**“50 WAYS**

**TO LEAVE YOUR**

**SOFA”**

“The problem is all because of your TV,” she said to me

“The answer is easy if you take it logically,

I’d like to help you in your struggle to be fit.

There must be 50 ways to leave your sofa.”

She said, “It’s really not my habit to intrude,

furthermore, I hope my meaning won’t be lost or

misconstrued,

but I’ll repeat myself, at the risk of being rude.

There must be 50 ways to leave your sofa.”

Fifty ways to leave your sofa.

Walk for a while, Kyle,

Take a hike, Mike,

You don’t need to be lazy, Daisy

Just move like crazy

Paddle a canoe, Sue

Don’t want to be a couch potato,

Just turn off the TV, Lee

And set yourself free.

She said, “It grieves me to see you in such bad shape

I wish there was something I could do to make you

move again”

I said, “I appreciate that and would you please explain

about the fifty ways?”

She said, “Why don’t we just turn off the computer

and I believe in the morning you’ll begin to use

your scooter”.

And then she blew bubbles at me

and I realized she probably was right,

there must be fifty ways to leave your sofa.

Jump a rope, Mrs. Pope,

Juggle your hat, Matt,

It doesn’t have to be a hassle,

Just built a second castle.

Play ping pong, Don

Don’t just sit around and eat, Pete

Cut back on the treats,

Just set yourself free.

Go for a swim, Carrie-Lyn,

Learn to skate, Jake

You don’t need to be lazy, Daisy

Just move like crazy

Hunt for shells, Michelle,

You don’t need to play video games much,

Just go play double-dutch,

And set yourself free.

There must be fifty ways to leave your sofa,

Fifty ways to leave your sofa,

Just set yourself free.

*Lyrics by: Marie Burland, Robert Little Public School*