

Furaha sida loogu joogi firfircoonaan

– loogu talagalay caruurta!



Si aad u dareento si fiican waxaad u baahan tahay inaad socotid illaa aad ka kululaatid oo waxyar ka neefsato celcelis ahaan ugu yaraan **60 daqiiqo** maalintii, tusaale socod talaabo dheer ah, baaskiil wadid ama iskeet wadidaa.



Saddex jeer usbuucii, garaaca wadnahaagu waa inuu kordhaa ilaa aad ka dareento daal iyo kuleyl, tusaale ahaan inaad si xowli ah u socoto, baaskiil ku wadid meel taag ah ama dabaasha.



Waa inaad xoojisaa muruqyadaada iyo lafahaaga saddex jeer usbuucii, tusaale ahaan inaad oroddo, booddo, fuusho ama ku jimicsatoqolka jimicsiga (bannaanka) ama gudaha guriga.



Ha fadhiisan maalintii oo dhan. Firfircoonida ku dadaal inta lagu jiro nasashada dugsiga. Isku day inaadnaan waqti badan ku qaadan shaashadda horteeda oo aad nasashooyin si aad u dhaqaaqiso jirkaaga.

Jimicsigu waa fiican yahay!
Waxaad ...

... dareemo walaac yar iyo niyad jab

... aad yeelanaysa caafimaad dheefshiidka oo wanaagsan

... noqo mid xoog badan

... leedahay xakameyn wanaagsan oo jirka ah

... waxaad lahaanaysaa isku-kalsooni

... seexo si fiican

... way fududahay inaad diirada saarto

... hel tamar badan

... noqo mid u adkaysta walaaca badan

... si aad si fiican ugu dadaasho dugsiga

... ku qaabeyni qaab wanaagsan

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TABAHA LAGU BILAABAYO!



Samee jimicsi dheeraad ah maalin kasta. U lugee ama baaskiil ku tag dugsiga oo jaranjarooyinka isticmaal halkii aad ka raaci lahayd wiishka. Ku caawi guriga adoo nadiifinaya, qaadaya alaabooyinka, jaraya cawska iyo adoo xaaqaya barafka.



Jimicsiga, kordhi garaaca wadnahaaga iyo xooggaaga.

Isku day inaad sameyso waxqabadyo xiiso leh oo adiga ku anfacaya! Samee jimicsi kaligaa ama la jarinka saaxiib. Jimicsi ku samee hawada furan ama guriga, ama maxaad ugu biiri weyday naadi isboorti ama jir dhis ahaaneed?

Ku taxnaw dhiirigelinta!



Ka hel dhiirigalin baraha bulshada

- Generation Pep
- RF-SISU Västra Götaland
- Västkuststiftelsen
- Friluftsförbundet

BARO HAWLAHA!

vgregion.se/rorelseguiden

svtplay.se/alex-traning

Tilmaamo dheeraad haddii aad leedahay NAAFANIMO

Ciyaaraha dadka curyaanka ah ee Sweden
Para-Me.se



Buug-yarahan wuxuu ku saleysan yahay qorshaha waxqabadka ee gobolka Västra Götaland si loo dhiirrigeliyo hawlaha jirka ee carruurta iyo kuwa qaangaarka ah, iyadoo lala kaashanayo Centrum för fysisk aktivitet ee magaalada Göteborg. Waxaad ku dalban kartaa 'Furaha u joogitaanka firfircoonida sida ilmo' adoo ku dirayo adress.distributionscentrum@vgregion.se



VÄSTRA
GÖTALANDSREGIONEN