

နီခိတ်ဟူးတံဂဲ

Physical activity



နီခိတ်ဟူးတံဂဲ မ့တမ့တံဂဲလိက်ကွဲတံဂဲဟူးတံဂဲန့ၣ်မၤဂ့ၤထီၣ်န တံၢ်အိၣ်ဆူၣ်အိၣ်ချသ့ ဒီးမၤစ့ၤလီၤတံၢ်ဘၣ်ယိၣ်လၢတံၢ်ကအိၣ်ထီၣ်ဒီး တံၢ်ဆူးတံၢ်ဆါဒ်သိး-

- တံၢ်ဆံၣ်ဆါတံၢ်ဆါပတီၢ်(၂)
- ခဲစၢၣ်တံၢ်ဆါ
- သးဖျါၣ်တံၢ်ဆါသ့ဝဲန့ၣ်လီၤ.

နီခိတ်ဟူးတံဂဲဒီးတံၢ်မၤတံၢ်ဟူးတံဂဲန့ၣ်ဟ့ၣ်နၤတံၢ်အဘျူးဖိၣ်အဂ့ၤ တဘျီယီ ဒီးမၤဂ့ၤထီၣ်နတံၢ်အိၣ်ဆူၣ်အိၣ်ချလၢဆါကတီၢ်ဖးယံၣ်အဂီၢ် သ့ဝဲန့ၣ်လီၤ.

တံၢ်လၢအကါဒိၣ်ကတၢၢ်န့ၣ်မ့ၢ်ဝဲ, တံၢ်မၤတံၢ်ဟူးတံဂဲထီၣ်ဘိန့ၣ် မၤဂ့ၤထီၣ်နတံၢ်အိၣ်မူအကံၢ်အစီသ့ဝဲန့ၣ်လီၤ. အစ့ၤကတၢၢ် (၃၀) မံးနံးလၢတနံၤအတီၢ်ပူၤဖျါလဲၣ်ဟ့ၣ်နၤတံၢ်ခွဲး တံၢ်ယံၣ်လၢနကဒီးန့ၣ် ဘၣ်တံၢ်ကဲဘျူးကဲဖိၣ်သ့ၣ်တဖၣ်အံၤသ့ဝဲန့ၣ်လီၤ.

Physical activity or exercise can improve your health and reduce the risk of developing diseases like:

- Type 2 diabetes
- Cancer and
- Cardiovascular disease.

Physical activity and exercise can have a good effect straight away and improve your health for a long time.

Most importantly, regular activity can improve your quality of life. A minimum of 30 minutes a day can allow you to enjoy these benefits.

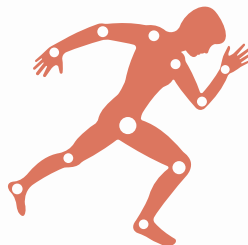
တံၢ်ကဲဘျူးလၢတံၢ်မၤနီခိတ်ဟူးတံဂဲထီၣ်ဘိ

Benefits of doing regular physical activity



တံၢ်မၤအါထီၣ်နီခိတ်ဟူးတံဂဲန့ၣ်ဒုးဂ့ၤထီၣ်တံၢ် ဆိမိၣ်ဆိမးဒီးမၤဂ့ၤထီၣ်နတံၢ်မံတံၢ်ဂဲအ ကျိၤအကျဲသ့ဝဲန့ၣ်လီၤ.

Increased fitness may lift your mood and improve sleep patterns.



နယံ, ညၣ်ထူၣ်ဒီးစုအကမံၢ်ခိၣ်အကမံၢ် တဖၣ်ကဂ့ၤ/ကျါဒိၣ်ထီၣ်ဒီးနတံၢ်ဘၣ် ယိၣ်လၢကအိၣ်ဒီးတံၢ်ယုစိုးကစ့ၤလီၤ

Your bones, muscles and joints will be stronger and you will have lower risk of osteoporosis.



အိၣ်ဒီးသိလၢသ့ၣ်ကျိၤပူၤအပတီၢ်စ့ၤလီၤ
Exercise lowers cholesterol levels in your blood stream.



မၤစ့ၤလီၤတံၢ်ဘၣ်ယိၣ်ဘၣ်ဘိလၢသးစံၣ် အိၣ်ပတုၣ်သတူၢ်ကလံၢ်

Reduce your risk of a heart attack.



အိၣ်ဒီးသးအတံၢ်ဆိမိၣ်ဆိမးလၢအဂ့ၤ
A healthier state of mind.



တံၢ်မၤတံၢ်ဟူးတံဂဲဒီးပုၤအဂၤသ့ၣ်တဖၣ် န့ၣ်ဟ့ၣ်နၤတံၢ်အခွဲးတံၢ်ယံၣ်လၢကမၤအါ ထီၣ်တံၢ်ရဲလိးမုၢ်လိာ်အတံၢ်ဘၣ်ထွဲန့ၣ်လီၤ

Exercise with others provides an opportunity for increased social contact.

ပၤယံၣ်နနီၤအတယၢၢ်ဂ့ၤထီၣ်
Manage your weight better.





တၢ်မၤနီၢ်ခိတၢ်ဟူးတၢ်ဂဲၤတမံၤဘၣ်တမံၤဒ်အညီၣ်န့ၣ်အသိးန့ၣ်, ဂ့ၤဒိၣ်န့ၣ်ဒီးတၢ်တမၤတၢ်ဟူးတၢ်ဂဲၤနီၣ်တမံၤဘၣ်န့ၣ်လီၤ. ယုၤန့ၣ်ခိတၢ်ဟူးတၢ်ဂဲၤတမံၤဂ့ၤတမံၤဂ့ၤလၢနကမၤအိၤ ဒီးဂုၢ်ကျဲးစးမၤစ့ၤလီၤတၢ်ဆ့ၣ်နီၤဂၢၢ်တပၢ်အလုၢ်လၢလၢနတၢ်အိၣ်မူတနံၤဘၣ်တနံၤအပူၤန့ၣ်တက့ၢ်.

Doing any regular physical activity is better than doing none. Look for any physical activity to do and try to reduce sedentary behaviors in your daily life.



လၢကသူၤစဲးစိၣ်ထီၣ်စိၣ်လီၤတၢ်အဂီၢ်, ကျဲးစးသူၤဘၣ်လၢဃီၤသ့ၤတက့ၢ်.

Instead of using the lift, try to use stairs.



ဟံၣ်နသိလုၣ်မ့ၢ်ယံၤဒီးနတၢ်မၤလီၢ်မ့တမ့ၢ် နက့ၢ်ဒီးဟးလၢခိၣ်တက့ၢ်.

Park your car further away from your workplace or school and walk.



နမ့ၢ်အိၣ်လၢတၢ်မၤလီၢ်မ့တမ့ၢ်အိၣ်လၢဟံၣ်န့ၣ်, ဂုၢ်ကျဲးစးဆၢထၢၣ်သုးထီၣ်သုးလီၤသးအမံးနံး ၃၀ တၢ်ဘျီတက့ၢ်.

If you are at work or at home, try to stand up and move around every 30 minutes.



လၢတၢ်နီၣ်သိလုၣ်အလီၢ်န့ၣ်, ဂုၢ်ကျဲးစးဟးဘၣ်လၢခိၣ် မ့တမ့ၢ် ဒီးလုၣ်ယီၢ်ဖဲတၢ်လဲၤတၢ်က့ၤလၢအဘူးအလီၢ်န့ၣ်တက့ၢ်.

Instead of driving, try to walk or ride your bike for short trips.



တၢ်ဆ့ၣ်နီၤအါတလၢအခးန့ၣ်ဒုးဘၣ်ထွဲတၢ်ဂ့ၢ်ကီတဖၣ်ဒ်အမ့ၢ် တၢ်ဘီၣ်တလၢ, တၢ်ဆံၣ်ဆၢတၢ်ဆါ, ကလံၤဖူးသ့ၣ်တဖၣ်သ့ၣ်, လၢတၢ်န့ၣ်အဃိဆ့ၣ်နီၤဘၣ်ထဲတစိၣ်တလီၢ်န့ၣ်တက့ၢ်.

Sitting too much has been linked with problems such as obesity, diabetes and stroke, so make sure you only sit for short time.

