



# Computer + Health

Most people don't know there are several DIY steps you can take to keep your computer up and running like it should. Everyone should practice good computer maintenance and management so as to get the most out of their PC or Mac. No need to pay professionals big bucks to solve your computer problems for you when you can do a little self-prevention beforehand to avoid a major meltdown. Note however, that some of these methods do not apply to Mac computers. Tools, Toys, and Tech recommends using these 4 steps to keep your computer healthy and happy:



## Tidying the Registry

A slightly more user intensive way to speed up your computer, this reduces the amount of data your computer has to process by removing data no longer needed.



## Empty the Trash Can

Once a week you should empty the trash can. Just because a file is in the trash can does not mean it is off your computer. It only goes away when you permanently delete it.



## Defrag the Hard Drive

Defragmenting your hard drive can sometimes drastically improve performance. It will compress extraneous files and frees up empty space for use.



## Use an Anti-Virus Program

Computers sometimes get viruses. However, you can defend against viruses by using one of the many freely available anti-viral programs available on the internet like Avast! or AVG.