

Tin Gha_r.ic´em Tar_ama

Tar.am do_ jo_to_ kho_n alga hor.ma bhan´jao (biyam) kana. Jo_to_ umer ren hor.ko la.git´ a.d.i ja.rur.ak´ ho~ kana. Me_nkhan tin gha_r.ic´ tar.am hoyok´a se_ tar.am reak´ speed cet´ hoyok´ ja.rur., ona babotre d.her hor.ge babon pust.a.ua. Hor.mo bhan´jao hisa.bte tar.am reak´ po_rho_ do_ cet´ kana ar tin gha_r.ic´ tar.am lekhan po_rho_ n´amok´a ona babotre bad.ae ocoakada phaysiotherapy consultant Umme Sayla Rumki. Din hilok´ tar.am lekhan kor.am reak´ rua., Diabetes, jan´ khoy (Osteoporosis) rog rean´ jiwi ko_t.o_k´ ko_m n´o~_go_k´a. Din hilok´ tar.am lekhan jel sir reak´ dar.e ar sahao dar.e ba.r.tik´a. jan´ rean´ got.hon ho~ ket.ec´jo_k´a.

Tin okto tar.am ja.rur.a:

Dina_m din komkate 30 minit. tar.am ja.rur.a. Diabetes rogiko do_ ina. oktete 40 kho_n 45 minit. tar.am hoyok´ ja.rur. kantakoa. Bha_rti ho_r.mo_ tahe~n okte pa.hil pe_ cando 15 minit. katec´, dosar pe cando 20 minit. katec´ ar muca.t´ pe cando do_ 10 minit. tar.am ja.rur.a. To_be_ okoekoak´ umer 40 bo_ho_r kho_n cetan ar aema din kho_nak´ ja~ha~n hor.mo bhan´jao se_ hor.mo khat.ao sa~o jo_po_r.ao ba.nui, onkan hor_ko do_ tar.am lahare bissegoggo ak´ solha hatao hoyok´takoa. Arho~ e_t.ak´ se_cbon n´e_lle khan, Okoekoak´ hor_mo_ reak´ o_jo_n d.herger, onkoko ho~ tar.am e_hob lahare stretching kate, jel reak´ sir jira.u n´o~_k´ hoyok´takoa. Ban´khan stretching babotre bad.ae hataojo_n´ la.git´ phaysiotherapy koak´ solha hatao hoyok´a.

Ja~ha~e hor.koge hor.mo se_c´ kho_n napae tahe~n la.git´ haptare ko_mkate 150 minit. tar.am hoyok´takoa. Haptare 30 minit. kate 5 din ho~ bon tar.am dar.eak´a. Okto ban´ tahe~len khan dinre 10 minit. kate pe_ dhao tar.am lekhan ho~ hoyok´a.

Jogging:

30 minit. tar.am tayom 10 minit. jogging dar.eakabon. Jogging reak´ bhe_d do_ mit´ jaegare ten´go kate pa.hilre jo_jo_m jan´ga, ina. tayomte len´ga jan´ga tulkate do_n hoyok´a. Jogging la.git´ a.d.i maran´ jaega rean´ ja.rur. do_ ba.nuk´a. Or.ak´re ja~ha~ t.hen mit´

jaegare ten'gu kategebon jogging dar.eak'a. Pa.hilre do_ ba.i ba.ite ,
ina_ tayom do_ usa.ra usa.ra. Okoe koak' do_ ba.r.ti o_jo_n onko do_
pa.hilre adha minit_ kate jogging ako. Ina.kate hor.mo reak' halot
bujha_u kate ba.i ba.ite okto do_ ba.r.ti idiy hoyok'a.

Tar.am calak' lahare:

Tar.am okte sukra.j (aramdayok) ca.t.ki ho_ro_k' hoyok'a. Ho_ro_k'
bande_ kicric' ho~ thor.a sukra.j ar d.hila.n' dholon' n'o~_k'
ho_ro_k' ja.rur.a. Seton' kho_n e_ran'ok' la.git' setak' paha- poho
okte ar a.yupbela cando ha.sur tayom tar.am la.git'bon od.ok
dar.eak'a. Tar.am tayom thor.a stretching jarur.a; je_mon jan'ga
ka.t.up' cetanre ten'golen khan tayom reak' jel sir ko hasua. To_be_
o_jo_n ko_m la.git' tar.am se_ jogging do_ aso_lak' ban' kana. Balance
thik do_ho_e ja.rur.a. Nia_m kate nit_ akat' oktere hor.mo reak'
kelori hisa.bte jo_m hoyok'a.

Source: Ajkerpatrika