

Team Gizmo

Wake up, Wake up, it's time to breathe,
Breathe in life and it's time to leave,
Ill health behind, yep let's jump to it,
Let's boogie our way to feeling FIT!

With Giz in charge to lead the way,
How hard is it to have fun each day?
We can hop and skip, dance and jump,
Or simply walk to get over that hump!

We set our goals, we take back our will,
The will to keep going, even up that hill.
We choose good food, that's super nutritious,
Soon we recognize, it's also delicious!!

Healthy Living is what it's all about,
It's the way to enjoy life, there is no doubt!
There's many more things that we can do,
With healthy body and mind, we feel like NEW!

SO, let's encourage each other and give support,
To all our frens here, each day we report
Our victories and achievements, whether large or small,
Yeah, in this group, we've got it ALL!!