



Live A More Active Life

Music and lyrics by
Catherine Brentnall

♩ = 160

B^bmaj⁷ C B^bmaj⁷ C B^bmaj⁷ C F

F F Am⁷ Dm B^b C⁷ F

When you feel bored, And you have no - thing to do, -

F F Am⁷ Dm C B^b Dm/B C

Don't just sit there in your chair, Fee-ling sad and blue.

C F Am⁷ Dm B^b C⁷ F

Go for a walk, Or e-ven go for a run,

F F Am⁷ Dm C B^b Dm/B C

Dance a-round your li - ving room, Just move and have some fun.

C F Am B^b B^o C

All these things, cheer you up, — And help you to keep fit..

B^b maj⁷ C B^b maj⁷ C

— You've got to get up and go, Give it a try,

B^b maj⁷ C F B^b maj⁷ C

Live a more ac_ tive life. —

B^bmaj⁷ C B^bmaj⁷ C F F Am⁷ F

Skip round the park,

Dm B^b C⁷ F F Am⁷ Dm

Or have a race round a tree, — Play foot-ball with

C B^b Dm/B C F Am⁷ Dm

your friends, Or swim in the sea. — Play bat and ball,

Dm B^b C⁷ F F Am⁷ Dm

Or may-be ride on your bike, — Jump up and down on

Dm C B^b Dm/B C F

the spot, As high as you like. All these things,

Detailed description: This system contains the first two measures of the song. The vocal line starts with a quarter rest, followed by eighth notes for 'the spot,' and 'As high as you like.' The piano accompaniment features a bass line with eighth notes and a treble line with chords and eighth notes. The key signature has two flats (Bb and Eb).

Am B^b B^o C

cheeryou up, And help you to keep fit. You'vegot to

Detailed description: This system contains the next two measures. The vocal line continues with 'cheeryou up,' and 'And help you to keep fit.' The piano accompaniment continues with similar rhythmic patterns. The key signature remains two flats.

B^bmaj7 C B^bmaj7 C B^bmaj7 C F

get up and go, Give it a try, Live a more ac tive life.

Detailed description: This system contains the next two measures. The vocal line has 'get up and go,' 'Give it a try,' and 'Live a more ac tive life.' The piano accompaniment features a more active bass line with eighth notes. The key signature remains two flats.

F B^bmaj7 C B^bmaj7 C

Detailed description: This system contains the final two measures. The vocal line has a quarter rest in the first measure and a quarter rest in the second. The piano accompaniment continues with chords and eighth notes. The key signature remains two flats.

A musical score for piano, consisting of two staves (treble and bass clefs) and three chords: B^bmaj⁷, C, and F. The score is written in a key signature of one flat (B-flat major) and a common time signature. The treble staff contains a melodic line with a dotted quarter note, followed by eighth notes, and a final quarter note. The bass staff contains a bass line with a dotted quarter note, followed by eighth notes, and a final quarter note. The chords are indicated by letters above the staff: B^bmaj⁷ above the first measure, C above the second measure, and F above the third measure. The score ends with a double bar line.