

# Maalin Kasta Dhaqaaq

**Takhaatiirta waxay ku talliyaan in caruurta, jir ahaan, u dhaqaaqaan si dabacsan iyo si adag, maalin kasta, muddo 60 daqiiqo.**

## Maxay tahay sababta aan u baahanahay in aan dhaqaaqno maalin kasta?

- In la dhaqaaqo waxay kordhisaa adkeysiga, dabacsanaanta iyo xoogga
- Badanaa caruurta dhaqaaqda waxay leeyahiin miisaan, waxay daremaan wanaagga naftooda iyo waxay wax u bartaan si wanaagsan
- Dhaqaaqa jirka wuxuu gubaa kaloriyo iyo wuxuu jimicsi u yahay murqaha
- Caruurta dhaqaaqda uma badna niyad jab ama murugo
- Caruurta dhaqaaqda waxaa ku yar halista in ay qaadaan sokorow, neef, iyo cudurka wadnaha marka ay soo weynadaan

## Waxa Qoyskaada Samayn Karo

- Kac oo dhaqaaq inta aad daawanaysid TV ama inta aad cayaareysid cayaaraha fidiyowga
- Ka dhigo ujeedo: dhaqaaq waqtiga xayaysiinta
- Dhaqaaq maalinta oo idil: meel fog dhigo baabuurka, kor jaranjada, baska uga dag hal joogsi ka hor, soco
- Farxad ka dhig dhaqaaqa: ku dheel muusikada, iskuday fidiyowga jimicsiga cusub, cayaar muusikada kuraaasta lagu tartamo, cayaarta simon wuxuu yiri, cayaarta kubadda leysku tuurtuuro, ama sharciyo u samee cayaaraha kaarka iyo boorka

## Si aad u Heshid Macluumaad Badan

- [www.cdc.gov/physicalActivity](http://www.cdc.gov/physicalActivity) • [www.kidnetic.com](http://www.kidnetic.com)
- [www.kidshealth.org](http://www.kidshealth.org) • [www.getactivecolumbus.com](http://www.getactivecolumbus.com)

Macluumaadka ku jira warqadaan waxaa laga soo qaatay [www.kidshealth.org](http://www.kidshealth.org), [www.dole5day.com](http://www.dole5day.com), iyo [www.cdc.gov](http://www.cdc.gov)

## La Tallin

- Cayaar labo jeer oo midkiiba yahay 30 daqiiqo ama cayaar afar jeer oo midkiiba yahay 15 daqiiqo si marka leysu geeyo u noqdaan 60 daqiiqo maalin kasta.
- Isku qor hawl ka socota xarunta nasashada deegaanka
- Qorshee in qoyska oo idil wada dhaqaaqo:
  - dhis ninka barafka (snowman)
  - sahama dhabaha baskiilka deegaanka
  - soo qaado xoogaa qalabka isbortiga kaddibna tag beerta ugu dhaw
  - tag dabaal
  - socodsii eeyga
- Wada qabta shaqada guriga: fakumka, dhar dhaqa, nadiifinta qolka jiiifka, ama socodsiinta eeyga
- Isu keen qoyska iyo asxaabta si ay u wada cayaaraan cayaarta haraatida kubadda, kubadda leysku dhufto, kubadda kolleyga, kubadda baseballka, iyo kubadda cagta



**NATIONWIDE CHILDREN'S**

*When your child needs a hospital, everything matters.<sup>SM</sup>*

## Himilada

Qabso ujeedo ama ujeedooyinka aad adiga iyo qoyskaada wada samayn kartiin. Isticmaal sanduuqyada hoose si aad ula socotiin horumarkaada.

- Waan cayaari doonaa Aniga oo dhaqaajiya jirkeyga ilaa 60 daqiiqo (*Waxay ahaan kartaa hal mar ama waxaa loo kala jejebin karaa maalinta inta ay socoto*)
- Inta aan daawanaysid TVga, waan dhaqaaqi doonaa inta ay socoto xayaysiinta
- Waxaan kori doonaa jaranjarada baddalkii wiishka
- Waxaan socodsiin doonaa eeyga ugu yaraan 15 daqiiqo
- Waxaan isu keeni doonaa qoyska iyo asxaabta si ay u wada cayaaraan cayaarta kubadda kolleyga, kubadda cagta, kubadda baseballka, kubadda haraatida ama kubadda leysku dhufto (*ujeedada waa hal mar todobaadkii*)



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**Todobaadka 1aad**

**Todobaadka 3aad**

**Todobaadka 2aad**

**Todobaadka 4aad**

### Nala Soo Xiriir

Center for Healthy Weight and Nutrition  
700 Children's Drive | Columbus, Ohio 43205  
Phone: (614) 722-4824 | Fax: (614) 722-3099  
[NationwideChildrens.org/Healthy-Weight](http://NationwideChildrens.org/Healthy-Weight)



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