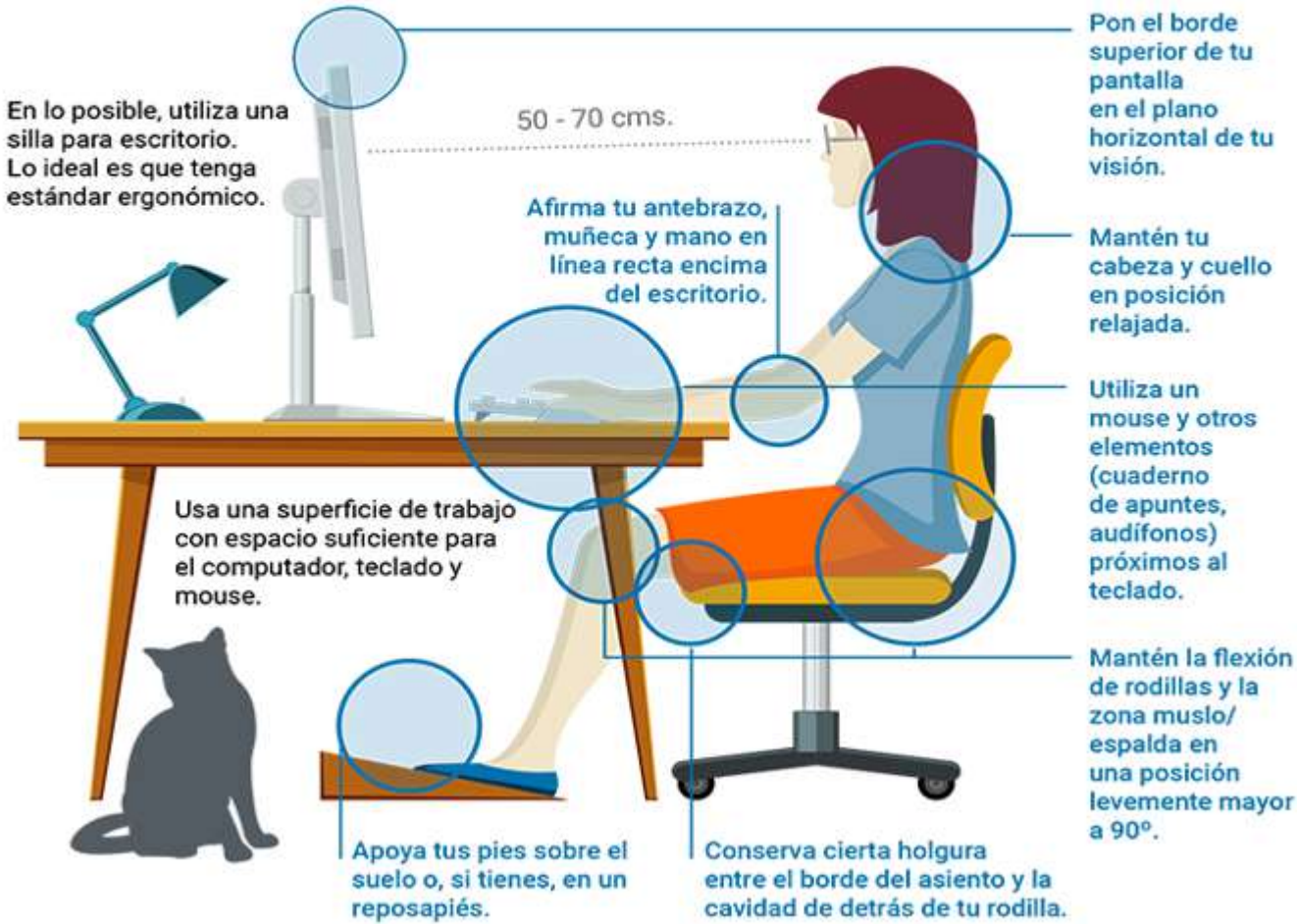Evita las dolencias musculoesqueléticas frente al computador