

Aerobic Exercising Ideas

Can be performed daily but **PACE** yourself and drink **WATER**.

- Walking around the field in the morning or after sun set 15-20 minutes a day
- Swimming
- Walking up and down a hill for 10 minutes
- Playing football for 10-20 minutes with breaks
- Transporting water from a well to your house once day if it is 15-20 minutes away walking
- Walking in the fields while the animals graze for 20 minutes
- Wheel barrowing mud/soil/manure to the fields 10-15 minutes
- Walk your children or neighbors to school
- Play with children hide and seek for 30 minutes
- Jog on the spot for 10 minutes
- Working on the fields with jembe digging for 10 minute sessions with breaks
- Dancing/Ngoma for 20 m

