



Module 6

Ahkyohkye Mukwikwi in Ahsrosr



Ahkyohkyeyacn mukwikwi in ahsrosr lom an kuh in kahsrekom in kosraclah kuh ahksuhmuhiyelah sikyak luhn mihsen suka (type 2 diabetes).



Pa inge mwe sramsram lasr uh:

- Srihpac pwacnwacng in ahkyohkyeyuck mukwikwi in ahsrosr
- Kuhtuh ohiyac ma kuh in ahkyohkye mukwikwi in ahsrosr
- Kom ac oruh fuhkah kom in lohacng in wo nuhke ahsrosr lom an

Kom ac oraclah pac plan se lom sifacna!

Mwe Kahsruh:



- ✓ In kuh in lie lah pwacye kom muhtwacwacack ke ahsrosr na fal se, orekmakin sramsram lom an in srihke. Kalmac pa, kom ac kuh in sramsram, tusruk tiac on ke pac! kom ahsrosr.
- ✓ Srihke kom in ahkyohkye mukwikwi in ahsrosr ke kais sie week.



Sramsram Soko kac Tulpe



Tulpe el oasr in sensen nuhke mihsensuka (type 2 diabetes). Pwacnwacng el srihke in ahkyohkye kuhtuh mukwikwi in ahsrosr lal ke kais sie week. Finsrak lal pa in oruh ahsrosr lal ke lusen minute 150 ke week se. Ahsrosr lal uh in ma na fal.

Week Se Emeet. Tulpe el kahkabsrihk fahsr raunyak. Sun minute 10 el sislah in raunyak. El oruh ohinge ke lwen 3 ke week sac.

Week Ahkluo. Tulpe el fahsr raunyak pac1 2. El sislah minute 17 in raunyak. El oruh oinge ke lwen 5 ke week sac.

Week Ahktolu. Tulpe el fahsr raunyak pac1 3. El sislah minute 21 in raunyak. El oruh oinge ke lwen 7 ke week sac.

Week AhkAhkosr. Tulpe el ukwena schedule in fahsr se ma el oruh ke Week ahk tolu ah. Weacng mukwikwi in ahsrosr lal ke week se inge, el oacyacpac srihke in fahsr ke acn oactu. Ke sie lwen ingacn, el oraclah sets 2 ke raun 3 orekmakihn resistance band.

Week AhkLimekohsr. Tulpe el ukwe na schedule in fahsr se ma el oruh ke Week ahk tolu an. 2 lwen inmahsrln week se ingacn, el oraclah pac set 3 ke raun 5 orekmakin resistance band se.

Ingena, Tulpe el oraclah finsrak lal nuhke ahsrosr lal uh. El ahksrihkyelah paun lal. Suka lal ah fohlohki liki luhpah ma el oasr kac meet liki el muhtwacwacack ahsrosr ah.



Ohiyac in Ahkyohkye Mukwikwi in Ahsrosr

1. Orekmakihn tin in mongo in sruok ac oruh bicep curls ke pacl kom fahsr an.
2. Kalweniac in puhs kuh ahkpuhsye sets in ahsrosr an.
3. Sruhk kuhtuh ma toasr kuh mwe tohu an.
4. Pahtok soko stroller an ke pacl kom fahsr.
5. Ahkpuhsye pihsen steps ke kais sie lwen kuh week.
6. Orekmakihn mwe tohu ma oasr ke pound se ke pacl kom fahsr an.
7. Ahkloesye fahsr lom an.
8. Fahsr in pihsrpihsr.
9. Fahsr in loes.
10. Fahsr fanuhk acn oactu.

Kom ac oruh fuhkah kom in mukwikwiyak kuh ahkyohkye ahsrosr lom an ke week ekahsr fahsruh ingacn?

Week Se Emeet: _____

Week Ahkluo: _____

Week Ahktolu: _____



Ahkkweye Muscles Keim An

Push-Up Pesinkac

1. Foracng nuh pesinkac an. Tu ke lusac se ma loes kutusrik liki lusen poum nuhke pesinkac an. Oruh niom in an tuhparpasrelik fin falfucl an, ac finpusom in sralacpwelikh ac suwohs.
2. Mayak nuh met. Fihliac lun poum in an tuhparpasrelik nuhke pesinkac an ac fuhlwact oana finpusom ac finpusom in sralacpwelikh suwohs.
3. Kahkhsrik mongyak ke kom oracack kapihn poum ac fihli acn lung ke monum nuh pesinkac an. Srike kom in kakasrik na mokle monum.
4. Srukyac atac sacn ke second 1.
5. Mongi. Kahkhsrik pahtok kom nuh tok nuhke suwohselik poum.
6. Kalweni pac1 10 nuhke 15.
7. Monglac. Na sifil kalweniac pac1 10 nuhke 15.



Ahkkweye Muscles Keim an

Ahsrosr Po orekmakin Mwe Tohu

1. Tu kuh muhta ke sie siah kwekwe ma wacngin paho an. Oakiyac niom in an tupahsrpahsrwelihk fin falfucl an, inmasrlo an in oana sralacpan finpihsom.
2. Sruokyac mwe tohu an siskom in level nuhke fuhlwaactan finpihsom. Oruh lun poum in an ngwet nuh meet. Kahkahsrihk mongyak.
3. Kahkahsrihk mongi ke pacl se kom sruhwack kwewa poum nuh fin sifom. Oruh kapihn poum in kahkasrihk kohtkohtyak. Oruh lun poum in an ngwet nuh meet.
4. Sruokyac atac sacn ke second 1.
5. Mongyak ac kahkasrihk isyac poum.
6. Kalweni pacl 10 nuhke 15.
7. Monglac. Na sifil kalweniac pacl 10 nuhke 15.

Muhtwacwacack ke mwe tohu muhlahlah. Kais kuhtuh nuhke kom kuh in sruhk ma toasr. Kom kuh in orekmakihn lwacpo meet. Fin kom lungse, kom kuh in orekmakihn tin in soup kuh kuhtuh ma sahyac.



Ahkkweye Muscles Keim an

Ahsrosr Po orekmakin Resistance Bands

1. Muhta ke sie siah kwekwe ma wangin paho. Oakiac niom in an tuhpahsrpahsrwelihk fin falfucl an, inmahsrlo an oacna sralacpan finpusom.
2. Fihliac infulwen resistance band sacn ye niom kwewa. Srukyac kais sie sisen resistance band sacn ke lun poum ac oruh lun poum in ngwet nuh lac. Oruh kapihn poum in an na ke siskom. Kahkahsrihk momong.
3. Oruh poum in suwohs. Kahkahsrihk mongi ac oracack kapihn poum in suwohs nuhke finpihsom.
4. Srukyac atac sacn ke second 1.
5. Mongyak ac kahkahsrihk isyac poum.
6. Kalweni pac1 10 nuhke 15.
7. Monglac. Sifil kalweniac pac1 10 nuhke 15.



Muhtwacwacack ke sie stretchy band ah. Kais kuhtu oruh nuhke kom kuh in orekmakihn sie band fokoko ah.

Fin resistance band se lom an oasr mwe sruh kac, lihksrweni sruokyac. Fin wacngin mwe sruh kac, puhnlah raunweack poum in tiac puhtat.

Source: NIAEPA <https://www.nia.nih.gov/health/exercise-physical-activity>