

# Yaree Iskudarka Waqtiga Muraayadda ilaa 2 Saac Halkii Maalin

- Takhaatiirta waxay ku talliyaan in caruurta ay si adag ah u dhaqaaqaan 60 daqiiqo maalin kasta
- In la dhaqaaqo waxay kordhisaa adkeysiga, dabacsanaanta iyo xoogga
- Badanaa caruurta dhaqaaqda waxay leeyahiin miisaan, waxay dareemaan 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 deg hal joogs 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.KidsHealth.org](http://www.KidsHealth.org)
- [www.ScreenTime.org](http://www.ScreenTime.org)
- [www.cdc.gov](http://www.cdc.gov)
- [www.nhlbi.org](http://www.nhlbi.org)
- [www.OhioActionForHealthyKids.org](http://www.OhioActionForHealthyKids.org)



## La Tallinta

- Yaree muddada iyo inta jeer aad ku qaadatid TVga horteeda ama kombuyutarka
- Daji xuduud cad xagga waqtiga daawashada TVga, cayaaraha fidiyowga iyo kombuyutarka
- Dami TVga ama kombuyutarka muddo hal maalin, ugu yaraan hal maalin halkii todobaad
- Dhaqaaq waqtiga xayaysiinta adiga oo fiiriya inta kor isu qaadidda (push ups), kor u boodidda (jumping jacks), wareejinta gacmaha ama fadhiisiga (sit-ups) aad samayn kartid ka hor inta aysan dhamaanin xayaysiinta
- Cunto ha ku cunin TVga ama kombuyutarka hortooda

*Macluumaadka ku jira warqadaan waxaa laga soo qaatay Xarumaha Kantaroolka Cudurka (Centers for Disease Control), Dhaqaaqa Caruurta Caafimaadka Qabta ee Ohio (Ohio Action For Healthy Kids), iyo Machadka Wadnaha Sambabka iyo Dhiigga Qaranka (National Heart Lung and Blood Institute).*



**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.

- Aniga kuma cuni doono TVga hortiisa
- Waxaan waqtiga muraayadda ku soo koobi doonaa muddo aan ka badneyn 2 saac
- Waxaan dammin doonaa TVga ama kombuyutarka muddo hal maalin halkii todobaad



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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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