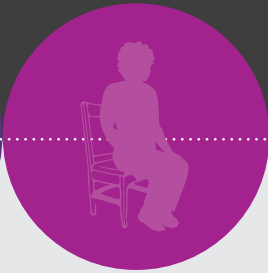
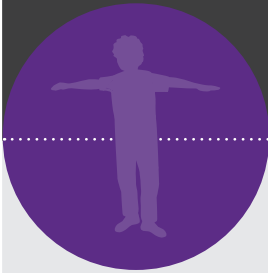


EXERCISE SUITABLE FOR PEOPLE OVER 60



တၢ်ဟူးတၢ်ဂၤလၢ ကြးဘၣ်ဝဲလၢ ပှၤသးအိၣ် ဝဲနံၣ် ဆူအဖီခိၣ်

**THIS
GIRL
CAN**

#ThisGirlCanVIC

Korean, September 2020

**HOBSONS
BAY CITY
COUNCIL**



**CHANGE
the
GAME**

VICTORIA
State
Government

 **VicHealth**

CHAIR SQUAT



- 1 **Start seated in the chair with your toes facing the front and your feet hip-width apart.**
- 2 **Push through your heels and rise into standing position.**
- 3 **Bend your knees and lower your hips to sit back down onto the chair.**
- 4 **Return to starting position and repeat 10 times.**

- **Extra Support** – If you need support hold on to something steady like a table or arm supports on your chair.
- **Progress** – If you would like to make it a little harder, add light weights in your hands (such as soup cans or water bottles).

လီဆွန်နီ ဆွန် နီတစီခိန်

၁. ဆွန်နီလီလော လီဆွန်နီအစီခိန် ဟန်ခိန်မုန် ဆူနဲဗဲညါ ဒီးထူးတကါထီဉ်န ခိန်ထဲသီးနခံကီအလဲ.
၂. ယီတဂူလီနခိန်နာဉ်ခံ ဒီးဆာဉ်ထာဉ်
၃. ကံချီးလီနခိန်လှဉ်ခိန် ဒီးဆွန်နီလီကောလော လီဆွန်နီဖီခိန်.
၄. ဂဲဆာထာဉ်ကဒီးအသီတချီ ဒီးမကဒီးဒ်အံ ၁၀ ဝိတကွံ.

တံမၤစၢၤအဂၤ – မုၢ်လိဉ်ဘဉ်လၢ ကဖိဉ်ကျၢၤသးအဂီၢ်န့ဉ် ဆူးကါတံလၢ အကျၢၤတမံၤမံၤ ဒ် အမုၢ် စီနီခိန် မ့တမုၢ် လီဆွန်နီအဖီဉ်သ့န့ဉ်လီၤ.

မၤဆူဉ်ထီဉ် – နမုၢ်ဘဉ်သး မၤဆူဉ်ထီဉ်အီၤတဖဲးန့ဉ် စိဉ်ယုဉ်တံတယၢလၢနစုလီၤ (ဒ်အမုၢ် ကသူ ဆါအဒါ မ့တမုၢ် ထံဒါတဖဉ်)တက့ၢ်.



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KNEE RAISES



- 1 **Stand straight, facing forward and toes pointing forward.**
- 2 **Lift your right knee towards your chest as high as you can then lower to the floor.**
- 3 **Lift your left knee towards your chest and lower back onto the floor.**
- 4 **Alternate 10 times on each knee.**

- **Extra Support** – If you need added support you can hold on to a wall or the back of a chair.
- **Progress** – Try increasing the number of times you lift your legs to two rounds of 10 each side.

စိတ်ကဖိထိပ်ခိပ် လှုပ်ခိပ်

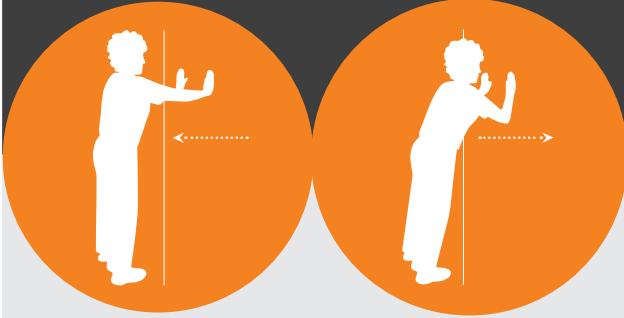
၁. ဆာထောင့်ဘျာဘျာ ကွာ်ဆူမဲင်ညါ ဒီးယာ်ခိပ်မုာ်တဖှ် ဆူတံာ်မဲင်ညါ.
 ၂. စိတ်ကဖိထိပ် နခိပ်လှုပ်ခိပ် လါအထွဲတကပါဆူ နသးနါပုာ် ထဲနမာအီၤန့ၢ်အသိး ဒီးပာ်လီၤက့ၤအီၤဆူ တံာ်ဒါလီၤအလီၤတက့ၢ်.
 ၃. စိတ်ကဖိထိပ် နခိပ်လှုပ်ခိပ်အစ့ၣ် ဆူနသးနါပုာ် ဒီးပာ်လီၤက့ၤအီၤ ဆူတံာ်ဒါလီၤအလီၤတက့ၢ်.
 ၄. မာအီၤဒဲန့ၢ် ခိပ်လှုပ်ခိပ်တခိ အဝီ ၁၀တက့ၢ်.
- တံာ်မၤစၢၤအဂၤ – တံာ်လိာ်ဘၣ်မုာ်အိပ်န့ၢ် နဖိပ်ကျါၤနသးလၢ တံာ်န့ၣ်ပၤ မ့တမ့ၢ် လီၢ်ဆုၣ်နီၤအလီၢ်ခဲ သ့န့ၣ်လီၤ.
- မၤဆူၣ်ထိပ် – မၤအါထိပ်အီၤခဲဘျီ တဘျီန့ၣ်ယုာ်ထိပ်ခိပ်တခိ ၁၀ ဝီတက့ၢ်.



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WALL PUSH UPS



- 1 With your feet shoulder-width apart, stand about an arm's length away from a wall.
- 2 Place your palms on the wall at shoulder height and shoulder-width apart.
- 3 Breathe in as you bend your elbows and slowly move your chest toward the wall while keeping your feet on the ground (it is ok if your heels lift off the ground).

- 4 Breathe out and use your arms to push your body slowly back to your starting position, your arms returning to a straight position. Repeat 10 times.

Extra Support - Stand closer to the wall.

Progress – Increase the number of times you do the activity to two times 10.

တၢ်န့ၣ်ပၤဆိၣ်ထီၣ်သး

၁. ကၢၢ်စၢၤစၢၤန့ၣ်တၢ်အလၢၣ်ထဲသး နဖံးဘၣ်ခိၣ်, ဆၢထၢၣ်လၢတၢ်န့ၣ်ပၤအမၤညါ စၢၤစၢၤထဲသးန့ၣ်အထီ.
 ၂. ထုးယံၤထီၣ်န့ၣ်လၢတၢ်အလၢၣ်ထဲသး နဖံးဘၣ်ခိၣ် ဒီးဆိၣ်လီၤလၢတၢ်န့ၣ်ပၤအလီၤ.
 ၃. ကသါန့ၣ်လီၤဖဲ ဘိးက့ၣ်လီၤန့ၣ်န့ၣ်ခံ ဒီးသးဘူးလီၤ နသးနါပှၢ်ဆူ တၢ်န့ၣ်ပၤလီၤ ကယိကယိ ဖဲန့ၣ်လၢတၢ်ဒါလီၤအလီၤအခါ (န့ၣ်န့ၣ်ခံ မ့ၢ်သးကဖိထီၣ်အသးန့ၣ်သ့လီၤ).
 ၄. ကသါဟးထီၣ် ဖဲန့ၣ်ဆူးကါန့ၣ်ဒီးဆိၣ်ဆၢထၢၣ်က့ၤနမိၢ်ပှၢ် တၢ်လၢန့ၣ်ဘျၢထီၣ်က့ၤ. မၤကဒီးဒ်န့ၣ် အဝီ ၁၀ တက့ၢ်.
- တၢ်မၤစၢၤအဂၤ - ဆၢထၢၣ်ဘူးလၢ တၢ်န့ၣ်ပၤ.
မၤဆူၣ်ထီၣ် - မၤအါထီၣ်အိၤခံဘျီ တဘျီ ၁၀ ဝိ.



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SEATED KNEE LIFTS



- 1 **Sit up straight and tall on the edge of your seat, making sure you are stable and safe.**
- 2 **Stabilise your core by sitting up nice and tall. Holding on to the side of your chair, lift your right leg about 10-20cm hold for three seconds then slowly lower leg.**
- 3 **Lift your left leg about 10-20cm hold for three seconds then slowly lower leg. Repeat six times on each leg.**

- Extra support** – Start with holding your leg up for 1 second before changing sides.
- Progress** – Increase the number of times you lift each leg to 10 and don't hold onto the chair for support.

တၢ်န့ၣ်ပၤဆိၣ်ထီၣ်သး

၁. ဆ့ၣ်နီၤလီၤလီၤဒီးဘျၢဘျၢ လၢနလီၤဆ့ၣ်နီၤ အကနူထံး. မၤလီၤတံၢ်ဒ်သိး လိာ်ဆ့ၣ်နီၣ်သုတသုးအသး ဒီးတၢ်လီၤဘၣ်ယိာ် သုတအိၣ်တဂ့ၢ်အဂီၢ်တက့ၢ်.
၂. ဆ့ၣ်နီၤကျၢၤကျၢၤ ဒိဖျိဆ့ၣ်နီၤလီၤလီၤဒီးဘျၢဘျၢတက့ၢ်. ဖိာ်ကျၢၤနသးလၢ လီၤဆ့ၣ်နီၤအကနူထံး ဒီးပံာ်ထီၣ်နခိၣ်အထွဲတုၤ ၁၀ - ၂၀ စခံာ်မံထၢၣ် ဒီးပာ်အိၣ်န့ၣ် ၃စဲးကၣ် ဝံၤပာ်လီၤက့ၤအိၣ်တက့ၢ်.
၃. စိာ်ကဖိထီၣ် နခိၣ်အစ့ၣ်တုၤ ၁၀-၂၀စဲး ခံာ်မံထၢၣ် ပာ်အိၣ်န့ၣ် ၃စဲးကၣ် ဒီးပၤလီၤက့ၤအိၣ်. မၤကဒီးအိၣ်န့ၣ် တုၤအဂ့ၢ်ထီၣ် ခိၣ်တခိၣ် ဖြေၣ်တက့ၢ်.

တၢ်မၤစၢၤအဂၢၢ် - ပာ်နခိၣ်လၢ တၢ်ဖးဖိ ဘဲးကၣ် တချၢးနဆိတလဲဆူ အဂၢၢ်တခိၣ်.
 မၤဆူၣ်ထီၣ် - မၤအိၣ်ထီၣ် တၢ်ယုာ်ထီၣ်ခိၣ် တခိၣ် ၁၀ ဝိ ဒီးတဘၣ် ဖိာ်ကျၢၤသးလၢ လီၤဆ့ၣ်နီၤတဂ့ၢ်.



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SIDE BENDS



- 1 Sit towards the end of your chair making sure you are safe.
 - 2 Sit up straight, with your fingertips behind your ears and elbows out wide.
 - 3 Breathe out as you bend to the right and hold for two seconds. Breathe in and move back to your starting position.
 - 4 Breathe out and bend to the left hold for two seconds. Breathe in and move back to your starting position.
 - 5 Do five bends on each side.
- Tip** – Make sure you are not leaning forward always keep your spine straight and do not push your head forward with your fingertips.
- Progress** – Increase the number of bends on each side, in increments of two.

ဆွဲနီလီလီ ထိုင်ခိုက်လှုပ်ခိုက်

၁. ဆွဲနီလီလီလီ နုလိင်ဆွဲနီအဖိခိုက် ကျားယမ်းယိုခိုက်တကွာ.
 ၂. ဆွဲနီဘျားဘျား ဖိလီလီနုစုမုခိုက်ကပ၊ လာနုနုအလီခံ ဒီးဆီးဟိထိုင် နုစုနုခံလဲလဲ.
 ၃. ကသါဟးထိုင် ဖဲနုဘီးကွဲလီလီသးဆူအထွဲတကပ၊ ဟ်အီဒ်နုနု ၂ဖဲကဲ. ကသါနုလီ ဒီးဘီးဘျားထိုင်ကွဲနုသးတကွာ.
 ၄. ကသါဟးထိုင် ဖဲနုဘီးကွဲလီလီသးဆူအစုခိုက်တကပ၊ ဟ်အီဒ်နုနု ၂ဖဲကဲ. ကသါနုလီ ဒီးဘီးဘျားထိုင်ကွဲနုသးတကွာ.
 ၅. ဘီးကွဲလီလီအီဒ်နုနု တကပ၊ ၅ ဝိတကွာ.
- တံဟုခိုက်ကွဲ - ဒ်သီးနုပျိုယံကအိုင်ဘျားဘျားအဂီ တဘဉ်ကူးလီလီသးတဂု ဒီးတဘဉ်ဆိုင်နုခိုက် လာ နုစုမုတဖဉ်တဂု.

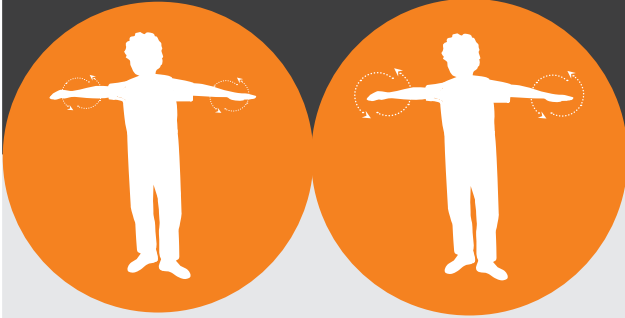
မ၊ဆူထိုင် - မ၊အါထိုင် တံဘီးကွဲလီလီသး တကပ၊ ခိဘျို (ဆး) တကွာ.



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ARM CIRCLES



- 1 Stand facing forward with your legs shoulder width apart and your arms out to the side and parallel to the floor.
- 2 Circle one arm forward in a circular motion, start with small circles then make them bigger.

- 3 Reverse the direction after 15 seconds.
- Repeat for both arms. **Extra Support** - Complete this exercise seated.
- Progress** - Complete both arms at once.

ဘီးကွပ်လီသး ဆုကပၤ

- ၁. ဆာထာ် ကွၢ်ဆူမဲၣ်ညါ ကါလံာ်ထီၣ်ခိၣ် ထဲသီး ဖံဘၣ်ခိၣ်အလံာ် ဒီးထူးဘျၢထီၣ်နစု ဆုတၢ်ကပၤ တျၢလၢအလဲၤသယံၤဒီးတၢ်ဒါလီၤ.
- ၂. ဝံၢ်တရံးကဝီၤနစုတခီ, စးထီၣ်ကဝီၤအီၤ ဆံးဆံးဖိ ဒီးမၤလံာ်ထီၣ်အီၤ.
- ၃. မၤဒ်န့ၣ် ၁၅စးကၣ်ဝံၢ်အလီၢ်ခံ နရံးကဝီၤခိၣ်ခံကဒါအီၤတက့ၢ်.
- ၄. မၤကဒီးအီၤဒ်န့ၣ် လၢစုခံကပၤလီၢ်တက့ၢ်.
- တၢ်မၤစၢၤအဂၤ - ဆုၣ်နီၤလၢလီၢ်ဆုၣ်နီၤအဖိခိၣ် ဒီးမၤဝံၢ်တၢ်ဟူးတၢ်ဂဲၤအီၤတက့ၢ်.
- မၤဆူၣ်ထီၣ် - ဝံၢ်တရံးကဝီၤ စုခံကပၤလီၢ် တဘျီယံၤ.



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Disclaimer

If you have any current or prior medical conditions, please check with your GP or accredited medical professional if you can participate in the exercises. If you feel unwell while doing the exercises stop immediately and seek professional medical advice. There is inherent risks in participating in exercising and you undertake to participate at your own risk and warrant that you are physically and mentally able to safely undertake these exercises and have no medical or health condition which will or may affect you during or as a result of undertaking the exercises. By participating in these exercises, you agree to the terms of use and indemnify Council for any damages and liability for death, personal injury, loss or damage to property. The exercises are generic and are not tailored to the individual needs of the participants.

မူဒါတ်ဟ်ဖျါ

ခဲအံၤ မ့တမ့ၢ် လၢအပူၤကွံၣ် နတၢ်အိၣ်ဆူအိၣ်ချ့မ့ၢ်တဂ့ၤန့ၣ် ဝံသးစ့ၤ သံကွၢ်ဘၣ်န့ၣ် GP မ့တမ့ၢ် ကသံၣ်သရၣ်စဲၣ်နီၤ လၢ တၢ်ဟ်ပနီၣ်အိၣ်လၢ မ့ၢ်နမၤတၢ်ဟူးတၢ်ဂဲၤအံၤ သ့ကစီၤဒီၤစါတက့ၢ်. ဝဲနမၤတၢ်ဟူးတၢ်ဂဲၤအခါ တၢ်ဘၣ်န့ၣ်မ့ၢ်တမ့ၢ် န့ၣ် ပတုၣ်ကွံၣ်အိၣ်တဘျီယီၤ ဒီးလဲၤယုတၢ်ဟ့ၣ်ကူၣ်လၢ ကရံၣ်သရၣ်စဲၣ်နီၤ အအိၣ်တက့ၢ်. ဘၣ်ထွဲဒီးတၢ်မၤကွၢ်ဂီၤတၢ်ဟူး တၢ်ဂဲၤအံၤန့ၣ် တၢ်လီၤဘၣ်ယီၣ် လၢယဂီၢ်ကဲထီၣ်သးသ့ ဒီးယအုၣ်သးလၢ ယတအိၣ်ဒီးနီၣ်ခိကွၢ်ဂီၤဒီးနီၣ်သး အတၢ်လီၤ ဘၣ်ယီၣ် လၢကမၤတၢ်ဟူးတၢ်ဂဲၤအံၤဘၣ် ဒီး ယတအိၣ်ဒီးတၢ်ဆူးတၢ်ဆါ လၢကဒုး အိၣ်ထီၣ်တၢ်ဂ့ၢ်ကီၢ်လၢယဂီၢ် ဝဲယမၤ တၢ်ဟူးတၢ်ဂဲၤအခါ မ့တမ့ၢ် ဝံၤအလီၢ်ခဲနီၣ်တမံၤဘၣ်. ဒီဖျါယမၤတၢ်ဟူးတၢ်ဂဲၤအံၤ အဖီခိၣ် ယအၢၣ်လီၤတူၢ်လီၢ် ကီၢ်ကး တၢ်ဟ့ၣ်က့ၢ်တၢ်ပးဂီၤအလဲ အတၢ်ဘျုးတဖၣ် ဒီးယကစၢ်အိၣ်ဒီးမူဒါတ် လၢအဘၣ်ထွဲ တၢ်သံတၢ်ပုၤ, ကွၢ်ဂီၤဘၣ်ဒီဘၣ် ထံး, တၢ်လီၤမၢ် မ့တမ့ၢ် တၢ်သ့ၣ်ထီၣ်တၢ်ပးဂီၤတဖၣ်န့ၣ်လီၤ. တၢ်ဟူးတၢ်ဂဲၤတဖၣ်အံၤ မ့ၢ်ထီၣ်တၢ်ဟူးတၢ်ဂဲၤတခါ အံၤ ဒီးတမ့ၢ်တၢ်တခါလၢ တၢ်ဒုးအိၣ်ထီၣ်အီၤ ဒ်ပုၤတဂၢၤဘၣ်တဂၢၤ အတၢ်လိၣ်အိၣ်အသိးဘၣ်န့ၣ်လီၤ.

Acknowledgement

Council acknowledges the peoples of the Kulin nation as the Traditional Owners of these municipal lands and water ways. We pay respect to Elders past, present and emerging.

တၢ်ဘိးဘၣ်သ့ၣ်ညါဟ်ပနီၣ်

ကိၣ်ကးဟ်ပနီၣ်ဝဲလၢ ဝုၢ်မ့ၢ်အဟီၣ်ခိၣ်ဒီးထံကျိထံကွံၣ်တဖၣ် အထူထံးကစၢ်န့ၣ် မ့ၢ်ဝဲပုၤလုလု (Kulin)ဖိတဖၣ် န့ၣ်လီၤ. ပတုၣ်တၢ်ဟူးယီၣ်ပးကဲဆူ ပုၤသးပုၤတဖၣ်လၢခါပူၤကွံၣ်. ခါခဲအံၤ ဒီးအိၣ်ထီၣ်သီတဖၣ်န့ၣ်လီၤ.



#ThisGirlCanVIC

