

# LIFESTYLE & WELLNESS

Health Report by David S Duenas

**BENEFITS**  
ʔuhaʔhildx<sup>w</sup>

**GOALS**  
sd'ix<sup>w</sup>udəq

**HYDRATION**  
q<sup>w</sup>uʔdubut

**EXERCISE**  
wələx<sup>w</sup>ildubut



# BENEFITS Դրադիլdx<sup>w</sup>

THE WHYS TO MAKE A HEALTHY LIFE.  
Ժիլ զախ<sup>w</sup>աճիժ Դրհրրր ճախ<sup>w</sup> t(i) աժհալիժ  
Դաշալիժիլ.

*Improved Mood*

*Stronger Bones*

*Healthy Weight*

*Cancer Risk Reduction*





## *Improved Mood*

Դիլիւ ձա՞ք՞ա Դիլյուիլ.  
You are more happy and joyful.





# BENEFITS Դստահիլձք<sup>w</sup>

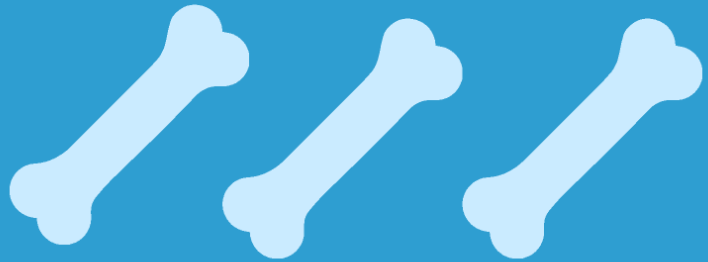
THE WHYS TO MAKE A HEALTHY LIFE.  
Ժիլ զձք<sup>w</sup>ձսիձ Դստսյսձ ձձք<sup>w</sup> տ(i) ձձհձլիձ  
Դստհիլիձ.

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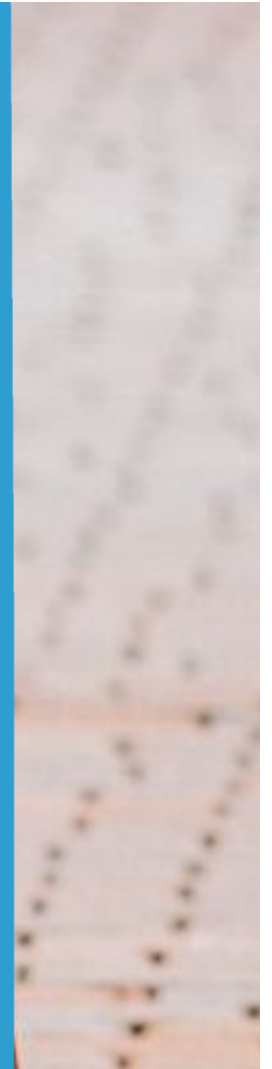
*Cancer Risk Reduction*



## ***Stronger Bones***

ʔuwələx̣<sup>w</sup>iltx̣<sup>w</sup> čəx̣<sup>w</sup> t(i) adšaw'šaw'.

You make your bones stronger.





# BENEFITS Դստաճիլդք<sup>w</sup>

THE WHYS TO MAKE A HEALTHY  
LIFE.  
Ժիլ ժախ<sup>w</sup>աճիլ ճիլիլսյսլ ճախ<sup>w</sup> տ(ի) աժիլիլ  
Դաիիլիլ.

*Improved  
Mood*

*Stronger  
Bones*

*Healthy  
Weight*

*Cancer Risk  
Reduction*



## *Healthy Weight*



Դաշնակա՞նի գ<sup>w</sup>ձը Դա՛սնա՞նի տի՛կ շ<sup>w</sup>՛ւզ<sup>w</sup> շ<sup>w</sup>՛ւզ<sup>w</sup>ձե՛ք Դ՞՞՞նի լե՛ց<sup>w</sup> լե՛ց<sup>w</sup>ձե՛ք շ<sup>w</sup>՛նք  
yax<sup>w</sup> ti stububščəl yax<sup>w</sup> ti sləladəy?čəl yax<sup>w</sup> ti sləlułtədčəl.  
The bodies of our youth, men and women, and beloved elders  
are healthy and okay.



## BENEFITS Դրա՞հի՞լ՞դք<sup>w</sup>

THE WHYS TO MAKE A HEALTHY LIFE.  
Ժի՞ ըձք<sup>w</sup>ճի՞ժ Դրհյւ՞ժ ճձք<sup>w</sup> t(i) աժհալի՞  
Դճհալի՞լ.

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## ***Cancer Risk Reduction***

Դստիվիլդս՝ չձս՝ ձս՝սհսյիլ տի սսճձձ Դձ տիլ cancer.  
Ensure that you avoid sicknesses such as cancer.





# BENEFITS Դրա՞հի՞լ՞դք<sup>w</sup>

THE WHYS TO MAKE A HEALTHY LIFE.  
Ժ՛լ զճճ<sup>w</sup>ճճի՞՞՞՞ զհիյս՞՞ ճճ<sup>w</sup> զ(ի) զհճի՞՞  
Դճհճի՞՞լ.

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**EXERCISE**  
wələx<sup>w</sup>ildubut

# HYDRATION q<sup>w</sup>u?dubut



How much do you drink? k<sup>w</sup>id k<sup>w</sup>(i) adsuq<sup>w</sup>u?q<sup>w</sup>a?  
q<sup>w</sup>u?q<sup>w</sup>a? čəx<sup>w</sup> ?ə k<sup>w</sup>i ?i?ub tx<sup>w</sup>əl dəg<sup>w</sup>i.  
Drink enough for yourself.



Day and night. sləx<sup>w</sup>il yəx<sup>w</sup> ti sləx<sup>w</sup>il.  
?al ti ?up q<sup>w</sup>u?q<sup>w</sup>a?əx<sup>w</sup> čəx<sup>w</sup> ?ə ti qa  
q<sup>w</sup>u?  
In the mornings drink a lot of water.



Other drinks. ləli? sq<sup>w</sup>u?q<sup>w</sup>a?  
g<sup>w</sup>ə?alad k<sup>w</sup>(i) adsuq<sup>w</sup>u?q<sup>w</sup>a? ?ə ti hiqab  
qa q<sup>w</sup>ag<sup>w</sup>əbalq<sup>w</sup>u?  
Cease drinking large amounts of soda.

*The good  
and the bad  
ti ha? yəx<sup>w</sup> ti qəlab*



## THE GOOD AND THE BAD ti haʔl̥ yəx<sup>w</sup> ti qələb



It is fine for use to drink large amounts of water in the daytime.  
ʔub čəl̥ g<sup>w</sup>əq<sup>w</sup>uʔq<sup>w</sup>aʔ ʔə k<sup>w</sup>i qa q<sup>w</sup>uʔ  
ʔal ti sləx̥il.



Do not forget, your bodies are important.  
Make good choices.  
x<sup>w</sup>iʔ k<sup>w</sup>(i) adsubaliic, ʔilq'ič t(i) adc'uq<sup>w</sup>əb.  
bisidəx<sup>w</sup> cəx<sup>w</sup> ʔə k<sup>w</sup>i haʔl̥.

# HYDRATION q<sup>w</sup>u?dubut



How much do you drink? k<sup>w</sup>id k<sup>w</sup>(i) adsuq<sup>w</sup>u?q<sup>w</sup>a?  
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wələx<sup>w</sup>ildubut

# EXERCISE



diłəx<sup>w</sup> dəx<sup>w</sup>uwələx<sup>w</sup>ilčəł  
tx<sup>w</sup>əl k<sup>w</sup>i suk<sup>w</sup>ax<sup>w</sup>alik<sup>w</sup>.  
This is how we  
strengthen ourselves in  
case we can help.



łub čəł tiʔtəlawil čələ č'aʔa.  
It is fine for us to run jog  
and play.



k<sup>w</sup>ədačibid čəx<sup>w</sup> ʔə t(i)  
adsxəb.  
Take hold of your  
weights.



łub čəł ʔupətig<sup>w</sup>əsəb,  
adsg<sup>w</sup>aʔ adxəč.  
It is fine for us to meditate,  
This is up to you.



*Ideas  
spətidg<sup>w</sup>as*



# *diłax<sup>w</sup> dax<sup>w</sup>uwəłəx<sup>w</sup>ilčəł.*

This is how we make ourselves stronger.



sax<sup>w</sup>əb čəx<sup>w</sup>ə tiʔtəławil.  
You sprint, jump, and jog.



cəłdalb. sut'aldəł, puʔhałdəł,  
Breathe. Inhale, exhale.



k<sup>w</sup>ədačibid čəx<sup>w</sup> ti adsxəb.  
Take hold of your weights.

# EXERCISE



diłəx<sup>w</sup> dəx<sup>w</sup>uwələx<sup>w</sup>ilčəł  
tx<sup>w</sup>əl k<sup>w</sup>i suk<sup>w</sup>ax<sup>w</sup>alik<sup>w</sup>.  
This is how we  
strengthen ourselves in  
case we can help.



łub čəł ti?təlawil čələ č'ała.  
It is fine for us to run jog  
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*Ideas  
spətidg<sup>w</sup>as*

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q<sup>w</sup>uʔdubut

**EXERCISE**  
wələx<sup>w</sup>ildubut

# GOALS sd<sup>z</sup>ix<sup>w</sup>udəq

- 1** žuləhaydx<sup>w</sup> čəx<sup>wə</sup> juʔalik<sup>w</sup>. Learn and have fun.
- 2** bisidəx<sup>w</sup> čəx<sup>w</sup> k<sup>w</sup>(i) adsuhuy. Pick what you will do.
- 3** tibicutəx<sup>w</sup> čəx<sup>w</sup>. Try your best.
- 4** čaladəx<sup>w</sup> čəx<sup>w</sup> t(i) adxəč. Follow your xəč.



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