



<p>Weekly physical activity recommendation after delivery (uncomplicated delivery)</p>	<p>Talooyinka dhaqdhaqaaqa jimicsiga toddobaadlaha ah inta lagu jiro uurka (uurka aan cillada lahayn)</p>
<p>BOOSTING MOOD DURING POSTPARTUM Adapt to your resources</p>	<p>KORDHINTA SHUCUURTA INTA LAGU JIRO XILLIGA DHALMADA KADIB AH – La jaan qaad kheyraadkaaga</p>
<p>Utilise everyday opportunities to be physically active</p>	<p>Ka faa'iideyso fursadaha maalinlaha ah si aad u noqoto mid firfircoon</p>
<p><u>Restorative sleep sufficiently</u> 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 try to match your sleeping habits with your baby's sleep pattern.</p>	<p><u>Hurdo tamar celin ah, in kugu filan</u> Xilliga hurdada, maskaxdaadu waxay qaabeysaa fikirkaaga waxayna kaa caawineysaa inaad ka kabsato walwalka maalinlaha ah. Baro inaad aqoonsato qadarka hurdo ee aad u baahan tahay oo isku day inaad iswaafajiso caadooyinkaaga hurdada iyo jadwalka hurdo ee cunuggaaga.</p>
<p><u>Breaks to sedentary behaviour whenever possible</u></p>	<p><u>Nasashada marka la muujiyo dabeecad daal leh markasta oo ay suurtagal tahay</u></p>
<p>Breaks improve blood circulation, activate muscles and reduce strain on your body. Set yourself screen time limits and choose the TV programmes that you wish to watch.</p>	<p>Nasashooyinku waxay wanaajiyaaan wareegga dhiigga, waxay dhaqaajiyaaan murqaha waxayna yareeyaaan culeyska jirkaaga. Sameeyso xadka waqtiga aad ku isticmaalayso shaashadda oo dooro barnaamijyada TV-ga ee aad rabto inaad daawato.</p>
<p><u>Light physical activity as often as possible</u></p>	<p><u>Jimicsi jireed oo fudud sida ugu badan ee ugu macquulsan</u></p>
<p>Every step counts. Utilise housework, grocery shopping, outdoor exercise with your family and other everyday activities. However, remember to rest during the day.</p>	<p>Tallaabo kasta waa muhiim. Ka faa'iideyso hawlaha guriga, dukaamaysiga, waxqabadyada banaanka ee lala samayso qoyskaaga iyo howlaha kale ee maalinlaha ah. Si kastaba ha noqotee, xusuusnow inaad nasato inta lagu jiro maalinta.</p>
<p><u>Regular physical activity after delivery</u></p> <ul style="list-style-type: none"> improves physical fitness and increases energy boosts mood and supports mental well-being 	<p><u>Jimicsi jireed oo joogto ah kadib dhalmada</u></p> <ul style="list-style-type: none"> wuxuu wanaajiyaa badqabka jirka wuxuuna kordhiyaa tamarta wuxuu kobciyaa shucuurta wuxuuna gacan ka geystaa badqabka maskaxda



- helps return to pre-pregnancy weight.

- wuxuu kaa caawiyaa ku soo noqoshada culayskaagii uurka kahor ahaa.

How much physical activity is good for you?	Jimicsi jireed intee le'eg ayaa kuu fiican adiga?
Even short bouts of physical activity count.	Xitaa dhaqdhaqaaqyo gaaban oo jimicsi jireed ah waa kuu muhiim.
Moderate physical activity	Jimicsi jireed oo dhexdhexaad ah
At least 2 h 30 min per week	Ugu yaraan 2 saac 30 daqiiqo usbuucii
All activity that increases your heart rate counts.	Jimicsi kasta oo kordhiya garaaca wadnahaaga ayaa muhiim ah.
> Physical activity is moderate, if you are able to talk despite shortness of breath.	> Jimicsiga jirku waa mid dhexdhexaad ah, haddii aad awoodid inaad hadasho iyadoo neeftu kugu yartahay.
OR	AMA
Vigorous physical activity	Jimicsi Jireed oo xoog ah
At least 1 h 15 min per week	Ugu yaraan 1 saac 15 daqiiqo usbuucii
You will achieve the same health benefits in a shorter length of time, if/when you increase the intensity of your activity.	Waxaad heli doontaa isla faa'idooyinka caafimaadka waqti gaaban gudaheed, haddii/markaad kordhiso xooga jimicsigaaga.
> Physical activity is vigorous, if talking is difficult due to shortness of breath.	> Jimicsiga jirku waa mid xoog badan, haddii hadalku kugu adag yahay neefta oo kugu yar awgeed.
IN ADDITION	INTAA WAXAA DHEER
Muscle strengthening and balance activities	Tababarka xoojinta iyo dheelitirka muruqyada
At least twice a week	Ugu yaraan laba jeer usbuucii
Use your muscles and challenge your balance more than normal.	Isticmaal murqahaaga oo ku tababaro dheelitirkaaga in ka badan inta caadiga ah.
> Choose your way, e.g. weight training, stairs workout, group exercise.	> Xulo qaabkaaga, tusaale ahaan, tababarka culeyska, jimicsiga jaranjarada, jimicsi kooxeed.
When can you start physical activity?	Goorma ayaad bilaabi kartaa jimicsiga jirka?
<ul style="list-style-type: none"> • Recovering from delivery is different for each individual – you can start light physical activity as soon as you feel ready to do so. • Listen to your body and gradually increase the number and intensity of the physical activity. • If you are uncertain, do not hesitate to consult your nurse or doctor. 	<ul style="list-style-type: none"> • Ka soo kabashada dhalnada way ukala duwan tahay shaqsi kasta - waxaad bilaabi kartaa jimicsiga jirka ee fudud isla marka aad dareento inaad diyaar u tahay inaad sidaas sameyso. • La soco jirkaaga oo si tartiib ah u kordhiso tirada iyo xoogga jimicsiga jirka. • Haddii aadan hubin, ha ka waaban inaad la tashato kalkaaliyahaaga ama dhakhtarkaaga.



<p>What kind of physical activity is suitable?</p>	<p>Jimicsi noocce ah ayaa kugu habboon?</p>
<ul style="list-style-type: none"> • Start pelvic floor muscle training right after delivery, because it prevents possible urinary incontinence. Further advice is provided by e.g. the physiotherapy of your local health centre. Instructions on pelvic floor muscle exercises are available in Finnish at www.kaypahoito.fi • Choose activities that you find safe and familiar, e.g. workout sessions with your baby or pram walking. • In the beginning, avoid physical activities that include intense jumps or rapid changes of direction, because your ligaments might have loosened due to hormonal changes. • You may return to running 3 months after delivery at the earliest. Before graded return you should not have any symptoms of pelvic floor weakness in everyday activities or running attempts. 	<ul style="list-style-type: none"> • Bilow tababarka muruqyada miskaha ee lagu sameeyo sagxada kadib dhalmada, maxaa yeelay waxay ka hortag eysaa kaadi-qabasho suurtagal ah. Talo dheeraad ah waxaa bixiya tusaale ahaan; daaweynta jimicsiga jirka ee lagu bixiyo xaruntaada caafimaadka. Tilmaamaha ku aadan jimicsiyada muruqyada miskaha ee lagu sameeyo sagxada waxay ku qoran yihiin af Finnish www.kaypahoito.fi • Xullo jimicsiyo aad u aragto inay yihiin kuwo ammaan ah oo aad aqoon u leedahay, tusaale ahaan, xiisadaha jimicsiga ee aad la samaynayso ilmahaaga ama socodka caruurta. • Bilowga, iska ilaali jimicsiga jirka oo ku lug leh booditaanka xoogan ama dhaqaajinta boobsiiska ah ee jirka, maxaa yeelay muruqyadaadu waxaa laga yaabaa inay jilceen sababo la xiriira isbeddelada hormoonka. • Waxaad ku laaban kartaa orodka 3 bilood kadib dhalmada marka ugu horreysa. Kahor soo noqoshada waa inaadan isku arag wax astaamo ah oo daciifnimada miskaha lagu sameeyo sagxada ah ee jimicsi maalmeedka ama iskudayada orodka aad samayso.
<p>Physical activity and breastfeeding</p>	<p>Jimicsiga jirka iyo naasnuujinta</p>
<ul style="list-style-type: none"> • Drink a sufficient amount of fluids during physical activity. • A moderate amount and intensity of physical activity does not affect the quantity or quality of the breast milk, or the ability to breastfeed nor the baby’s growth. • The best time for breastfeeding is before physical activity — the breasts become lighter and physical activity is more comfortable. 	<ul style="list-style-type: none"> • Cab cabitaan kugu filan inta lagu jiro jimicsiga jirka. • Qaddar dhexdhexaad ah iyo xoogga jimicsiga jirka ma saameeyaan tirada ama tayada caanaha naaska, ama awoodda naas-nuujinta iyo koritaanka ilmaha. • Waqtiga ugu fiican ee naasnuujintu waa kahor jimicsiga jirka - naasaha waxay noqdaan kuwo fudud oo jimicsigana wuxuu kuu noqonayaa mid raaxo badan leh.



By being physically active you support both your own and your baby's well-being.

Inaad jir ahaan firfircoonaato waxay gacan ka geysanaysaa caafimaadkaaga iyo caafimaadka ilmahaaga labaduba.