

Is computer activity good for you ?

Written by Administrator

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Many studies have shown that people that sit at a computer playing all day are more prone to gaining weight. But is this true for all computer activity? When playing at an online casino for example, a person can be so involved in the online casino game that they not only burn extra calories while playing the online casino game, but being so concentrated on the online casino game, doesn't allow time for eating or much munching. Studies of online casino playing have actually shown that people who play online games including online poker are not as likely to gain weight as people who sit 8 hours in an office. If you are having fun playing at less than you will not spend your time searching for food. The online casino will have all your attention. Of course skipping meals during an online casino tournament is not good though. When blood sugars drop a lack of food, an online casino player can easily lose his concentration. Finding the proper balance between playing and eating is an important aspect when playing at an online casino.

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