



Get Healthy!

Music by Jon Cook
Lyrics by Sue Beckett

♩ = 76

Em

B

Em

B

If you

Em

B⁷

wa - nna be heal - thy, no time to hes - i - tate, E -

Em

B⁷

- val - u - ate your life - style, your aim is to feel great!



Em D/F#

Look at what you eat, con - si - der what you drink,

G F# B C D

Do you get_ your bo-dy mo-ving? Are you fit_ and are_ you strong?

B7/D# Em Em D

Do you sleep_ for ve - ry long? You gott-a eat right, live right,

Fine

Em Bm7 Em

Ex - er - cise, - get heal - thy!

A
Be

Em D

ba - lanced di - et is the key, you know:
 sure to drink some wa - ter, Keep
 Keep your bo - dy mo - ving, There's

G A(SUS4) A D E

Five fruit and vegeach day, -
 hy - drat - ed all day long, -
 sports ga - lore_ to choose,
 Bur - gers, fries and ju - nk food, Are
 E - spe - cially af - ter ex - er - cise, And
 Ath - let - ics, swim - ing, foot - ball, En

F# B Bm A

not the heal-thy way!_____ Al-ways eat your break - fast, Most im-
 then you can't go wrong._____ Le - mon-ade and co - la, Are
 -joy it; win or lose._____ Join a team and have some fun, No

F# Bm Em

-port-ant meal we say, Kick start your met- ab - ol - is - m, -
 not the heal-thy way, Your bo - dy is two thirds wa - ter, So
 matt-er what you do, Ex - er - cise and move a-round, And

D7 1.2.

Rea - dy for the day. -
 drink e - nough, O - K? -
 then you won't feel blue!

3.

Em D/F#

Lookatwhatyoueat, con-si-derwhatyoudrink,

G F# B C D

Do you get_your bo-dy mo-ving? Are you fit__ and are_ you strong?

B7/D# Em Em D

Doyousleep_for ve - ry long? Yougott-a eatright, liveright,

Em Bm7 Em G D

ex - er - cise, get heal - thy! Al - ways find the time to laugh, Be

Half time feel

D7 G B7 Em

pos - it - ive and smile, Spread happ - i - ness a - long your way,

F#/A# B Am D

Go the ex - tra mile... Take time for you, spend time with friends, And

F#o7 Em B7 Em D(sus4) D

spread the heal - thy news, Each day's a new be - gi - nning, To live it as we choose.

D.S. al Fine