

Get Healthy

Sue Beckett and Jon Cook

If you wanna be healthy, no time to hesitate,
Evaluate your lifestyle, your aim is to feel great!

Chorus

Look at what you eat, consider what you drink,
Do you get your body moving?
Are you fit and are you strong?
Do you sleep for very long?
You gotta eat right, live right,
Exercise, get healthy!

Verse 1

A balanced diet is the key, you know:
Five fruit and veg each day,
Burgers, fries and junk food,
Are not the healthy way!
Always eat your breakfast,
Most important meal we say,
Kick start your metabolism,
Ready for the day.

Chorus

Verse 2

Be sure to drink some water,
Keep hydrated all day long,
Especially after exercise,
And then you can't go wrong.
Lemonade and cola,
Are not the healthy way,
Your body is two thirds water,
So drink enough, OK?

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Chorus

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Verse 3

Keep your body moving,
There's sports galore to choose,
Athletics, swimming, football,
Enjoy it: win or lose.
Join a team and have some fun,
No matter what you do,
Exercise and move around,
And then you won't feel blue.

Chorus

Bridge

Always find the time to laugh,
Be positive and smile,
Spread happiness along your way,
Go the extra mile.
Take time for you, spend time with friends,
And spread the healthy news.
Each day's a new beginning,
To live it as we choose.

Chorus

