

# Running order

Breathlessly  
♩ = 140

Words and music by  
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*f marcato* *mp*

5

*marcato*

9

*mf*

When you're feel - ing blue, and you don't know what to do; when your  
On that rai - ny day when you can't go out to play; when you're

13

bo - dy feels like lead, when you can't get out of bed; there's a  
bored or in a mood and you're ev - en off your food;

17

*cresc.*

per - fect way to bright-en your day, take some ex - er - cise, feel your spi - rits rise; it's the

*cresc.*

21

way to go,— you can en-er-gize your bo-dy from top to toe:—

25 CHORUS

*f* Throw your arms up in-to the air,— lift each foot like climb-ing a stair;

29

wag-gle your head,— give your shoul-ders a shrug, then you wig-gle your hips— a-round and

32

give your-self a hug; from your toes to your fin-ger-tips this real-ly is the way, keep your-

35

self in run-ning or-der, take some ex-er-cise each day! day!

39

*mf**f*

Feel-ing bet- ter?\_ Still not right? Let's try har- der,\_

43

*ff*

## CHORUS

HOLD ON TIGHT! Throw your arms up in - to the air,\_

46

lift each foot like climb-ing a stair;\_ wag-gle your head,\_ give your

49

shoul-ders a shrug, then you wig-gle your hips\_ a-round and give your-self a hug; from your

52

toes to your fin - ger - tips this real - ly is the way, keep your - self in run - ning or - der, keep your -

This block contains the musical notation for measures 52, 53, and 54. It features a vocal line in the upper staff and a piano accompaniment in the lower staff. The key signature is two sharps (F# and C#). The vocal line consists of eighth and quarter notes. The piano accompaniment includes chords and moving lines in both the right and left hands, with many notes marked with accents (v). The lyrics are: "toes to your fin - ger - tips this real - ly is the way, keep your - self in run - ning or - der, keep your -".

55

self in run - ning or - der, take some ex - er - cise each day! \_\_\_\_\_

This block contains the musical notation for measures 55, 56, 57, and 58. It features a vocal line in the upper staff and a piano accompaniment in the lower staff. The key signature is two sharps (F# and C#). The vocal line consists of quarter and eighth notes, ending with a long horizontal line indicating a breath mark. The piano accompaniment includes chords and moving lines in both the right and left hands, with many notes marked with accents (v). A dynamic marking of *ff* (fortissimo) is present in measure 56. The lyrics are: "self in run - ning or - der, take some ex - er - cise each day! \_\_\_\_\_".