

Asihambe (Let's walk) - The Coolest Granny in Town

14 languages	English
Sukuma sukuma sukuma Sukuma sihambe Rwala ditlhako O! a re tsamaye	Get up get up get up Get up let's walk Put on your shoes Oh! Let's walk
Left left left right left right Asihambe - lets walk A re tsamaye - lets walk Asihambe - lets walk A re tsamaye - lets walk	Left left left right left right Let's walk Let's walk Let's walk Let's walk
<i>Refrain</i> Ahi fhambeni Siyavaya – siyavaya - siyavaya Arevaye kokwana, mama, tata, khaladzi, mkhozi, dzadze le wena ngwana qala o sa le motjha Asihambe - let's walk A re tsamaye Let's walk walk walk	<i>Refrain</i> Let's walk We're going 3x Let's go grandpa,granny, mom, dad, sibling, friend, sister and you child start while young Let's walk Let's walk Let's walk walk walk
Kade ukhohliswa O! kade ukhuthuzwa Bathi amafutha, isbedjedje sihlaselwa ngamaphilisi sihlaselwa ngamapowder Ag shem uthenga njalo waya waya Jo! – uyakhuthuzwa!	They've been lying to you They've been robbing you blind They say you can fight obesity and belly fat with tablets and meal replacements Poor you you keep buying non-stop Oh! They rob you blind!
Lana eFree Health Club Awukhokhilutho! Awuthengilutho! Sithi nje! Asihambe - let's walk A re tsamaye - let's walk Khari tuwe makhadzi Let's walk walk walk	Here at Free Health Club You pay nothing! You buy nothing! We just say! Let's walk Let's walk Let's walk woman Let's walk walk walk
Arevaye arevaye arevaye Kom ons loop - wandel mee Kom matshitshi namagents	Let's go let's go let's go Come let's walk - walk with me Come cool gals and cool guys
Qaphelani magents ngiyanixwayisa ku age ye 40 umshiniwam mshiniwam ufa fi! Ngisho umbani ucima ci!	Watch out cool guys I'm warning you At age 40 your equipment stop functioning! I mean the lights go off!

Ukuze uphepe qala manje ku Free Health Club.

Chisa! Asihambe

Rwala dieta

A re sepele - a re sepele

Umasihambanabangane
sihloniph'umthetho we covid
we covid.

Chisa! A re tsamaye

Join the movement

Get free health education
on freehealthclub.online

ukuz'uphepe ihaihai, sifo sesukela,
idepreshene, icancer, athritisi – aichu –
idololibhlungu

Joina mahala

Smahla

Joina mahala

Sesolo

Joina mahala

Awukhokhilutho!

Refrain

Asihambe - let's walk

A re tsamaye

Asihambe - let's walk

A re tsamaye

Asihambe

Let's walk walk walk walk walk

To escape that start now at Free Health Club

Chisa! Let's walk

Put on your shoes

Let's walk – let's walk

When we walk with friends
we respect the covid rule the covid rules
Chisa! Let's walk

Join the movement

Get free health education
on freehealthclub.online

To escape high blood pressure, diabetes,
depression, cancer, arthritis - ouch - the
knee is sore

Join free of charge

Free of charge

Join free of charge

Free of charge

Join free of charge

You pay nothing!

Refrain

Let's walk

Let's walk

Let's walk

Let's walk

Let's walk

Let's walk walk walk walk walk