We live in the age of technology, now everything is being done to simplify our lives.

Technology brings both benefits and harm. Consider the negative aspects. For example, people who mostly work sitting down tend to be overweight. Their vision deteriorates, and they have problems with their spine.

People communicate much less live, communication has been replaced by messages in social networks or video calls.

This also includes a person's dependence on social networks. Some people can't live without the Internet, they spend all their free time on it. Some people become aggressive as a result, and many develop mental disorders.

With the development of technology, many schoolchildren and students may not receive enough knowledge. They may copy information from some source and not even remember what was said there.

Personal data can be hacked. Most of this information is stored on our computers. However, when we connect to the Internet, an experienced hacker can access our computer through your IP address and use all the financial data.

Of course, constantly spending free time at the screen does not kill us, but it makes us less healthy and happy than we could be.

You don't need to start your day with a laptop or smartphone. For example, a morning workout, a jog on the street and a contrast shower will be a much better start to the day.