Get Off the Couch  © 2003, Aaron Burnett.

Get off the couch, grab your running shoes  
Let's play outside, no time to snooze  
Get off the couch, turn off the TV  
Lay down the chips, have some fun with me

Let's get active put the heart to work  
Start with twenty minutes is fine  
Warm up slow but get the heart rate up  
We can exercise and have a good time

We can walk or run, jump or swim  
Doesn't matter if it's hot or cold  
Let's get movin', work up a sweat  
We'll be healthy 'til the time we're old

Chorus

Make healthy choices when it's time to eat  
Too much junk food is not the best  
Fruit and veggies are an ideal snack  
And be sure to get lots of rest

Ride your bike around the block, run up the stairs  
Try to walk to school each day  
Lead an active life, take it to heart  
You can have fun in a healthy way

Chorus