

Live A More Active Life

Catherine Brentnall

Verse 1

When you feel bored,
And you have nothing to do,
Don't just sit there in your chair,
Feeling sad and blue.
Go for a walk,
Or even go for a run,
Dance around your living room,
Just move and have some fun.

Chorus

All these things, cheer you up,
And help you to keep fit.
You've got to get up and go,
Give it a try,
Live a more active life.

Verse 2

Skip round the park,
Or have a race round a tree,
Play football with your friends,
Or swim in the sea.
Play bat and ball,
Or maybe ride on your bike,
Jump up and down on the spot,
As high as you like.

Chorus

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