Put on My Shoes

Welcome to this podcast series on diabetes, brought to you by the Division of Diabetes Translation from the Centers for Disease Control.

When you're sitting around wondering what to do, fight off the blues and put on your shoes. You can prevent or delay type 2 diabetes by moderate intensity physical activity like dancing or walking.

Move it up, move it down, take a walk all over town.
Here's some music to help you start moving!
This podcast features *Put on My Shoes* – taken from the *Step by Step* music CD/DVD an initiative promoting increased physical activity from the Centers for Disease Control and Prevention.

Can't have no blues.
Gotta put on my shoes today.
No time to lose.
I'm gonna live to see another day.
So when you're sitting round wondering what to do,
give up the blues by putting on your shoes.
Don't need the blues.
Gotta put on my shoes.

Can't have no blues.
I gotta put on my shoes today.
Go where I choose.
I want to move on to see another day.
So when you're sitting round wondering, What should I do?
Fight off the blues by putting on your shoes.
No time to snooze.
No, I just can't refuse.
Gotta put on my shoes.

Move it up.
Move it down.
Take a walk all over town.
Lace 'em up.
Make a move.
Put 'em on.
Now feel the groove.
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Move it down.
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To get more music from the "Step by Step music CD/DVD" and other resources to help prevent type 2 diabetes or to manage diabetes, visit cdc.gov/diabetes.

[Announcer] For the most accurate health information visit cdc.gov or call 1-800-CDC-INFO