

PERSONAL COMPUTER HEALTH & FITNESS PROGRAM

SESSION
3

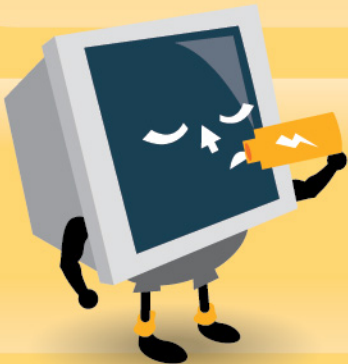
EXERCISE
(POWER CYCLE)



Minsan, pag humihina ang internet connection, kailangan lang nito ng pampagising. Kaya meron tayong routine na kung tawagin ay POWER CYCLE.

TO REFRESH YOUR INTERNET CONNECTION

1. Locate the two computer screen icons at the bottom right of your monitor, right-click, and choose "DISABLE"
2. Unplug LAN cable from your computer
3. Unplug your internet power supply
4. Wait 15 seconds, then plug in again
5. Click "START"
6. Click "CONTROL PANEL"
7. Click "NETWORK CONNECTIONS"
8. Right-click the computer icons again, then choose "ENABLE"



Pagkatapos ng simpleng workout na 'yan, mabubuhayan at manunumbalik ang sigla ng iyong internet connection.