



Walk on Your Legs

If you have a trip you've got to take.
Don't fall for the very big mistake.
Of sitting in the car, if you're not going far.
There's another form of transport you can take.
You could walk on your legs door to door.
Walk on your legs that's what they're for.
And when your jobs are done put your shoes back on.
Go walking on your legs a little more.

If you need to call on your best friend.
Don't ask to be driven round the bend.
There is a healthy way, you should do it every day.
And be feeling so much better in the end.
You could walk on your legs door to door.
Walk on your legs that's what they're for.
And when your jobs are done put your shoes back on.
Go walking on your legs a little more.
Do some walking.....
Let your feet do the talking....
Stepping and striding, across the floor.
Walk on your legs, that's what they're for!

In the morning when it's time to go to school.
Remember all about the golden rule.
Take a lift? Say no! there's a better way to go.
And walking with your friends is very cool.

Chorus.+ ending tag

Walk on your legs.....all across the floor
Walk on your legs.....from door to door
Walk on your legs.....just a little more
Walk on your legs....that's what they're for!

Lyric by Mike Croft (Monster Music 2010)