

## **Staying Healthy Rap Exercise**

### **Rap 1**

When your down and low and you have no flow and you just wanna go and you don't know where to go.  
If it feels like hell and you just wanna yell but no-one to tell  
Everythings inside and there's nowhere to hid  
Silent shots finally heard, help at last, now it's all in the past.

### **Rap 2**

Don't care if you're white, don't care if you're black  
You be nice to me, I'll be nice back  
Get down to the clinic, you know you want to be in it  
Get a health check, you'll be better for sure  
Health is good, healthy mood!

### **Rap 3**

I'm sick and tired of all these pills and drugs  
But I should know, they're for my own good  
When I went to the Doctors they made me pick  
A load of medication to stop me being sick  
I was weak and down before this Doctor came around  
I listened to him and now I'm sound.

I was weak n down before this Doctor came around  
I listened to him and now I'm sound  
If you don't want to be sad  
Stop being bad  
Go to see your GP  
And you'll be happy!

### **Rap 4**

Doesn't matter your wealth  
Look after your health  
Better to get checked than get pecked!  
So we're here to tell  
Do this and stay well!