

Dhaqdhaqaaq!

- ★ Lugee ama kaxayso baaskiil marka aad aadayso guriga asxaabtaa



- ★ Qaado jaranjarta ha qaadan elefaytarka ama wiishka

- ★ Raadso qof saaxiibkaa ah oo ku dhiirigaliya



- ★ Soo lugee marka aad shaqada joogtid haddii aad haysatid fursad gaaraysa 10-15 daqiiqadood

- ★ Isa soo qor kalaas jimicsi ah ama cajalad daaro oo guriga jimicsi ku samee



- ★ Caruurtaada la cayaar ama la lugee oo gee meel lagu ciyaarsiiyo

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Move It!

- ★ Walk or bike to a friend's house



- ★ Take the stairs, not the elevator

- ★ Find a friend to support you in being active



- ★ Go for a 10-15 minute walk during a work break

- ★ Sign up for an exercise class or move along with a workout video



- ★ Play games or walk to the park with your children

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