



Eat right. Be active. Get healthy.

## LET'S GO! WAXAY DUGSIGA GEYNEYSAA 5210

### Ku dhiiri geli Biyaha & Caanaha Xaydha Yar Bedelka Cabbitaanka la ma Macaaneeyay

#### Sida ay Qabto Rugta Gudiga Wadanka ee Caanaha:

- Carruurta da'dood tahay 4-8 sano jir waa inay qaataan saddex ,8 wiqiyadood koob ah oo caano ah ama wixii cabbitaan ah ee xoolaha maalin walba



8oz.

8oz.

8oz.

- Carruurta da'doodu tahay 9-18 sano jir, waa inay qaataan koobabka caanaha ee afar iyo bar, 8 wiqiyadood ama wixii cabbitaan ah ee xoolaha maalin walba



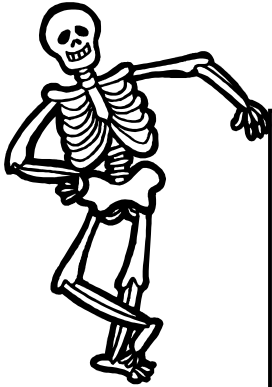
8oz.

8oz.

8oz.

8oz.

4oz.



#### Ma ogtahay?

carruurta da'da kaste in biyaha iyo caanaha yihiin wax ugu fiican ee loo doori karo. Biyuhu male qiyaasta tamarta in la cabbana waxay baraysaa carruurta inay ogolaadaan cabbitaan tamarta ku yar tahay macaana lahayn ugu harraad baxaan. -<http://www.revolutionhealth.com>

#### Tusaalooyin Arinta Fududeyn karto:

##### Biyaha

1. Ku hay gacanta dhalo biyo ah ama biyaha dhalada
2. Ku dar biyaha liin dhanan, liin, ama qubka liinta ee cusub si ay dhadhanka u hagaajiso

##### Caanaha

1. Si tartiiba ugu bedel caanaha labeenta leh kuwa ay ku yar tahay
2. Qas caanaha , kuna dar baraf, iyo xiraha macaaneeya

Wixii warbixin dheerad ah, booqo [www.letsgo.org](http://www.letsgo.org)

