



WELSH FOR THE WORKPLACE

CYMRAEG I'R GWEITHLE

Sport / Chwaraeon

Nets	→	Rhwydi	Sport	→	Chwaraeon
Fitness	→	Ffitrwydd	Coach	→	Hyfforddwr
Bibs	→	Bibiau	Mats	→	Matiau
Diet	→	Diet	Healthy Eating	→	Bwyta'n iach
Weights	→	Pwysau	Customer	→	Cwsmer
Manager	→	Rheolwr	Supervisor	→	Goruchwyliwr
Team leader	→	Arweinydd Tîm			

Trampoline	→	Trampolîn	Equipment	→	Cyfarpar
Ball	→	Pêl	Run	→	Rhedeg

Warm Up	→	Cynhesu	Cool Down	→	Oeri
Stretching	→	Ymestyn	Injury	→	Anafiad
Cold Compress	→	Clwt Oer			

First Aid	→	Cymorth Cyntaf
Emergency Services	→	Gwasanaethau Argyfwng
Astroturf Pitch	→	Maes Artiffisial
Fitness Centre	→	Canolfan Ffitrwydd
Canteen	→	Ffreutur/Cantîn
Toilets	→	Toiledau
Changing rooms	→	Ystafelloedd Newid