



Healthy Kids, Early Start

Yebo Let's Go

Music & Lyrics by: Angel Mullis, Anne Lindsay & Jennifer Prestridge
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Verse 1: On the couch I watch TV
Then my momma says to me
Get up, get up, get up right now
We'll have fun, I'll show you how

Chorus Yebo let's go *Yebo!*
Aweh let's play *Aweh!*
Walk or run, skip in the sun
Ride a bike, go on a hike
Climb or swing, let's hear you sing
Yebo let's go *Yebo!*

Verse 2 Video games, they can be fine
Just don't play them all the time
Get up and move it's oh so good
So for goodness sake you should

Bridge: Go outside and play awhile
You will love your active style
Use your mind and body too
Show your family what you can do

Tag: Yebo let's go *Let's go!*
Aweh let's play *Aweh!*
Yebo let's go *Let's go!*

Promotes Reduced Sedentary Behavior

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