

OFF THE COUCH!
(Sung to the tune of Jingle Bells)

CHORUS

Off the couch! Off the Couch!
Active we must stay.
Working hard to celebrate
These festive holidays...OH!
Off the couch! Off the Couch!
Active we must stay.
To be our best and help the rest
5/30 is the way.



VERSE

The family that we see
We hope are worry free
We encourage them to move
We're in the in motion groove
They see us as the goal
Our minds and bodies whole
There is so much more to life than sitting in the house...OH!

CHORUS

VERSE

We rush all the year through
Forgetting our heart health too
The sitting hurts our butts
But we're not in a rut
At coffee break we stretch
Or head out for a walk
When people see us move about
They know that we are smart ...OH!



CHORUS

VERSE

So now we'll close our song
Before it gets too long
We proceed to play
5/30 every day
Our cheeks so nice and pink
To compliment our smile
The healthy, active way we live
Makes a lifelong smile our style....OH!

CHORUS

Saskatoon **in motion** would like to thank Phyllis Radchenko, Swift Current Regional Activator for **in motion**, who provided us with these creative, active lyrics to Jingle Bells! Thanks, Phyllis!