

Brian Wilson

"Too Much Sugar"

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Too much sugar and too much cake
You'll end up with a belly ache
Take that greasy steak and fries
Slap that fat right on your thighs

Don't be stupid now lose your shape
Start to stretch and muscle ache
Eat you veggies and wholegrain too
Fruits and fibre will nourish you

Take those legs and make them run
When you're fit it's much more fun

Getting in shape is what it's all about
Don't you just feel it's true
Move it all around just like Jane Fonda now
Then there'll be a brand new you

Stuff you eat can poison you
Make you feel real lazy too
Drugs you take make you insane
All they do is burn your brain

One two three four kick'em high
Join a gym or visit the Y
Five six seven eight feeling fine
You can live 'til 99

Getting in shape is what it's all about
Don't you just feel it's true
Move it all around just like Jane Fonda now
Then there'll be a brand new you

Hey my momma's been cooking good
Long time eating the way I should

Getting in shape is what it's all about
Don't you just feel it's true
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