



**Stay Active and Feel Better!**

Physical activity is good for your whole family.

**Do any of these situations sound like your life?**

“I always feel so tired and worn out.”

“My whole family is putting on weight. I know we better do something soon.”

“Walking up two flights of stairs leaves me out of breath.”

“When my wife and I were first married, we would take long walks every day and go dancing. Now all we do is sit in front of the television.”

“I don’t have an extra half hour every day to exercise...but I know it is good for my health.”

**Get active—feel better!** Make physical activity your solution to feeling tired, bored, and out of shape. Find time.

It is never too late to make a commitment to a healthy heart and healthy body. Add activity to

**Yuav tsum nquag dlha hab nyob kaaj sab lug!**

Kev dlha ua exercise yog ib qhov zoo tsua koj tsev tuab neeg sawv dlawg

**Cov lug nraag qaab nuav puas raug koj lubneej hab?**

“Zoo le kuv pheej saab taag le xwb.”

“Zoo le kuv tsev tuabneeg rog kawg tuaj lawm. Kuv paub tas kuv yuav tsum ua qee yaam lug tiv thaiv tsis txhob pub kuas peb sawv dlawg rog rog.”

“Taug kev nce ntaiv xwb los twb ua tsua kuv saab kawg le lawm”

“Thaum kuv hab kuv tug quas puj wb nyav sib yuav, wb nquag moog taug kev hab moog ua las voos ua si. Tab sis taam sim nuav wb tsuas yog nyob huv tsev saib TV xwb.”

“Kuv yeej tsis muaj peb caug feeb khoom lug dlha ua si kag le.. tabsis kuv paub has tas exercise yog ib yaam kws zoo tsua kuv lub cev.”

**Yuav tsum nquag dlha ua si – txhaj le yuav nyob kaaj sab lug!**

Kev ua si siv dlaag zug yog ua kuas koj tsi txug sav, tsi laaj nyob, hab tsi rog. Nrhav lub sij hawm.

Nws yeej tsi lig tsua koj le, yog has tas koj xaav kuas koj lub sab hab lub cev noj qaab nyob zoo.

**Yuav tsum nquag dhia thiab nyob kaj siab lug!**

Kev dhia ua exercise yog ib qhov zoo rau koj tsev neeg sawv daws.

**Cov lus nram qab nov puas raug koj lubneej thiab?**

“Zoo li kuv pheej sab tas li xwb.”

“Zoo li kuv tsev neeg rog kawg tuaj lawm. Kuv paub tias kuv yuav tsum ua qee yam los tiv thaiv tsis txhob pub kom peb sawv daws rog rog.”

“Taug kev nce ntaiv xwb los twb ua rau kuv sab kawg li lawm.”

“Thaum kuv thiab kuv tus poj niam wb nyuam qhuav sib yuav, wb nquag mus tau kev thiab mus ua las voos ua si. Tab sis tam sim no wb tsuas yog nyob hauv tsev saib TV xwb.”

“Kuv tsis muaj peb caug feeb khoom los dhia ua si kiag li... tabsis kuv paub hais tias exercise yog ib yam uas zoo rau kuv lub cev.”

**Yuav tsum nquag dhia ua si—thiaj li yuav nyob kaj siab lug!**

Kev ua si siv dag zog yog ua kom koj tsis txog siav, tsis laj nyob thiab tsis rog. Nrhav lub sib hawm.

Nws yeej tsis lig rau koj li, yog hais tias koj xav kom koj lub siab thiab lub cev noj qab nyob zoo. Yuav tsum

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your daily routine. Include your family.

Children and adults should do 30 minutes or more of moderate physical activity each day.

**Start by adding movement to your daily routine.**

- Get off the bus one or two stops early and walk.
- Park your car farther away and walk.
- Use the stairs instead of the elevator.
- Dance to your favorite music.

**It is easy to build up to 30 minutes of physical activity each day.**

You do not have to do 30 minutes of activity without stopping

You can take a 10-minute walk during your lunch break. You can take another 10-minute walk with your kids after work. Then dance to the rhythm of your favorite music for 10 more minutes while dinner is cooking. Just so it adds up to 30 minutes each day.

Turn exercise time into a fun family activity. Jump ropes, go skating, or walk with your family. Invite a friend to do aerobics with you. Start slowly and build up to a good pace. Before you know it, you will have the energy to do an activity for a full 30 minutes.

Yuav tsum muaj ib txuj kev dlha ua si kuas tawm fws lug tsua koj tsev tuabneeg sawv quas dlawg ua.

Cov laug hab cov miv nyuag yaus yuav tsum tau ua exercise le 30 nas this tauj ib nub twg.

**Yuav tsum pib maaj maam dlha ua ntej.**

- Yuav tsum taug kev kuas dleb tsawv moog tsev los sis moog haujl wm.
- Nreg koj lub tsheb kuas dleb zog es maam taug kev moog tsua qhov koj xaav moog ntawd.
- Siv ntaiv es tsis txhob siv lub elevator.
- Seev cev tsua txuj nkauj kws koj nyam tshaaj.

**Ua exercise le 30 nas this tauj ib nub twg yog ib yaam yooj yim heev.**

Yog thaum koj ua exercise 30 nas this lawm su me ntsiv los yeej tau.

Thaum kws koj muaj sij hawm moog noj su, taug kev le 10 nas this. Thaum koj ua num taag lawd coj koj cov miv nyuas moog taug kev le 10 nas this, hab seev cev le 10 nas this ces twb yog 30 nas this lawd.

Muab kev ua exercise tig lug ua ib qho kev lom zem. Dlha yaas ua si nrug miv nyuas, moog caij khau lug, los yog taug kev nrug koj tsev neeg. Coj koj tug phooj ywg nrug koj moog dlha ua si. Maaj maam pib ua ntej, tog koj paub xwb koj yeej muaj zug moog dlha ua si le 30 nas this tauj ib nub twg lawm.

muaj ib txoj kev dhia ua si kom tawm hws los rau koj tsev neeg sawv daws ua.

Cov laus thiab cov mi nyuam yaus yuav tsum tau ua exercise li 30 nas this tauj ib hnuv twg.

**Yuav tsum pib maj ma dhia ua ntej.**

- Yuav tsum taug kev kom deb tsawv mus tsev los sis mus hauj lwm.
- Nres koj lub tsheb kom deb zog es mam taug kev mus rau qhov koj xav mus ntawv.
- Siv ntaiv es tsis txhob siv lub elevator.
- Seev cev rua txoj nkauj ua koj nyiam tshaj.

**Ua exercise li 30 nas this tauj ib hnuv twg yog ib yam yooj yim heev.**

Yog thaum koj ua exercise 30 nas this lawm so me ntsis los yeej tau.

Thaum uas koj muaj sib hawm mus noj sus, taug kev li 10 nas this. Thaum koj ua hauj lwm tag lawm coj koj cov me nyuam mus taug kev li 10 nas this, thiab seev cev li 10 nas this ces twb yog 30 nas this lawd.

Muab kev ua exercise tig los ua ib qhov kev lom zem. Dhia yas ua si nrog me nyua, mus caij khau log luv, los yog taug kev nrog koj tsev neeg. Coj koj tus phooj ywg nrog koj mus dhia ua si. Maj mam pib ua ntej, tos koj paub xwb koj yeej muaj zog mus dhia ua si li 30 nas this tauj ib hnuv twg lawm.

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## Add these benefits of physical activity to your life:

- strengthen your heart and lungs
- lose weight and control your appetite
- lower your **blood pressure**
- lower your **blood cholesterol**
- sleep better
- reduce your stress
- have more energy

## Are you ready to begin?

You can start exercising slowly if you do not have a health problem. If you have a health problem, check with your doctor before starting an exercise program.

## Make physical activity a part of your family life today, so you can live a long and happy life!

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## Yog koj nquag dlha ua si, nwg yuav zoo tsua koj raws le cov nrag qaab nuav:

- Yuav ua tsua koj lub plawv hab lub ntsws dlha ua hauj lwm zoo zug tuaj
- Ua tsau tsis rog hab tswj koj txuj kev qaab lug noj mov
- Ua tsua ntshaav dlha zoo hab tsis muaj ntshaav sab
- Ua tsua cov roj txhaws hlaab ntshaa nqeg
- Ua tsua koj pw tsaug zug zoo
- Txu txuj kev nyuaj sab
- Muaj zog tshaaj qub tuaj

## Koj puas tau npaaj txhwj moog ua exercise?

Koj maaj mam pib ua ntej yog tas koj tsis muaj teeb meem tsua huv koj lub nrog cev. Tabsis yog has tas koj muaj teeb meem tsis xis nyob, koj yuav tsum tau moog ntsib koj tug kws khu mob ua ntej tso.

## Kev dlha ua exercise yog ib qhov zoo tsua koj tsev tuabneeg sawv dlawg, yog has tas koj ua exercise txhua txhua nub, nws yuav ua tsua koj nyob ntev hab nyob kaaj sab lug!

Txais yuav lug ntawm National Heart, Lung and Blood Institute Easy-to-Read Heart Health. Tau muab txhais ua ntawv Moob Ntsuab hab Moob Dlawb lug ntawm Koomhum Moob Wausau. Tsim rua web lug ntawm Healthy Roads Media. ©2008. Muaj rua suav dlawg siv nyob huv [www.hmonghealth.org](http://www.hmonghealth.org) hab [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org). Pub luam coj moog siv qha dlawb rua lwm tug tau.

## Yog koj nquag dhia ua si, nws yuav zoo rau koj raw li cov nram qab nov:

- Yuav ua rau koj lub plawv thiab lub ntsws dhia ua hauj lwm zoo zog tuaj.
- Ua rau tsis rog thiab tswj koj txoj kev qab los noj mov
- Ua rau ntshav dhia zoo thiab tsis muaj ntshav siab.
- Ua rau cov roj txhaws hlab ntshaa nqis
- Ua rau koj pw tsaug zog zoo
- Txo txoj kev nyuaj siab
- Muaj zog tshaj qub tuaj.

## Koj puas tau npaj txhij mus ua exercise?

Koj maj mam pib ua ntej yog tias koj tsis muaj teeb meem rau hauv koj lub nroog cev. Tab sis yog hais tias koj muaj teeb meem tsis xis nyob, koj yuav tsum tau mus ntsib koj tus kws kho mob ua ntej tso.

## Kev dhia ua exercise yog ib qhov zoo rau koj tsev neeg sawv daws, yog hais tias koj ua exercise txhua txhua hnuab, nws yuav ua rau koj nyob ntev thiab nyob kaj siab lug!

Txais yuav los ntawm National Heart, Lung and Blood Institute Easy-to-Read Heart Health. Tau muab txhais ua ntawv Hmoob Ntsuab thiab Hmoob Dawb los ntawm Kooshaum Hmoob Wausau. Muaj rau sawv daws siv nyob hauv [www.hmonghealth.org](http://www.hmonghealth.org) thiab [www.healthyroadsmedia.org](http://www.healthyroadsmedia.org). Pub luam coj mus siv qhia dawb rau lwm tus tau.

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