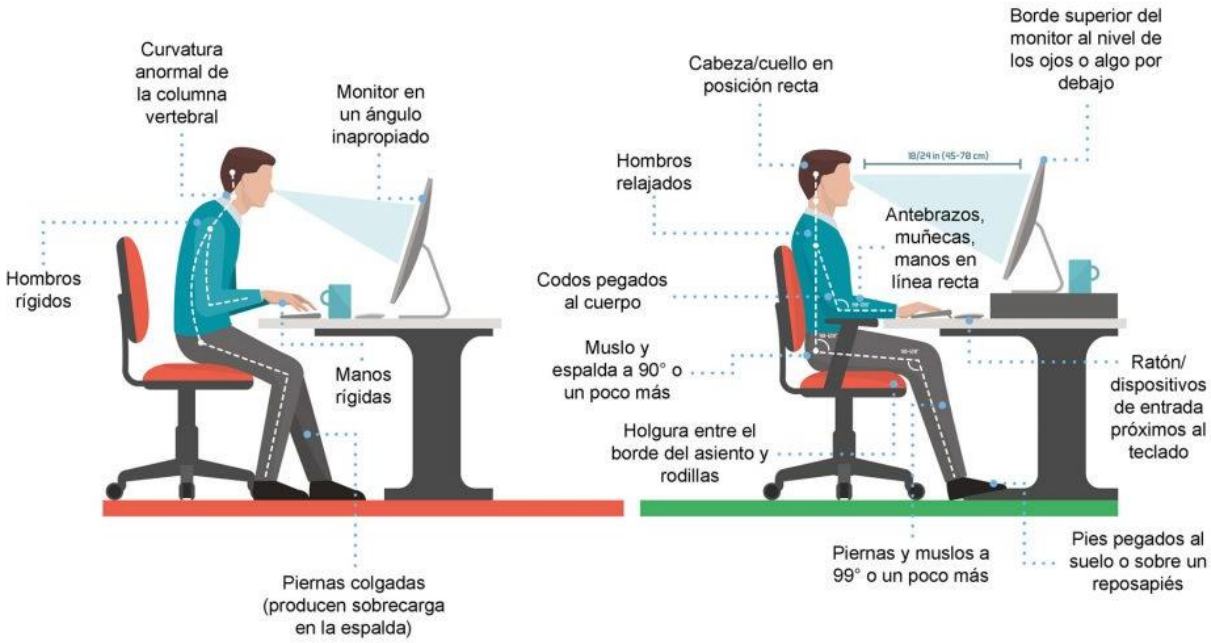Recomendaciones para mantener una correcta postura frente a la computadora