

# PERSONAL COMPUTER HEALTH & FITNESS PROGRAM

SESSION  
1

STRESS THERAPY  
(DEFRAGMENTATION)

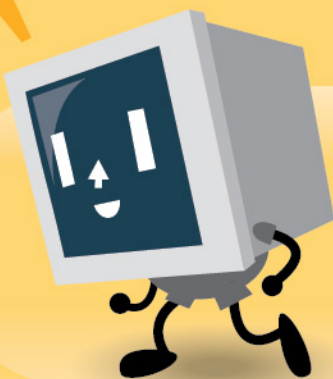


Every time you create or delete a file, nagpo-produce ito ng fragments— parang kalat-kalat na piraso ng files sa loob ng iyong hard disk. Dahil dito, maaaring bumagal ang P.C. mo.

TO RESTORE YOUR COMPUTER'S INNER PEACE

1. Click "START"
2. Click "ACCESSORIES"
3. Click "SYSTEM TOOLS"
4. Click "DISK DEFRAGMENTER"

Hayaan mo munang mag-chill ang computer mo for a few minutes, depende sa size ng hard drive mo.



DEFRAGMENTATION compresses all your unusable hard disk spaces so they can be utilized again. In short, your computer is refreshed and ready to go! Parang empleyadong nagbakasyon nang 3 weeks sa Boracay.