



## **Firfircoonida Jirka iyo Jimicsiga: Nolosha Caafimaadka leh**

### **Tusmada**

- **Faa'iidooyinka Firfircoonida iyo Jimicsiga**
- **Talooyinka Hadda**
- **Noocyada Kala duwan ee Jimicsiga**
- **Firfircoonida Kordhi Maalintoo Dhan**

### **Faa'iidooyinka Firfircoonida iyo Jimicsiga**

Firfircoonida jirka ee badan ee joogtada ah ayaa loogu talinayaa dadkoo dhan da' kastoo ay yihiin waxayna yeelan kartaa faa'iidooyinka caafimaadka ee soo socda:

- Gubtaa kaloriga ama tamarta si ay kaaga caawiso in aad culayska iska riddo ama halkiisa ku haysato
- Yaraysaa cadaadiska dhiigga iyo koolastaroolka
- Wanaajisaa wareegga dhiigga
- Yaraysaa halista cudurka wadnaha iyo hawlgabka jirka qaarkiis
- Xoojisaa muruqyada iyo lafaha
- Fududaysaa wanaajinta caafimaadka maskaxda
- Sare u qaaddaa hanka iyo kalsoonida
- Kordhisaa tayada hurdada
- Kordhisaa tamarta jirka
- Ka hortagtaa Cudurka waallida, cudurka asaasaqa ee Alzheimers

Iyadoo muhiim u ah dadka cudurka macaanka ama sonkorowga qaba firfircoonida jirka ee joogtada ah waxay weliba:

- Kordhin kartaa caddadka gulukooska ee muruqyadu tamar ka dhigtaan
- Jirka ka caawin kartaa in uu maaddada insulin si ka fiican u isticmaalo

Sababtoo ah faa'iidooyinka caafimaadka ee kor ku xusan ee khuseeya cudurka macaanka, waxuu jimicsigu saamayn ku yeelan karaa xakamaynta gulukooska dhiigga. Heerka saamayntan ayaa ku kala duwan nooca cudurka macaanka,

daawaynta, firfircoonida (oo ay ku jiraan muddada iyo xoogguba) iyo dhibaatooyinka jira ee la xiriira cudurka macaanka. Waxaa marwalba faa'iido leh in aad kooxdaada cudurka macaanka kala hadasho isbeddellada aad ku tala jirto in aad jimicsiga ku samayso, waxayna iyagu kaa caawin karaan in aad samaysato qorshe maamul oo habboon oo ku toosan baahiyahaaga gaarka ah.

## Talooyinka Hadda

### Dadka qaangaarka ah (18 – 64 jir ah)

Si ay u caafimaad qabaan, dadka qaangaarka ah ee da'doodu tahay 18-64 waa in ay isku dayaan in ay maalin walba firfircooni yeeshaan waana in ay sameeyaan:

- Ugu yaraan 150 daqiiqo ee firfircoonida meel-dhexaadka ah ee dhaqdhaqaaajinta jirka sida baaskiil wadista ama socodka dhakhso badan toddobaad walba, **iyo**
- Jimicsiyada xoog dhisidda labo maalmood ama in ka badan toddobaadkii kuwaasoo ka shaqaysiiya muruqyada ugu weyn dhammaantood (lugaha, misigta, dhabarka, caloosha, xabadka, garbaha iyo gacmaha).

### Haddii kale

- 75 daqiiqo ee firfircoonida xooggan ee dhaqdhaqaaajinta jirka, sida orodka ama hal ciyaar ee tennis ee labo qof toddobaad walba, **iyo**
- Jimicsiyada xoog dhisidda labo maalmood ama in ka badan toddobaadkii kuwaasoo ka shaqaysiiya muruqyada ugu weyn dhammaantood (lugaha, misigta, dhabarka, caloosha, xabadka, garbaha iyo gacmaha).

### Haddii kale

- Firfircoonida meel-dhexaadka ah iyo midda xooggan ee dhaqdhaqaaajinta jirka oo isku qasan toddobaad walba. Tusaale ahaan, labo orod oo 30 daqiiqo ah iyo 30 daqiiqo ee socod dhakhso badan ayaa u dhigma 150 daqiiqo ee firfircoonida meel-dhexaadka ah ee dhaqdhaqaaajinta jirka, **iyo**
- Jimicsiyada xoog dhisidda labo maalmood ama in ka badan toddobaadkii kuwaasoo ka shaqaysiiya muruqyada ugu weyn dhammaantood (lugaha, misigta, dhabarka, caloosha, xabadka, garbaha iyo gacmaha).

### Dadka qaangaarka ah (da'da 65 +)

Dadka qaangaarka ah ee waayeelka ah ee da'doodu 65 jir tahay ama ka weyn, ee caadi ahaan ladan oo aanan qabin xaalado caafimaad oo dhaqdhaqaaqooda yareeya, waa in ay isku dayaan in ay maalin walba firfircooni yeeshaan waana in ay sameeyaan:

- Ugu yaraan 150 daqiiqo ee firfircoonida meel-dhexaadka ah ee dhaqdhaqaaajinta jirka sida baaskiil wadista ama socodka toddobaad walba, **iyo**
- Jimicsiyada xoog dhisidda labo maalmood ama in ka badan toddobaadkii kuwaasoo ka shaqaysiiya muruqyada ugu weyn dhammaantood (lugaha, misigta, dhabarka, caloosha, xabadka, garbaha iyo gacmaha).

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- Firfircoonida meel-dhexaadka ah iyo midda xooggan ee dhaqdhaqaaajinta jirka oo isku qasan toddobaad walba. Tusaale ahaan, labo orod oo 30 daqiiqo ah, iyo 30 daqiiqo ee socod dhakhso badan, ayaa u dhigma 150 daqiiqo ee firfircoonida meel-dhexaadka ah ee dhaqdhaqaaajinta jirka, **iyo**
- Jimicsiyada xoog dhisidda labo maalmood ama in ka badan toddobaadkii kuwaasoo ka shaqaysiiya muruqyada ugu weyn dhammaantood (lugaha, misigta, dhabarka, caloosha, xabadka, garbaha iyo gacmaha).

**Dadka qaangaarka ah dhammaantood waa in ay yareeyaan waqtiga ay meel muddo badan fadhiyaan.**

**Si aad u hesho macluumaad dheeraad ah oo ku saabsan xeerasha ama tilmaamaha firfircoonida jirka:**

<http://www.nhs.uk/Livewell/fitness/Documents/adults-19-64-years.pdf>

<http://www.nhs.uk/Livewell/fitness/Documents/older-adults-65-years.pdf>

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/541233/Physical\\_activity\\_infographic.PDF](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/541233/Physical_activity_infographic.PDF)

### **Noocyada Kala duwan ee Jimicsiga**

Sida xeerasha ku xusan, waxaa jira labo nooc oo firfircooni oo muhiim u ah maamulidda cudurka macaanka ama sonkorowga, kuwan oo ah; jimicsiga dhaqdhaqaaajinta jirka iyo tababbarka xoog dhisidda.

### **Jimicsiga Dhaqdhaqaaajinta jirka**

Jimicsiga noocan ahi waxuu jirkaaga ka caawiyaa in uu maaddada insulin si ka fiican u isticmaalo. Waxuu weliba kaa caawiyaa in aad kordhiso xoogga wadnahaaga iyo lafahaaga, isagoo markaana wanaajiya wareegga dhiigga kaana yareeya halista cudurka wadnaha marka uu hoos u dhigo caddadka gulukooska dhiigga iyo cadaadiska dhiigga, markaana wanaajiyo caddadka koolastaroolka.

## **Tusaalooyinka Waxqabadyada Dhaqdhaqaaqinta jirka**

- Socod dhakhso badan (dibadda ama mashiinka orodka dushiisa)
- Baaskiil wadis (dibadda ama baaskiil wadis taagan)
- Qoob ka ciyaar
- Jimicsiyada dhaqdhaqaaqinta jirka
- Fuulidda jaranjarada
- Orod fudud / Orod caadi ah
- Shaqada beerta ee Meel-dhexaadka ah ilaa Culus

## **Tababbarka Xoog dhisidda**

Jimicsiga noocan ah ayaa isaguna jirkaaga siyaado ugu dabcin kara maaddada insulin waxuuna yarayn karaa gulukooska dhiigga. Waxuu kaa caawiyaa in aad muruqyadaada iyo lafahaaga xoog u yeesho, waxuuna kaa yareeyaa halista Cudurka daciifka lafaha (Osteoporosis) iyo jabidda lafaha. Hadba sida muruqu kuugu badan yahay, ayaad u sii gubtaa kaloriga ama tamarta, xataa marka jirkaagu nasasho ku jiro. Waxaa daruuri ah in aad muruq beelka kaga hortagto tababbarka xoog dhisidda si aad nolol madaxbannaan u sii yeelato marka aad duqowdo.

## **Tusaalooyinka Waxqabadyada Tababbarka Xoog dhisidda**

- Mashiiinnada culayska la qaad qaado ama biraha goonida ah ee la qaad qaado
- Suumanka adadag
- Qaad qaadista biro ama shayo fud-fudud sida cuntooyinka qasacaysan ama dhalooyinka biyaha
- Jimicsiyada culayska jirkaaga isticmaala si ay muruqyadaada uga shaqaysiiyaan matalan kor iyo hoos u qaadidda jirka kala fidsan, sare u fariisiga, kadaloobsiga, hore u boodidda, isku kala fidinta sidii loox
- Waxqabadyada kalee muruq kuu dhisa kuuna haya matalan shaqada beerta ee culus

## **Firfircoonida Kordhi Maalintoo Dhan**

Dadka qaangaarka ah, gaar ahaan kuwa qaba Cudurka macaanka ee Nooca 2 (Type 2 Diabetes), waa in ay yareeyaan waqtiga ay meel muddo badan fadhiyaan ee aanay dhaqdhaqaaqin. Waxaa muhiim ah in aad fursad walba ka faa'iidayso si aad u kacdo oo aad u dhaqaaqdo.

Ka sokow jimicsiga rasmiga ah, waxaa jira fursado kaloo farabadan oo firfircoonida lagu kordhin karo maalintoo dhan. Waqtiyada badan ee meel la fadhiyo waa in lagu kala jaro xilliyo firfircooni fudud soddonkii daqiiqaba mar. Hadba sida aad dhaqdhaqaaqa u kordhiso, ayaad u sii gubtaa kaloriga ama tamarta waxaana kaaga sii fududaan karta in aad xakamayso caddadka gulukooska dhiiggaaga. Waxaa halkan hoose ku taxan xeelado ama nidaamyo fudud oo kaa caawin kara in aad firfircoonida u kordhiso nolol maalmeedkaaga:

### **Shaqada:**

- Jaranjarada fuul halkii aad wiishka ka qaadan lahayd
- Miiskaaga ka kac oo yara socsoco saacaddiiba mar
- Sare isku taag oo jirkaaga kala fidi adigoo miiskaaga jooga
- Haddii aad qadada u baxdo, taas ka faa'iidayso oo soo socsoco
- Haddii aad tareenka ama baska raacdo, kaga deg istaagga ka horreeya midkaaga
- Waqtiga aad miiskaaga fadhido isku day in aad samayso jimicsiyo kursiga lagu sameeyo

### **Guriga:**

- Eyga soo lugaysii, haddii aad sidan samaysana, si ka dhakhso badan u soco, waqtiga u kordhi
- Carruurta la ciyaar, kubadda cagta ku ciyaar ama saxanka Frisbee la yiraahdo tuur tuur
- Alaabta aad gaariga ka soo qaadayso ama kor geynayso labo ama saddex jeer u noqnoqo, halkii aad mar keliya uga qaadi lahayd
- Shaqada guriga/beerta adigu samayso
- Barta aad joogto ku socsoco waqtiyada xayaysiiska telefishinka
- Aqalka dhex socsoco, ama jaranjarada kor iyo hoos u marmar, marka aad telefoonka ku hadlayso

### **Warwareegga Dibadda:**

- Baabuurka dhigo meel inta aad karayso uga fog dukaannada
- Socod ku mar dariiq walboo ku dhex yaalla dukaanka weyn

Isku day in aad bilowdo in aad fikradahan qaarkood hirgeliso muddo gaaban (5 - 15 daqiiqo) cuntada ka dib, waxay taasi kaa caawin doontaa in aad iska yarayso saamaynta ay cuntadu ku leedahay caddadka gulukooska dhiigga.

**Marka aad yarayso waqtiga aad meel fadhido adigoo hawlaha maalin walba caadi kuu ah u hirgelinaya qodobbada kor ku xusan waxay kaa caawin doontaa maamulka culayska iyo weliba xakamaynta cudurka macaanka.**

Si aad u hesho macluumaad dheeraad ah oo ku saabsan firfircoonida iyo jimicsiga ee khuseeya mawduucyada soo socda halkan ka akhriso

- **Jimicsiga; Saamaynta Xoojinta**
- **Jimicsiga iyo La socodka Gulukooska Dhiigga**
- **Jimicsiga iyo Bartilmaameedyada Gulukooska Dhiigga**
- **Saamaynta Jimicsigu ku leeyahay Gulukooska Dhiigga**
- **Jimicsi samaynta marka Dhibaatooyin laga qabo Cudurka macaanka**
- **Khayraadka Waxtarka leh**