

# Starting an Exercise Program

Regular exercise is a part of a healthy lifestyle. Talk to your doctor about what type and how much exercise to do if you:

- Have not been active
- Have any health problems
- Are pregnant
- Are over age 60

The goal is to exercise 4 to 6 days each week. Exercise for 30 to 60 minutes each time. To prevent injury, slowly increase the number of days and the amount of time you spend exercising.

## Regular exercise helps to:

- Improve how well your heart and lungs work
- Maintain a healthy weight or help you lose weight
- Improve balance, muscle tone and joint flexibility
- Relieve stress and tension and improve your mood
- Reduce the risk of heart disease, high blood pressure, osteoporosis and diabetes

## Getting Started

- **Choose an exercise you like to do.**

Try to vary the type of exercise you do to increase the health benefits and prevent boredom and injury.

### Types of Exercise:

- **Aerobic exercises** move large muscles and improve the health of your heart and lungs. Examples include walking, jogging, aerobic classes, bicycling, swimming, tennis and dancing.

Walking is a good choice for beginners. You only need a good pair of athletic shoes. Walking can burn as many calories as jogging without the high impact on your joints. Walking is good for your heart and lungs and helps prevent osteoporosis.

# Bilaabista Barnaamij Jimicsi

Jimicsi joogto ah waxa uu ka mid yahay hab nololeed caafimaad leh. Dhakhtarkaaga kala hadal nooca jimicsi iyo qadarka aad sameyn kartid haddii:

- Aanad sameyn jirin firfircooni
- Aad qabtid dhibaatooyin caafimaad
- Aad uur leedahay
- Aad ka weyn tahay da'da 60

Hadafku waa inaad jimicsi sameysid 4 ilaa 6 maalmood todobaad kasta. Jimicsi samee 30 ilaa 60 daqiiqadood wakhti kasta. Si aan dhaawac kuugu dhicin, si tartiib ah u kordhi tirada maalmaha iyo qadarka wakhti ee aad sameysid jimicsiga.

## **Jimicsiga joogtada ahi waxa uu kaa gargaarayaa:**

- Inuu sii fiicneeyo sida wadnahaaga iyo sambabadaadu u shaqeeyaan
- Inaad yeelatid miisaan caafimaad leh ama waxa uu kaa gargaarayaa in miisaan kaa lumo
- Inuu fiicnaado dheeli-tirkaagu, xoogga muruqa iyo dabacsanaanta xaglaha
- Inuu ka yareeyo giigsanaanta iyo walaaca oo ay fiicnaato niyaddaadu
- Inay kaa yaraato halista cudur wadne, dhiig-karka ama cadaadis dhiig oo sareeya, lafo-khafiifsanka (osteoporosis) iyo sonkor/sonkorow ama macaan

## **Sida Loo Bilaabo**

- **Dooro jimicsi aad jeceshahay inaad sameysid.**

Isku day inaad bedbeshid nooca jimicsi ee aad sameysid si faa'iidooyinka caafimaad u kordhaan ugana hortagtid xiiso-dhaca iyo dhaawaca.

### **Noocyada Jimicsiga:**

- **Jimicsiga boodboodka ahi (aerobic)** waxa uu dhaqaajiyaa muruqyada waaweyn waxana uu hagaajiyaa caafimaadka wadnahaaga iyo sambabadaada. Tusaale ahaan waxa ka mid ah socodka, gucleynta, fasalada jimicsiga boodboodka ah, kaxeynta baasgeel/bushkuleeti, dabaasha, teniska iyo qoob-ka-ciyaarka.

Socodku waa doorsho jimicsi oo u fiican dadka bilaabaya jimicsiga. Waxa kaliya ee aad u baahan tahay kabo isboorti oo fiican. Socodku waxa uu gubi karaa kalooriyo la tiro ah kuwa ay gucleyntu gubayso laakiin ma laha jug sare oo gaadhaysa xaglahaaga. Socodku wadnahaaga iyo sambabadaada ayuu u fiican yahay waxana uu gargaar ka geysta ka hortagga lafo-khafiifsanka.

- **Strength training exercises** strengthen muscles and build strong bones. Using weights, exercise bands, other weight lifting equipment, and doing push-ups and sit-ups are examples of strength training. Talk to your doctor before beginning strength training if you have high blood pressure or other health problems.
- **Flexibility exercises**, also called stretching, increase the length of muscles to improve balance and joint health. Stretching is important before and after exercising and as an exercise itself. Examples include yoga and tai chi.
- **Begin and end an exercise session with 5 minutes of gentle exercise or stretching.**
  - For example, walk 5 minutes before and after jogging. This will help prevent injury.
- **Exercise at a comfortable pace.**

Listen to your body. You are exercising too hard if you:

  - Have pain in your joints, feet, ankles or legs
  - Have problems breathing
  - Feel weak, faint or dizzy during or after exercising

**Stop exercising and call your doctor or 911 if you have:**

  - Pain or pressure in your chest, left neck, shoulder or arm
  - Sudden dizziness
  - Cold sweat
  - Pallor
  - Fainting

**Talk to your doctor or nurse if you have any questions or concerns.**

- **Jimicsiyada tababarka ee xoojinta ahi** waxay xoojiyaan muruqyada oo ay dhisaan lafo xoog leh. Tababarka xoojinta waxa tusaale u ah isticmaalidda miisaanada xoojinta, qalabka jimicsiga ee kala jiidma (exercise bands), qalab kale oo ah qaadis miisaan, iyo sameynta dhul-riixid (push-ups) iyo fadhi-riixid (sit-ups). La hadal dhakhtarkaaga ka hor inta aanad bilaabin tababar xoojin haddii aad qabtid dhiig-kar (cadaadis dhiig oo sareeya) ama dhibaatooyin caafimaad oo kale.
- **Jimicsiyada dabacsanaanta**, oo sidoo kale loo yaqaano iskala-bixin, waxay kordhiyaan dhererka muruqyada si dheeli-tirka iyo caafimaadka xagluhu u fiicnaadaan. Iskala-bixintu waxay muhiim tahay ka hor iyo ka dib jimicsiga iyo iyada oo iskeed u ah jimicsi. Tusaalooyinka jimicsiga waxa ku jira yoga iyo tai chi.
- **Jimicsiga ku bilaw oo ku dhameystir 5 daqiiqadood oo ah jimicsi khafiif ah ama iskala-bixin.**
  - Tusaale ahaan, soco 5 daqiiqadood ka hor iyo ka dib gucleynta. Waxay taasi ka hortagi doontaa dhaawaca.

- **Jimicsiga ku samee xawli raaxo leh.**

Dhageyso jidhkaaga. Waxa aad xad-dhaaf u sameysay jimicsi haddii:

- Aad xanuun ku leedahay xaglaha, cagaha, kuraamaha ama canqowga ama lugaha
- Neefsashadu dhib kugu tahay
- Aad dareento tabar-dari, suuxid ama dawakh inta aad ku jirtid jimicsiga ama ka dib

**Jooji jimicsiga oo wac dhakhtarkaaga ama 911 haddii aad qabtid:**

- Xanuun ama cadaadis ah laabta, dhanka bidix ee qoorta, garabka ama cududda
- Dawakh dhakhso ah
- Dhidid qabow
- Midab-doorsoomid
- Suuxid

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ama walaac ah.**

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