



Module 19

Oruh Kom in Mukwikwi kuh Ahsrosr in Kosraclah Mihsen Suka (T2)



Mukwikwi kuh ahsrosr lom ke lusen pacl loes kuh in kasrekom in kosraclah kuh ahksuhmuhiye sikyak lun mihsen suka (type 2 diabetes).



Pa inge mwe sramsram lasr uh:

- Kuhtuh ma wo ke mukwikwi kuh ahsrosr
- Kuhtuh ma ac oruh upac kom in mukwikwi kuh ahsrosr ac kasruh nuhkac an
- Fuhkah lusen fasruh lom ke mutwacwaciyen program uh me

Kom ac oraclah pac plan se lom sifacna!



Mwe Kasruh:

- ✓ Oruh kom in etuh lah "efuh." Ahkacsmakinye kom ke lwen nuhkewela lah efuh kom ke mukwikwi kuh ahsrosr. Siyuck sin kawuck ac sucu lom an in ahkacsmakinyekom.
- ✓ Sifacna opi ikom. Ahkolah sie ma srisrik ah, sahyen mongo, in sang opi ikom pacl kom sun finsrak lom an. Siyuck sin sucu ac kawuck lom an in ahkkweye kom.



Sramsram Soko kac! Alik



Alik el oasr in sensen in weack mihsen suka (type 2 diabetes). Doctor lal ah siyuck elan sislah pound 20 ac srihke in oruh mukwikwi kuh ahsrosr lal in sun minute 150 ke kais sie week.

Kampare lal Alik pwacnacng el sun finsrak lal nuhke toasriac! ac mukwiwi in ahsrosr lal. Suka ke srah lal ah oasr ke luhpah wo ac fal ingena. Doctor lal ah fahkwacng lah el tilac oasr in sensen in weack mihsen suka (Type 2 diabetes).

Tusruk tok kuhtuh, Alik el arulacna kahfofoyak. Muhtwacn kiac! ah muhtwacwacack in oruh lutlut lal ke fong. Sripac inge pwacnacng el enenuh in pa karingin kuhtuh orekma ma muhtwacn se kiac! inge oruh uh.

Ingena, oasr orekma el enenuh in oruh ke pac! in monglac in infulwen!wen lal. Sripac se inge pwacnacng el tiac sifil oruh ahsrosr fahsr lal ke infulwen!wen.

Arlac upac nuh sel Alik in oraclah pac! in ahsrosr lal. Weacng pac lah el sun finsrak nuhke ahksri lal, el tiacna na arlac kampare. Mukwikwi in ahsrosr lal uh luhman srihkeni na.

Alik el otwelah elan nahwuh. El wi tulihk nahtuhl in oruh mukwikwi in ahsrosr lal. El sifacna oraclah mwe sang srisrik nuh sel, sahyen mwe mongo, ke pac! el sun finsrak nuhke mukwikwi in ahsrosr lal. El siyuck sin tuhlihk nahtuhl inge in ahkyohkye kasruh lalos ke ma eltahl oruh lwen nuhkwewa in muh kuh in yohkwelihk pac! lal in mukwikwi kuh ahsrosr.

Misenge, Alik el sifil fohlohkohnwack mukwikwi in ahsrosr lal. El motko elan kuh in oruh na mukwikwi in ahsrosr lal ke lusen pac! loeloes. El ke elan fokoko ac tiac mas. Weacng lah el lungse ma el puhla ke pac! el mukwikwi kuh ahsrosr uh.

Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an



Ac kuh in upac in mukwikwi kuh ahsrosr ke lusen pacl loes. Kuhtuh pa inge ma upac ma wacna sikyak ac ohiyac in kasruh. Suhmuhsrah nuhnak lom sifacna ke column soko ma fahk muh "Kuhtwena Kasruh Nuhkac". Mahkiac kais sie ma kom srihke an.

Ma Upac	Ohiyac in Kasruh	Kuhtwena ohiyac in kasruh
Nga tiacna ke.	<input type="checkbox"/> Oruh kom in etuh lah "efuh." Ahkacsmakinye kom ke lwen nuhkwewa lah efuh kom ke mukwikwi kuh ahsrosr. Siyuck sin kawuck ac sucu lom an in ahkacsmakinyekom.	<input type="checkbox"/> _____
	<input type="checkbox"/> Motkwelah in wo. Oruh mukwikwi in ahsrosr lom an in ipin ma kom oruh an. Fihliac ke calendar an.	<input type="checkbox"/> _____
	<input type="checkbox"/> Orekma nuhke srihke lom in fokoko. Wi sie mwet ke sucu lom an kuh kawuck an in oruh mukwiwi in ahsrosr lom. Wi class kuh lutlut ma ahkfahsrye ahsrosr. Wi uu in ahsrosr fahsr.	<input type="checkbox"/> _____
	<input type="checkbox"/> Oruh in pwacr. Srihke na srihke kain in ohiyac sasuc ma ac oruh kom in mukwikwi kuh ahsrosr ne ke na kom konwacack ma kom pwacr kac an. Liyeyuck video kuh lohngyuck on ke pacl kom ahsrosr an. Srihke sie app in ahsrosr an.	<input type="checkbox"/> _____
	<input type="checkbox"/> Sifacna srihkekom. Oakiac finsrak sasuc nuhke ahsrosr lom an. Kuh, akuhtuhn nuh sin sie kawuck lom an.	<input type="checkbox"/> _____
	<input type="checkbox"/> Sifacna opi ikom. Oraclah mwe sang srisrik lom, sahyen mwe mongo, pacl kom sun finsrak nuhke ahsrosr lom an.	<input type="checkbox"/> _____



Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an

Ma Upac	Ohiyac in Kasruh	Kuhtwena ohiyac in kasruh
Sriklac pac luhk ke sripen ekyek luhn moul luhk uh.	<input type="checkbox"/> Mukwikwi kuh ahsrosr pac kom oruh orekma lom an. Oruh in pihsrpihsr mukwikwi lom an pac kom imohm loh, imohm lihkihnihm ke insin in kalkucl mah, moul, kuh us kosro nuhtum an fahsr.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Oruh kom in mukwikwi kuh ahsrosr pac ke pac kom muhta liyeyuck petsac an. Tohu, orekmakin pwacskuhl akwuck, fahsrot fahsruh ke pac kom liyeyuck TV kuh petsac.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Oruh in oasr pac in sramsram kuh ohsun lom. Fahsr wi kawuck lom an. Kuh sramsram ke phone an ke pac kom fahsr.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Fahsr nuhke acn kom ac som nuh we an. Orekmakin pwacskuhl nuhke orekma. Oruh kom in park loes nuhke acn kom ac fahsr nuh we an. Orekmakin steps likina elevator. Srolah liki bus an ke acn in srolah se meet liki acn in srolah na pwacye lom an.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Sraclihk ac orekma nuhkac. Sraclik minute 150 se lom nuhke mukwikwi kuh ahsrosr lom an nuhke kais sie minute 10.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
	<input type="checkbox"/> Siyuck ke kasruh. Siyuck sin sucu lom an in kasrekom ke orekma lom lwen nukwewa in muh kuh in yohkwelihk pac lom in mukwikwi kuh ahsrosr.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

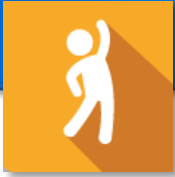


Fuhkah Kosreyac kuh Kuhtangyen mwe Kihsrucng Srihke Lom an

Ma Upac	Ohiyac in Kasruh	Kuhtwena ohiyac in kasruh
Srihklac money luk ke sripen ekyek ma sihyak ke moul luhk uh.	<input type="checkbox"/> Oruh mukwikwi kuh ahsrosr ma kom sukohsohk in oruh pa nuhke fahsr, tacn, ac fahsrot fasruh ke acn kom oasr we an. <input type="checkbox"/> Molwelah nuknuk in ahsrosr kuh kuhfwen ahsrosr ke pacl kihlucki molo an. <input type="checkbox"/> Liye lah oasr lutlut in ahsrosr ma wangin molo ma ahkfahsryeyuck ke mura lom an. <input type="checkbox"/> Liye lah oasr petsac in ahsrosr online kuh ke library. <input type="checkbox"/> Soklah ke moul ma orekmakinyuck nuhke gym.	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____



Ma Upac	Ohiyac in Kasruh	Kuhtwena ohiyac in kasruh
Puhlan pac! uh oruh upac in ahsrosr fahsr lihkihnihm.	<input type="checkbox"/> Nuknuk fal nuhke puhlan pac!.	<input type="checkbox"/> _____
	<input type="checkbox"/> Fahsr ke acn in moul luhlahp.	<input type="checkbox"/> _____
	<input type="checkbox"/> Sarihke pac sie ohiyac sahyac nuhke mukwikwi kuh ahsrosr lom, fin pa nuhke kofkof.	<input type="checkbox"/> _____
Nga kihneta kuh ngalyak.	<input type="checkbox"/> Siyuck sin mwet orekma lohmi ono an lah kom ac unwe fuhkah kihnet kuh ngal lom an. Fin pa nuhke, kom enenuh in monglac kuh sang ice nuhke acn se ma kihnet kuh ngal ingacn.	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
		<input type="checkbox"/> _____
		<input type="checkbox"/> _____
	<input type="checkbox"/> Sokwack sie pacna ohiyac ma ac oruh kom in mukwikwi kuh ahsrosr. Fin pa ngal niom, kom ac srack kuh in kofkof.	<input type="checkbox"/> _____
		<input type="checkbox"/> _____
	<input type="checkbox"/> Orekmakin ma ac sruokweni kuh awiyac, fin enenuh.	<input type="checkbox"/> _____
	<input type="checkbox"/> _____	
	<input type="checkbox"/> Ahkyohkye mukwiwi kuh ahsrosr lom an.	



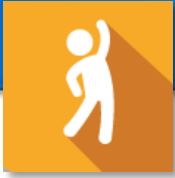
Ac Fuhkah Oreyac Nga in Mukwikwi kuh Ahsrosr

Efuh kom ke mukwikwi kuh ahsrosr ke lusen pac! loes?



Mac kuhtuh ma ac kuh in oruh upac kom in mukwikwi kuh ahsrosr ke lusen pac! loes?

Kasruh fuhkah nuhke ma upac ingacn?



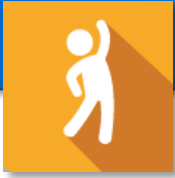
Mwe Kasru nu Sum in Kuh in Mukwikwi kuh Asrosr ke Lwen Nuhkwewa

Steps srisrik lom ac kuh in kasrekom in mukwikwi kuh ahsrosr ke lwen nuhkwewa.

Koacl Srihke! Liye lah fuhkah fahlac la an.

Fahsr Ke Pacl Kom Kuh

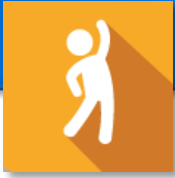
- ☐ Ke orekma ah, ahsro monum ac mukwikwi kuh ahsrosr ke lusen minute 30.
- ☐ Srolah liki bus kuh train an ke can in tui se meet liki acn in tui na pwacye lom an.
- ☐ Fahlac fahsr ke lusen tahfuhn ao likina in liyeyuck TV.
- ☐ Fahsr nuh lucng likina in fahsr raun.
- ☐ Oruh in ohiyac se lom pa fahsr in lututacng in Sactte.
- ☐ Ahkloesyac park lom nuhke stoh an kom in muh fahsr.
- ☐ Fahsr ke Sacnri likina in stosah.
- ☐ Fahsr tukun mongo in ekuh.
- ☐ Fahsr ke pacl in monglac lom ke orekma ah.
- ☐ Orekmakin step likina in orekmakin escalator kuh elevator.
- ☐ Us kosro nuhtum an fahsr ke lusac loeloes.
- ☐ Fahsr pihsrpihsr ke acn in moul luhlahp.
- ☐ Fahsr nuhke stoh ah.
- ☐ Wi tuhlihk nuhtum an in fahsr nuhke lutlut ah.



Mwe Kasruh nuh sum in Mukwikwi in Ahsrosr ke Lwen Nuhkwewa

Ahkyohkye Mukwikwi in Ahsrosr e Lohm ah

- ☐ Ahkwoye ma lohm sum an
- ☐ Imohm lihkihnihm orekmakin insin in imohm ma pahtpaht.
- ☐ Sroalwelah lohm sum an.
- ☐ Orekmakin rake in imohm lihkihnihm.
- ☐ Orekmakin sahfuhi in lafuhslah puhk kuh fohk.
- ☐ Imohm, insroacl kuh orekmakin vaccuum in oruh ahknwacsnwacs lohm sum an.
- ☐ Orekmakin poum in oul mwe kasruhsr okom an.



Mwe Kasruh nuh sum in Mukwikwi in Ahsrosr ke Lwen Nuhkwewa

Oruh Kom in Mukwikwi ac Ahsrosr

- ☐ Tiac orekmakin insin ma ac oruh orekma lom, pa nuhke mwe kar sahrom.
- ☐ Sulacлах mukwikwi ma kom pwacr kac ma ac fal nuhke orekma lom ke lwen nuhkewa.
- ☐ Tacn nuhke on - kom kuh in muhkwenа kuh wi sie mwet ah.
- ☐ Oraclah opi srisrik nuh sum sifacna, tiac mwe mongo, ke pacl kom sun finsrak nuhke ahsrosr lom an.
- ☐ Kom fin som nuhke mukwikwi luhn tuhlihk nuhtum an, forfor likina in muhta na.
- ☐ Wi uu in ahsrosr fahsr, fahsr loeloes kuh fan finohl.
- ☐ Tohu kuh orekmakin resistance band ke pacl kom liyeyuck TV kuh petsac.
- ☐ Forot forma ke pacl kom liyeyuck TV an.
- ☐ Wi tuhlihk nuhtum an sritacl kakah, Frisbee, kuh volleyball.
- ☐ Srikhe mukwikwi in ahsrosr sasuc.
- ☐ Orekmakin app in ahsrosr ke phone kuh computer an.
- ☐ Orekmakin petsac in ahsrosr.