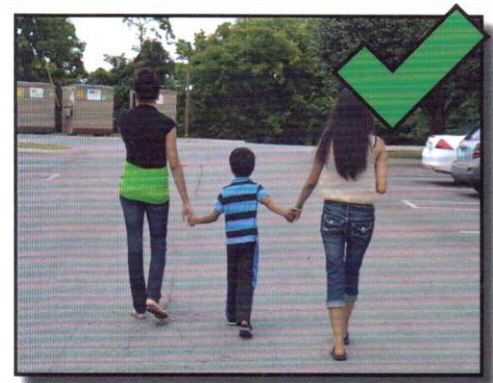


Imyitozo ngororamubiri

Imyitozo ngororamubiri igira uruhare rukomeye mu gutuma umuntu agira ubuzima bwiza.

Imyitozo ngororamubiri ikunze gukorwa irimo *

- kugenda n'amaguru
- kwiruka
- guterura ibyuma



Indi myitozo ngororamubiri

- gusukura inzu yawe
- kujya ku iduka cyangwa aho bategera imodoka n'amaguru
- kubyina
- koga
- gukora siporo zo gukina (nk'umupira w'amaguru)
- gutwara igare

