

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