



World
PT Day
2025



LAFIYAYEN TSUFA



Tsofaffi su kasance cikin motsa jiki gwargwadon iko

A daidaita kokari da yadda lafiyar jiki da motsa jiki ke ba da dama



Yin ɗan motsa jiki ya fi yin babu komai

A fara da kanana, a jig aba a hankali



Kar ka zauna sosai!

Zama na dogon lokaci na da illa ga lafiya. A rage zaman ta hanyar motsa jiki akai-akai

Likitocin kashi (fisiyoterapi) kwararru ne a motsa jiki da motsi – za su taimake ka ka ci gaba da kasancewa mai motsi yayin da kake tsufa.



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