Beautiful Day

Hey (what) it's a beautiful day outside.
Won't you come out and play.
Hey. let's go outside and play.
Hey. let's go outside and play.
Hey. let's go outside and play.
Hey, okay
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Hey, okay.

It's a beautiful day.
Put the video games away.
Turn off that T.V.
Let's get outside and play.
Let's get up off the couch.
And get up out this house.
Are you with me say yeah. Yeah.
We can go for a walk.
Or maybe riding bikes
If the weathers right .
Hey why not flying kites.
There's so many fun things we can do.
That we can do. That we can do.
There's so many fun things that we can do.
Pick and choose. Pick and choose.
60 minutes of physical activity.
Helps in the fight against obesity.
And diabetes and heart disease.
It keeps our bodies healthy.
Long walk bouncing the basketball.
Or climbing trees. Let's go do it all.

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I like to swim. I like to run.
I like to exercise. Because it's fun.
I like soccer. I like football.
Which one do you like. I like them all.
I like kickball jumping rope, tossing the football around.
Do whatever you like. Just keep moving don't sit down.
Move around, jump around, burn off them calories.
Move around, jump around, burn off them calories.
Move around, jump around, burn off them calories.
Because it helps in the fight against obesity.

Move around, jump around, burn off them calories.
Move around, jump around, burn off them calories.
Move around, jump around, burn off them calories.
Because it helps in the fight against heart disease.
Today was a beautiful day
Aren't you glad you came outside to play?

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