

## Asihambe – Let’s walk (Free Health Club theme song)

By: The Coolest Granny in Town

<p>Sukuma sukuma sukuma Sukuma sihambe Rwala ditlhako O! a re tsamaye Left left left right left right Asihambe - lets walk A re tsamaye - lets walk Asihambe - lets walk A re tsamaye - lets walk</p> <p><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</p> <p>Kade ukhohliswa O! kade ukhuthuzwa Bathi amafutha, isbedjedje sihlaselwa ngamaphilisi sihlaselwa ngamapowder Ag shem uthenga njalo waya waya Jo! – uyakhuthuzwa!</p> <p>Lana eFree Health Club Awukhokhilutho! Awuthengilutho! Sithi nje! Asihambe - let’s walk A re tsamaye - let’s walk</p> <p>Khari tuwe makhadzi Let’s walk walk walk</p> <p>Arevaye arevaye arevaye Kom ons loop - wandel mee matshitshi namagents</p> <p>Qaphelani magents ngiyanixwayisa ku age ye 40 umshiniwam mshiniwam ufa fi!</p>	<p>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 Let’s walk Let’s walk Let’s walk Let’s walk</p> <p><i>Refrain</i> Let’s walk We’re going 3x Let’s go grandparents, mother, father, sibling, friend, sister and you child start while young Let’s walk Let’s walk Let’s walk walk walk</p> <p>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!</p> <p>Here at the Free Health Club You pay nothing! You buy nothing! We just say! Let’s walk Let’s walk</p> <p>Let’s walk woman Let’s walk walk walk</p> <p>Let’s go 3x Come let’s walk - walk with me cool gals and cool guys</p> <p>Watch out cool guys I’m warning you At age 40 your equipment dies!</p>
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Ngisho umbani ucima ci!  
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

I mean the lights go off!  
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