

# Iska Fiiri

**(Check it** kahor inta aadan u jabin  
**before you wreck it)**

**Isbaar.**  
**Baro khatartaada.**  
**Isbadello samee.**



**Haddii aad u dhexayso da'aha 40-75 sano,**  
**Kala hadal dhakhtarkaaga qaarashada**  
**Baaritaanka Khatarta Xanuunka Wadnaha**  
**(CVD, Cardiovascular Disease)**  
**marka xigta ee dhiig lagaa qaado.**

**Waad talaabada koobaad ee looga hortago**  
**wadne istaaga ama istarooga.**

