

# Jimicsiga Inta lagu jiro Uurka

## Exercising During Pregnancy

Exercise is safe and encouraged during a normal healthy pregnancy. If you exercised before you became pregnant, you can continue exercising at the same level. If you are just starting an exercise program, talk to your doctor and start slowly. Do not push yourself too hard. Talk to your doctor about what kind of exercises to do. There are some health conditions that may limit your exercise.

### General guidelines

- Drink plenty of water and eat a healthy snack before exercising.
- Wear clothing that is comfortable.
- It is best to exercise for 30 to 45 minutes 3 to 5 times each week.
- You should be able to carry on a conversation during exercise.
- Avoid getting overheated. Do not exercise on very hot or very cold days.
- Avoid any type of exercise that can cause even mild trauma to your stomach.
- You may need to change the type of exercise you do as your stomach gets bigger and your balance changes.
- It is common to feel some mild cramping during exercise. Drink plenty of water and the cramping should stop after you are done exercising.

Jimicsiga waa badbaado oo dhiirrogelin leh inta lagu jiro uurka caafimaadka caadiga. Haddii aad horay u jimicsatay ka hor inta aadan uur noqon, waad sii wadi kartaa jimicsiga oo isku heer ah. Haddii aad hadeer bilaabeysid barnaamijka jimicsiga, kala hadal dhaqtarkaaga oo si tartiib ah u bilow. Haku riixin nafsadaada si aad u adag. Kala hadal dhaqtarkaaga wax ku saabsan nooca jimicsiga la sameynayo. Waxaa jiro qaar ka mid ah xaaladaha caafimaadka ee laga yaabo inay xadeyso jimicsigaaga.

### Tilmaamaha guud

- Cab biyo badan oo cun cunto fudud oo caafimaadan ka hor jimicsiga.
- Xiro dhar raaxo kuu leh.
- Waxaa wanaagsan in lagu jimicsado 30 illaa 45 daqiiqo 3 illaa 5 jeer isbuuc walba.
- Waa inay kuu suurtoogashaa inaad sameysid wada sheekeysiga inta lagu jiro jimicsiga.
- Ka fogow inaad aad u kululaatid. Haku jimicsan maalmaha aadka u kulul ama u qabow.
- Ka fogow nooc walba oo jimicsi ah ee ku sababi karo xittaa naxdin yar calooshaada.
- Waxaad u baahan kartaa inaad badeshid jimicsiga aad sameysid sida calooshaada sii weynaaneyso iyo isbadelada dheelitirkaaga.
- Waa caadi in la dareemo xanuun dhexdhexaad qaarkood inta lagu jiro jimicsiga. Cab biyo badan iyo xanuunka waa inuu joogsadaa kadib markaad dhameysid jimicsiga.

## Exercise safely

- Warm up and cool down with each exercise session.
- Start slowly.
- Listen to your body. Do not try to push yourself too hard. Stop exercising when you get tired. Do not exercise to the point of exhaustion.
- If you have pain or any unusual signs, stop exercising right away. Rest and call your doctor if these signs do not go away.
- Keep one foot on the floor during all standing exercises, do not over reach and do not do quick, jerky movements. This may throw off your balance.
- **Never hold your breath.**
- Your joints are softer, so do not over extend or bend the joints, such as deep knee bends or deep squats. Do not do bouncing stretches. Use a longer slow stretch.

## Types of exercise to do

- Walking is a great exercise. If you were not active before pregnancy, walking may be a good way to start.
- You may use light weights.
- Swimming is a great exercise, but do not dive.
- Jog or play tennis only if you did these before your pregnancy.

## Ku jimicso si badbaado ah

- Kululeey oo ku daji kulanka jimicsi walba.
- Si tartiib ah u bilow.
- Jirkaaga dhageyso. Ha isku dayin inaad ku riixdid nafsadaada si aad u adag. Jooji jimicsiga marka aad daashid. Haku jimicsan xaalada daalka.
- Haddii aad xanuun qabtid ama aasaastaamo aan caadi aheyn, jooji jimicsiga isla markaas. Naso oo soo wac dhaqtarkaaga haddii aastaamahaan aysan dhammaanin.
- Ku haay hal cag dhulka inta lagu jiro dhammaan joogsiyada jimicsiga, ha buux gaarin oo dhaqsana ha sameyn, dhaqdhaqaaqinta jirka. Tani wxaay ku tuuri kartaa dheelitirkaaga.
- **Marnaba ha qaban neeftaada.**
- Xubnahaaga way jilicsanyihiin, marka ha kordhin ama laabin xubnaha, sida laabida jilibka qotodheer ama kadaloobsiga qotoda dheer. Ha sameynin kala bixinta jirka. Isticmaal kala bixinta tartiibka ee dheer.

## Noocyada jimicsiga la sameeyo

- Socodka waa jimicsi wanaagsan. Haddii aadan firfircooneyn uurka ka hor, socodka waa qaab ee lagu bilaabo.
- Waxaad isticmaali kartaa culeys qafiif ah.
- Dabaasha waa jimicsi wanaagsan, laakin ha quusin.
- Orodka tariibka ama ciyaar teeniska kaliya haddii aad kuwaan sameysay uurkaaga ka hor.

## Types of exercise not to do

- Do not do any exercise where you lie flat on your back after the first 3 months of pregnancy.
- Do not use ankle weights, do double leg lifts, or do full sit ups. This strains your back.
- Do not do any activity that may cause jerking, bouncing, or high impact movements.
- Do not water ski, snow ski, or scuba dive.

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

## Noocyada jimicsiga aanan la sameynin

- Ha sameynin jimicsi walba halka aad ugu jiifatid si simman dhabarkaaga kadib 3 bilood ee ugu horeyso ee uurka.
- Ha isticmaalin culeyska canqowga, samey qaadida labada lug, ama samey kor u fadhi buuxo. Tani waxay dhaawacdaa dhabarkaaga.
- Ha sameynin wax howl ah ee laga yaabo inay ku sababto gariirka, kabashada, ama saameyn sareyso ee dhaqdhaqaaqa.
- Hasameynin socodka biyaha, socodka barafka, ama ha quusin biyaha.

**La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama walaacyo.**