



The Healthy Programmer: Get Fit, Feel Better, and Keep Coding

By Joe Kutner

The Pragmatic Programmers. Paperback. Book Condition: new. BRAND NEW, The Healthy Programmer: Get Fit, Feel Better, and Keep Coding, Joe Kutner, To keep doing what you love, you need to maintain your own systems, not just the ones you write code for. Regular exercise and proper nutrition help you learn, remember, concentrate, and be creative--skills critical to doing your job well. Learn how to change your work habits, master exercises that make working at a computer more comfortable, and develop a plan to keep fit, healthy, and sharp for years to come. Small changes to your habits can improve your health--without getting in the way of your work. The Healthy Programmer gives you a daily plan of action that's incremental and iterative just like the software development processes you're used to. Every tip, trick, and best practice is backed up by the advice of doctors, scientists, therapists, nutritionists, and numerous fitness experts. We'll review the latest scientific research to understand how being healthy is good for your body and mind. You'll start by adding a small amount of simple activity to your day--no trips to the gym needed. You'll learn how to mitigate back pain, carpal tunnel syndrome, headaches, and...



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