

# »» DHAQ GACMAHAAGA! ««



1. Gacmahaaga ku qoy biyo nadiif ah, biyo socda (diiran ama qabow), oo mari saabuun.



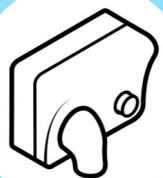
2. Xumbo ka keen gacantaada adigoo ismarmarinayo lana isticmaalaysid saabuun. Hubso inaad dhabarka gacmahaaga xunbayso, farahaaga dhexdooda, iyo ciddiyahaaga hoostooda.



3. Isku xoq mahaaga ugu yaraan 20 sekan. Ma u baahantahay saacad? Hum “Dhalashada Wacan” hees bilow ilaa dhamaad laba jeer.



4. Si fiican uraaci gacmahaaga biyo nadiif ha, oo socda. Biyuhu ha ku laabtaan darka, laakiin ha yaysan ku laabanin xusulkaaga.



5. Ku qaliji gacmahaaga shukumaan nadiif ah ama hawada ku qalaji.

