

lub tswv yim pab
Cov kev kawm ntawm cov
khoom noj pab lub cev

ua ib tsev neeg nquag (active)

10 lub tswv yim pab los mus ua ib tsev neeg nquag



Kev nquag siv dag zog (physical activity) nws yog tseem ceeb rau cov me nyuam thiab cov neeg laus txhua lub hnuv nyoog. Ua ib tsev neeg nquag kuj yuav muaj kev pab zoo (benefit) rau sawv daws. Cov laus yuav tsum kom muaj 2 ½ xuab moom rau ib as thiv ua kev nquag siv dag zog (physical activity) twg, thiab cov me nyuam yuav tsum kom tau 60 nas this ib hnuv twg.

1 teem tej lub caij tshwj xeeb kom muaj

kev ua si

Los saib cov sij hawm khoom ntawm ib as thiv twg uas thaum tsev neeg muaj. Muab ib co sij hawm los mus ua kev ua si siv dag zog (physical activity). Los mus ua tej yam kom nquag (active) tom qab noj hmo los yog pib hnuv vas xaum vas thiv uas siv hnuv vas xaum los mus taug kev thaum sawv ntxov.



2 npaj ua ntej thiab saib xyuas (track) qhov koj ua tau zoo li cas

Sau koj cov tswv yim ua si rau ntawm tsev neeg daim kab das (calendar). Cia cov me nyuam los mus pab npaj cov kev ua si. Cia lawv los mus khij qho kev ua si tom qab ua tiav tag lawm.

3 ua hauj lwm ib ncig ntawm lub tsev

Kom cov me nyuam nrog ua hauj lwm ntawm tej qab vag tsib taug thiab lwm cov dej num ib ncig hauv lub vaj tsev. Cia lawv los mus pab koj cheb nplooj qhuav, txiav nroj, cog khoom, los yog nqus vaj tsev.



4 siv yam yus muaj

Npaj cov kev ua si uas yuav tsis kom muaj los yog yuav tsum kom muaj me me tej khoom ua si los yog vaj tsev. Piv txwv xws li mus taug kev, mus dhia, dhia hlua, ua si mob kas cees (tag), thiab seev cev. Saib seb cov kev pab (programs) hauv koj cov vaj tsev ua si hauv zos (community recreation center) ua dawb los yog them nqi me me.

5 txua ib cov kev pab (skills) tshiab

Muab cov me nyuam mus cuv npe rau cov hoob kawm uas lawv nyiaj xws li gymnastics, seev cev, los yog ntau tennis. Pab lawv xyaum. Qhov no yuav ceev kom cov kev muaj kev lom zem thiab txaus siab heev (interesting), thiab pib qhia ib cov kev pab tshiab (new skills)!

6 Npaj rau txhua lub caij huab cua (weather)

Xaiv ib co kev ua si uas yuav tsis yog tos kom caij huab cua zoo. Sim mus taug kev rau tom mall, ua luam dej hauv tsev, los yog tua cov games ua si uas siv dag zog (active). Mus ua si tawm rooj tias yog ib qho kev lom zem ntxiv thaum twg tej huab cua nws zoo.

7 tua lub TV

Tsim ib txoj kev cai tias tsis pub ib tug twg los siv tshaj 2 xuab moos ib hnuv twg los tua game, saib tiv, thiab siv lub computer (tsuas yog rau ua homework xwb). Ntawm qhov saib ib qho TV show, xum tua ib qho game uas siv dag zog, seev cev nrog rau koj zaj nkauj koj nyiam, los yog mus taug kev.

8 pib me me

Pib ntawm los mus muab ib qho kev ua si tshiab rau tsev neeg ces mam ntxiv rau thaum koj mloog sawv daws npaj tau lawm. Coj tus aub mus taug kev rau ib qho kev kom ntev dua, ua si nrog rau lwm qhov kev ua si nrog rau lub pob (ball game), los yog mus koom ib hoob qoj tes taw (exercise) ntxiv.



9 koom nrog lwm tsev neeg

Caw lwm tsev neeg los koom koj tsev neeg cov kev ua si. Qhov no nws yog ib txoj kev zoo rau koj thiab koj cov me nyuam los siv sij hawm koom nrog rau cov phooj ywg thiab tseem pab ua lub cev kom nquag thiab. Npaj cov kev ua lom zem (parties) nrog rau cov games uas siv dag zog (active) xws li mus bowling los yog mus taug ib qho kev muaj ub no (obstacle course), cuv npe rau cov kev pab rau tsev neeg rau tom YMCA, los yog kom ib lub koos haum (club) ua si.



10 ua kev zoo siab (treat) rau tsev neeg los ntawm muaj kev ua si siv dag zog (physical activity) uas lom zem

Thaum nws txog ib lub caij los mus muaj kev txhawb zoo siab (celebrate) tias yog ib tsev neeg, ua tej yam kev nquag hais tias nws yog ib qhov khoom plig (reward). Npaj ib qho kev mus ua si (trip) rau tom lub zoo, park, los yog pas dej hais tias ua kev zoo siab (treat) rau tsev neeg.



United States Department of Agriculture (Tsoom Fwv Meskas Qhov Chaw ntawm ua Liaj Teb Noj) **Center for Nutrition Policy and Promotion** (Hauv Paus ntawm Kev Tsim Cai thiab Kev Qhia Tawm rau Khoom Noj Mus Pab lub Cev).

Mus rau www.ChooseMyPlate.gov yog xav paub ntau ntxiv.

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USDA nws yog ib qhov chaw ua hauj lwm tuaj rau zej zog (provider) thiab txais neeg ua hauj lwm (employer) uas muaj hau kev xaiv sib npaug zog (equal opportunity).