

# 10 Secrets To A Healthy Computer And A Happier You



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There comes a time in a person's life where no matter how much you fight it time takes its toll and we begin to slow down in how we perform our daily activities. However, in order to extend our youthful glow and energy levels it is important to eat right, exercise, and keep a positive outlook on life.

Now you may ask what has any of that got to do with "Secrets To A Healthy Computer?"

Well, in a way we're all just like a computer. If you neglect to take care of yourself you soon will cease to function properly and the many tasks that once were easy to do now take twice as long to accomplish and often require you to rest or "reboot" after a malfunction.

I can't tell you what foods to eat or what exercises to perform because I'm not a nutritionist. Although, with my experiences in the personal computer field I can share with you some tips of how to keep that rectangle box of circuitry that sits within sights range functioning at maximum performance as long as time will allow.

**Some important steps to follow are;**

- Make certain that your computer is located in a well ventilated area and that all air vents are unobstructed to prevent overheating and premature failure to any internal components.
- Clean out the dust build-up at least every 6 months from the inside of the computer case including case vents, power supply vents, and all visible circuitry with a few cans of compressed air that

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can be purchased from any major computer store or electronics outlet. This will help reduce the chances of overheating and circuitry damage.

Before cleaning just be certain to always unplug the computer from the wall outlet and never physically contact the circuitry inside the computer case to prevent damage.

- Be prepared for an unsuspected failure by always making backups of any important data that you do not and can not afford to lose.

I personally keep updated backups of my website and even store the disks at a remote location away from my every day use computers just in case a disaster were to occur and my main computers were destroyed resulting in the need for those lost files.

- Purchase and install a well known anti-virus program that can be regularly updated with the latest virus definitions and ran during boot-up to help protect your computer from being the victim of an unwanted infestation.
- Every few months or so run your computer's "Scandisk" program followed by the "Defragmenter" program to maximize the efficiency of your hard drive.

If you're not certain of how to use these utilities and being that the steps to execute these programs varies slightly from one operating system to the other it would be easiest to simply use the "Help"

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option that can be found by clicking on the START button found on your computers desktop.

The START menu will open up a drop-down-box that should display the "Help" option. By going here you can enter the keywords that deal with the answers to the subject you are searching for.

- Run your computers "Disk Cleanup" utility every other week or so. If set the "Disk Cleanup" utility will automatically empty the recycling bin and recover some wasted disk space by removing the internet temporary files that seem to always accumulate.

Again, use the "Help" option if you are uncertain of how to perform this task.

- Never smoke near a computer because the cooling fans will pull the smoke into the case where it can coat the inside parts of the computer with a residue which in turn can damage sensitive components.
- Place the computer case in an area where it will not be accidentally kicked or bumped to prevent the loosening of cables and damage to internal parts.
- Invest in a high quality surge protector to provide your computer and monitor against voltage spikes or "surges" that can dramatically shorten the life of your system. Just like most items in a store, "You get what you pay for". So don't skimp out on this important device!

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Its also not a bad idea to invest in a surge protector that includes what is called a "Data Line Protector" which allows you to connect your telephone lines to and serves the same purpose for the telephone line to your modem just like the surge protector does for the electrical household current lines.

- Finally, if you plan on being away from home for more that a few days at a time or if there is a thunderstorm brewing in your area it is a very wise decision to always unplug all electrical lines and modem telephone lines from your system. Even with a surge protector installed it is possible that such a large voltage spike such as one caused by a lightening strike could prove fatal to any computer system.

If you follow these simple steps you can rest assured that your computer will last a whole lot longer than it would if you did not follow these steps.

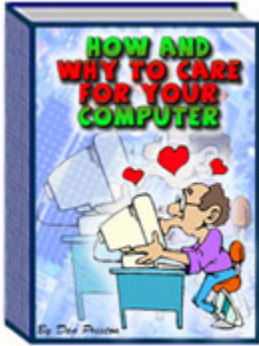
The end result is a healthy computer that will stay by your side and treat you well and in the end resulting in a happier you.

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## Recommended Resources



[How And Why To Care For Your Computer](#) – Learn how to protect your computer from a disaster with this easy to follow computer maintenance guide.



[Tame Your Personal Computer](#) – Everything you need to know about basic Do-It-Yourself Pc Troubleshooting. A great guide for the beginner!

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