Exercise tips to prevent diabetes in Kenya. Colour lithograph by Ministry of Health, ca. 2000.

Publication/Creation

Kenya : Wizara Ya Afya, [2000?]

Persistent URL

https://wellcomecollection.org/works/et8hc663

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection 183 Euston Road London NW1 2BE UK T +44 (0)20 7611 8722 E library@wellcomecollection.org https://wellcomecollection.org



MAZOEZI NA UGONJWA WA KISUKARI



Mazoezi ya kila mara hukusaidia:

- Kudhibiti kiwango cha sukari katika damu
- Kudumisha afya yako
- Kupunguza mafadhaiko
- Kudhibiti uzani
- Kupunguza "Presha" (Damu kwenda mbio) na mafuta mwilini

VIDOKEZO

Fanya mazoezi kila siku



Tembea zaidi kuliko kutumia gari



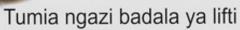
Endesha baiskeli



Kulima











Kwa maelezo zaidi kuhusu ugonjwa wa Kisukari tembelea kituo cha afya kilichoko karibu nawe au kituo cha udhabiti na habari za ugonjwa wa kisukari nchini Kenya. Nambari ya simu: 2718010/2733794

