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FCS8613-Hai

UNIVERSITY OF FLORIDA
IFAS EXTENSION

LA Sante Nan Lavi Granmoun: Ekzesis E Dyabèt[1]

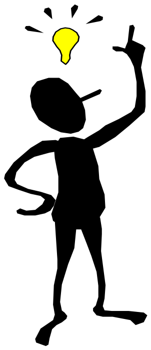
Sergio Romero[2]

ENAFS Elder Nutrition and Food Safety

Ekzesis se pi bon bagay ou ka fe pou sante-ou. Ekesis kapab ede ou kontrole sik ou, redwi ko gra, e redwi risk pou genyen maladi kè. Anba-a gen pwen ki kapab ede ou kreye youn bon program. Kòmanse jodi-a!

Lè ou aktif ou redwi risk:

- Maladi kè
- Dyabèt
- Kriz kè
- Tansyon
- Maladi nan zo
- Depresyon
- Maladi moun ki manje anpil
- Pou pa tonbe epi fele zo-ou



Li kapab ede ou domi pi miyò, reprann ko-ou e balans, kenbe vi endepandans-ou, e reprann ki kalite lavi.

Avan ou kòmanse ekzesis:
Pale avèk doktè ou. Li kapab mande-ou pou ou fe yon konsilte. Doktè ou kapab vle ou fè ekzesis ki pi bon pou ou.

Lè ou kómanse :

- komanse lant epi
- chache aktivite ou renmen
- fè aktivite pou 20-40 minit preskè preskè chak jou
- bwe anpil dlo
- elnan kó-u anvan ou kómanse e alatranp lè ou fini fè ekzesis
- tire anvan e aprè ou fin fè ekzesis

Ekzesis rekòmandasyon pou moum ki gen Dyabèt:

- Fè yon konsiltasyon avan ou komanse.
- Tcheke san sik-ou avan e apre ou fè ekzesis.
- Fè ekzesis pou 1-1 ½ lè ou fini manje pou ou ka anpeche ba san sik reaksyon.
- Prepare pou ou trete ba san sik. Toujou pote ji, soda, resen,o an lòt bagay ki gen sik.
- Enspekte pye ou chak jou apre ekzesis.
- Pa fè ekzesis lè ou gen bon san sik.

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