Nafa ykn qaama sossoosu (eksersaayisa) fi Dhukuba Sukkaraa

Nafa sossoosun ykn eksersaayisa godhuun wal'aassa hunda irra caalu dha. Wanni eksersaaysiin sii godhu asii gadi itti laali:

- Sukkaara dhiiga sadarkaa barbaachisa tayetti tiysa
- Ul'finna nafaa ykn qaama ka fayya taye eega
- Waan duri irra jabeenya kenna
- Yaada uf nama jibisiisu xiqeessa

Sagantaa sochii qaamaa (eksersaayisa) keetii:

- Odoo ykn osoo eksersaayisa hin jalqabin doktora keetin mariyadhu.
- Deemu, bishaan daaku, biskililiiti oofu, ragada, dhiichisaa fi shagooyye nafa sosoosuf karaa gaarii
- Bishan dhugamu uf harkaa hin dhabin
- Yeroo eksersaayisa gootu murteesii kaalandara ykn sagantaa qabadhu.
- Miila kee tiyssi; shuraabii jirbi akkasumas kophee miila ketti tolu gargaarami.

Sagantta sochii qaamaa (eksersaayisa) kee

Yoomi?

Yeroon irra caala eksersaayisaa nyaata nyaatte sa'aa tokko fi sa'aa tokkoo fi cinaa booda. osoo ykn odoo eksersaayissa hin jal'qabin Sukkara dhiiga keetii laali

- Yoo xiqqa taye (jechuun 90mg/dl gadi) waa ciniini ykn waa nyaadhu, nyaata staarchii (waan akka dinichaa, boqoollo, ruusa, paas'ta) jedhamu qabu ek'ser'saayissa jal'qabuun duratti
- Sukkarri dhiiga kee yoo olka'ee (300 mg/dl ol) eegi haga gadi deeebi'u. Maali yoo jette mara ol'ka'a

Meeqa ykn hagam takka?

Guyatti daqiiqaa 30-60 imaamadhu ykn til'maamadhu , tor'baan keesatti guyyaa 5 ykn 6 godhi. Yeroo jalqabdu daqiiquma 5- 10 godhi achi booda dheeressi. Kuni yeroo uf oo'iftuu fi uf qabaneessitu wajji.
Yoo hameenni si itti dhagayame yeroo duri caala goote kanaafu yeroo itti deebitu xiqeessi.

Hagam ykn hamam jabaata?

Dubbachuu dandayuu qabda wayita ykn waqta eksersaayisa gootu. Onneen tee haga dhayuu malte doktora kee gaafadhu.

HARBORVIEW MEDICAL CENTER

325 9th Avenue
Seattle, WA 98104

HMC Diabetes Pt. Ed Team – 7/10
Diabètes Exercise
Oromo
AACS Patient Education
Funded in part through a grant from the National Library of Medicine
Funded in part through a grant from the Group Health Community Foundation