

Asebenza Daily

New-Age time-management

1 NKULUNKULU isikhathi wadala isilinganiso isiqalo Ukuphela!

A 'isimiso Daily' ibalulekile hlangana 'Isibopho 2 (Vikela umzimba womuntu) 'Futhi sikulungele ukuba ubhekane nezinselele oluzayo. Sukuma, ube ingilazi yamanzi kancane chilled elicwengekileyo, iya endlini encane, do 'Daily Fit (Umzimba) ', zokukhulekela zibe 'Umthandazo Daily', ukugeza ubuso nezandla, sidle ukudla kwasekuseni, ugqoke. Hlola 'Planner' yakho. Manje yakho isilungele izinselele. 'Yiba-osukwini oluhle, kwangathi 1 NKULUNKULU Busisiwe' .

1 NKULUNKULU ulinde ukuzwa kuwe!

Daily Nomthandazo

Sawubona 1 NKULUNKULU , UMdali kakhulu amahle Universe Usizo kimi abe ohlanzekile, onozwela futhi ethobekile Ukusebenzisa 7 Imiqulu njengoba umhlahlandlela:

I uyobavikela okudaliwe kwakho Ujezisa Nokubi.



Ukumelela dedengu ehlaselwa, abancishwe amathuba, Okuphakelayo ababuthakathaka nabaswele abalambile, indawo yokuhlala abangenamakhaya nenduduzo ogulayo Proclaim

1 NKULUNKULU 1 UKHOLO, 1 Church, Umkhathi Umgcini ababheki Siyabonga namuhla

othobekile umnakekeli umengameli wakho kakhulu abathembekile (1st igama)

Ukuze Inkazimulo 1 NKULUNKULU Omuhle of Humankind

Lomthandazo yindlela esetshenziswa kwansuku ingxenye isimiso sansuku zonke, eyedwa noma iqembu kunoma iyiphi indawo lapho uthanda, zibheke rising sun uvale emehlo. Hlabelela ngesikhathi Ukuhlangana.



A 'isimiso Daily' kuhlangukisa nokuhlazeka nokondla hhayi kuphela 'mina' kodwa bonke abanye abantu futhi izidalwa kuncike kuwe. Geza izandla njalo ngemva ukuvakashelwa yangasese futhi phambi yonke okuphakelayo. Geza ubuso phambi zonke feed. Ibhulashi amazinyo futhi ugeze umzimba wonke ngaphambi kokulala.

A 'isimiso Daily' okuhilela ezinhle futhi ezezisa Nokubi. Ukuba olungile kuhilela ukwenza ' **Okungahleliwe izenzo Somusa** '. Yiba nomusa mina, nabantu abaseduze nawe, umphakathi, nezinye izidalwa, olwenzeka endaweni ... **1 NKULUNKULU**

uthanda okungahleliwe izenzo Somusa. Ujezisa Ububi everytime nokusebenzisa ' **EMthethweni- uMuphi manifest** ' njengoba umhlahlandlela.

1000 zeminyaka 'Omubi' kuthiwa usezofika ekupheleni! **Uziphathe kahle! Cage Ububi!**

Zama 'Ngifuneni, inzuzo futhi zisebenza Ulwazi', ' **Funda & Fundisa** ', adlule 'Ukuphila-nakho. Ukufunda, Ukufundisa badlulisela riences Life expe- ezidingekayo ukuze sibe usizo **1 NKULUNKULU** impilo ejabulisa. Lemisebenti usizo 'Harmonising' nge ndawo lendawo futhi basinde zilwane. Ukufuna ukuthola nokusebenzisa Ulwazi kusiza yokuphendula **1 NKULUNKULU** ' s imibuzo ku Lokwahlulela-Day.



Daily Linganisa (umzimba)

Daily obonisa kumelwe nakanjani okuhle empilweni, bayingxenywe ukuphila kwansuku zonke. Basuke kuphelile njalo ekuseni. umzimba Daily ukwandisa: wonke-round inhlalakahle, kwegazi, umsebenzi ubuchopho, ukudla ukugaya, nesifiso sokufuna mating-, imisipha toning, ukuzethemba, ukukhuthazwa izivikeli mzimba. Izivivinyo 7 yilezi: **Chest, Windmill, Umnyango Uhlaka, Dumbbell, ukuguqa Hook, swivel** . Zonke umzimba 7 zingezokunikeza YENA, SHE i aphindaphindwe.

Qala nge 1 uphinda, ukwanda lungene 21. Sebenzisa commonsense fast kanjani ukufinyelela eziphindaphindiwe esiphezulu. Ukuphikelela kanye eziphindaphindiwe nsuku zonke kuyazuzisa. Usebenzisa 21 eziphindaphindiwe usuku 1 hhayi obonisa olandelayo Akuzuzisi. Emva kokuphothula umzimba ukuma aqonde futhi umoya kakhulu bese exhale kumkhawulo wenze lokhu izikhathi 3. Qhubeka endleleni yakho Daily. **Qaphela!** Hhayi obonisa kuwuphawu ukungahloniphi ngokupheleleko umzimba, ukuzenyeza, ubuvila, ...

Chest Isifundo 1: Yima izingalo ubude ibheke ovundlile kuya izithupha phansi esifubeni ethinta inhliziyo. Hambisa izingalo emuva ngangokunokwenzeka (**Musa ngesankahlu**) . Khona-ke ukunyakazisa izingalo kwindawo yasekuqaleni insaliwe. **Phinda (21 max) !**

Windmill Isifundo 2: Yima ubude, izingalo eziluliwe emaceleni hori- zontal kwisitezi (**T-ukuma**) . Gxila umbono wakho ku iphuzu elilodwa ngqo phambili. Qala turning ngokwewashi (**Kusukela kwesobunxele kuya kwesokudla**) . Ukugxila embonweni iphuzu kuze ukuvula umzimba amabutho ukuba yikho. Gcina

ukuvula refocusing ngokushesha ngangokunokwenzeka. Gcina ephendukela iphuzu isiyazi noma ematfuba 21 kuye ngokuthi ikuphi okufika 1st. Breath uhamba ngokujulile izinyathelo ezimbalwa **steadying ngokwakho. Qaphela! Beginner noma kokululama ekuguleni uqale nge 1 ithuba landa 21 ematfuba max.**

Isexwayiso, njalo ayeke uma ukuzizwa isiyazi.

umnyango Uhlaka Isifundo 3: Yima uqonde e umnyango ovulekile ifreyimu izinyawo hip ububanzi izindololwane ngaphandle bend phezulu ngesikhathi engela kwesokudla (90 °, Trident ukuma) . Cindezela izindololwane ngokumelene izinhlangothi umnyango Uhlaka uze uzizwe ukungezwani phakathi izindwani ehlonbe, ukubambelela (Ukubala 10) , Ukunciphisa uvalo. **Emva kokukhipha ukungezwani dons a ngokusebenzisa ekhaleni ngokulinganayo ngokugcwalisa emaphashini ukuba max, ukubambelela (Ukubala 3) Ke kancane exhale ngomlomo ukuze max.**

dumbbell Isifundo 4: 1 dumbbell isetshenziswa YENA (4kg) , SHE (2kg) . **Ungayisebenzisi 2 Dumbbells. Yima** uqonde ngezinyawo hip ububanzi izindololwane ngaphandle ukuze ezinhlangothini zenu izintende zibeke phambili. Sithathe dumbbell ngesandla sesancele eguqa ingcoza kuze ibhodi lemisindo isezingeni engela kwesokudla (90 °) **Kancane ngawakhamela bicep, ephakamisa Dumbbell up maqondana ukubambelela ehlonbe (Ukubala 3) Ke kancane wehlise dumbbell ukuqalisa isikhundla, uphinda (1-7) . Guqulela nasengalweni, uphinda (1-7) .**

siguqile Ukuzivocavoca 5: Guqa kwi uqonde prayermat umzimba, izandla ezibekwe ngokuqinile buttock. Thambekisela ikhanda phambili kuze kwesilevu kuthintwa esifubeni. Manje kancane ithiphu ikhanda emuva kuze kufike-ke ngizoya, ngesikhathi esifanayo emuva mafutha ngangokunokwenzeka ngibeke izandla zenu ziqine ezinqeni.

Phinda (21 max) !

hook Ukuzivocavoca 6: Ku-prayermat (Ukuvikela amakhaza) amanga flat ngomhlane, enwetshiwe izingalo izintende phansi owakhe umzimba. Manje kancane bayithambekise ikhanda phambili enwetshiwe izingalo izintende phansi owakhe umzimba. Manje kancane ummango ikhanda phambili kuze kwesilevu ethinta esifubeni ngesikhathi esifanayo lift imilenze yakho, amadolo ame ngokuqondile, mpo (90 °) ukubambelela (Ukubala 3) Ke kancane ukubuyela (Ikhanda, izinyawo) ukuba ekuqaleni. **Phinda (21 max) !**

swivel E xercise 7: Ku-prayermat (Ukuvikela amakhaza) amanga flat ngomhlane, enwetshiwe izingalo izintende phansi. Manje amadolo bent izithende yipha ing buttock. Ukugcina izintende eqinile mat swivel ngamadolo ngakwesokudla baze uthinte mat. Khona-ke ngamadolo swivel ngakwesobunxele ngokuthinta mat. Phinda kwesokudla futhi swivel kwesokunxele ngokubala ngamunye swivel ngakwesokunxele. **Ingabe 21!**

Emva kokuqeda i-kufanelekile nsuku zonke. **Have ingilazi (0.2l) ka kancane chilled amanzi elicwengekileyo.**

Daily Ukudla

Daily kumele babe, amanzi drinkable. Amanzi cool elicwengekileyo, isiphuzo i ingilazi (0.2l) 7 ti mes (Ekuseni, ibhulakufesi, ekuseni isidlo day-, kwasemini, ngasekupheleni kosuku-isidlo, idina, ebusuku) . Linani selilonkhe lebantfu labange 1.4l



I 7 izingilazi zamanzi kungenzeka kulekelelwa nezinye iziphuzo amanzi okusekelwe: Ground-Coffee, powder Cocoa-, Black-Tea, Herbal-Itiye, Green-Tea. Lawa angathunyelwa wakhonza kushisa noma kubanda. Imifino-ayo zihle. Ayikho Fruit-juice, akukho lemonade! Ukudla 'ezinkulu

Cha! kuyinto Fructose!

Njalo-usuku ngesonto idinga ukuba ingqikithi: isib Day1: imifino;

Day2: Izilwane zasekhaya; Day3: Isilwane esincelisayo; Mid-sonto: sezilwane ezihquzelayo; Day5: kwaselwandle; Isonto ekupheleni: Nuts, Imbewu; Fun-Day: izinambuzane .

Isidlo sasekuseni sihlanganisa, Isinkwa, Honey, Amakhambi, Izinongo, amaqanda, onion, ..

Umthamo Early kuhlanganisa, Isinkwa, imajarini, Amakhambi, Izinongo, ushizi vukuza, onion, ..

Isidlo sasemini kuhlanganisa, kuyinto ukufaka Salad, ...

Umthamo Late kuhlanganisa, Izithelo noma Nuts noma amajikijolo.



Dinner kuhlanganisa, Imifino, uSuku-theme, ...

7 Ukudla kufanele kudliwe nsuku zonke: fungus (ikhowe) , Izinhlamvu (Nesitshulu ibhali, ummbila, i-oats, amabele, quinoa, irayisi, i-rye, amabele, ukolo) , Zezihlabane upelepele, Anyanisi (Brown, chives, garlic, oluhlaza, leek, osasitini, entwasahlobo) , Ley Pars-, Sweet-Capsicum, Imifino (Asparagus, ubhontshisi, broccoli, izaqathe, u-cauliflower, amahlumela, ..). Ukudla-No-Akekho: Manufactured-ukudla, bofuzo Ushintshe ukudla .. **Qaphela!** Ngaphambi zonke okuphakelayo Nina nikhulekela:

1 NKULUNKULU ulinde ukuzwa kuwe!

Ngiyabonga Nomthandazo

Sawubona 1 NKULUNKULU , UMdali womhlaba wonke kanye nezulu kakhulu amahle Siyabonga kokunikeza kimi nge Daily isiphuzo nokudla Ukuphila ngomlayezo wakho wakamuva

Ngizama ukuba esifanelwe ukondliwa nsuku zonke Ngingayibona bangabulawa okubuhlungu ukoma futhi numbing Hunger izinhlungu



athobekile futhi athembekile umgcini-umnakekeli wakho kakhulu (1st igama)

Ukuze Inkazimulo 1 NKULUNKULU Omuhle of Humankind

Sebenzisa le ngomthandazo ngaphambi kokuba wonke okuphakelayo!



Iapho Udlu **Gwema** okungenamsoco Ukudla: Utshwala, Sweetener Artificial, fructose (I-glucose ushukela), Izakhi zofuzo Ushintshe ukudla (GM), Manufactured-ukudla, ... Okunamathelayo, ezinosawoti, ezinoshukela ukudla okusheshayo. Carbonated baphuze equkethe: Utshwala, Caffeine uKola, sodium, Sweetener!



Phumula kuyadingeka ukuze siphile futhi impilo yakho isibuthaka. Zonke ezinye main kuyinto 'Ukulala'.

Ukulala esiqeda isimis Daily. 1 li-awa kufanele sele idlulile solo okuphakelayo kanye nokuhlansa. Khulekela 'Ukulala Nomthandazo'. Ukuze uthole elizolisayo ekuvuseleleni ubuthongo ekamelweni kumele kube njengoba amnyama ngangokunokwenzeka. Kokungadlali umsindo zangaphakathi nezangaphandle uyisidingo. Ebusuku-Ukubekelwa isikhathi kwenza lokhu kwenzeke. 'Shire' nokuqalisa 'Ubusuku-isikhathi somthetho wewashi.

1/3 kwansuku is esichithwa zilale phansi, futhi ingxenye kuphathelele elele. Ukuze sisinde izidingo zomuntu-umzimba Ukulala! iri ali-7 kufanele senze okufanayo.

Kukhona izimfanelo phambi elele phansi ukulala.

Kufanele libe mnyama, kufanele kube ebusuku. Ukuze uthole elizolisayo ekuvuseleleni ubuthongo ekamelweni kumele kube njengoba amnyama ngangokunokwenzeka. Kokungadlali umsindo zangaphakathi nezangaphandle uyisidingo 'Shire' kufanele asebenzise 'Ubusuku-isikhathi somthetho wewashi.

1 li-awa kufanele sele idlulile solo okuphakelayo kwekhasi odlule. Ibhulashi amazinyo futhi ugeze umzimba wonke ngaphambi kokulala. Ukukhulekelwa 'Ukulala-Nomthandazo'.

1 NKULUNKULU ulinde ukuzwa kuwe!

Ukulala Nomthandazo

Sawubona 1 NKULUNKULU, UMDali womhlaba wonke kanye nezulu kakhulu amahle Vikela nami abasengozini enkulu kimi ukuvikela kusuka imicabango ephazamisayo Nokubi Nginike elizolisayo, ephulukisa kanye ekuvuseleleni ubuthongo Ungavumeli ukukhathazeka ukuphazamisa amaphupho ami ubuthongo Ngivumele kuphela ukukhumbula amaphupho amnandi Ukuze Inkazimulo ka 1 NKULUNKULU Omuhle of Humankind



Lomthandazo isetshenziswa ngaphambi kokuya Ukulala!



Have Ukuphuza nengilazi (**Akukho plastic**) egcwele 0.2l yamanzi ehlungiwe (**Lutho wanezela**) ku etafuleni ngalinye eliseceleni kombhede. Njalo ebusuku ngaphambi kokulala samfakela etafuleni eliseceleni kombhede. **Qaphela!** Isiphuzo ngobusuku njalo ngemva uvakashile yangasese nalapho kokuba umphimbo ezomile, isiphuzo ukuphumula lapho ngivuka ekuseni.

Have 1 Goldtone ingilazi isitsha (**1 kuphela kabili**) equkethe isiphuzo herbal (**Iphunga Therapie**) ku window itafula ohlangothini eliseceleni kombhede !

Kuyinto evamile ukuba 2 uyalala nge break e-phakathi. Kufanele uvuka (**Isib ukuya ethoyilethi**) Lapho ebuyela Hlala emphethweni embhedeni sika, aphuze amanzi. Ingabe izivivinyo ezilandelayo (**Wonke umzimba kwenziwa ngesikhathi ehlezi embhedeni sika onqenqemeni ngamadolo ehlonbe ububanzi ngaphandle**) . **Ngaso sonke isikhathi uma uvuke ukwenza umsebenzi ohlukile.**

1st Ukuzivocavoca: Beka izintende * yezandla zakho ngokumelene ngaphandle kwe emadolweni. Cindezela izandla wangaphakathi ngamadolo kwangaphandle, ukubambeleva 7 imizuzwana (**Uzizwa ukungezwani imikhono, imilente, ehlonbe**) . **Nethezeka, ngidonsa umoya, akukho eziphindaphindiwe, ukuphuza amanzi, ulale, ukulala kahle.** * ukushintshashintsha zisebenzisa ngezibhakela.

2nd Ukuzivocavoca: Yenza ngezibhakela * uyibeke ngokumelene ingaphakathi emadolweni. Cindezela ngezibhakela kwangaphandle futhi amadololo ukukhugatheka kwangaphakathi, ukubambeleva 7 imizuzwana (**Uzizwa ukungezwani imikhono, imilente, isisu**) . **Nethezeka, ngidonsa umoya, akukho eziphindaphindiwe, ukuphuza amanzi, ulale, ukulala kahle.** * ukushintshashintsha zisebenzisa izintende flat.

3rd Ukuzivocavoca: Bend izingalo (**90%**) ngesikhathi esifubeni ezingeni ithuba izigceme isandla kwesokunxele up- eguqa iminwe, ujike ngakwesokunene phansi eguqa iminwe. iminwe Interlock ezihambisanayo. Manje ukudonsa izandla kolunye uhlangothi, ubambe 7 imizuzwana (**Uzizwa ukungezwani iminwe, izingalo, esifubeni**) . **Nethezeka, ngidonsa umoya, akukho eziphindaphindiwe, ukuphuza amanzi, ulale, ukulala kahle.**

4th Ukuzivocavoca: Bend izingalo (**90%**) ngesikhathi esifubeni ezingeni baphendukela kwesokunxele isandla up- izigceme, ujike ngakwesokunene ku isibhakela. Indawo isibhakela esandleni bese ucindezela phansi ngesikhathi esifanayo cindezela isandla evulekile phezulu, bamba 7 imizuzwana. Ukuhlanekizela, bamba 7 imizuzwana (**Uzizwa ukungezwani izandla, izingalo, entanyeni, esifubeni**) . **Nethezeka, ngidonsa umoya futhi ukuphuza amanzi, ulale, ukulala kahle.** Ayikho eziphindaphindiwe.

Abantu ne emuva esishubile ungeze lokhu umsebenzi umsebenzi ngamunye: Beka izandla ngamadolo. Nyakazisa goba ikhanda emuva ngaleso sikhathi rock phambili ngaphandle kokulahlekelwa contact amadolo (**Uzizwa ukungezwani izingalo, emuva, isisu**) . **Nethezeka, ngidonsa umoya, 7 eziphindaphindiwe, ukuphuza amanzi, ulale, ukulala kahle.**

Qaphela! Abantu abahlezi eziningi phakathi nosuku-time. Ingabe ukwenza 1 we night- umzimba sasisebenza njalo emahoreni 2.

Kuyinto umzimba wakho! Yigcine Fit!

Ekuseni ngemuva kwamahora 7 ebuthongweni;

Sukuma, ube ingilazi yamanzi elicwengekileyo, iya endlini encane, do 'Nsuku Zonke-Fit (**Exerci- ses**) ', Yokukhulekela' Nsuku Zonke-Nomthandazo ', ukugeza ubuso, izandla, sidle ukudla kwasekuseni, ugqoke. Hlola 'Planner' yakho. Manje ukulungele yakho Wokuphila-nakho.

Lapho bengaphandle uya ukugqoka, izingubo ezivikelayo ikhanda, iso nesivikelo izinyawo.

Ukugodla yobuthongo sokuhlushwa! Zokuhlukunyezwa njengoba ithuluzi kokuphenywa alamukeleki. **Torturers kuthiwa bajeza: MS R7**

Demand ukungabi khona umsindo zangaphandle ebusuku (**Ubusuku-Isikhathi obekelwe sona**) ! Kuyinto efanele emphakathini! **Umgcini Guardian ukusetshenziswa: CGNAs BS-1 (Zokulala ejwayelekile) !**

Ebusuku-isikhathi somthetho wewashi

Umzimba womuntu sasingaklanyelwe kube ebusuku. Abantu kabi amandla abo ubuchopho ukwakha yokuphila ebusuku. Lokhu yokuphila akuzuzisi impilo enhle. **Ebusuku-Isikhathi obekelwe sona luyadingeka impilo enhle.**

A 7 ihora Ebusuku-isikhathi somthetho wewashi kusukela amahora 14-21 (**22- 6 amahora, yamahora angu-24 Pagan- iwashi**) Kuphoqelekile. Ukuze sibe nempilo enhle, nokuncipha amandla THI conump-, nokuncipha ukungcola, Ukuvikelwa yasendle. **Ukuncishiswa ubugebengu, ukunciphisa izindleko zikahulumeni, ekhuthaza ukubuyabuyelela.**

Akekho imisebenzi (**Konke evaliwe**) ngaphandle okungenani eziphuthumayo siqu. Ayikho amandla izosetshenziselwa ngaphandle eziphuthumayo noma ugesi! 1 izindaba isiteshi somsakazo womphakathi uvunyelwe zonke ezinye ukuzijabulisa kuvaliwe! Ayikho yokukhiqiza, ihhovisi, noma umthengisi usebenza noma ukusetshenziswa amandla!

Emakhaya angasebenzisa Ukushisa (Ingubo efudumele) , ukuphola (Ingubo ukukhanya) kwabangela isimo esibi sezulu.



Ebusuku-umthetho wesikhathi sokubuya ekhaya kuyinto impoqo. Ngokuba kahle komzimba womuntu futhi Habitat wendawo. A Shire isebenzisa owayo Ebusuku-Ukubekelwa isikhathi ngokusebenzisa Shire Rehabilitation **MS u-R1** . Abaphuli mthetho zidluliselwa Ukuvuselelwa wesifundazwe **MS R3** .

Ebusuku-Ukubekelwa isikhathi ukuze londoloza Iplanethi EwuMhlaba!

Planner Imininingwane

Order of amakhasi & imiyalelo: Daily: Asebenza, Nomthandazo, Fit. Oxhumana nabo: eziphuthumayo, Amakheli. Imithandazo: Hlela, Planner, Isikhathi

Planner * ikhasi ihlukaniselwe 2 amakholomu: 'Uhlelo' / 'Hlaziya' * **Qaphela!**
Masonto onke-Planner: Amakhasi 52 kuphela. Daily-Planner: Amakhasi 365 kuphela.

ISithasiselo amakhasi, imiyalelo:

isikhathi: CG Klock, Ebusuku-Ukubekelwa isikhathi, CG Kalender, Fun-Day izingqikithi

IPhasika-Planner: 1 ikhasi kuphela. Quattro-Planner: 1 ikhasi kuphela

7Scrolls (Uhlolajikelele) , Map, Izinyathelo

Plus! Amakhasi engenalutho ukubhala phansi 'Imibono'.

Ukusetshenziswa:

hlaziya Fun-Day izenzo zakho ngokumelene ecebeni lamanje bese ufaka izinhlelo zakho ukufika izinsuku 6 (Izinsuku 1-6) .

Lapho usebenzisa i-Planner yakho emsebenzini noma isifundo ungavumeli 'Isikhathi' ukulawula Wena! Isikhathi akufanele sisetshenziselwe ukushesha abantu. Umzimba womuntu awuwona

eyenzelwe washesha.

Ungavumeli imibono ziyolibaleka noma ilahleke. Nsuku zonke kuqukethe imibono kucatshangwa off futhi ngokushesha ukhohlwe noma ilahleke. Isizathu kokuba lapho engafakwanga, eqoshiwe noma okubhalwe phansi. **The best balahlekile!**

Memory kungathembeki uma kuziwa ekulondolozeni nasekondleni imibono emisha. Phathani notebook (**Incwajana**) noma rekhoda nawe futhi lapho umbono eba, baliilondoloze! ifayela Masonto onke imibono yakho!

Qala ngokuthi usho:

Planner Nomthandazo

Sawubona 1 NKULUNKULU , UMdali kakhulu amahle Universe Usizo kimi ukuhlela yami Daily-isimiso ngizokwenza ahlaziye futhi ubuyekeze uhlelo lami ngizokhala ukukhuthaza abanye ukusebenzisa Planner Ngiyabonga, ngoba Planner yami



Ngizama ukuyisebenzisela ukuhlela lamafisha eside Ukuze **Inkazimulo 1 NKULUNKULU** kanye ezinhle isintu

Lomthandazo isetshenziswa ekuseni ingxenye 'Nsuku Zonke-Asebenza'!



H ints

A 7 ihora Ebusuku-isikhathi somthetho wewashi kusukela amahora 14-21 (**22- 6 amahora, yamahora angu-24 Pagan- iwashi**) Kuphoqelekile. Ukuze sibe nempilo enhle, nokuncipha amandla THI conump-, nokuncipha ukungcola & Ukuvikelwa yasendle. Ukuncishiswa ubugebengu, ukunciphisa izindleko zikahulumeni, ekhuthaza ukubuyabuyelela.

Lapho uya ngaphandle njalo ukugqoka ofanele 'Avikelayo izingubo' (**Akukho Imicu yotshani yokufakelwa**) . ukuvikela (**Amehlo, izinwele, isikhumba, izinyawo**) the humanbody kusukela sezulu, isifo nokungcola. **ubunqunu ngaphandle trashy!**

Lapho enza Daily Fit ukusetshenziswa commonsense fast kanjani ukufinyelela eziphindaphindiwe esiphezulu. Usebenzisa usuku 1 hhayi elilandelayo Akuzuzisi. Kuyinto umzimba wakho, ugcine ilingane!



kwansuku zonke a umgcini umnakekeli izinga yomsebenzi ekuphileni!