

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

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# MAZOEZI NA UGONJWA WA KISUKARI



Cheza Mpira

## VIDOKEZO

Fanya mazoezi kila siku



Tembea zaidi kuliko kutumia gari



Tumia ngazi badala ya lifti



Endesha baiskeli



Kulima



Kuruka kamba

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



Kituo cha udhabiti na habari za ugonjwa wa kisukari nchini Kenya

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



TAASISI YA UGONJWA WA KISUKARI DUNIANI