

Stay Healthy by Working Hard

Hawo Mhando

I remember when I was back home in Africa, in a refugee camp in Kenya. I used to work so hard. For example, I used to cook using firewood. I had to go to the forest to fetch firewood. I also walked a very long distance to fetch water because we did not have running water in our home. I carried the water and the firewood on my head. I walked home without using a car. I also chopped wood. That was hard work, but I got used to it because it was a daily job.

When I came to America, I was very happy because I did not have to travel by foot. I did not have to cook using firewood. And I did not have to fetch water from outside. I got everything in my house by pressing a button or turning on the tap. I really appreciated the American government because it saved me from a difficult situation. But after three months, I became very fat and I was unable to walk for a long distance.

Therefore, when I compare my health in Africa and my health in America, I prefer how I felt in Africa. In Africa, I was stronger than I am here. I plan to start doing some activities like I did in Africa very soon; for example, walking long distances and carrying heavy things on my head. My advice is: if you want to be healthy, make sure you work hard, drive less, and walk more.



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Step Out! Here's where it will take you...



Brisk walking burns about 150 calories in 30 minutes.



Exercise helps you sleep better.



Exercise stimulates brain chemicals, which may leave you feeling happier and more relaxed.



You'll look better and feel better when you exercise regularly.