



Weekly physical activity recommendation during pregnancy (uncomplicated pregnancy)	Talooyinka dhaqdhaqaaqa jimicsiga toddobaadlah a ah inta lagu jiro uurka (uurka aan cillada lahayn)
FEELING GOOD DURING PREGNANCY Listen to your body	WANAAG DAREEMISTA XILLIGA UURKA Dhageyso jirkaaga
Utilise everyday opportunities to be physically active	Ka faa'iideyso fursadaha maalinlaha ah si aad u noqoto mid firfircoon
Light physical activity as often as possible	Jimicsi jireed oo fudud sida ugu badan ee ugu macquulsan
Every step counts. Utilise housework, grocery shopping, outdoor activities with your family and other everyday chores.	Tallaabo kasta waa muhiim. Ka faa'iideyso hawlaha guriga, dukaamaysiga, wa xqabadyada banaanka ee lala samayso qoyskaaga iyo howlaha kale ee maalinlaha ah.
Breaks to sedentary behaviour whenever possible	Nasashada marka la muujiyo dabecad daal leh markasta oo ay suurtagal tahay
Breaks improve blood circulation, activate muscles and reduce strain on your body. Stand up while answering your phone, set automatic reminders for breaks, and disengage from screen entertainment and social media every now and then.	Nasashooyinku waxay wanaajiyaan wareegga dhiigga, waxay dhaqaajiyaan murqaha waxayna yareeyaan culeyska jirkaaga. Istaag markaad qabanayso taleefankaaga, samayso xusuusino otomaatig ah oo ku xasuusiya nasashooyinka, oo ka naso madadaalada aad ka daawato shaashadda iyo warbaahinta bulshada marwalba.
Restorative sleep sufficiently	Hurdo tamar celin ah, in kugu filan
During sleep, your brain structures your thoughts and helps you to recover from daily stress. Learn to recognise the amount of sleep that you need and aim to sleep accordingly.	Xilliga hurdada, maskaxdaadu waxay qaabeysaa fikirkaaga waxayna kaa caawineysaa inaad ka kabsato walwarka maalinlaha ah. Baro inaad aqoonsato qadarka hurdo ee aad u baahan tahay oo bartilmaameedso inaad u seexato si waafaqsan qadarkaas.
Regular physical activity	Jimicsi jireed joogto ah
improves physical fitness and helps to manage pregnancy-induced physical strain speeds up the recovery after delivery affects positively to your mood helps to prevent excessive gestational weight gain and decreases the risk of gestational diabetes.	wuxuu wanaajinayaa badqabka jirka wuxuuna gacan ka geystaa maaraynta culeyska jirka ee uurka uu keeno wuxuu dadajiyaa soo kabashada ka dib xilliga dhalmada wuxuu si togan u saameeyaa shucuurtaada wuxuu kaa caawinayaa kahortaga kororka culeyska xilliga uurka wuxuuna yareeyaa halista ah inaad qaado cudurka sokorowga uurka.



Physical activity is not harmful to the baby.	Dhaqdhaqaaqa jirka waxyeello kuma lahan ilmaha.
How much physical activity is good for you?	Immisa jimicsi ayaa kuu fiican adiga?
Moderate physical activity	Jimicsi jireed oo dhexdhexaad ah
At least 2 h 30 min per week	Ugu yaraan 2 saac 30 daqiiqo usbuucii
Spread physical activity to at least three days a week.	U kala weybi jimicsiga ugu yaraan saddex maalmood usbuucii.
> Physical activity is moderate if you are able to talk despite shortness of breath.	> Jimicsiga jirka waa mid dhexdhexaad ah haddii aad awoodid inaad hadasho iyadoo ay neefta kugu yartahay.
In addition	Intaa waxaa dheer
Muscle strengthening and balance activities	Jimicsiyada xoojinta iyo dheelitirka muruqyada
At least twice a week	Ugu yaraan laba jeer usbuucii
The more diversity in your physical activity, the better.	Hadba sida ay u kala duwan yihiin jimicsiya aad ku samayso jirkaaga, ayaa ugu fiican.
> Suitable physical activity is e.g. gym training, gymnastics exercise, dancing and yardwork.	> Jimicsiga jirka ee haboon ayaa ah tusaale ahaan tababarka jimicsiga, jimicsiga jimnaastikada, qoob ka ciyaarka iyo shaqada ardaaga/beeraha.
If you have not been physically active before pregnancy	Hadaadan jir ahaan ahaan jirin mid firfircoon kahor uurka
Start with short and light sessions; regularity and total amount of physical activity are more important than duration and intensity. Increase the duration, intensity and number of sessions gradually.	Ka bilow xiisado gaagaaban oo fudud; joogtaynta iyo wadarta hawlaha jimicsiga ayaa ka muhiimsan mudada iyo xooga jimicsiga. U kordhi muddada, xoogga iyo tirada xiisadaha si tartiib tartiib ah.
If you have been physically active before pregnancy	Haddii aad jir ahaan ahaan jirtay mid firfircoon kahor uurka
You can continue with light and moderate physical activity as before, but listen to your body and ease the training accordingly. Consult your physician about continuing with physical activity that markedly exceeds the amount and intensity of the general recommendation (goal-oriented vigorous physical activity, competitive sports).	Waxaad jimicsiyada jireed oo fudud iyo kuwa dhexdhexaadka ah u sii wadi kartaa sidii hore oo kale, laakiin la soco jirkaaga oo u fududayso tababarka hadba si waafaqsan xaalada jirkaaga. Kala tasho dhakhtarkaaga arrimaha ku saabsan sii wadida jimicsiga jireed ee dhaafsiisan qadarka iyo xooga talobixinta guud (jimicsi firfircoon hadaf lagu beegsanayo, isboorti tartan leh).



<p>REMEMBER</p> <p>to drink during physical activity — it enhances sweating and body temperature regulation to warm-up and cool-down.</p>	<p>XUSUUSNOW</p> <p>inaad cabto dareere kugu filan inta lagu jiro jimicsiga jirka - waxay kordhinaysaa dhididka iyo maareynta heerkulka jirka. si aad isku kululeeyso iskuna qaboojiso.</p>
<p>AVOID</p> <ul style="list-style-type: none"> • a prolonged supine position if it makes you feel unwell • abdominal strengthening exercises if you suspect separation of abdominal muscles (diastasis recti). In that case, ask your maternity clinic for further instructions. • activities that include physical contacts, a risk of falling or rapid changes of directions (e.g. many ball games and contact sports, ice hockey, downhill skiing and horseback riding) • physical activity in hot and humid and at high altitudes with reduced levels of oxygen, • scuba diving. 	<p>KA FOGOW</p> <ul style="list-style-type: none"> • qaab jimicsi oo muddo dheer qaata haddii taasi ay kaa dhigeysa inaad dareento caafimaad darr o • jimicsiyada xoojinta caloosha haddii aad ka sh akido kala-go'a murqaha caloosha (diastasis recti). Xaaladdaas oo kale, weydiiso shaqaalah a daryeelka hooyooyinka wixii tilmaamo dheer aad ah. • jimicsiyada ku lug leh istaabashada jirka, halist a ah inaad dhacdo ama jir wareejin degdegga a h sameeyso (tusaale, ciyaaro badan oo kubbadda ah iyo isb oorti la istaabto, cayaarta hokiga, cayaarta bara fka ee buuraha, iyo fuulitaanka fardaha) • jimicsiga jirka ee lagu sameeyo meelaha kuleylka iyo qoyaanka ah iyo meelaha sare oo leh heerar oksijiin oo y ar • quusitaanka biyaha.
<p>STOP physical activity and contact maternity care if you get any of the following symptoms:</p>	<p>JOOJI jimicsiga jirka, oo la xiriir shaqaala ha daryeelka hooyooyinka haddii aad isku aragto mid ka mid ah astaamaha soo socda:</p>
<ul style="list-style-type: none"> • Severe shortness of breath that does not resolve on rest • Chest pain • Regular and painful contractions • Vaginal bleeding • Severe headache • Dizziness that does not resolve on rest • Calf swelling and pain 	<ul style="list-style-type: none"> • Neefsasho daran oo aan ku roonaanayn nasasho • Laab xanuun • Kala-goysyo joogto ah oo xanuun leh • Dhiigbaxa xubinta taranka ah • Madax xanuun daran • Dawakhaad aan ku roonaanayn nasasho • Barar iyo xanuun dibiga ah/lugta hoose ah
<p>Contact your maternity care about continuing with physical activity also in case you have any other problems or symptoms.</p>	<p>La xiriir shaqaalaha daryeelka hooyooyinka si aad ugala hadasho arrimaha ku saabsan sii wadista jimicsiga jirka sidoo kale haddii ay dha cdo inaad dhibaatooyin kale ama astaamo kale yeelato</p>



Move your way. Every day.	Jidkaaga dhaqaaji. Maalin walba.