

# AAN HOREY USOCONO

## XANUUNKA SOKOROOWGA IYO JIMICSIGA

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Firfircoonida waxay u fiicantahay qof kasta - oo ay ku jiraan dadka qaba sonkorowga. Dadka firfircoon badanaa:

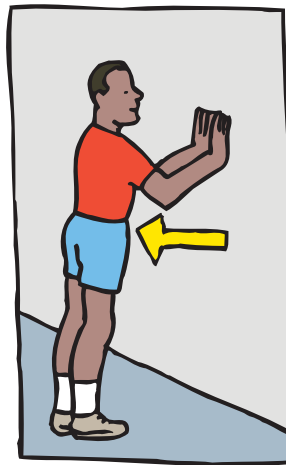
- waxay leeyihiin tamar badan
- waxay leeyihiin xakamaynta wanaagsan ee sonkorta dhiiga
- have less stress
- look and feel better

### Talaabada Koowaad:

Had iyo jeer la hadal dhakhtarkaaga inta aadan bilaabin inaad samayso jimicsi. Xulo 1 ama siyaabo badan oo lagu noqdo mid firfircoon oo aad jeceshahay. Waxaad noqon kartaa mid ku firfircoon gudaha, dibedda, ama labadaba!



Qaar ka mid ah Jimicsiga Gudaha

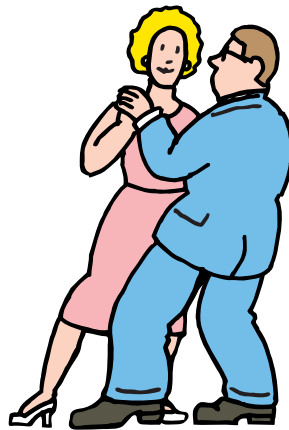


Iskala bixinta Dhulka ama jimicsiga lugaha

Qaar ka mid ah Jimicsiga Dibada



Socod dhaqso ah Beer falitaan



Qoob-ka-cayaarid Boodid fudud



Baaskiil wadis Isboorti kooxeed

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### Hadafkaada:

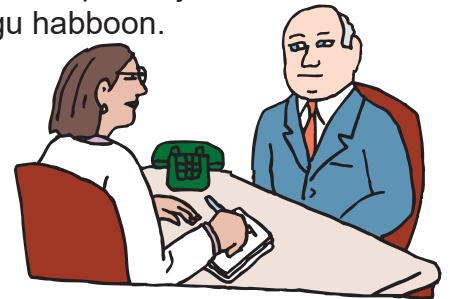
Sameee jimicsi ugu yaraan 30 daqiiqo maalintii si aad u ilaaliso miisaankaaga hadda. Afartan iyo shan ilaa 60 daqiiqo oo jimicsi

maalin kasta ah ayaa kaa caawin kara inaad lumiso miisaanka.



Samee diiwaan markaad firfircoon tahay, waxaad samaynayso, iyo inta aad ku samaynayso. Dejiso hadaf aad gaari karto. Naftaada abaal mari markaad gaarto hadafkaaga. Kadib dejiso hadaf cusub!!

Dhakhtarkaaga ama baraha sonkorowga ayaa kaa caawin doona inaad doorato qorshe jimicsi oo kugu habboon.

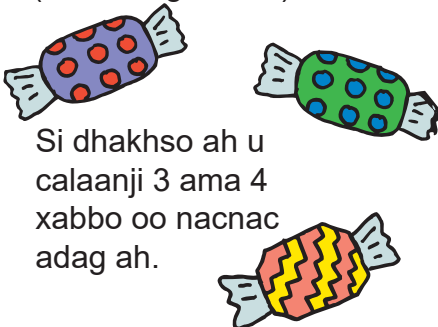


### Talooyin ku Saabsan Bilaabidda

- U bilooow si TARTIIB ah: Is yara kululee dhowr daqiiqo ka hor iyo ka dib markaad firfircoontahay.
- Saaxiib raadso kula firfircoonaado. Waxay kaa caawinaysaa inaad ku socoto.
- Xiro kabo iyo dhar nafis ah - oo qaado aqoonsi muujinaya inaad qabto sonkorow.
- Hubi cagahaaga ka hor iyo kadib jimicsiga.
- Isku day inaad jimicsi sameyso 1 ilaa 3 saacadood cuntada ka dib
- (markay sokorta dhiigaaga kacsantahay)



Cunnada Fudud Sonkorta ku badantahay (Geed udgoon ah)



Si dhakhso ah u calaanji 3 ama 4 xabbo oo nactac adag ah.

- Hubi sonkorta dhiiggaaga kahor iyo kadib markaad firfircoon tahay - gaar ahaan haddii aad qabto nooca 1-da ee sonkoroowga.
- Sonkorta dhiiga ee hooseysa waxay noqon kartaa dhibaato marka aad jimicsato. Had iyo jeer wado cunno fudud sonkor ku badanatahay.

