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## “SWAP IT, DON'T STOP IT”

- Verse 1:** To make your life more healthy  
Let's do it, it's so easy  
Just change your mind  
To change your style
- Verse 2:** Let's try to have fresh vegies  
Leave all your fries and fizzes  
Just change your choice  
To change your size
- Pre chorus:** Swap sitting for moving (Moving...)  
Swap watching for playing (Playing ...Yeah...)  
Let's get out and get active (Come on...Do it...)  
Now, let's do it
- Chorus:** Swap it, Swap it, Don't stop it  
Swap it, Swap it, Don't stop it  
Just change your mind  
To change your life
- Swap it, Swap it, Don't stop it  
Swap it, Swap it, Don't stop it  
Just change your choice  
To change your size
- Swap it, Swap it, Don't stop it  
Swap it, Swap it, Don't stop it  
Swap it, Swap it, Swap it  
Change can be easier than you think