

Breathlessly  
♩ = 140

# Running order

Words and music by  
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5 3 *mf*



When you're feel-ing blue, and you don't know what to  
On that rai-ny day when you can't go out to

12



do; when your bo - dy feels like lead, when you can't get out of bed; there's a  
play; when you're bored or in a mood and you're ev - en off your food;

17 *cresc.*



per-fect way\_ to bright-en your day, take some ex - er - cise, feel your spi - rits rise; it's the

21 **CHORUS**



way to go, - you can en-er-gize your bo-dy from top to toe: *f* Throw your arms up

26



in-to the air, - lift each foot like climb-ing a stair; wag-gle your head, give your

30



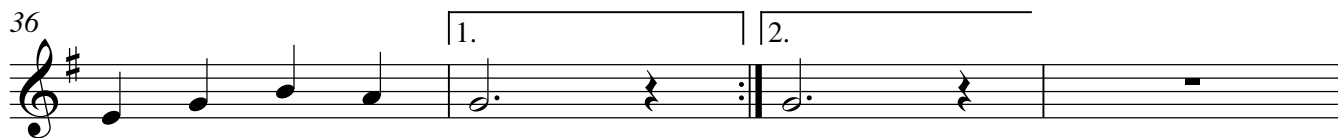
shoul-ders a shrug, then you wig-gle your hips\_ a-round and give your-self a hug; from your

33



toes to your fin-ger-tips this real-ly is the way, keep your - self in run - ning or - der, take some

36



ex - er - cise each day! day!

40 *mf* *f* *ff*  
Feel-ing bet - ter? Still not right? Let's try har-der, HOLD ON TIGHT!

44 CHORUS  
Throw your arms up in - to the air, lift each foot like climb-ing a stair;

48  
wag-gle your head, give your shoul-ders a shrug, then you wig-gle your hips a-round and

51  
give your-self a hug; from your toes to your fin-ger-tips this real-ly is the way, keep your

54  
self in run - ning or - der, keep your - self in run - ning or - der, take some

56  
ex - er - cise each day! \_\_\_\_\_