



WHY DO I WALK?



Why do I walk? T'aint no mystery

Wanna have a good

Medical history

Doctor told me walking is great --

Helps them blood cells

Circulate

Great for the lungs,

Great for the ticker,

Can't nothing getcha

In better shape quicker,

Feels so healthy, Feels so Sweet,

Pumpin' my arms

And Flappin' my feet.

Moldin' my muscles, Firmin' my form,

Pantin' like a pack mule,

Sweatin' up a storm,

Keeps me youthful,

Keeps me loose,

Tightens my tummy

And shrinks my caboose,

Beats bein' sluggish,

Beats bein' lazy,

Why do I walk? Maybe I'm crazy!

