ᓴᓇᕐᕈᑎᒃᑯᕕᖕᒥᑦᑐᓂᒃ ᕐᑯᐊᖅᓵᕐᓇᖅᑐᕐᑲᖅᑕᐃᓕᒪᓂᖅ ᐅᕐᑲᐅᓯᕐᑲᕐᓂᖅ

ᑎᑎᕋᕐᓗᒋᑦ ᓄᑭᓄᖕᒐᔪᑦ ᓴᐅᓂᕐᓄᓪᓗ ᐊᑦᑕᓇᖅᑐᑦ

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ᑐᑭᓯᔭᐅᑎᓪᓗᒋᑦ ᐊᑦᑕᓇᕐᓂᖕᒋᑦ

- ᑲᑎᓯᒪᔪᑦ ᕐᑯᐊᖅᓵᕐᓇᖅᑐᒃᑰᕐᓂᕐᒥᒃ (CTDS)
- ᓄᓯᑦᓯᓕᖅᑭᑦᑖᓂᖅ (RSIs)
- ᐃᖅᑲᓇᐃᔭᓗᐊᕐᓂᒃᑯᑦ ᐊᑐᓗᐊᕐᓂᖅ (OOS)

ᑖᒃᑯᐊ ᓇᓗᓇᐃᔭᐃᔪᑦ ᐋᓐᓂᕐᓂᐅᕐᑲᑦᑕᖅᓯᒪᔪᓂᒃ ᐊᑦᑐᐃᓯᒪᔪᓂᒃ ᓄᑭᓂᒃ, ᐃᑉᐱᓐᓂᐊᔾᔪᑎᓂᓪᓗ. ᐊᑦᑐᐃᓂᕐᑲᕈᓐᓇᕐᒥᔪᑦ ᓇᐅᒃᑯᓕᒫᖅ ᑎᒥᒥ, ᐱᕐᑲᓯᐅᑎᑦᓯᑎᒃ ᕿᑎᖅ, ᕐᑯᖕᒐᓯᖅ, ᑐᐃᒃ, ᐊᒡᒐᐅᑏᒃ ᐊᒻᒪᓗ ᓲᖅᑰᒃ.

ᑐᑭᓯᓇᖅᑎᓪᓗᒋᑦ ᐊᑦᑕᕐᓇᑐᐃᓐᓇᕆᐊᓖᑦ

ᐊᑦᑕᕐᓇᑐᐃᓐᓇᕆᐊᓕᒃ ᐃᖅᑲᓇᐃᔭᖅᑎᒧᑦ ᓂᑭᑯᑦ ᓴᐅᓂᒃᑯᓪᓕ ᐊᑲᐃᓪᓕᐅᕈᑎᖕᒋᓐᓄᑦ ᐱᕐᑲᓯᐅᔾᔪᔪᑦ:

ᐊᑦᓱᕈᓗᐊᕐᓂᖅ: ᕐᑲᑦᓱᕈᕐᓂᐅᒋᐊᓕᒃ ᐃᖅᑲᓇᐃᔾᔫᕆᐊᓕᒃ ᐱᔾᔪᑎᒋᓪᓗᒍ.

ᑕᐃᒫᑦᓴᐃᓐᓇᖅ ᐊᐅᓚᖅᑲᑦᑕᕐᓂᖅ: ᐊᐅᓚᓂᐅᕙᑦᑐᖅ ᑕᐃᒫᑦᓴᐃᓐᓇᖅ ᐊᓯᔾᔨᖅᑲᑦᑕᕋᓂ ᖃᓄᐃᓕᖕᒐᓂᖕᒐ.

ᐊᑲᐅᓐᖕᒋᑦᑐᑦ ᖃᓄᐃᓕᖕᒐᓂᐅᔪᑦ: ᖃᓄᐃᓕᖕᒐᓂᖕᒋᑦ ᑎᒥᐅᑉ ᐊᑑᑎᒐᔪᐃᑦᑕᖕᒋᑦ.

ᑎᒥ ᐋᖅᑭᑦᓯᒐᔪᑦᑐᖅ ᕿᑎᕋᖅ ᓴᖑᖕᒐᓂᖅᑲᒐᓛᑦᓯᓂ, ᓂᐊᕐᑯᖅ ᒪᑭᑕᑦᓯᐊᖅᓱᓂ ᑐᐃᓐᓂ, ᐃᑯᓱᒃ 90 ᑎᒍᓈᖑᓗᑎᒃ, ᐊᒡᒐᐅᑏᓪᓗ ᑎᒎᑎᒐᓱᐊᖅᑑᔾᔭᕐᓗᑎᒃ.

ᐊᑦᓱᕈᕐᓂᖅ: ᓯᓚᑖᓂᒃ ᐊᑦᓱᕈᕐᓂᖅ ᐊᑦᓱᕈᓐᓂᖕᒐᑎᑦᓯᔪᖅ ᑎᒥᒥᒃ ᓲᕐᓗ ᐊᒡᒐᐅᑏᓐᓂ ᐅᕝᕙᓘᓐᓂᑦ ᕐᑯᑦᑐᕋᖅᐸᓯᑯᑦ, ᐊᑦᓱᕈᕈᑕᐅᒍᓐᖅᓱᑎᒃ ᐅᕕᓂᒻᒧᑦ ᐊᐅᓪᓗ ᐃᖕᒋᕋᕋᓯᐊᕈᓐᓂᕐᓗ ᓄᑭᑎᒍᑦ.

ᓇᓗᓇᐃᔭᐃᓂᖅ ᐊᐅᓚᑦᓯᔾᔪᑎᓂᒃ

ᐊᒡᒐᒻᒧᑦ ᐊᐅᓚᑦᓯᓂᖅ ᓴᓇᕐᕈᑎᓂᒃ ᓱᓇᑐᐃᓐᓇᕐᓂᓪᓗ:

- ᐊᑐᕐᓂᖅ ᓱᓇᒃᑯᑎᓂᒃ (ᐅᓯᒍᑏᑦ, ᐊᔭᐅᒐᐃᑦ, ᕐᑯᕝᕙᖅᑎᕈᑏᑦ, ᐊᐅᓚᑎᓖᑦ ᐃᖕᒋᕋᔾᔪᑏᑦ) ᐊᓯᖕᒋᓪᓗ ᐅᐊᔭᒧᖅᑐᑦ ᐃᑲᔫᑎᑦᓴᐃᑦ. ᐳᐃᒍᑦᑕᐃᓖᑦ ᐃᖅᑲᓇᐃᔭᖅᑎᐅᖅᑲᑎᑎᑦᑕᐅᖅ ᐃᑲᔪᕈᓐᓇᕐᒪᑕ.
  - ᐊᔾᔭᕆᐊᓖᑦ ᒥᑭᓈᖅᑎᓂᖅᓴᕆᓗᒋᑦ; ᐊᔾᔭᖅᓯᓗᑎᑦ 50lb–ᒥᒃ ᒪᕐᕈᐊᕐᑎᕐᓗᑎᑦ 100lb ᐊᑕᐅᕐᓯᒃᑰᓐᖕᒋᖕᒐᕐᓗᒍ.
  - ᐸᕐᓇᐃᓂᖅ ᑕᓯᑎᕐᓂᒃᑯᑦ ᐃᖅᑲᐃᓕᓴᕐᓂᒃᑯᓪᓗ ᑭᕕᕐᓯᖅᑲᑦᑕᖕᒋᓐᓂᓐᓂ, ᑎᑎᖅᑲᓕᖅᑐᕐᓗᒋᑦ ᓴᓇᔭᑦᓴᐃᑦ, ᐊᑐᕐᓗᑎᓪᓗ ᑭᕕᕐᓯᓂᑦᓯᐊᒥᒃ.

ᓄᓇᒥ ᐃᖅᑲᓇᐃᔾᔪᑦ

- ᓈᒻᒪᓈᓇᐊᕐᓗᒋᑦ ᑎᒥᓐᓄᕕᑦ ᐊᑐᐃᓐᓇᕐᓗᒋᑦ ᐊᑐᕐᓗᑎ ᓵᓂᒃ ᐃᓕᓯᕕᑦᓴᓂᓪᓘᓐᓂᑦ, ᑭᕕᒋᐊᖅᑲᕋᔪᑦᑐᓪᓗ ᕿᑎᖅᐸᓯᓐᓄᕕᑦ ᓈᒻᒪᓈᖅᓯᒪᓗᒋᑦ.
- ᐳᒃᑭᑦᑐᓂᒃ ᐃᖅᑲᓇᐃᔾᔫᖅᑲᕐᓂᐊᕐᓗᑎᑦ, ᖃᓄᐃᓕᖕᒐᓂᑦ ᐊᓯᔾᔨᒐᕋᔪᑉᐸᓪᓗ (ᓲᖅᑯᖕᒐᓂᖅ, ᐊᕐᑯᕕᐊᖅᑐᕐᓂᖅ, ᐃᑦᓯᕙᓂᕐᓘᓐᓂᑦ).
- ᓲᖅᑯᖕᒐᒋᐊᖅᑭᕕᑦ, ᐊᑐᕐᓗᑎᑦ ᓲᖅᑯᖅᓯᐅᑎᑦᓯᐊᕙᓐᓂᒃ.
- ᓱᓇᒃᑯᑎᓂᒃ ᐊᑐᕐᓗᑎᑦ ᑎᒍᒻᒥᕕᑯᑖᓕᓐᓂᒃ ᐊᑉᐸᓯᓗᐊᕐᑯᓇᒃ.

ᕐᑯᓛᒨᖕᒐᔪᑦ ᐃᖅᑲᓇᐃᔾᔪᑦ

- ᐊᑐᕐᓗᑎᑦ ᑭᕕᑦᓯᒍᑎᓂᒃ, ᐊᓯᖕᒋᓐᓂᓘᓐᓂᑦ ᑭᕕᑦᓯᖑᑎᓂᒃ ᐃᖅᑲᓇᐃᔾᔪᓐᓄᑦ ᖃᓂᑦᓕᕙᑦᓕᕈᑎᓂᒃ. ᓄᒋᐊᑐᓗᐊᕋᔭᖕᒋᑦᑐᑎᑦ ᑎᒥᕕᑦ ᐋᖅᑭᑦᓯᒪᓂᓇᒐᔪᑦᑕᖕᒐᓂᒃ.

ᐊᒡᒐᒻᒧᑦ ᓴᓇᕐᕈᑏᑦ

- ᐊᑐᖅᐸᓪᓗᑎᑦ ᓴᓇᕐᕈᑎᓂᒃ ᓈᒻᒪᓈᖅᓯᒪᔪᓂᒃ ᑎᒍᒥᐊᓇᐊᖕᒋᑦ. **ᐊᑕᐅᓯᑐᐃᓐᓇᖕᒋᒻᒪᑦ ᐊᖕᒋᓂᖕᒐ.**
- ᓴᓇᕐᕈᑎᓂᒃ ᓂᕈᐊᖅᐸᓪᓗᑎᑦ ᐊᒡᒐᐅᑎᓄᑦ ᐊᑲᐅᓈᖅᓯᒪᔪᓂᒃ, ᐱᓗᐊᖅᑐᒥᒃ ᐊᑦᓱᕈᕐᓂᐊᕈᕕᑦ.
- ᐸᐸᑦᓯᐊᕐᓗᒋᑦ ᓴᓇᕐᕈᑎᑎᑦ, ᐊᐅᓚᓗᐊᓐᖕᒋᓂᖅᓴᐅᒐᔭᖅᑐᖅ.

ᑕᑯᑦᓴᐅᑎᑦᓯᓂᖅ

ᑎᒥᒧᑦ ᐊᑲᕐᓇᔾᔪᖕᒋᓐᓂᑦ ᐊᑦᓱᕈᕐᓂᕐᓗ

ᑕᑯᑦᓴᐅᑎᑦᓯᓗᑎᑦ ᓂᑯᕕᖕᒐᑦᓯᐊᕐᓂᕐᒥᒃ, ᐃᑦᓯᕙᑦᓯᐊᕐᓂᒥᓪᓗ. ᑕᑯᑦᓴᐅᑎᓪᓗ ᑲᓄᖅ ᐊᑲᕐᓇᓐᖕᒋᑦᑐᑦ (ᐊᒡᒐᐅᑏᑦ) ᐊᑦᑐᐃᓂᖅᑲᕐᒪᖕᒐᖅ ᓴᓐᖕᒋᓂᕐᒥᒃ.