

It's Good to Move

It is time to get up.

It is time to stop sitting.

It is time to go somewhere.

It is time to go anywhere.

It is good to move.

Walk, run, jump or jog.

Climb, dance, skip or hop.

It's good to move.

Your body does not want to sit all day.

Your legs need to get up and play.

It's good to move.

So let's get moving here and now.

We can go for a walk.

We can climb the stairs.

We can dance to the music.

We can run around the park.

We can skip, hop and jump for joy.

It is time to go somewhere, anywhere.

It's good to move.

