

# POSTNATAL EXERCISES



ဆံးစင်ဖိဝံလီၢ်ခံကွၢ်ဂီၤတၢ်ဟူးတၢ်ဂဲၤ  
တၢ်နီၣ် - ကသံၣ်သရၣ် မ့ၢ်ဟ့ၣ်အခွဲးမး စးထီၣ်မၤကွၢ်ဂီၤတၢ်ဟူးတၢ်ဂဲၤတက့ၢ်.

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Korean, September 2020

HOBSONS  
BAY CITY  
COUNCIL



CHANGE  
the  
GAME

VICTORIA  
State  
Government

VicHealth



# WALKING

- 1 **Start with small and gentle walks and slowly increase your walking time or distance**
- 2 **Break your walks up into small bouts throughout the day**

- 3 **Start with 10 minutes daily and aim to progress as your body is ready.**
- Please note:** Avoid return to running until cleared or advised to do so.
- Note:** please seek medical clearance prior to returning to exercise.

## ဟားလာခိဉ်

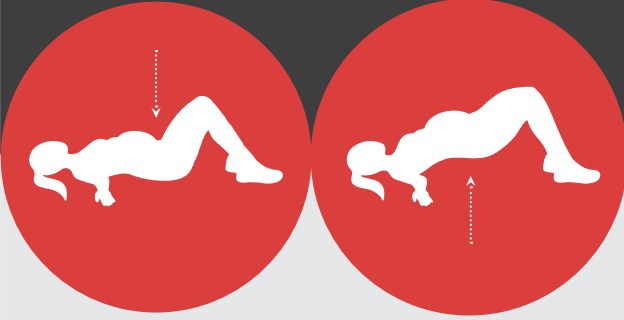
- ၁. စးထီဉ်ဟားလာခိဉ် တဆံးတက့ၢ် ဒီးဟားကယီကယီ ဒီးမးယံာ်ထီဉ်အဆာကတီၢ် ဒီးအတၢ်ဒုစၢၤ ကယီကယီ.
  - ၂. စးထီဉ်ဟား တဘျီလာဆာကတီၢ်ဖုဉ်ကိာ် တဘျူးဘျီလာ တနံၤအတီၢ်ပူၤ.
  - ၃. စးထီဉ်ဟားလာခိဉ် တနံၤ ၁၀မံနံး ဒီးကျးစးဟားအါထီဉ်အီၤ နီနမိာ်ပုာ်တူၢ်န့ၢ်အသိးတက့ၢ်.
- ဝံသးစူၤတီၢ်နီဉ် - မ့တမ့ၢ်လာကသံဉ်သရဉ်ဟ့ၣ်အခွဲး မ့တမ့ၢ် တၢ်ဟ့ၣ်ကူၣ်အိဉ်ဘဉ်န့ၣ် တဘဉ်စး ထီဉ်ယုာ်ဒီးတဂ့ၤ.



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# PELVIC TILT



- 1 Lay on your back on the floor with your knees bent and feet on the floor in a comfortable position.
- 2 Allow back to arch. Allow back to flatten to the ground.
- 3 Engage pelvic floor

- 4 Repeat this movement for 10 repetitions.
- Progress - Increase your repetitions, add another set of 10 as able.
- Note: please seek medical clearance prior to returning to exercise.

## ဘိုးဖွဲ့ခံ ခံကိတ်လံ

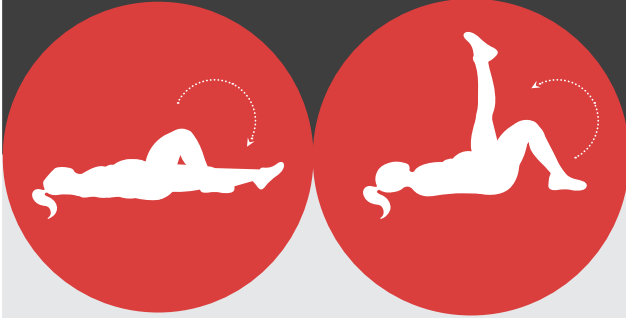
- ၁. မံလီနချာ လာတင်ဒါလီအဖိခိန် ဘိန်ကွန်ထိန်နခိန်လှိုင်ခိန် ဒီးဟ်နခိန်ညါသးလာ တင်ဒါလီအလီ ဒ်အဘဉ်နမုန်အိန်အသိး.
- ၂. ဘိုးကွန်ကျီထိန်နချာ  
ဘိုးဘျာလီကွနချာ ဆူတင်ဒါလီအလီ.
- ၃. ထူးယံး ပျက်ဆုန်လီ ဆိန်ဒါလီဖိခိန်အညဉ်ထုန်တဖန်
- ၄. မတော်ဟူးတင်ဂါအံ ၁၀ ဝိ.
- မဆူန်ထိန် - မဆူန်ထိန်နတင်ဟူးတင်ဂါ မအါထိန်အီ အတဘျီ ၁၀ ဝိတကွာ်.



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# SINGLE LEG LIFT



- 1 Lay on your back on the floor and have your knees bent and feet on the floor.
- 2 Bring one leg up and bend your knee towards your chest and return that leg to the starting position.
- 3 Repeat lift and lower for the other leg.

- 4 Complete five times per leg, 10 times total.
- Progress** - as you lift your leg to 90 degrees lengthen your leg out towards the roof, bring it back to 90 degrees then bring back to the floor.
- Note:** please seek medical clearance prior to returning to exercise.

## စိတ်ကဖိထိပ်ခိပ် တခီ

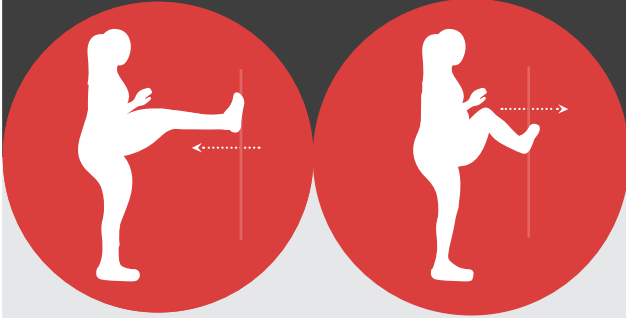
၁. ဝံဒါလီ၊နပျိုလ၊ လာတာဒါလီလီ၊ ဒီးဘီးကွန်ထိပ်နခိပ် ဒီးပတ်နခိပ်လည် လာတာဒါလီအဖိခိပ်  
 ၂. ထူးကဖိထိပ်နခိပ်တခီ ဒီးသူးထိပ်နခိပ်လွန်ခိပ်ဆူ နသးနါပှာ ဒီးပတ်လီကွာအီ၊ ဒ်အစးထိပ်သး  
 အိပ်အသိး  
 ၃. မာတတ်စိတ်ကဖိထိပ်ဒီးပတ်လီ၊ နခိပ်အဂါတခီတကွာ၊  
 ၄. မာကဒီးအီဒ်နန ခိပ်တခီ ၅ ဝီ၊ ခဲလက် ၁၀ ဝီတကွာ  
 မာဆူထိပ် - ဖဲနစိတ်ကဖိထိပ်နခိပ် ၉၀ ဒံကရံအခါ ယုန်ဘျာထိပ်နခိပ်ဆူ တာခိပ်ဒူး၊ ထူးလီ၊  
 ကွာအီဆူ ၉၀ ဒံကရံအလီ၊ ဒီးပတ်လီကွာအီလ၊ တာဒါလီအလီ



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# STANDING SINGLE LEG WALL PRESS



- 1 **Stand parallel to a wall and bring the leg closest to the wall up to 90 degrees (with the knee bent).**
  - 2 **Press the foot of the straight standing leg into the floor.**
  - 3 **Push the bent leg into the wall.**
  - 4 **Hold this position for three seconds and bring the leg down to rest.**
  - 5 **Repeat five times per each leg.**
- Note:** You will feel the muscle in the standing leg working to stabilise the pelvis
- Progress:** increase your reps as able, aim to complete 10 reps per each leg.
- Note:** please seek medical clearance prior to returning to exercise.

## ဆာထျာ်ခိ်တခိ် ဆိ်ဂ်လီၤတၢ်ဂ့ၢ်

၁. ဆာထျာ်လီၤလီၤသယဲၤလၢ တၢ်ဂ့ၢ်ပၤ ဒီးသုးနခိ်တခိ် ဆုတၢ်ဂ့ၢ်ပၤဘူးဘူး ၉၀ ဒိ်ကရံၢ် (ဘိးက့ၢ်လီၤယုၢ်ခိ်လ့ၢ်ခိ်)
၂. ခိ်လၢ အယီၢ်လီၢ်တၢ်တခိ် ဟ်အိၤဘျၢဘျၢ.
၃. သုးခိ်လၢ အဘိးက့ၢ်သးတခိ် ဆုတၢ်ဂ့ၢ်ပၤ
၄. ဟ်အိၤဒ်အံၤ ၃ ဝဲးကး ဒီးထူးလီၤက့ၤအိၤ
၅. မၤကဒီးအိၤဒ်န့ၢ် ခိ်တခိ် ၅ ဝိ

တၢ်နီၣ် - နက ကလၢၢ်ဘၣ်လၢ နခိ်ဆာထျာ်တခိ် အညၣ်ထုၣ်န့ၢ် အမၤတၢ် ဒ်သိးအကမၤယံး ကျၢၤထီၣ် ဆံၣ်ဒၢဖိခိ်အယံးန့ၢ်လီၤ.

မၤဆူၣ်ထီၣ် - မၤအါထီၣ်တၢ်ဟူးတၢ်ဂဲၤ ဒ်နမၤန့ၢ်အသိး, ကျဲးစးမၤ ခိ်တခိ် ၁၀ ဝိ



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# WALL PUSH UP



**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 towards 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 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 ten.

**Note:** please seek medical clearance prior to returning to exercise.

## တၢ်န့ၣ်ပၤဆိၣ် ထီၣ်သး

၁. ကိစီၤစၢၤန့ၣ်ဆူနကပၤ လၢ်ထဲသိး နဖံးဘၣ်ခိၣ် ဆၢထၢၣ်လၢတၢ်န့ၣ်အမဲၣ်ညါ စီၤစၢၤထဲသိးနစုအထီၣ်.

၂. ဆိၣ်လီၤ နစုလၢတၢ်န့ၣ်ပၤဒီးပၢ်အီၤအလၢ်ထဲသိးလၢ နဖံးဘၣ်ခိၣ်.

၃. ကသါန့ၣ်လီၤ ဘိးက့ၣ်လီၤနစုနၢၣ်ခံ ဒီးသးဘူးလီၤ နသးနါပှၢ်ဆူ တၢ်န့ၣ်ပၤလီၤ ကယိကယိ ဖဲန့ၣ်ခိၣ်လၢ အိၣ်လၢတၢ်ဒါလီၤအလီၤအခါ (န့ၣ်နၢၣ်ခံ မ့ၢ်သးကဖိထီၣ်အသးန့ၣ်သ့လီၤ).

၄. ကသါပးထီၣ် ဖဲနဆူးကါနစုဒီးဆိၣ်ဆၢထၢၣ်က့ၤနမိၢ်ပှၢ် တုၤလၢနစုဘျၢက့ၤ. မၤကဒီးဒ်န့ၣ် အသိ ၁၀ ဝိတက့ၢ်.

တၢ်မၤစၢၤအဂၤ - ဆၢထၢၣ်ဘူးထီၣ်လၢ တၢ်န့ၣ်ပၤ.

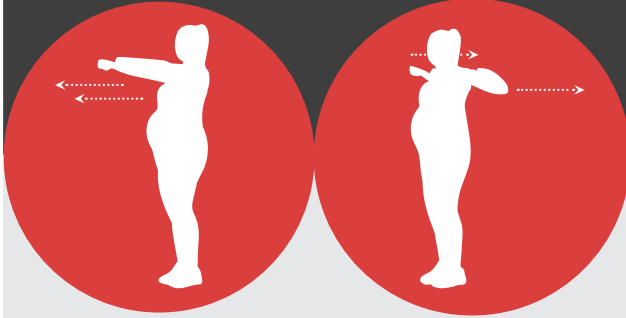
မၤဆူၣ်ထီၣ် - မၤအါထီၣ်အီၤခံဘျီ တဘျီ ၁၀ ဝိ.



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# SHOULDER SQUEEZE



- 1 **Choose to either stand or sit up straight in a chair**
- 2 **Extend your arms straight in front of you with your palms facing down and fingers curved like you are holding a bar.**
- 3 **Pull your arms back, bending your elbows until they are behind your back. Squeeze your shoulder blades, hold for three seconds and release. Repeat 10 times.**

- **Progress-** Increase your repetitions to two times 10. For an extra challenge look at adding a resistance band to this exercise.
- **Note:** extra beneficial for those who are breast feeding or experiencing upper back tightness
- **Note:** please seek medical clearance prior to returning to exercise.

## ဘံးဖံဘၣ်ခိၣ်

၁. ဆၣ်နီၤလၢ လီၢ်ဆၣ်နီၤအဖီခိၣ် ဘျၢဘျၢ
၂. ထးဘျၢထီၣ်နစု ဆူနမဲၣ်ညါလီၤလီၤ ယၣ်စုလၢဆူတၢ်ဒါလီၤလီၤ ဘံးလီၤနစုမ့ၢ် ဒ်နဖီၣ်ယၢ် ထးအဘိအသိး.
၃. ထးလီၤက့ၢ်နစု, ဘိးက့ၣ်လၢနစုနၢ်ခံ တုၤအလဲၤတုၤလၢနလီၢ်ခံ. ဆိၣ်ယံးတံၢ် နဖံဘၣ်ခိၣ် ယံကဘျၢ, ဟံအိၣ်န့ၣ် ၃၀ စဲးကၣ် ဝံၤပျၢ်လီၤကဆၣ်အိၣ်. မၤအသိၣ်န့ၣ် ၁၀ ဝိ.

မၤဆူၣ်ထီၣ် - မၤအါထီၣ်အိၣ်ခံဘျီ, တဘျီ ၁၀ ဝိ. မ့ၢ်ဘၣ်သးကီထီၣ်န့ၣ် ဆူးကါတၢ်ထးယုၣ်တက့ၢ်. တိၢ်နီၣ် - ဘၣ်ဘျးပုၤဒုးအိၣ်ဖိလၢမိၢ်န့ၣ်ထံ မ့တမ့ၢ် ပုၤလၢအတူၢ် ဘၣ်ပျီၢ်အဖီခိၣ် ဖျၢဆါတဖၣ် အါခိၣ်တက့ၢ်.



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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.

**မူဒါတော်ဟ်ဖျါ**

ခဲအံၤ မ့တမ့ၢ် လၢအပူၤကွံာ် နတၢ်အိၣ်ဆူအိၣ်ဆူမ့ၢ်တဂ့ၤန့ၣ် ဝံသးစူၤ သံကွၢ်ဘၣ်န့ၣ် GP မ့တမ့ၢ် ကသံၣ်သရၣ်စဲၣ်နီၤ လၢ တၢ်ဟ်ပနီၣ်အိၤလၢ မ့ၢ်နမၤတၢ်ဟူးတၢ်ဂၤအံၤ သ့ကစီဒီဇါတက့ၢ်. ဖဲနမၤတၢ်ဟူးတၢ်ဂၤအံၤ တၢ်ဘၣ်န့ၣ်မ့ၢ်တမ့ၢ် န့ၣ် ပတၣ်ကွံာ်အိၤတဘျီယီၤ ဒီးလဲၤယုတၢ်ဟ့ၣ်ကူၣ်လၢ ကရၣ်သရၣ်စဲၣ်နီၤ အအိၣ်တက့ၢ်. ဘၣ်ထွဲဒီးတၢ်မၤက့ၢ်ဂီၤတၢ်ဟူး တၢ်ဂၤအံၤန့ၣ် တၢ်လီၤဘၣ်ယီၣ် လၢယဂီၢ်ကဲထီၣ်သးသ့ ဒီးယအုၣ်သးလၢ ယတအိၣ်ဒီးနီၣ်ခိက့ၢ်ဂီၤဒီးနီၣ်သး အတၢ်လီၤ ဘၣ်ယီၣ် လၢကမၤတၢ်ဟူးတၢ်ဂၤအံၤဘၣ် ဒီး ယတအိၣ်ဒီးတၢ်ဆူတၢ်ဆါ လၢကဍး အိၣ်ထီၣ်တၢ်ဂ့ၢ်ကိလၢယဂီၢ် ဖဲယမၤ တၢ်ဟူးတၢ်ဂၤအံၤ မ့တမ့ၢ် ဝံၤအလီၢ်ခံနီတံၤဘၣ်. ဒီဖျိယမၤတၢ်ဟူးတၢ်ဂၤအံၤ အဖီခိၣ် ယအာၣ်လီၤတူၢ်လီၢ် ကီၢ်ကး တၢ်ဟ့ၣ်က့ၢ်တၢ်ဟးဂီၤအလဲ အတၢ်ဘျါတဖၣ် ဒီးယကစၢ်အိၣ်ဒီးမူဒါ လၢအဘၣ်ထွဲ တၢ်သံတၢ်ပုၤ, က့ၢ်ဂီၤဘၣ်ခိဘၣ် ထံး, တၢ်လီၤမ့ၢ် မ့တမ့ၢ် တၢ်သ့ၣ်ထီၣ်တၢ်ဟးဂီၤတဖၣ်န့ၣ်လီၤ. တၢ်ဟူးတၢ်ဂၤတၢ်ဖၣ်အံၤ မ့ၢ်ထီၣ်တၢ်ဟူးတၢ်ဂၤတခါ အိၤ ဒီးတမ့ၢ်တၢ်တခါလၢ တၢ်ဍးအိၣ်ထီၣ်အိၤ နပုၤတဂၤဘၣ်တဂၤ 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 ဝုၢ်မ့ၢ်အဟီၣ်ခိၣ်ဒီးထံကျိထံကွၢ်တဖၣ် အထူထံးကစၢ်န့ၣ် မ့ၢ်ဝဲပုၤလူလု (Kulin)ဖိတဖၣ် န့ၣ်လီၤ. ပဟ့ၣ်တၢ်ဟူးယီၣ်ပးကဲဆူ ပုၤသးပုၤတဖၣ်လၢခါပူၤကွံာ်, ခါခဲအံၤ ဒီးအိၣ်ထီၣ်သိတဖၣ်န့ၣ်လီၤ.



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