

The Fitness Fight Song

Nancy W. Wood

Start lively (♩ = 130); each verse
get progressively slower

2 3 4

5 6 7 8

f Bend! Stretch! Bend! Stretch! I will be so beau - ti - ful!
This was ea - sy yes - ter - day;

(*sempre staccato*)

9 10 11 12

Bend! Stretch! Bend! Stretch! I will be so thin!
What is wrong to - day?

13 1. 14 15². *rall.* 16

Slow 2nd verse down slightly

rall.

17 slower still 18 19 20

mp Bend! Stretch! Bend! Stretch! Beau - ty is - n't ev' - ry - thing;

mp slower still

21 22 23 24

Bend! Stretch! Bend! Stretch! I have lost my ziiii - ng!

25 Very slow 26 27 28

Bend, Stretch, Bend, Stretch; I don't think I can stick it out!

p

Very slow

p

29 30 31 *molto rall.* 32

Bend, stretch, bend, stretch; I think I'll go lie down.

molto rall.

33 34 **Really slow!** 35 36

(Sigh) *pp* Bend... stretch... bend...

pp Really slow!

37

38

39

40

stretch;

To

mor - row

I

will

try

a

41

42

43

44

gain.

Bend.

Stretch.

45

46

47

(Yawn)

deliberately