

## The Rappin' Wellness Guys

We're the rappin' Wellness Guys!  
Improve your hips,  
Improve your thighs.

If you want fat a thing of the past  
Tighten that stomach  
Tighten that...

Ask us guys what to do  
When everythin's failed  
Here's something new!

Our objective is very impressive  
To improve your health & fitness,  
For the program components  
Reynolds' rap is on it!

Health assessments, optional for some,  
Is provided just four you!  
If you're wondering  
Here's what we do.

We take your blood pressure  
Blood chemistry too,  
and check your cholesterol,  
We do it all for you!

You get an EKG,  
A physicians review,  
We check your percent body fat  
And baby, that's that!

Our education sensation  
Will enlighten you  
On health topics too!

I don't know if you've thought of this,  
But we've got a full range of nautilus!

Dance, everybody!  
And everybody just aerobicize!

If the weather's bad,  
Too hot or too chill,  
You can ride a bike  
Or walk or run on the treadmill!

The PRO Shop  
Is really hot, and  
We have a line of fashion  
That just won't stop.  
Shoe pockets, warm-ups, polo's too  
T-shirts, Frisbee's, and this one's for you!

Yo! So where's the center of attraction  
For all this action (yep, yep)  
Don't go forth and back and back and forth  
In City Hall go to L-1-E North!  
And if you can't make it there  
Don't have a fit (yep, yep)  
Just head across the trinity  
To mighty Oak Cliff!  
From 7 in the morning to & 7 at night  
You can tighten what's loose and  
Loosen what's tight!

To meet your needs  
We've got more facilities  
So check 'em out  
The walker, Hexter, and Plaza  
Schools of D.I.S.D. (yep, yep)  
And less you fret  
Cause you wanna get wet  
You can keep cool in the  
White Rock, Sprague, Loos, or Pleasant Grove pools!

So, don't procrastinate, don't hesitate,  
Don't delay, and  
Don't obfuscate!  
Come on out and get in shape (yep, yep)!

Now, you're wondering  
How you can join and  
Be part of this healthy fun.  
The requirements are easy, you see  
Just be a regular full or part-time employee, and  
Full-time temps, we haven't forgotten you  
After 6 months of service  
You can join too!

Seventy-five bucks a year is really cheap  
To improve your health and physique!  
Give us the money in one lump sum or  
Payroll deduct it...you son of a gun!

Don't wait another minute  
Don't delay  
Get into shape  
The Wellness Way!

So now you know  
What to do  
We've got what you want  
**And WE WANT YOU!**

Written by Trip Reynolds