



HOW HEALTHY IS YOUR LIFE?



I. IMYITZO NGORORANGINGO

> 30 MN IMYITZO Y'INGUFU

➤ Mikeya cg itari iya buri gihe(no regular) : 0

➤ 2-3 mu cyumweru : 5

➤ 4+ mu cyumweru :10

II. GUSINZIRA UMUBARE W'AMASAHA BURI JORO

- Minsi y'amasaha 6 mu ijoro:0
- Byibuze amasaha 7 buri joro,kumva waruhutse muri rusange:5
- Amasaha 7-8 buri joro,Kwumva iteka waruhutse :10

III. IMBUTO N'IMBOGA URUGERO RWA BURI MUNSI(SERVING)

➤ 0-4 servings :0

➤ 5-6 servings:5

➤ 7 + servings:10

1/2 k'agakombe k'ibyo
kurya bitetse.



Cyangwa

Agakombe 1 k'ibyo
kurya bidatetse.



IV. IMPEKE ZUZUYE IMIGATI N'IBINYAMPEKE

- Umugati w'umweru n'impeke zituzuye(mu ruganda) :0
- icya kabiri impeke zituzuye /icya kabiri impeke zuzuye:5
- Umugati n'impeke byuzuye:10



V. IBINURE BIKOMOTSE KU MATUNGO/IBYO KURYA BIRIMO IBINURE BYINSHI

- Buri gihe ibinure bikomotse ku nyama byo mu rwego rwo hejuru n'ibikomoka ku mata: 0
- Ibinure bike bikomotse ku nyama no ku mata:5
- Kurya gake cyane cg kutarya inyama na mba n'ibikomotse ku mata:10

VI.KUMVA USHYIGIKIWE MU MURYANGO MUGARI(SOCIETY)NO GUSHYIKIRANA N'ABANDI(INTERACTION)

- Ntabwo numva nashobora kugira uwo nakwishingikirizaho ngo mbone ubufasha byaba ku muryango cg inshuti, umushyikirano mukeya cyane nabo:0
- Mfize gushyigikirwa runaka kuvuye ku muryango /inshuti igihe mbikeneye , umushyikirano rimwe na rimwe nabo :5
- Mfite umuryango ushobora kumfasha igihe bibaye ngombwa, mfitanye buri gihe umushyikirano nabo :10

VII. IBIRO

- 10kg + birenze ku biro wagombye kugira :0
- 5-8 kg birenze cg bibura ku byo wagombye kugira:5
- Ibiro byegereye ibyo wagombye kugira:10

VIII. UMUVUDUKO W'AMARASO

➤ $140/90 + :0$

➤ $120/80$ kugeza ku $139/89:5$

➤ Minsi ya $120/80 :10$

IX. IFUNGURO RYA MUGITONDO

- Kufata ifunguro rya mu gitondo gake cyane:0
- Gufata ifunguro rya mu gitondo hafi ya buri gihe :5
- Gufata ifunguro rya mu gitondo ryuzuye buri gihe :10

X. KUNEZERWA

- Kumva utanezerewe cg se unyuzwe. Rimwe na rimwe ukagira kwiheba(depression):0
- Kunezerwa no kumva unyuzwe muri rusange :5
- Kumva unezerewe cyane kandi unyuzwe n'ubuzima bwawe:10

XI. IGIHE UMARA HANZE (OUTDOORS)

- Munsi y'iminota 15 ku munsi :0
- Hagati y'iminota 15 na 45 ku munsi :5
- Hejuru y'isaha ku munsi :10

XII. KUGIRANA IHURIRO N'ABANDI MU BYA MWUKA

- Ntabwo abizi neza cg nta myizerere mu by'iyobokamana n'ibya Mwuka afite. Kuboneka gake cg se kutaboneka na mba mu matsinda y'iby'iyobokamana cg se ibya Mwuka :0
- Kwiga uburyo bwo kugira kwizera,guteza imbere indangagaciro mu bya Mwuka, guhura rimwe na rimwe n'abo mufite imyizerere imwe:5
- Afite kwizera.Ubuzima buyobowe n'indangagaciro mu bya Mwuka kandi ahura n'abandi bahuje imyizerere mu buryo buhoraho:10

XIII. AMAZI

- Kunywa amazi ari munsi y'ibirahuri 6 ku munsi :0
- Kunywa ibirahure 7 cg hafi aho ku munsi :5
- Kunywa ibirahuri birenze 8 ku munsi:10

IGITERANYO N'UBUSOBANURO

- **0-45**: Ingorane nyinshi(very high risk)
- **90-115**: Ni byiza(Good)
- **120-130** : Birahebuje(Excellent)