

## Keep Fit Club

Tune: Oh Dear, What can the Matter be

Recorded by Gary and Vera Aspey on their "Nightshift Army" LP

3 /4 Time (Brisk) Intro: [Dm] [G7] [C]

Suggested strum 1↓2↑3↓1↓2↑3↓1↓2↑3↓

[C] Oh! [C] Dear! [C] what can the [C] matter be,  
[G] What has [G] athletic [G] Jane Fonda [G] done to me?  
[C] Aches and [C] pains through-[C]-out my an-[C]-atomy,  
[Dm] Better I [G7] never will [C] be. [C]

She [C] promised a [C] figure so [C] lithesome and [C] slender.  
Ab-[G]-stention from [G] French fries and [G] fat burger [G] benders,  
I've [C] looked in the [C] mirror no [C] diff'rence how-[C]-ever,  
I'm [Dm] having some [G7] pudding for [C] tea.

Chorus: We [C] huff and we [C] puff, we [C] bend to and [C] fro,  
We [G] stretch and we [G] strain, we [G] pant and we [G] blow.  
We [C] tell ourselves [C] our fat will soon [C] go  
[Dm] Maybe it [G7] will? I don't [C] know.

In [C] leotards and [C] leggings we [C] think we look [C] natty  
[G] Just like our [G] teacher? more [G] like Nora Bat-[G]-ty  
With [C] hairbands to [C] match and [C] stretch nylon, [C] lycra,  
Our [Dm] fellers had [G7] better watch [C] out.

The [C] class starts at [C] seven, the [C] music's a [C] gas,  
I'm [G] knackered al-[G]-ready it's [G] only ten [G] past.  
By [C] half past the [C] hour I [C] know I won't [C] last,  
And [Dm] what's more I [G7] now need the [C] loo. -----Chorus

From [C] head turns and [C] neck twists, and [C] arm rolls and [C] wrist flicks.  
Through [G] waist turns and [G] bum bumps and [G] eye level high [G] kicks,  
[C] Ankle ro-[C]-tations pha-[C]-langeal -[C]-flection.  
Next [Dm] term I'm en-[G7]-rolling for [C] woodwork.

Well [C] fitness is [C] one thing but [C] as I grow [C] older  
Good [G] health's more im-[G]-portant than a [G] bony old [G] shoulder  
[C] Beauty should [C] stay in the [C] eye of be-[C]-holders,  
I'm [Dm] throwing this [G7] tape in the [C] bin. -----Chorus

Well I've [C] done without [C] pastry [C] potatoes and [C] pasta,  
Fresh green apples she's really a bastion  
Of fitness how can she for ever abstain  
from [Dm] all that's so [G7] temptingly [C] sweet.

Outro: We [C] huff and we [C] puff, we [C] bend to and [C] fro,  
We [G] stretch and we [G] strain, we [G] pant and we [G] blow.  
We [C] tell ourselves [C] our fat will soon [C] go  
[Dm] Maybe it [G7] will? Let's hope [C]! so.

