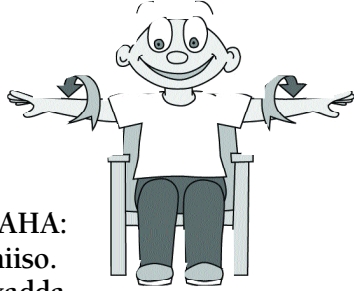
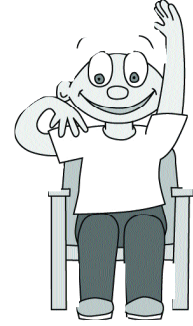


# Hawlaha Jidhka ee lala Fadhiisto



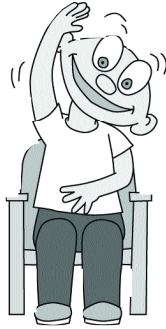
## WAREEGYADA GACMAHA:

Si toosan kursi ugu fadhiiso. Cagaha ku kala fidi sagxadda. Caloosha is qabo. Gacmaha u kala fidi dhinacyada heer garbaha la siman. Xaqiiji in xusulladu ay toosan yihiin. Gacmaha 4 goor horey u wareeji. Ka dibna, gacmaha dhinaca danbe u wareeji 4 goor. Si tartiib tartiib ah ugu kordhi 8 ku soo cel celin jiho kasta.



## GAARIDDA GACMAHA:

Kursi ku fadhiiso. Labada gacmood garbaha saaro. Gacmahaaga ku fidi ka dibna horey saqafka ugu gaar gacantaada midig. Gacantaada midig ku soo celi garabka ka dibna sidaas oo kale kula soo celi gacantaada bidix. Si tartiib tartiib ah ugu kordhi 8 ku soo cel celin gacan kasta.



## ISU KALA FIDINTA

**DHINACYADA:** Kursi ku fadhiiso. Gacantaada midig kor ugu qaad madaxaaga korkiisa ka dibna bidix isu jalleeci. Isla markaana, qaab u eg C ka samee gacantaada bidix (sidii adigoo ilmo haya). Si tartiib ah bidix isugu kala fidi. Isu beddel dhinacyada oo si fir-fircoon ugu soo cel celi. Si tartiib tartiib ah ugu kordhi 8 ku soo cel celin dhinac kasta.



## SOCOSHADA ADIGOO

**FADHIYA:** Kursi ku fadhiiso. Jilibkaaga bidixe kor u qaad si markaas uu dhulka uga sare maro 6 fuut. Jilibkaaga bidixe hoos u soo dhig. Jilibkaaga midig kor u qaad si markaas uu dhulka uga sare maro 6 fuut. Sii wad socoshada, adigoo jilbaha kor iyo hoos u dhigaya.



## WAREEGYADA

**ANQAWGA:** Kursi ku fadhiiso. Lugta midig horey u kala bixi. Anqawga midig gudaha u wareeji 4 goor. Anqawga midig dibedda u wareeji 4 goor. Lugta bidixena sidoo kale ugu soo cel celi.



## SOO JIIDIDDA JILIBKA:

Kursi ku fadhiiso. Jilibkaaga midig u soo jiid dhinaca feedhahaaga. Jilibka meesha ku hay 4 ilbidhiqsi. Lugta hoos u dhig. Sidoo kale ugu soo cel celi jilibka kale.



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Translation of this publication was supported by HRSA HCAP Grant # G920A02204.

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