office workers sit in front of computers all day long.

Sitting at the computers many hours long could cause health problems.

Backache and eye strain are two of the most common health problems.

Those with a regular backache can develop chronic back pain.

Those with eye strain can have headaches and blurred vision, which could turn into migraine.



Activity 4.16 Do you agree with the five doctors? Discuss with your friends.

Activity 4.17 Give information about yourself by answering the questions and checking the boxes. Then compare your answers with your friends.

	Yes	No
1 Have you ever had a backache because of long hours sitting at a computer?	○	○
2 Have you ever had eye stain because of long hours sitting at a computer?	○	○
3 Are you afraid of chronic back pain?	○	○
4 Are you afraid of eye strain?	○	○
5 Have you ever seen someone who is having a migraine?	○	○



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