



WE CAN BE STRONGER THAN DIABETES

Put on My Shoes

[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.

Welcome to this podcast series on diabetes, brought to you by the National Diabetes Education Program or NDEP. NDEP is a joint initiative of the Centers for Disease Control and Prevention and the National Institutes of Health.

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 NDEP *Step by Step* music CD/DVD promoting increased physical activity.

Can't have no blues. Nah.
Gotta put on my shoes today.
No time to lose. Oh no no
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.
Shoes can't have the blues.

Can't have no blues. Oooo
I gotta put on my shoes today.
Yeah, yeah, yeah, yeah, yeah
Go where I choose. 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.
I just can't refuse.
Gotta put on my shoes. Yeah, hmmmm

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.

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.
Put on your shoes

Move it up.
Move it down.
Take a walk
All over town.
Put on your shoes
Lace 'em up.
Make a move. Hey...
Put 'em on.
Now feel the groove.

Move it up.
Move it down.
Put on your shoes
Take a walk
All over town.
Don't let nobody tell you can't
Lace 'em up.
Make a move.
Put 'em on.
Now feel the groove.
Move it up.
Move it down.
Gotta tell you gotta get up
Take a walk
All over town.

Get your free *Step by Step* music CD/DVD from the National Diabetes Education Program. Download or order from www.ndep.nih.gov or call 1-800-438-5383.

[Announcer] To access the most accurate and relevant health information that affects you, your family and your community, please visit www.cdc.gov.